



Recovery & Collaborative Care Planning Café

9 Week Programme



How this session will work

This session **will be recorded** in order to review and reflect on discussions. Once this has been reviewed, the recording will be deleted.



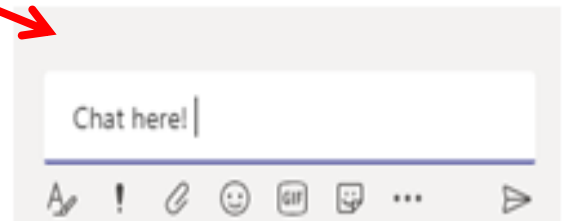
If you would like to ask a question, please raise your hand.



The presenter will open the discussion in order from when a hand was raised, when they acknowledge you, please remember to unmute your microphone



If you would like to ask a question but would not like to speak then please type your question in the chat box



Welcome and Introductions



Please leave your names in the chat box so we can see who is here

Can any new members share their details with Lewis – who will include his details in the chat box

Today's Café

CHIME theme - Meaning

Wellbeing Theme - Give

- **1pm - Welcome, recap and overview of the 9 week programme**
Haley Cocker, Patient Experience and Involvement Manager
- **An Introduction to CHIME and today's theme of Meaning**
Azar Richardson, Patient Leader
- **Café conversations** Group discussion
Azar Richardson, Patient Leader
- **An Introduction to the 5 ways to Wellbeing and today's theme of keep give, including getting involved with LPT's service improvements, laughter yoga**
Haley Cocker, Patient Experience and Involvement Manager & Guest
- **2:25pm – Dates for the next café and close**

9 Week Recovery Café Programme			
Week	Date & Time	CHIME & Wellbeing Theme	Activity
Week 9	Friday 23 rd April 1 - 2:30pm	Empowerment Pay attention	Mindfulness

How are you finding the cafes? Evaluation survey to be shared at the end of today's session

<https://ratemynhs.co.uk/survey/50061bda-6d5d-44bd-8936-9d74338478fc>

CHIME

Meaning



<https://youtu.be/2k0IkYdgbBE>

The 5 Ways To Wellbeing



Give



Give

Examples;

- Smile and be willing to give your time to a conversation
- Say thank you to someone who has helped you
- Give unwanted items to a local charity shop
- Offer your time to do something for someone else
- Make something and give it to someone
- Nominate someone for an award
- Do something nice for family or friends

What ways have you been 'giving' during lockdown?



Getting Involved in Improving Services

Link to LPT's Involvement Webpage where you can find out about more about getting involved and sign up to the Involvement Network
<https://www.leicspart.nhs.uk/involving-you/involving-you/>



Calling out for interest in our new Step up to Great Mental Health Service User & Carer Advisory Group

The Trust is currently undertaking a multi-million-pound transformation of our adult mental health services.

Our ambition, working alongside staff, service users, their families & carers, is to deliver a mental health service that gives the best possible mental health support and care for local people. This plan for this change is called 'Step up to Great Mental Health' and we now have a draft plan that we are ready to take to public consultation in May 2021 to get wider input into our proposals.

We have been working with service users, their families & carers on the proposals in this plan for the past four years and now we would like to set up an advisory group to help us through the important final stages: the consultation and putting the plan into action.

You can read about the work we have done over the last four years by visiting <https://www.leicspart.nhs.uk/involving-you/all-age-transformation-of-mental-health-and-learning-disabilities-services/>

We are looking for people with personal experience of any of our mental health services, either as a service user or a family member/carer who can spare some of their time and expertise to guide our work. Our engagement team will match your skills and your time available to give so that we use your input in the best way possible. Closing date for expressions by **23rd April 2021**.

If this sounds interesting, then we would love to hear from you. Please either email us at LPTPatientExperience@leicspart.nhs.uk or call us on 0116 2950818 and we will get back to you to discuss how you can help.

Online Patient Leadership Programme

We are again pleased to offer the opportunity to attend a Patient Leadership Programme for members of our service user/carer network looking at developing your strategic influencing, leadership, and decision-making skills.



We are running an information session for people to find out more about the programme on **Thursday 22nd April 11am – 12pm**. Following this session the deadline for expression of interests is on **Monday 26 April**.

Please see below an overview of the programme and the information you will need to submit on your expression of interest:

<https://www.leicspart.nhs.uk/wp-content/uploads/2021/03/Overview-of-Online-Patient-Leadership-Programme-2021.pdf>

<https://www.leicspart.nhs.uk/wp-content/uploads/2021/03/Expressions-of-Interest-2021.pdf>

Once you have completed your expression of interest please email it to angela@livedexperiencematters.org.uk

Laughter

Laughter Yoga with Liliana Deleo

<https://www.youtube.com/watch?v=4p4dZ0afivk>

The 4 steps of laughter yoga exercise

<https://www.youtube.com/watch?v=GzJX3QhRjs4>

<https://www.youtube.com/watch?v=r1v1WvagrYY>



Resources



Link to the Recovery College Summer Term Prospectus:

<https://www.leicspart.nhs.uk/wp-content/uploads/2021/03/Summer-Term-2021-Interim-Prospectus-final.pdf>

Look out for the Introduction to Recovery course.



Link to LPT's Involvement Webpage where you can find out about more about getting involved and sign up to the Involvement Network to receive monthly newsletters.

<https://www.leicspart.nhs.uk/involving-you/involving-you/>

Next Café;

Week 9	Friday 23 rd April 1 - 2:30pm	Empowerment Pay attention	Mindfulness
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How are you finding the cafes? Please can you take the time to complete the evaluation survey <https://ratemynhs.co.uk/survey/50061bda-6d5d-44bd-8936-9d74338478fc>