



Recovery & Collaborative Care Planning Café



Before we start, how to use MS Teams

Microsoft Teams Search for or type a command

Activity
Chat
Teams
Calendar
Calls

Leading Together ...because leadership matters at LPT
WeAreLPT compassion respect integrity trust
Leicestershire Partnership NHS Trust

Induction to involvement workshop

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

Meeting chat GH
Govind Hannah joined the meeting.

This is where the presenter or presentation slides are

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

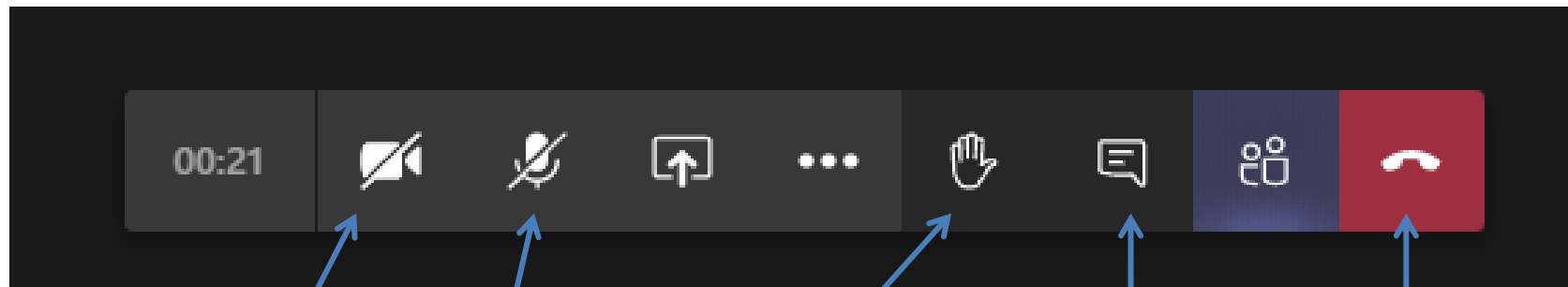
Here is your tool bar where you will be able to control your video, audio and hand raising etc.

01:41 [Video] [Audio] [Screen Share] [More] [Hand Raising] [Chat] [Participants] [End Call]

Type a new message

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.



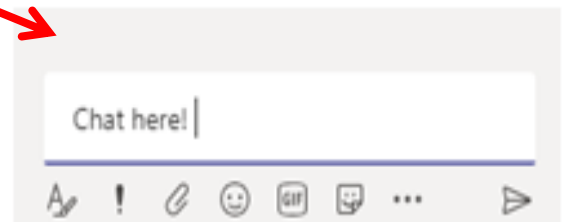
The presenter will open the discussion in order from when a hand was raised, when they acknowledge you, please remember to unmute your microphone



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

- **1pm - Welcome, recap and overview of today's café**
Haley Cocker, Patient Experience and Involvement Manager
- **Overview of feedback from previous cafes and discussion**
Sandie Warden & Haley Cocker, Patient Experience & Involvement Team
- **Introduction to CHIME and this month's theme of HOPE**
Inc' film and group discussion
Azar Richardson, Expert by Experience, Patient Leader
- **9th July – Step Up To Great Mental Health Consultation – Have your say**
Group discussion
- **2:30pm – Close**



Introductions



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

Overview of feedback from previous virtual cafes and discussion

- Majority of attendees are returners
- Patient exp/Involv Newsletter top source when hearing about the Cafes
- Predominately people come away with a greater understanding of CHIME – content really useful for attendees
- Technical – Breakout rooms/online v face to face (mixed bag)
- Timing preference – in the afternoon
- Ability to ask questions/join in discussions – overall yes, would like to allow others an opportunity to speak (encourage more space for this?)
- Oversharing – how to prevent oversharing/create a café etiquette? (Involvement Charter)
- Chance for others to deliver a masterclass (support and work with them to enable this to happen)



The Journey

One day you finally knew what you had to do, and began,
though the voices around you kept shouting their bad advice —
though the whole house began to tremble and
you felt the old tug at your ankles.

“Mend my life!” each voice cried.

But you didn’t stop.

You knew what you had to do,
though the wind pried with its stiff fingers
at the very foundations,
though their melancholy was terrible.

It was already late enough, and a wild night,
and the road full of fallen branches and stones.

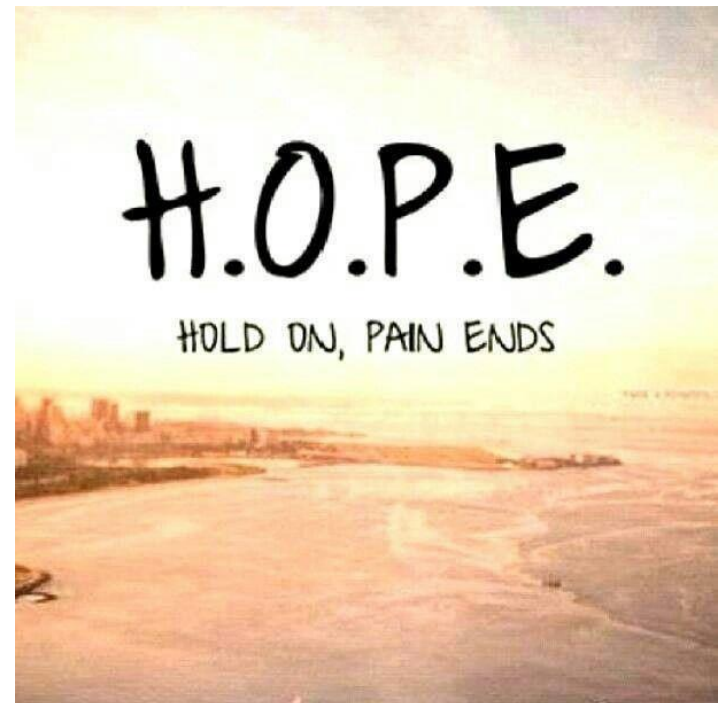
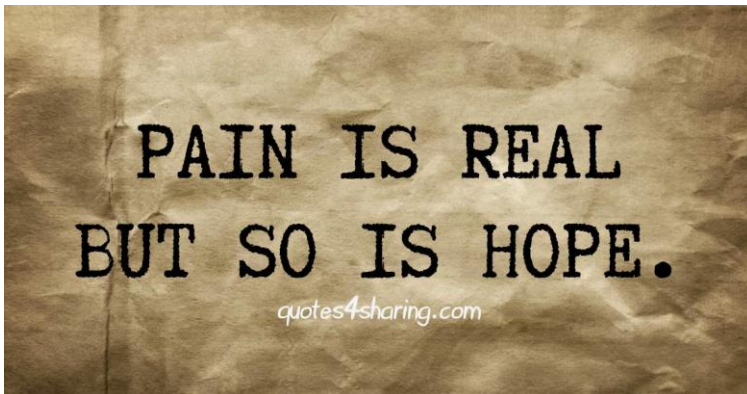
But little by little, as you left their voices behind,
the stars began to burn through the sheets of clouds,
and there was a new voice which you slowly recognized as your own,
that kept you company as you strode deeper and deeper into the world,
determined to do the only thing you could do —
determined to save the only life you could save.

- Mary Oliver -

CHIME - HOPE



<https://youtu.be/M6dCovaOono>





We are working to improve our adult mental health services.

We are holding a Café session on the Step up to Great mental health consultation, where you can come and have your say.

Friday 9th July 1-2:30pm

Via MS Teams

Register via LTPatientExperience@leicspart.nhs.uk

or call 0116 2950818

You can find out more and also complete a survey via this link:

www.greatmentalhealthllr.nhs.uk

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
July - tbc	Thurs 29 th 11-12:30	Microsoft Teams meeting Join on your computer or mobile app Click here to join the meeting
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!

