



# 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 other meeting functions. A 'Meeting chat' window is open on the right, showing a message from 'Govind Hannah' and a text input field for new messages.

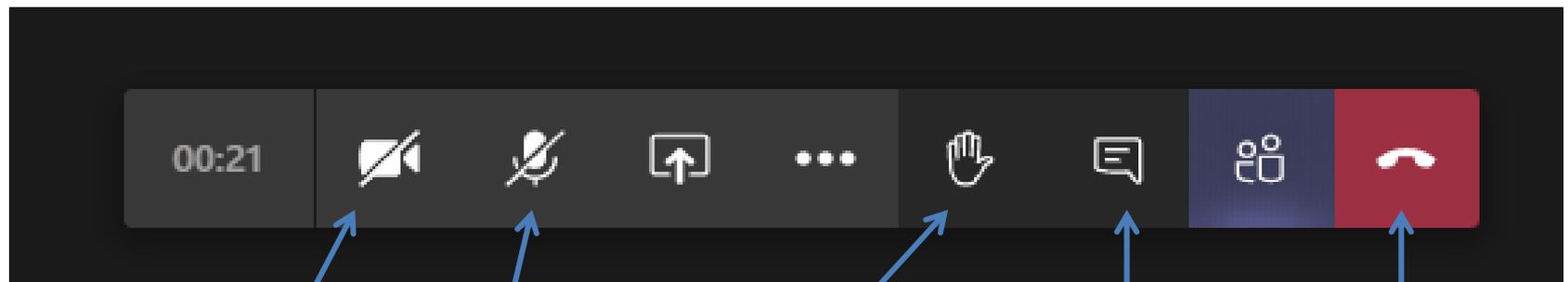
**This is where the presenter or presentation slides are**

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

**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

# Today's Café

## Identity

- **11am - Welcome, recap and overview of today's café**  
Haley Cocker, Patient Experience and Involvement Manager
- **Introduction to CHIME & Identity deferred to next months Café**
- **Discussion – Café agreement**
- **11:30am – Guest, Julian Harrison**  
Mind apples
- **12:30pm – Close**





# Agreement for our space

- This is your space to support, share and learn from each other, although please do be mindful that some content could be triggering for others.
- Respect others beliefs and values – listen with an open minds.
- This is a non judgemental space.
- The whole group will keep to the agenda/subject area of discussion.
- We will move people on if necessary, if they go off subject or due to time and allowing others the chance to share.
- If you do find anything in this café today has a negative impact please do reach out for support. **Signposting**

The opportunity to  
**Have your  
Say**

Step up to  
**Great  
Mental Health**

Leicester City Clinical Commissioning Group  
West Leicestershire Clinical Commissioning Group  
East Leicestershire and Rutland Clinical Commissioning Group



Find out more and fill in our questionnaire  
between 24 May 2021 - 15 August 2021

Following on from our Mental Health Consultation Recovery Café that took place on 9<sup>th</sup> July 2021, a further workshop event has been arranged focussing on Crisis Care.

The details are as follows:

**Date:** Monday 2 August

**Time:** 6 - 7.30pm

**Event:** Step Up To Great Mental Health Consultation -  
**Crisis Care Workshop**

**Presenter:** Sue Venables, Head of Engagement and Insights, Leicester, Leicestershire and Rutland Clinical Commissioning Groups

**Zoom link to**

**join:** <https://zoom.us/j/97415574646?pwd=WVJITTJuRkZ3OTJvQTF2RUNHNzRRZz09>

**Meeting ID:** 974 1557 4646 **Passcode:** 507909

Members of the Crisis Care Team will be available at this workshop to answer any questions you may have.

## Have You Had Your Say?

Service User and Carer  
Public Consultation Events

We are inviting all service users to a dedicated virtual workshop to talk about the Step up to Great Mental Health proposals, on **Thursday 5 August**.

The session is online (Zoom), totally confidential and is run by our Patient Experience and Involvement Team.

No need to book.

**Thursday 5 August  
6.00pm-7.30pm**

**Join the Zoom meeting**

<https://zoom.us/j/98604935823?pwd=Ni9meLZ4bDc0bE5oMkZYdzFEcjQ2dz09>

**Meeting ID: 986 0493 5823  
Passcode: 804155**

  
Leicestershire Partnership  
NHS Trust



If you need help to attend or want to give your views in another way, please call the Patient Experience and Involvement Team on **0116 295 0818** or email [LPTPatientExperience@leicspart.nhs.uk](mailto:LPTPatientExperience@leicspart.nhs.uk) and they will be happy to help.

**The opportunity  
to have your say**

**Consultation finishes  
Sunday 15 August**



## National recognition for two patient involvement initiatives

Two patient involvement initiatives at LPT have achieved national recognition as finalists in the annual Patient Experience Network (PEN) Awards 2021.

LPT's Recovery and Collaborative Care Planning Cafes have been shortlisted in the 'Strengthening the Foundation' award category and the Mental Health and Wellbeing Workbook has made the 'Support for Caregivers' award category.

<https://www.leicspart.nhs.uk/news/national-recognition-for-two-patient-involvement-initiatives/>



# Mind Apples

- Everyone has heard of the saying 'An apple a day keeps the doctor away'! But what can we do to keep our mind healthy?
- Share what you do to de-stress and learn how to take care of your emotional wellbeing with our online Mind Apples sessions
- We normally meet at 6 Degrees Coffee House on London Road, where we come together and share what we do to relax and unwind. The discussion is always different and guided by everyone attending, addressing topics such as general activities for relaxation, why these activities are helping, and sometimes also deeper conversations about personal preferences and ways to look after one's mental health.

If you wish to find out more about Mind Apples please visit the following links:

- [U. Matter Mind Apples Online \(umatterleicester.co.uk\)](http://umatterleicester.co.uk)
- [U.matter Partner Julian Harrison talks about changing Mind Apples into a virtual event - U. matter \(umatterleicester.co.uk\)](http://umatterleicester.co.uk)
- [Interview with Mind Apples' Julian Harrison - U. matter \(umatterleicester.co.uk\)](http://umatterleicester.co.uk)
- [Mind Apples with Julian Harrison | Facebook](#)

# 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
Aug – Identity	Tues 31 <sup>st</sup> 1-2:30	Microsoft Teams meeting Join on your computer or mobile app <a href="#">Click here to join the meeting</a>
Sept - Meaning	Weds 29 <sup>th</sup> 11-12:30	
Oct - Empowerment	Fri 29 <sup>th</sup> 1-2:30	
Nov – Connectedness	Mon 29 <sup>th</sup> 11-12:30	
Dec - Xmas	Weds 22 <sup>nd</sup> 1-2:30	

Information will be emailed out

Thank You!

