

MSU/LSU Issue 54, June 2022

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WELCOME

Welcome to the 54th edition of the QNFMS newsletter! As part one of this review cycle draws to a close, we reflect on opportunities to strengthen community connection and 'Bring the outside world in'. After two years of COVID-19 restrictions, services embrace the lessening of restrictions and, in this edition, showcase links with local organisations, charities and sports teams. Family and friends are welcomed back on site and one author reflects on the powerful role of social work in her experience of care.

With all forensic peer reviews now complete, the network have observed innovation including consideration of trauma informed approaches, the centring of staff wellbeing and allyship initiatives to combat racism. Some shared challenges remain: staffing recruitment/retention, co-production of policy and family inclusive practice. We hope this year's peer reviews have provided a meaningful opportunity for reflection, the sharing of ideas and helped to reduce feelings of clinical isolation. Sometimes, it is just good to hear other services are struggling with similar things!

Please join us in wholeheartedly looking forward to the return of in-person reviews starting in September 2022. Part 2 of this cycle will see all full reviews facilitated in person and all developmental reviews facilitated virtually. Recent in-person pilots allowed staff to connect, share stories, laugh and most importantly – have lunch. Oh, how we've missed the lunches!

Lastly, the month of June provides an opportunity to pause and reflect on mental health provision within the context of the LGBTQ+ experience. Pride is an opportunity to reflect on our diverse and interconnected identities. For the care and treatment of those we support, this should be an ongoing process, not simply a celebration once a year. Please enjoy the LGBTQ+ resources dotted around this edition and take a moment to appreciate the enormous contribution of LGBTQ+ staff and patients to forensic services.

TED TALKS

'Love, No Matter What' by Andrew Solomon—
A comparison of the shared experiences of children with physical, neurological and/or identity differences, and how we can apply progress and acceptance across marginalised groups.

'My Daughter, My Wife, Our Robot and the Quest for Immortality' by Martine Rothblatt—
An interview looking at how Martine's disregard for societal limitations allowed her come out as a woman and develop lifesaving medical advances.

'Life with Gender Dysphoria' by Sunny Miller—
On the emotional benefits of coming out as transgender.

Adele de Bono, Deputy Programme Manager

In Praise of Rights Based Social Work

**By Dr Sarah Markham, QNFMHS
Patient Reviewer**

Through my own experience as a patient and my review work for the QNFMHS at the Royal College of Psychiatrists, I am acutely aware of patient needs and priorities regarding forensic social worker provision and practice. Secure and forensic inpatients and community patients are the most stigmatised and discriminated against patient cohort and most dependent on good quality social work practice. In the context of ongoing risk assessment and management and re-integration into the community. It is essential that patients receive support from forensic practitioners, especially with regard to countering disproportionate risk aversion, mental health stigma and the various myths regarding mentally ill individuals who have been in contact with the criminal justice system.

Community patients, especially those under S41 of the MHA may need enhanced support, especially with regard to disclosure upon entry into education, training and employment. Forensic patients are probably the ones who are most in need of social practitioners' expertise in rights-based practice and challenging the various barriers to socialisation that their clients may face. It is understandable that social workers working with so-called 'mentally disordered offenders' may experience anxieties about

the risks to self and others, but the professional rewards of being able to tolerate such anxieties and continue to champion their clients' interests far outweigh the risks associated with rare and humanly unpredictable events.

My first experience of a social worker was shortly after my first admission to a secure and forensic hospital. The practitioner was seeking my permission to speak to my family to learn more about my upbringing and development. I was grateful for this as it signified to me that I was being viewed and treated as a whole human being with a family, connections, and experiences that had shaped me and my actions; both positive and negative. Later on in my patient journey it was a forensic social worker who enlightened me in a very grounded and open manner about the risk averse culture of organisations such as the secure and forensic psychiatric hospitals and the Ministry of Justice. I found it very helpful to learn about the 'politics' of risk assessment and monitoring; it helped me to not take some of the external restrictions placed upon me too much to heart.

My happiest experiences of working with a forensic practitioner have been in the context of finding suitable discharge placements and regaining a more normal degree of autonomy over my life. It has been in this context, especially in the context of clarifying Section 117 responsibility and obtaining funding for placements and after care, that I have witnessed social workers really coming into their own and showing real pleasure and pride when all their efforts on my behalf have had very positive outcomes.

Have you joined the QNFMHS Online Discussion Forum yet?

Joining Knowledge Hub will allow you to:

- Share quality improvement initiatives
- Seek advice and network with other members
- Share policies, procedures or research papers
- Advertise upcoming events and conferences

Knowledgehub

Email **'join Knowledge Hub'** to forensics@rcpsych.ac.uk

My Recovery and Goals with the Recovery Team

By Adrian Oldale, Recovery Team, and the residents of Kemple View

"I engage in the Canal Trust, Allotments, Xmas Tree Planting, Recovery Café, Boxing, Football, Gym and Walking Groups. Since joining the Recovery Team, I have learnt so much. You have to work with others – team building. My self-worth, self-esteem and confidence have risen. Being able to go out and do voluntary work is a major key in learning much about oneself, and how we get on with each other. I could not ask for more. Everything that I do with Recovery has boosted everything about me, yet I still learn much. Working at your own pace and the feel-good factor, once the team have finished a project makes things all worthwhile. It gives you a feeling of satisfaction, that: 'We did this!'"

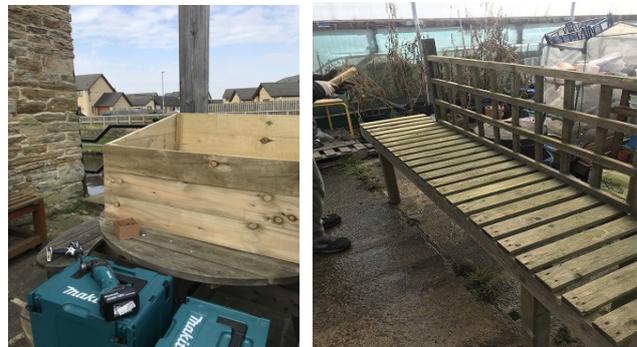
"Being part of a team can be hard going initially, but you eventually blend in as a team member, passing on skills in various ways."

"Here at Kemple View, we have many and varied activities that take place in the community. To name a few, we have the Social Inclusion Football League. This is where different teams from around the local area get together and play in the league. It is tremendous fun. We also have community Boxing, where we go to a place called Jennings Gym, and we do circuit training and bag work – very tiring, but very well worth it! On Monday night we play a match at Langho with a group called, Blokes United. People can get together and have fun and enjoy other peoples company. We also go to the Canal and River Trust. Occasionally, we sponsor a mile of the canal in Burley and maintain its upkeep and try to make it a pleasant place to be."

Creative football sessions go ahead every Wednesday morning to introduce players to competitive football. This continues to be very popular with participants attending from Kemple View every week. This is a great pathway to act as a stepping stone for individuals to progress with their football skills and prepare patients to play in the Social Inclusion Academy League. Kemple View Cosmos sit top of the table.

The allotments and Canal and River Trust are still proving popular, and the allotment lads have restored some old plant displays by sanding down, hand repairing them then wood staining them. The stands were donated by a local plant nursery and were originally destined for the firewood pile.

At the Canal and River Trust, the team started work on making some cold frames. The project got the patients to design and make the frames from scratch. The attention to detail needed to be spot on. We work on the principal of measure twice, cut once. The first cold frame is almost complete.



The fitness suite continues to be very busy, with each ward having at least 3 sessions every week, often, due to popularity, this can be more than 3 sessions. Most of the patients have started a bespoke workout program, designed by the recovery team staff.

We are seeing great demand for 1:1 sessions in the Kemple Fit program, plus football sessions, dancing with Brandon and badminton and basketball in the sports hall, which are all proving extremely popular.

We have been fortunate to be able to order some new equipment for the gym sports hall, some of which being some ankle weights,

and dumbbells for the seated exercise sessions.

The Recovery Café continues to be a success and very well attended, with the new members of the recovery team being tested in their culinary skills with help from patients.

The community boxing sessions at Jennings Gym continue, with trainer Dave Jennings, professional boxer Mark Jeffers and England international Michael Jennings. We currently have 8 patients attending, plus we have 2 patients doing their training with Recovery, to prepare them to attend the session. One of our trainers Mark Jeffers is defending his WBO Global Super Middleweight Championship Belt.

With the weather improving and the days getting longer, the walks in the community continue weekly, with each walk progressing

to be longer on each outing. The patients enjoy being out in the fresh air and seeing the countryside.

On the 23 March, The Recovery Team teamed up with OT and Working Well to put on a 'Walk for Ukraine and Memory Walk'. 28 patients took part plus 17 staff, raising £141.



The Support Worker Role

By James McCreedy, Technical Instructor, Reaside Clinic

I have recently been seconded to a new role in a medium secure unit for men with complex needs who are experiencing severe mental health difficulties affecting their everyday functioning. It is already quite evident how important this role is for patient care at this unit. This role is designated solely towards finding meaningful vocation on an individual basis for the patients and finding appropriate settings where there is enough support to ensure they are successful, as part of their recovery pathway. This makes a huge difference to patients, giving them hope for the future by seeing that there are opportunities for them to engage in meaningful occupation, which can help to keep them well in the community.

Being a support worker is a rewarding job. I have been part of the trust for nearly ten years, initially working in a low secure inpatient rehab unit and have seen patients

benefit from the support that I have given them and use their new skills to make a rewarding life for themselves outside of hospital.

The Trust has been supportive in allowing me to undertake various courses to not only enhance the patients experience in services but to also contribute to my own personal development and allow me to take on this new role. All training I've undertaken has been agreed on the basis that it is patient-led and will give patients the best chance of success.

I have not been in my current role very long, but already I have supported service-users to obtain qualifications in work based settings amongst people in the community to set them up for employment as soon as they leave hospital.

It's a rewarding job knowing that I am having a positive impact on people's lives which has a good impact on my day. Another positive is the learning experience, building new skills collaboratively with the service users, which not only enhances their skills but also contributes towards your own personal development.

The importance of Community Sports and Leisure Activities

By Michael Gardner, Sports and Fitness Practitioner, Northgate Hospital

The sports team in partnership with OTs at Bamburgh Clinic and Northgate hospital have been working hard to bring the outside world in with a number of community health and fitness programmes which present an opportunity for service users to exercise and be challenged in new environments. At Northgate Hospital the team have been working with service users from the KDU and have facilitated sessions at the local community gym in Morpeth. Service users have used the gym to increase their health and fitness knowledge as well as gain more independent living skills.



Extract from an interview with service user (above right):

What do you like about community sessions? *I get to spend time away from the hospital doing activities I enjoy.*

Why do you attend community sessions? *Learn skills to help me move on from hospital.*

What skills have you learnt from attending community sessions? *Money handling, interacting appropriately with members of the public.*

As well as community gym sessions the team have been working in partnership with Newcastle United foundation for some time and have supported service users to transition from Kirkly Park in Wallsend to the NUFC foundation brand new state of the art rooftop football pitch in the heart of Newcastle's city.

Service users interact with various other service users from different sites as well as other members of the public in friendly small sided football games.

"Playing football is known to keep you physically fit, but it can also be a huge boost to your mental health as well. At Newcastle United Foundation we have been running a football session targeted at those with diagnosed mental health conditions for several years now and have seen it grow from strength to strength, particularly since the move to our rooftop pitch at our new home NUCASTLE. Over the years our participants have reported increases in their confidence, self-esteem and overall mood as well as making long lasting friendships and of course having fun!" - Ashley Lowe, Health and Wellbeing Manager (Newcastle United Foundation)

One service user from Tweed has been invited to take part in Tier 1 football with NUFC foundation which presents opportunities for talented players to play fixtures once a month against higher skilled teams in pre-organised fixtures.

The sports staff have also designed a motivation tool for one service user currently on Cuthbert Ward. Using the service user's interest of FIFA gaming the team have designed a personalised card showing different skills that can be enhanced such as effort levels and teamwork to focus more on how he interacts with peers during football. This specific service user has some anxieties around going on community leave for long periods of time or being in crowded places, however, he has recently been able to use public transport and head into the centre of town to play football with peers and old friends. The service user will receive a personalised special Legend FIFA card on completion of 10 weeks of football.

Other community sports partnerships have included South Gosforth Cricket Club in which a former Aiden ward service user accessed the state of the art facility to use their cricket bowling machines to practice his batting. The service user has since progressed onto Tyne MH ward after showing the ability to engage with his community surroundings well.

The importance of community sport and leisure opportunities for our service users is vital for health and overall wellbeing progression. Our service users have many goals and aspirations and we have seen an improvement in independent living skills, mood and physical health. Most importantly we have seen smiles on faces and the creation of positive memories in the outside world for service users.



Welcoming Back Friends and Family

**By the Therapy Services team at
Priory Kemple View**

At Kemple View we have a long standing tradition of 'Family and Friends' events. These take the form of a themed day, usually at the weekend, where patients' families and friends are invited to join us. The event usually consists of a 'Family and Friends' meeting hosted by one of our social workers, then into a restaurant-experience meal which is primarily manned by the Therapy Services department. Many staff from Kemple View are involved in the planning and delivery of these events from catering staff, nursing staff and the therapies department. Themes have ranged from the British Seaside to Tropical Get-Aways! They have historically been very well attended and promote and encourage our patients to keep connected to their families while also strengthening ties between the families and the hospital.

Although necessary, it was disappointing when these events needed to be cancelled due to the recent lockdowns and changes in visiting procedures.

On the 6th of March 2022 our much loved 'Family and Friends' events made a highly anticipated comeback! A Christmas theme was decided on to make up for the lost

Christmases over the past couple of years. A 'Christmas' dinner was served including turkey trimmings with vegetables, roast potatoes and Yorkshire puddings as well as a vegan option available. Fruit salad and diabetic ice cream was served for dessert. Food was served in a restaurant style in which all family members enjoyed and spent time with their loved ones. Positive feedback was received plus a round of applause given to the catering team for their efforts. A few games of Bingo were enjoyed with a selection of prizes to be chosen from. Overall, the event was a huge success and enabled families to spend time with their loved ones.

We look forward to hosting many more of these events in the future and look forward to welcoming our patients' families and friends to spend the day with us.



Transgender Health

A free, online journal featuring the latest research on issues faced by transgender patients and how to provide the best healthcare to transgender people.

Online Journal Access [here](#).

Projects of Stockton Hall

Community Connections with New Beginnings

By Victoria Buckley and the residents of Stockton Hall

Local Churchyard Maintenance

As part of our vocational service we visit our local church in our village once a week to carry out grounds maintenance on the graveyard.

Paul has been volunteering regularly now for a number of months and has written a little piece about this vocational work.

“The jobs I do are taking the weeds out, moving rubbish to the compost bins, digging roots out of the soil to make it nice and fresh, re-plant snowdrops to different areas and chopping nettles down. I love doing this job, its gets me off the ward and it’s nice to be happy and keeps me busy. It is good to keep it tidy and make it nice for people who use the church and have graves there. I like walking down the village with my wheelie bin full of gardening tools. I have learned new things doing this job which will help me in the future and I can use again”.

As well as maintaining the grounds of the church we also visit once a week to clean the inside. A patient has been attending, using his unescorted leave to do this work and commented “I have really enjoyed it and it has given me some responsibility and new skills”. A number of our patients attend the church services on a Sunday.



New Beginnings became a charity in January 2016 (Registered Charity number 1165357) having been a Community Interest Company for six years. They provide a safe environment for former racehorses after they have finished their career in racing. They look to re-train and re-home as many horses as possible. Horses are introduced to living as part of a herd and allowed to adapt to their new lifestyle.

Since Covid restrictions have loosened, Stockton Hall have made successful links with New Beginnings. We have worked together to allow opportunities for our patients to experience animal therapy through meeting the racehorses. We have also helped to raise money for the charity by having collection boxes in our patient shop, selling charity Christmas cards and having the charity at some of our fundraising events- such as the Christmas fayre with a stall.

We have attended New Beginnings once a month over the past year, giving some of our patients leave to the community for the chance to meet the staff, horses and see what work is done at the stables. While visiting, patients have been able to meet a number of horses, walk around the fields, groom horses and lead them out to the paddocks. Staff have taken time to engage with us, educate patients on what they do and answer any questions we have about the animals.

More recently we have managed to organise for New Beginnings to come into the hospital with a couple of their horses. This opened up opportunities for more of our patients without access to the community or who suffer more severe mental health issues to benefit from animal therapy. Just seeing two huge racehorses in the courtyard was such a sight to see and got a lot of patients and staff very excited and motivated to attend or watch through their windows.

We have had much positive feedback from our patients who have both attended the stables and who engaged in meeting the horses when they visited. Including :

"It was only the second time I have met a horse up close so it was a nice experience."

"They were really big, I was quite scared of them at first but they were really friendly."

"Yes it was lovely, I really enjoyed it."

"It was so nice to be that close to them and stroke them and scratch their necks, they liked that."

"The two racehorses that New Beginnings brought were well received by patients and staff. It was obvious they had been well cared for and looked in fine fettle. Seeing them was a novelty and they seemed of good temperament. It felt good to stroke them and I was interested to know more about them. I found out they were re-shoed every 6 weeks. I would have liked to have ridden one. They seemed to take it all in ok and were happy enough for us to make a fuss of them. Hopefully we can see them again."

"Really fun, want to go again. I want to buy Remy, staff were great. "

"Really good, I enjoyed it, would like to visit again, staff were good. "

"We got told that they would be having two horses in the yard and would any of us like to see them. To raise money for the charity called New Beginnings. Vicky and Ruth said to me would I like to stroke the horse I said I would I went to Remi and let him smell me then I stroked him. He felt really, really soft Remi had a coat on because it was cold. I could smell Remi he smelt like hay. I thought Remi was cheeky because he kept smelling me now and again. He was brown and he had a patch of white on him He kept huff puffing at me. "

There are lots of benefits for our patients from this positive relationship in the community. Being outdoors can do wonders for relieving anxiety, stress, and depression. Countless studies have proven that nature has a positive effect on your mental health.

From an education perspective, knowledge about horse's behaviour, anatomy and health is taught from the staff. Improving patients'

social skills and confidence as they engage with staff and other patients while on a visit. It is essential for their own safety they are able to listen to directions from New Beginnings staff and focus on the session. We hope to continue developing this great relationship!



Vocational Work at Local Beetle Bank Farm

We have a local open farm about 5 minutes away from Stockton Hall. They have a large variety of animals of their own and also help to nurture any stranded or ill wildlife back into the wild. This farm is open to the public to visit but on a Tuesday we visit as part of our vocational service. Patients volunteer to help out on the farm for the morning and carry out a variety of tasks, often including: mucking out animal pens, assisting with feeding animals, helping to move rubbish and hay bales around the farm, fixing fences, maintaining hedgerows and many more!

We have been volunteering here for a few years now and so having to cease visiting during Covid was difficult for a number of patients. However, we have developed a great relationship with Angela, the owner of the farm, who is very welcoming and grateful for our help, so we have recently returned to volunteer once again. We have also held fundraising events for the farm within the hospital and, in return, the farm have helped us to support our own hospital animals and allow some to visit the hospital at times. Angela has visited the hospital a few times to talk with patients and to also join in

our Christmas parties and watch one of our patient plays.

Some of the benefits of this vocational work include: learning new outdoor work skills, being up close with many different animals, working outside of your comfort zone, physical activity, working in the fresh air, team work skills and putting something back into our local community.

The Hut

The Hut is a registered charity located in York, they have a focus on people with learning disabilities and Mental Illness, we have been working with them for around a year now they have visited Stockton hall three times for patients to attend a session rolling beeswax sheets into candles. We currently have one patient attending The Hut



unescorted to volunteer in their Hut Made sessions in a mixed group with other members. They spend the day as a group creating various products to be sold for their charity to raise money to provide sessions for their members.

Transforming Clinical Shells into Inspirational Environments

By Su Pashley, People Participation Lead NSFT, Tim Shaw, Niamh White and Molly Bonnell, Hospital Rooms, Nicola Simpson and Prof Simon Willmoth, Norwich University of the Arts

Detained—Stagnant Spaces and Hopelessness

Having spent nearly 5 years detained continuously and having visited over 40 secure units as a former QNFMHS Patient Reviewer, I am very familiar with the stark, clinical ‘magnolia’ environments where the focus is predominantly on containment, functionality and security. Over the years I have noted that efforts made to create colourful, engaging and warm living spaces for patients have more often than not been driven by individuals or small projects, rather than a service/system initiative or commitment.

Detainment is in itself traumatising, with days on end experienced in states of fear, confusion, emptiness, uncertainty and hopelessness. A confined world, where time stands still and where the focus on your



Artist: Carl Rowe

thoughts and emotions are intensified. The four walls that surround you become the ‘constant’ in what are often unpredictable and chaotic living conditions. In many services the walls are seen as the stark barriers simply there to contain you, but they have the potential to be transformed from

blank canvases into artworks igniting curiosity, inspiring hope and connecting people.

Northside House Arts Collaboration

When we were approached in 2020 by Hospital Rooms and Norwich University of the Arts (NUA) to become involved in a collaborative arts project that would be part funded by Arts Council England and NUA at Northside House in Norwich, we didn't hesitate. As part of the initial project, six world class artists hosted workshops with our patients and the creations and ideas generated from these became the inspiration for the artist's unique and exceptional installations on our wards and corridor spaces.

Seeing a detained individual finding their own creativity and then, not only the motivation and materials, but also eluding the extreme restrictions of a secure ward to undertake an ambitious, quality and large scale artwork epitomises the aspirations of Hospital Rooms.

Artist: Service User PC



The project became the focus of a national online research symposium hosted by Norwich University of the Arts, and was later shared during the World Health Organization 'Healing Arts' online conference at the Metropolitan Museum in New York. During Mental Health Awareness week May 2022 Hospital Rooms invited the Northside House project to form part of an in-person presentation delivered at the Hauser and Wirth Gallery in London, exploring the

impact of creativity within detained environments. All of these events became wonderful opportunities to celebrate our collaboration and the impact of the project, for others to learn from.



Hospital Rooms

Hospital Rooms is an award-winning arts and mental health charity that believes everyone in mental health hospitals should have access to extraordinary creative and cultural experiences.

Hospital Rooms has been working with Northside House and Norwich University of the Arts with support from Arts Council England since 2020. Prior to the project, there was an acknowledged negative atmosphere in the service. Initiatives inside the wards aimed at generating connection were poorly attended or not happening, and the Covid 19 pandemic exacerbated isolation from the outside world.

Over 18 months, patients were empowered to collaborate with high profile artists through tailored art workshops and contribute to the physical transformation of their environments. Their creative accomplishments were shared in books, press items, a public exhibition and national and international research symposiums.

We demonstrated an increase in feelings of self-worth in patients through evidence gathered in semi structured interviews, an adapted Arts Obs survey and a Visual Matrix session. We showed improved interactions between patients and staff, which led to fewer incidents and use of restraint on the ward, and subsequently increased instances of innovation in the service.

The success of our initial collaboration has led to a subsequent project, involving the creation of an inventive and vibrant arts and social hub inside the service. Five artists have worked with the community to imagine how this space might look, feel and function.

Norwich University of the Arts have worked closely with Hospital Rooms and the clinical staff at Northside House to co-produce an experimental creative evaluation framework. This can strengthen the evidence-base for arts interventions in mental healthcare environments, and tell the story of the impact of these changes to the physical hospital environment on the wellbeing, recovery and agency of the people who live and work there. As the project has developed

into its second phase, there are opportunities to co-produce with service-users, not just the artwork, but involve them in designing impact goals and measures too. The university sees this as just the beginning of a committed partnership that will continue to listen to the voices of the lived-experience community, the OT team and clinical staff, and work with them to develop and deliver ongoing participatory creative arts opportunities, workshops and events.

Artist: Service User PC



QNFMHS Annual Forum

Take your CPD seriously? The event will be an opportunity to convene, collaborate and learn from innovative content. The forum will be fully virtual with key note speakers and a choice of workshops. Speakers will explore areas including relational security, restorative justice and human rights.

Date: Tuesday 12 July 2022

Time: 10:00 - 16:00 (the final programme and timings to be confirmed)

Location: Online (MS Teams)

Cost: Free for QNFMHS member services, £55 for all other attendees

Workshops

Been with the network for years - isn't it time you showcased your work? If you would like to facilitate a 30 minute workshop exploring peer support (for patients and/or carers), co-production or improving access to technology, please submit an abstract to forensics@rcpsych.ac.uk. Guidance can be found [HERE](#).

QNFMHS Artwork Competition 2022 Winners



Seascape, by Annie (Arnold Lodge)



Trams in San Francisco, by James McKenzie (Thornford Park)



A Trail to Anywhere, by Lee Thornley (Arnold Lodge)



Abstract Forms Two, by Anonymous



Bamburgh Castle, by James McKenzie (Thornford Park)



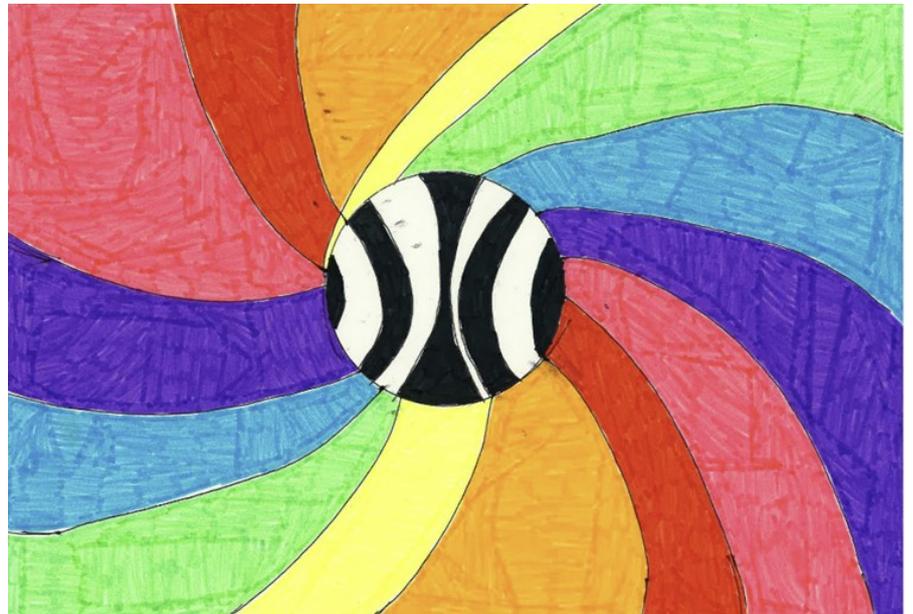
Stars and Plants, by Lee Thornley (Arnold Lodge)



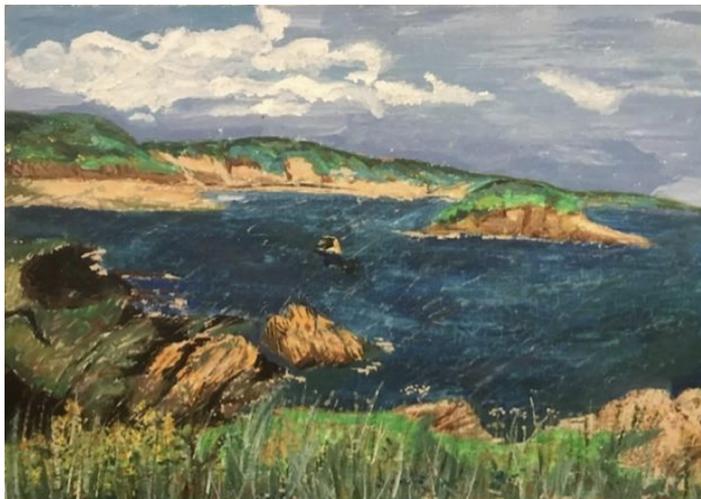
Giraffe, by Anonymous



Flowers (Bamburgh Clinic)



Taste the Rainbow, by William (Fromside Unit)



Cornwall Coast, by GE (Bodmin Hospital)

To view the creative writing winners, please see the booklet you received alongside this newsletter

QNFMHS Artwork Competition 2022 Runners Up



From left to right: 1. Untitled 1, Anna Perkins, Aster Ward 2. Working together; Wooden Truck, Burston House 3. Hungry, HH, Stockton Hall 4. Working together; Apple Core, Burston House 5. Rocking, Bamburgh Clinic 6. Untitled 2, Anna Perkins, Aster Ward 7. Working together; Mural, Burston House 8. Betty, James McKenzie, Thornford Park 9. Amy Winehouse, Jason Moore, Arnold Lodge 10. Working together; Queen's Head, Burston House 11. Lady Gaga, Jason Moore, Arnold Lodge 12. Alien 13. Abstract Forms One 14. Fighting Man, William Roberts, Arnold Lodge 15. Diamond Art, Josh Tattersall, Arnold Lodge 16. Pebbles in the Rain, LM, Arnold Lodge 17. Liverpool Football Club, Wayne Reave 18. Halloween Rianna, William Roberts, Arnold Lodge 19. Red Funnel Ferry, Jake Ford, Arnold Lodge 20. Working together; Planter Made from Old Drawers, Burston House

Useful Links

Care Quality Commission

www.cqc.org.uk

Centre for Mental Health

www.centreformentalhealth.org.uk

Department of Health

www.doh.gov.uk

Health and Social Care Advisory Service

www.hascas.org.uk

Institute of Psychiatry

www.iop.kcl.ac.uk

Knowledge Hub

www.khub.net

Ministry of Justice

www.gov.uk/government/organisations/ministry-of-justice

National Forensic Mental Health R&D Programme

www.nfmhp.org.uk

National Institute for Health and Care Excellence

www.nice.org.uk

NHS England

www.england.nhs.uk

Offender Health Research Network

www.ohrn.nhs.uk

Revolving Doors

www.revolving-doors.org.uk

Royal College of Psychiatrists' College Centre for Quality Improvement

<https://www.rcpsych.ac.uk/improving-care/ccqi>

Royal College of Psychiatrists' Training

<https://www.rcpsych.ac.uk/training>

See Think Act (2nd Edition)

<https://www.rcpsych.ac.uk/improving-care/ccqi/quality-networks-accreditation/forensic-mental-health-services/see-think-act>

Contact the Network

Kelly Rodriguez, Programme Manager

Kelly.Rodriguez@rcpsych.ac.uk
020 8618 4063

Adele de Bono, Deputy Programme Manager

Adele.DeBono@rcpsych.ac.uk
020 8618 4061

Evangeline Gowie, Project Officer

Evangeline.Gowie@rcpsych.ac.uk
020 8618 2736

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QNFMHS Knowledge Hub Group

www.khub.net/group/quality-network-for-forensic-mental-health-services-discussion-forum

Royal College of Psychiatrists' Centre for Quality for Improvement

21 Prescott Street, London, E1 8BB

www.qnfmhs.co.uk