



Recovery & Collaborative Care Planning Café



Before we start, how to use MS Teams

The screenshot shows the Microsoft Teams interface during a meeting. The top bar includes the 'Microsoft Teams' title, a search bar, and a user profile icon. The left sidebar contains navigation icons for Activity, Chat, Teams, Calendar, Calls, and Apps. The main area displays a presentation slide titled 'Induction to involvement workshop' with logos for 'Leading Together' and 'WeAreLPT'. Below the slide is a control bar with icons for video, audio, screen sharing, and hand raising. A 'Meeting chat' window is open on the right, showing a message and a text input field.

Leading Together ...because leadership matters at LPT

WeAreLPT
compassion respect
integrity trust

Please make sure you are muted and your video is off throughout the session

Meeting chat

Govind Hannah joined the meeting.

Type a new message

01:41

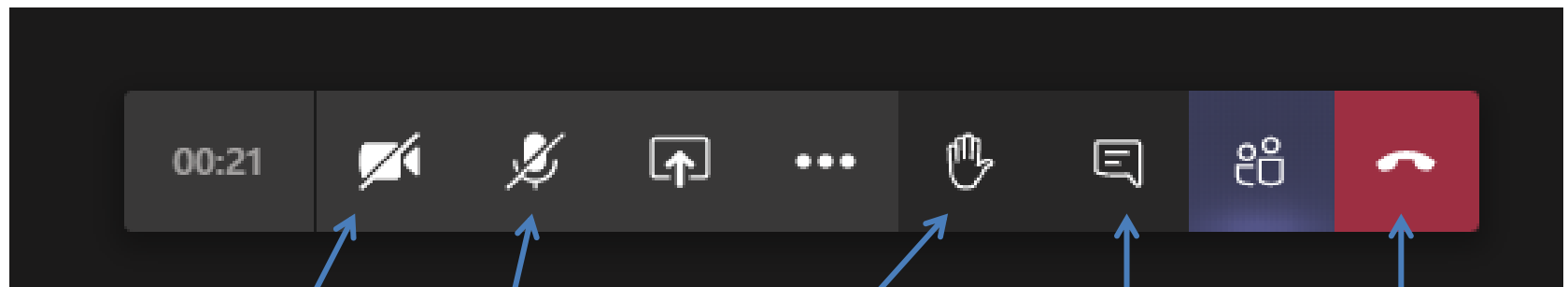
Here is your tool bar where you will be able to control your video, audio and hand raising etc.

This is where the presenter or presentation slides are

Here is where you can ask your question or write a comment

Before we start, how to use MS Teams

The buttons we are using today



Video
This should be red

Muted
This should be red

Raise hand
When this is **blue** your hand is raised to notify the presenter you would like to speak

Chat
When this is **blue** you can type your questions and comments

Exit
the meeting

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.



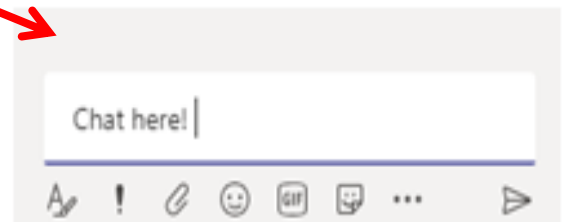
The presenter will open the discussion in order from when a hand was raised, when they acknowledge you, please remember to unmute your microphone



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



Break out rooms



Today's Café

Reflecting and Planning

- **11am - Welcome, recap and overview of today's café**
Haley Cocker, Patient Experience and Involvement Manager
- **Mental Health Awareness Week**
Film
- **Café conversations**
Group discussion
- **Guest Azra Sumar – Lead Pharmacist**
PINMED – new app software
- **Reflecting on the Virtual Cafes & the 8 week programme & planning for future cafes**
Group discussion
- **12:30pm – Close**



Introductions



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

Mental Health Awareness Week –

Please note this short film does reference suicidal thoughts.

https://metro.co.uk/2021/05/14/joe-tracini-read-todays-mental-health-content-it-will-help-14579584/?fbclid=IwAR3BGcfi_sA10esu-Efvc-S0QQ7FLC4Won4QiuGy4YInFGOTk-kA9UEXLcs



Involvement Network Walk and Talks

<u>Walk and Talk details</u>	
Date & Time	Where
May: Tuesday 25 th 14:00-15:00pm	Watermead Park – Meet at Thurmaston
June; Monday 7 th 12:00-13:00pm	Abbey Park
June; Monday 21 st 12:00-13:00pm	TBC – Let us know your ideas
July: Monday 5 th 12:00:13:00pm	Abbey Park
July: Monday 19 th 12:00:13:00pm	TBC - Let us know your ideas
August: Monday 2 nd 12:00-1300pm	Abbey Park
August: Monday 16 th 12:00-13:00pm	TBC - Let us know your ideas

To book onto any Walk and Talk group please contact;
LPTPatientExperience@leicspart.nhs.uk 0116 295 0818

Patient Involvement in Medication Decisions (PINMED) Azra Sumra - Pharmacist

What is PINMED?

PINMED is a digital and web-based app

PINMED's purpose is to help patients make decisions around mental health medication, including tools to promote shared decision making between the service user/patient and the prescriber. It will be a two-way app where the patient and prescriber can write down their views.

PINMED has already been tested in a paper format and so far has received very positive feedback. Now the service has secured funds to develop an app and web-based version.

Help required – to get involved with testing the app where a link will be sent to you. We would like your views on the look so far, and again later along the development process and when the app is launched.

We are also looking for a couple to get involved with meeting the developers and working on creating the app. This would be around 4 to 6 meetings.

Contact if this is of interest;

LTPatientExperience@leicspat.nhs.uk

Reflecting on the Cafes

- Timings – days
- Technology
- Speaking and break out rooms
- CHIME
- 5 Ways to Wellbeing
- Masterclasses
- Group discussions
- Guest speakers

Planning for future cafes

- Is there anything you want to see at the cafes?
- Guest speakers
- Masterclasses - CHIME
- Vouchers for masterclasses and facilitating a café

Future Café Dates

<u>Virtual Recovery Cafes</u>		
Month & CHIME Theme	Date & Time	The Same MS Teams Link for every Café although hoping to move to face to face later in the year
June - tbc	Weds 30 th 1-2:30	Microsoft Teams meeting Join on your computer or mobile app Click here to join the meeting
July - tbc	Thurs 29 th 11-12:30	
Aug - tbc	Tues 31 st 1-2:30	
Sept - tbc	Weds 29 th 11-12:30	
Oct - tbc	Fri 29 th 1-2:30	
Nov - tbc	Mon 29 th 11-12:30	
Dec - Xmas	Weds 22 nd 1-2:30	

Information will be emailed out

Thank You!

