

FORENSIC eNewsletter

MSU/LSU Issue 61, July 2024

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WELCOME

Welcome to the 61st and first newsletter of 2024!

It is inspiring to read so many good practice examples from services. As always, I recommend sharing the newsletter widely with staff, patients, carers and visitors.

Included in this newsletter are also the artwork competition and creative writing entries and winners. We would like to thank all participants for their submissions and all our members for their support with these competitions. It has been amazing to see so many submissions!

One of our successes this year was our Annual Forum. This year's Annual Forum was co-chaired by our fabulous Sheena Foster and Hannah Moore (pictured on the right), QNFMHS Carer Representative and Patient Representative respectively. Both Sheena and Hannah shared their experiences of reviews this past year, some wonderful examples of good practice amongst services and common challenges. This was positively welcomed by our delegates.

Lastly, the team and I would like to thank all our members for their hard work over the past year and for their continuous engagement with the Network. Reviews for the current cycle have now ended and it has been a privilege to see services support and learn from each other.

I hope everyone has a wonderful summer break and we look forward to re-starting the peer-reviews again in October 2024.



Kelly Rodriguez, Programme Manager



Introducing Smartphone Use in a Low Secure Forensic Inpatient Unit

Dr Olusola Awonogun, Consultant Forensic Psychiatrist, Chaffinch Ward;
Zoe Lineker, Patient Involvement Manager, Forensic Service;
Onyekachi Nwankwo, Head of Nursing and Quality, Forensic Service;
Mariama Jalloh, Ward Manager, Chaffinch Ward;
Donna Nagle and Jim Brown, Occupational Therapy Team, Chaffinch Ward

INTRODUCTION AND RATIONALE

Chaffinch Low Secure Unit (LSU) is a pre-discharge ward based at the Bethlem Royal Hospital, South London and Maudsley NHS Foundation Trust. Chaffinch ward is a 19-bed unit for male residents over the age of 18. The aims of the service are to:

- *Facilitate the individually planned recovery of each of the service users.*
- *Prepare for a safe and planned discharge and re-integration into the community.*
- *Engage in both ward-based and community activities and therapies that allow for each individual to meet personal meaningful goals, achieve good mental health and to fulfil their potential.*
- *Develop independent living skills and educational opportunities to prepare service users for community living.*
- *Foster a sense of hope for the future and of building resilience to negotiate the challenges associated with living responsibly and safely in the community.*

Low secure forensic risk management procedures have historically not allowed for the use of smartphones on forensic wards. Before the inception of this project, service users on Chaffinch ward were able to use their smart mobile phones when on leave in the community but were only able to access basic mobile phones that do not have internet or a camera, when on the ward.

However, we recognise that regular access to smart mobile phones would provide greater opportunity for service users to prepare for discharge, equipping them with the skills needed to return to the community and further opportunities to engage with external agencies. In an increasingly digital age, those who are not engaging effectively with smart and other technologies are at risk of being disadvantaged and excluded.

Forensic service users are already potentially the most stigmatised in mental health care and at risk of having reduced opportunities upon discharge, therefore this project was an ideal way to improve access and increasing opportunities for our service users.

Additionally, there is currently a national drive to reduce blanket rules and restrictive practices on mental health wards. As a Trust we are working to eliminate blanket rules that are not essential to patient and staff safety.

While it is important to remain mindful of risk, particularly in a forensic setting, this must be balanced with positive risk taking and treating every service user as an individual, to ensure we provide high quality, person-centred care.



**South London
and Maudsley**
NHS Foundation Trust



The Trust has recently introduced the use of smart mobile phones in our Psychiatric Intensive Care Units (PICUs). A PICU is the most comparable clinical area to forensic wards, due to the high levels of acuity and potential risk of violence and aggression or self-harm. Some patients on PICUs are also

on forensic section with Ministry of Justice restriction. The introduction of smart mobile phones on PICUs has been successful and is now seen as business as usual. The success of the introduction of smart mobile phones on PICU was a positive benchmark for taking this project forward on our low secure ward.

IMPLEMENTATION

We held a patient and staff consultation which highlighted some concerns about the introduction of smart mobile phones to the ward. See Table 1.

Table 1

Patient concerns	Staff concerns
<ul style="list-style-type: none"> • <i>Safety of the mobile phone (intentional damage by others).</i> • <i>Unauthorised photographs or videos.</i> • <i>Internet searches for previous offences.</i> • <i>Causing general disruption.</i> 	<ul style="list-style-type: none"> • <i>Stalking concerns.</i> • <i>Searching social media for staff details.</i> • <i>Recording live events and photos.</i> • <i>Disengagement from activities & therapies.</i> • <i>Easy access to pornographic material (adult or child).</i> • <i>Gambling or criminal activities.</i> • <i>Exposure of vulnerable patients to exploitation from others online.</i> • <i>Data breach.</i> • <i>Drug dealing.</i> • <i>Self-harming with the mobile phone.</i>

We addressed these concerns through our weekly community meetings and reflective practice. We also drafted a protocol and a patient consent form. We agreed that all patients would be allowed to retain their smart mobile phones unless there is a specific concern or risk issue related to

internet use. The multidisciplinary team will discuss these specific risk issues and an individualised care plan will be agreed to manage any issues. All options should be explored before consideration is given to withholding a smart mobile phone from a patient.



OUTCOME

A patient survey was conducted after three months. 11 patients completed the survey with the details of their use of smart mobile phone technology (see pie chart 2 and 5). None of them reported any inappropriate use of smart mobile phone.

A staff discussion took place throughout the pilot period to review and address any emerging concerns. There were no reports of security breaches or disengagement from therapies. There were no risk management information system (Datix) forms completed about the smart phones during the pilot. We concluded that the pilot had been successful and approved the use of smartphones as a standard procedure on the ward.

There has been a really positive response to this change from patients. In response to the news that smart phones would be allowed, one patient saved his money to purchase his first ever phone. He has since been supported by other patients to learn how to use it. This support has been widespread, with more experienced patients receiving an informal role of tech support – helping others set up WhatsApp, learn how to download music and other tasks. Some patients have been able to use their smart phones to join service meetings and offer their lived experience to help improve services.

Here are some thoughts from service users about having the Smart Phones on the ward:

'It is helpful and very useful'

'you can get a lot of information about how to cope with your mental health and the situation'

'It keeps you connected with families and friends overseas'

'You can see your families' smiling faces'

'It makes me feel part of society and connected. I feel freer.'

Online Peer-Reviewer Training

Reviewer training is a two hour free event for staff from a service that is a member of the Quality Network. The training is a great learning experience for those who are interested in participating in the reviews of medium and low secure forensic mental health services. This training is online and will take place on MS Teams.

Next training dates:

- **Tuesday 24 September 2024** (10:00-12:00)
- **Tuesday 29 October 2024** (13:00-15:00)
- **Tuesday 14 January 2025** (13:00-15:00)
- **Wednesday 5 March 2024** (10:00-12:00)

If you are interested in attending, please complete this [booking form](#).



The Safety Incident Response Accreditation Network (SIRAN)

Sarah Martins, Project Officer and Jemini Jethwa, Programme Manager, Safety Incident Response Accreditation Network (SIRAN), CCQI

WHO WE ARE AND WHAT WE DO

In 2020, The Royal College of Psychiatrist's College Centre for Quality Improvement (CCQI) launched the Safety Incident Response Accreditation Network (SIRAN) and is now one of just under 30 networks within the CCQI. This is a not-for-profit accreditation programme aiming to change the culture around safety incident investigations and adopt a supportive process for learning and improvement. This includes improving the experience for patients and carers as well.

On SIRAN, our key objectives are to help patient safety services to evaluate themselves against agreed standards, award accreditation to services that meet the required level of performance, support local and Trust wide clinical and service improvement in line with the standards and to enable sharing good practice across services.

Services that are awarded accreditation can assure patients, carers, frontline staff, commissioners, managers and regulators that their patient safety procedures are of a good quality and that staff are committed to improving care. Accreditation also rewards hardworking patient safety staff for their efforts, raises morale and the profile of the team across the organisation.

OUR STANDARDS

The [SIRAN standards](#) have been produced to underwrite the self and peer review

processes. These standards have been developed from a literature review and in consultation with stakeholder groups. Care has been taken to include information from a wide range of sources and to take into account the views of patient safety staff, people with safety incident experiences and their carers. The standards are subject to regular review to account for new developments. Safety incident teams are uniquely placed within their Trusts and review all areas of mental health. The standards are therefore focused on 'processes'. The standards cover the organisational and incident review processes, reports and involvement of both clinical staff and patients and families.



THE PEER REVIEW ASSESSMENT PROCESS

Much like QNFMHS, our peer review process starts with a self-review assessment over a period of 12 weeks. This is an opportunity for patient safety teams to rate themselves against the SIRAN standards and reflect on any areas for further development. A review team made up of at least two patient safety professionals from other SIRAN member services, a carer representative and a member of the central SIRAN team will then conduct a review to discuss and validate the self-review data.

Their report produced as an outcome of the review and further evidence will be presented to the SIRAN Accreditation Committee, who will review the evidence and make decisions relating to accreditation. If awarded accreditation, this award will last for a period of three years. Teams are given time, guidance and support to reach accreditation by both the Accreditation Committee and SIRAN team.



WORKING WITH PATIENTS AND CARERS

The CCQI strongly advocates for the involvement and engagement of people with lived experience in all Quality Networks or Accreditation Programmes. SIRAN is currently recruiting for a Patient Safety Representative to join our team alongside our Carer representative. Please get in touch with us if you would like to know more about the role.



SIRAN@rcpsych.ac.uk

PATIENT SAFETY WORKSHOPS

We are hosting a series of free workshops for all staff working within mental health organisations to join and learn more about specific topics in relation to the SIRAN standards and areas of interest. Workshop attendance is eligible for 1 CPD point. The workshops are listed below:

- Embedded Patient Safety Partners - Thursday 19th September (14:30-15:30)
- Safety Team Structures and Role Composition - Friday 11th October (09:30-10:30)
- Staff Involvement and Support - Tuesday 3rd December (10:30-11:30)

[You can book onto any of these workshops here.](#)

SUMMARY

SIRAN is designed to support services to improve the quality of care provided to patients and their carers. In addition, SIRAN is keen to review evolving patient safety scenarios, considering the impact of this and ensuring our standards and processes are up-to-date and in line with best practice, key literature and guidance.

HOW CAN YOU GET INVOLVED?

We would welcome any patient safety team that is interested in becoming a member of SIRAN to get in touch with us. In addition, we hold a few peer reviewer training sessions a year which is free for all staff within our patient safety teams to attend. Information about our upcoming events and training are on our website.

For more information about the programme, please access our or contact us via email.



SIRAN
SAFETY INCIDENT
RESPONSE ACCREDITATION
NETWORK

Have you joined the QNFMHS Online Discussion Forum yet?

Joining Knowledge Hub will allow you to share best practice and quality improvement initiatives, seek advice and network with other members, share policies, procedures or research papers and advertise upcoming events and conferences.

We use Knowledge Hub as our main way of communicating with our members, so in order to keep up to date with the Quality Network, ensure you sign up!

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



RISEing to the Challenge of Co-Production

The Research Involving Service Users Excels (RISE) Team, Norfolk and Suffolk NHS Foundation Trust

This project aims to explore people’s experiences of Joint Casework. Joint Casework is a short-term intervention for people on probation in the Out-Patient Department (OPD) Pathway. It is where a person on probation (PoP), their probation practitioner and an OPD practitioner work together to support the PoP.

The project is a co-production research study, which came together with five Experts by Experience (EbE’s), two probation staff and four NHS staff in 2021. We named ourselves RISE (Research Involving Service Users Excels). The EbE’s in our team are people with different lived experiences including prison, probation, and secure hospitals.



We are conducting peer-to-peer interviews with people who have been involved in Joint Casework. This means that probation staff will interview probation staff, OPD staff will interview OPD staff, and EbE’s will interview people on probation.

For all of us, it is important to help improve health and justice services for people who are involved in these systems. Co-production research is rare within forensic services, so it is a new way to build our research skills and work alongside colleagues with different lived and professional experiences.

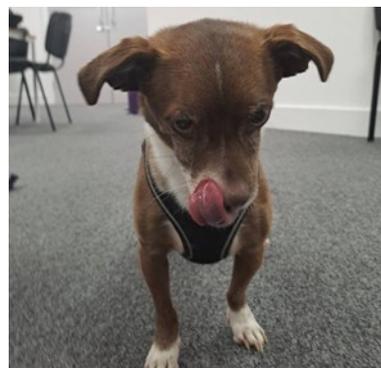
For the RISE team, co-production is meaningful work and not just a tick box exercise. Co-production is reducing the power imbalances within health and justice systems; we may not be able to overcome all the issues and differences in perspectives, but we are working together for this aim. We don’t always get the power balance right, but we work through this as a team.

It has been challenging. It took us over a year to go through the ethics process and gain approval from each area in our region to allow us to recruit participants. Along the way it has been sad that some members have moved on from RISE, but we have been grateful to welcome new members too.

Frustratingly, we have been delayed at each stage of the project which has felt disheartening.

We are currently recruiting participants and conducting interviews with people on probation. Excitingly, we have started to analyse the data from interviews with staff involved in Joint Casework. We hope to write up our results into a report later in 2024 and share our results within probation and NHS forums locally and nationally. We would also like to publish our results in an academic journal. As the project continues, we intend to all be involved in a meaningful way at each stage.

As the RISE team we are proud of the progress we have made and are looking forward to the future.



This is our RISE mascot Oscar, who has attended almost all our in-person meetings!



Safety Pod Audit

**Roy Draper, Clinical Nurse Manager,
Arbury Court**

The use of the UK safety pod, a bean bag like tool to help patients in distress, was audited for the period of 1 January 2023 to 31 January 2024.

There were a total 2051 incidents requiring physical interventions during this period at Arbury Court.

Note: Due to lack of clearly identified use within the IRIS reporting system, this data was collected following a deep dive into individual narratives attached to incident forms, and followed a search within these narratives for the word "POD" being used. A total of 182 separate incident forms were identified with "POD" mentioned within the narrative/description of the incident.

The table below highlights a breakdown of POD usage in terms of situational use.

Table 1

Use of POD - situation	Number of incidents	Percentage of total
Management of self harm	88	50%
Violence and aggression	47	27%
Obtaining bloods under restraint	2	1.5%
Seclusion inc exit	36	20%
Other	3	1.5%
Totals	176	100%

RESULTS

Of the 2051 incidents recorded requiring physical interventions –

119 = use of prone restraint

288 = use of supine restraint

This equals a total of 407 floor based restraints.

This total would potentially have increased to 583 floor based restraints without the introduction of the UK safety pod.

This equates to a 31% reduction in potential floor restraints.

It is believed that there is a reporting discrepancy due to the lack of reporting identity within the IRIS reporting system and that the total use of the safety pod is potentially much higher.



Meet the QNFMHS Team!

Naomi Ghafoor
Deputy Programme
Manager



When did you join the college?

May 2024.

What were you doing before joining the team?

Before joining The Royal College of Psychiatrists, I was working for mental health charity, Mind, as a Lived Experience Leadership Officer. I learned a lot about co-production and service user involvement and hope to bring these skills to my new role as Deputy Programme Manager!

What is an interesting fact about you?

Here are three fun facts about me!

1. I have a miniature dachshund called Rupert.
2. I was interviewed by Roman Kemp and featured in his documentary.
3. And last but not least, I've been horse riding since I was four years old.

What is your favourite movie?

Really depend what I'm in the mood for, but you can't beat the Bridget Jones movies!

Ella Hibbs-Newman
Project Officer



When did you join the college?

I joined the college in February 2024.

What you were doing before joining the team?

Worked as a Governance Officer for Kent and Medway NHS Partnership Trust.

What is an interesting fact about you?

I used to compete in powerlifting for my university.

What is your favourite movie?

10 Things I Hate About You / The Dark Knight.



Catharine Christie
Project Officer



When did you join the college?

February 2024.

What were you doing before joining the team?

I worked as a Policy Analyst at a refugee resettlement agency in the United States.

What is an interesting fact about you?

I swam against Katie Ledecky, Olympic gold medalist, when I was 10.

What is your favourite movie?

Eternal Sunshine of the Spotless Mind or Pride and Prejudice.

Charlotte Darg
Project Officer



When did you join the college?

I joined the college in July 2024.

What you were doing before joining the team?

I was previously a Support Worker, working with individuals with complex needs.

What is an interesting fact about you?

I'm a big fan of games and help run a games group in London.

What is your favourite movie?

One of my favorite movies is the NeverEnding Story.



QNMFHS Artwork Competition Winner

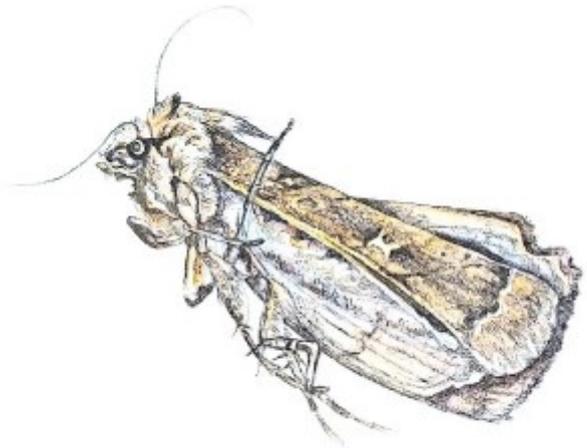
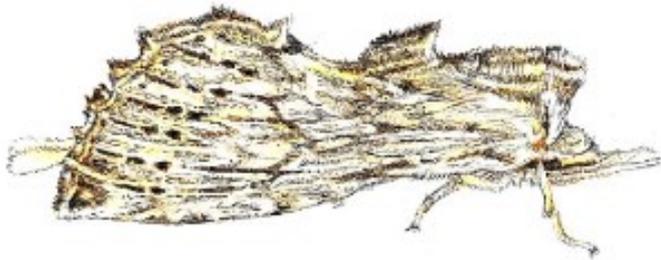
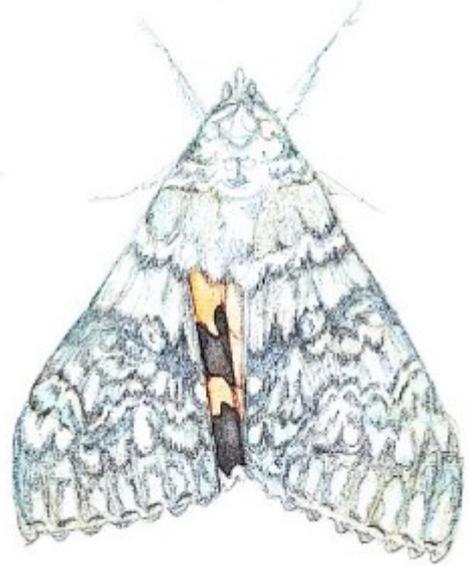
This year, we welcomed all patients in forensic mental health services to submit their artwork. We received so many fantastic entries and we are very grateful. Thank you to everyone who sent in their artwork. Below you will see this years winner, **'Reflections'**. On the next pages you can see all of the amazing entries!



The winning artwork was created by a patient from St. Mary's Hospital.



QNFMS Artwork Competition Entries



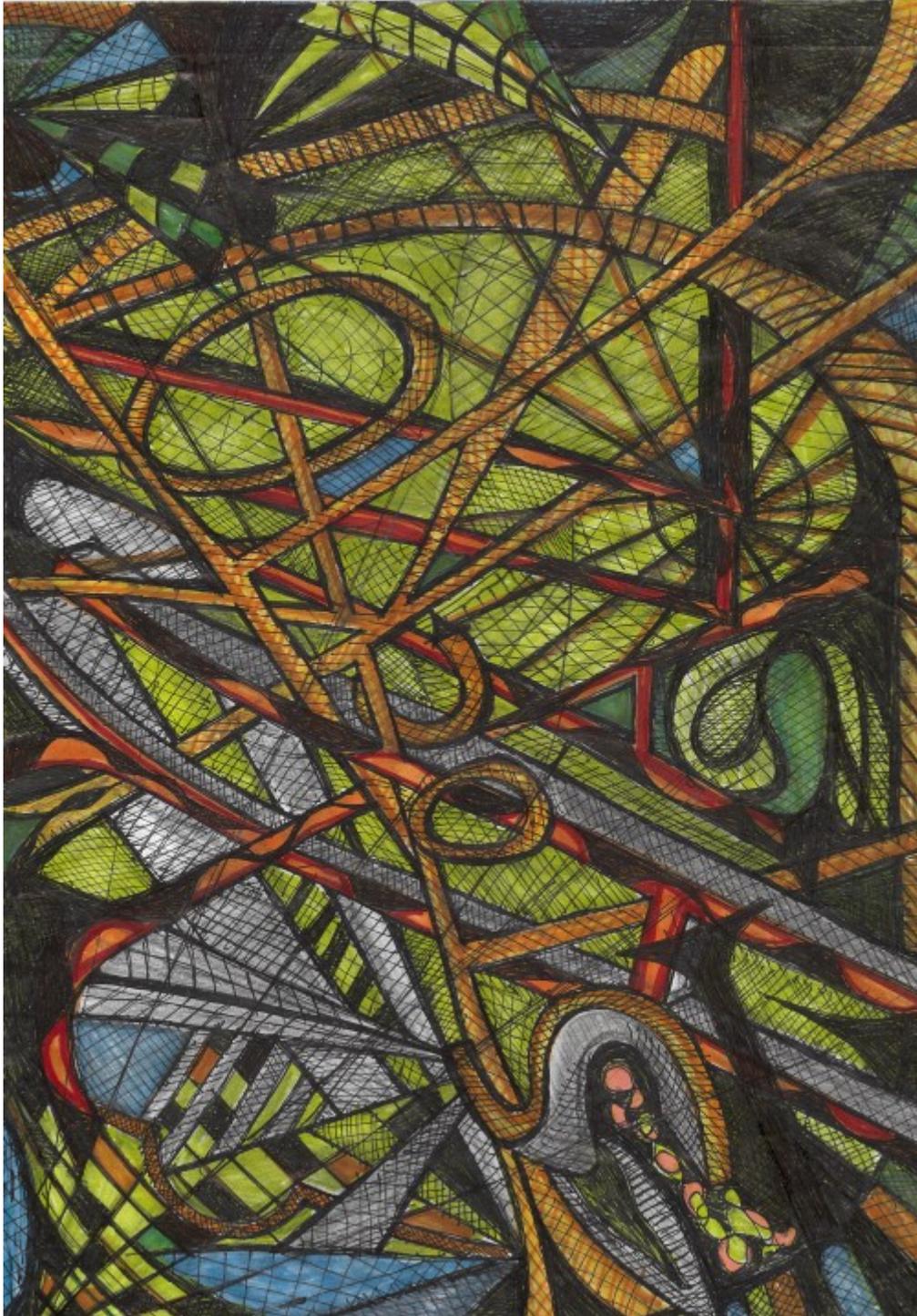


QNFMHS Artwork Competition Entries





QNFMHS Artwork Competition Entries



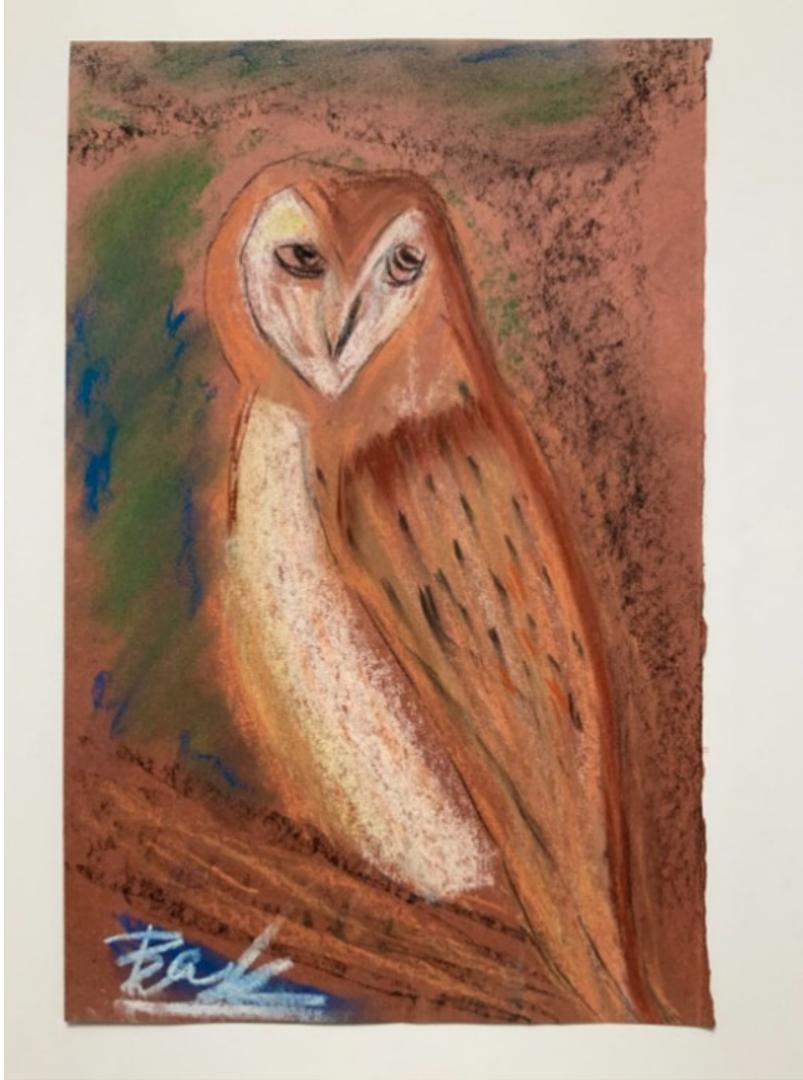


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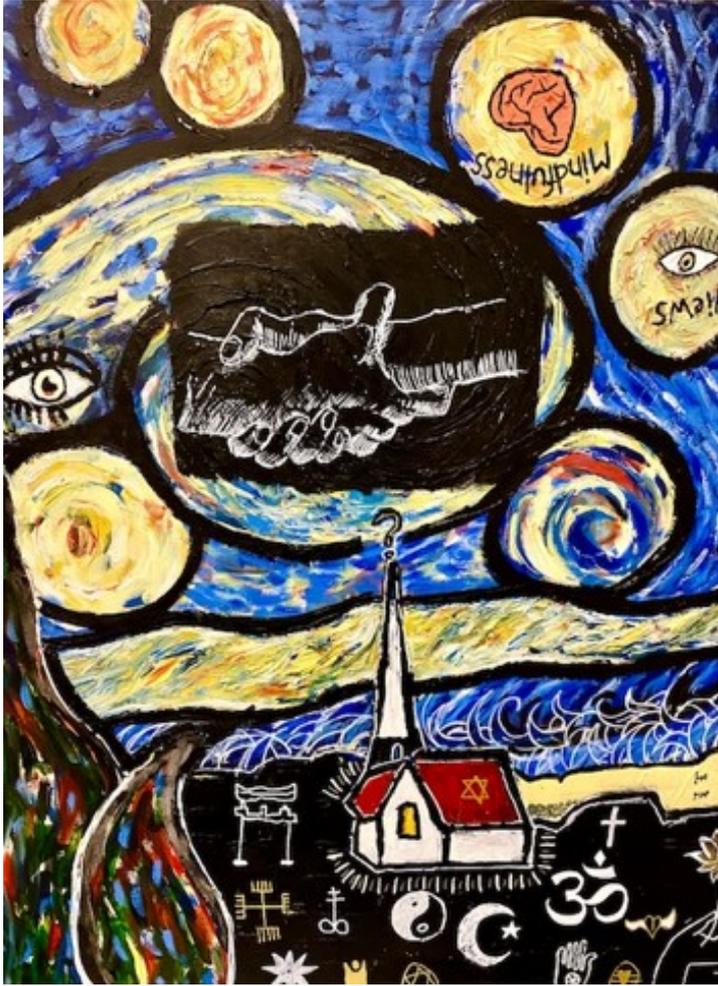


QNFMHS Artwork Competition Entries





QNFMS Artwork Competition Entries



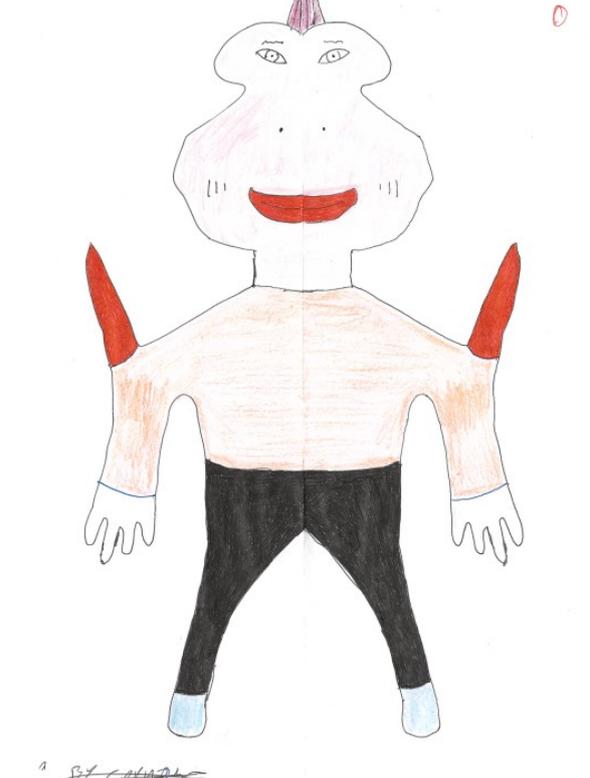


QNFMHS Artwork Competition Entries



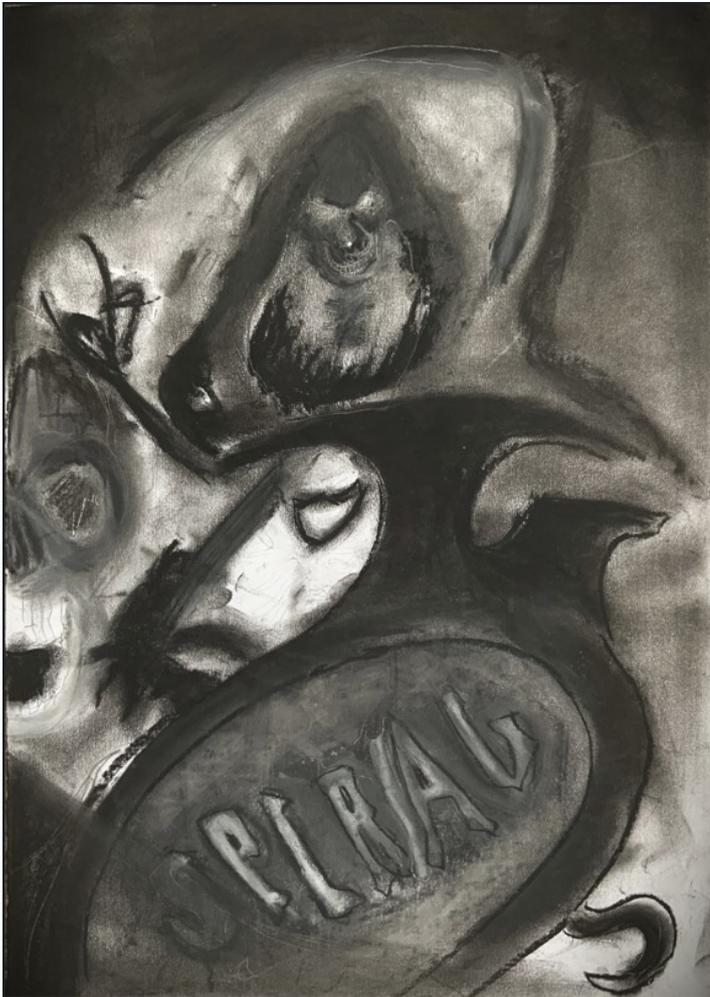


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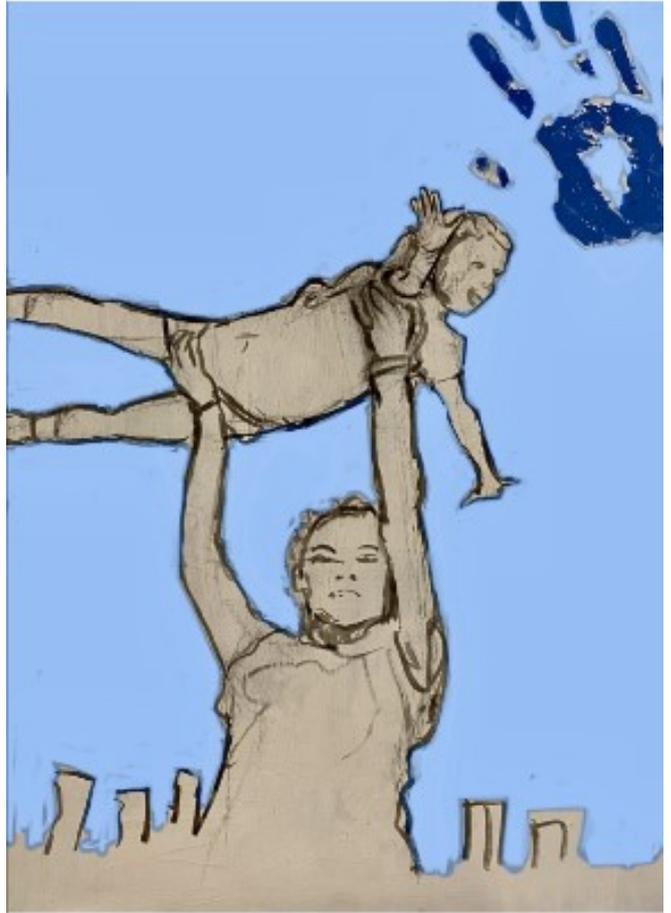


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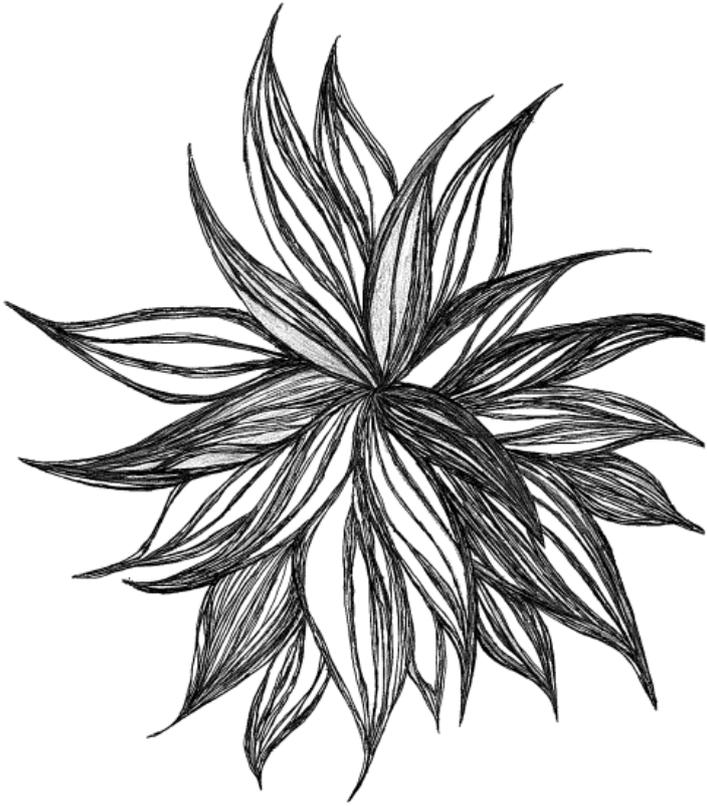


QNFMHS Artwork Competition Entries





QNFMHS Artwork Competition Entries



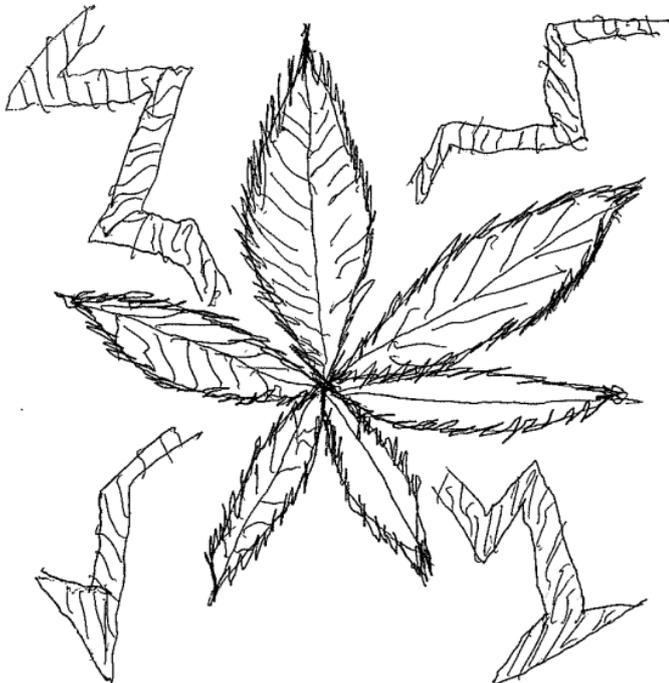


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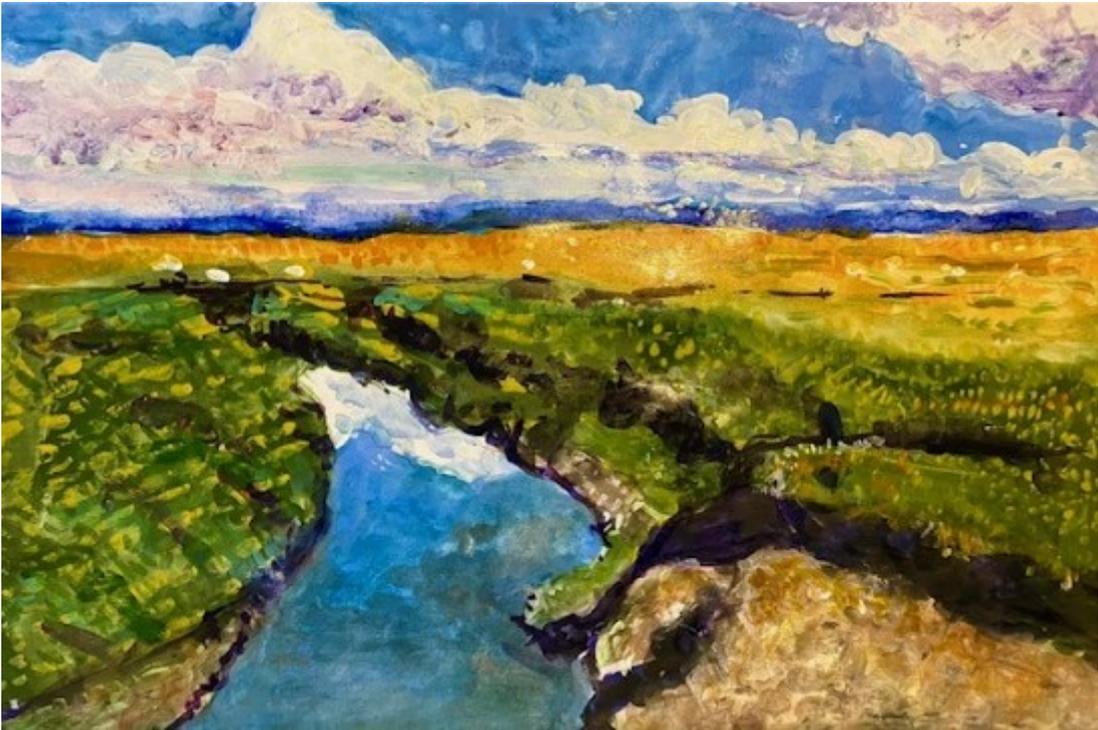


QNFMHS Artwork Competition Entries





QNFMHS Artwork Competition Entries



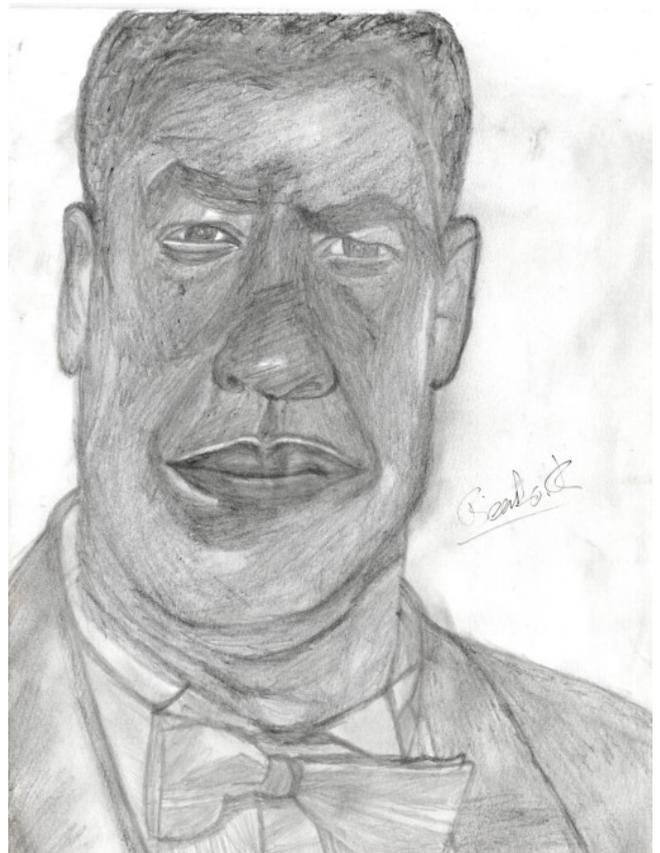
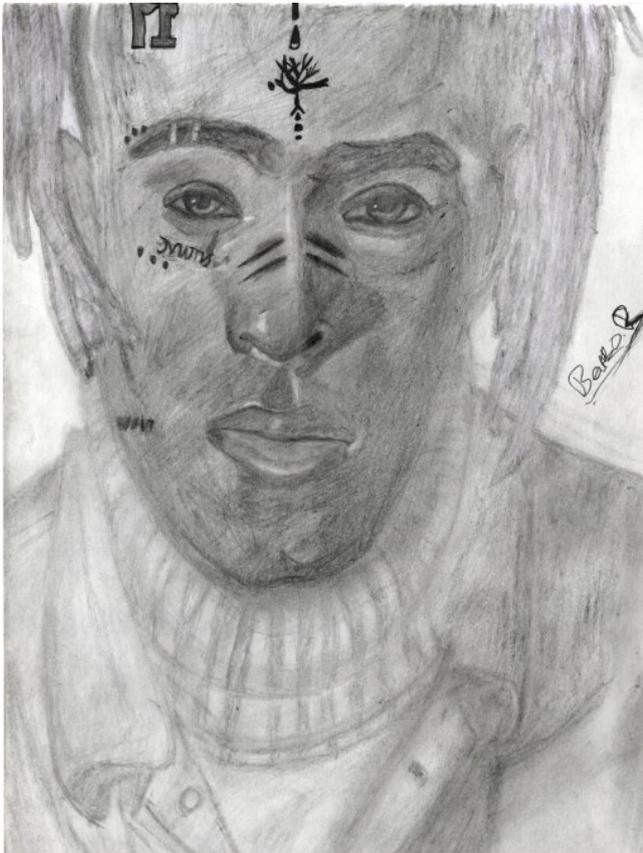
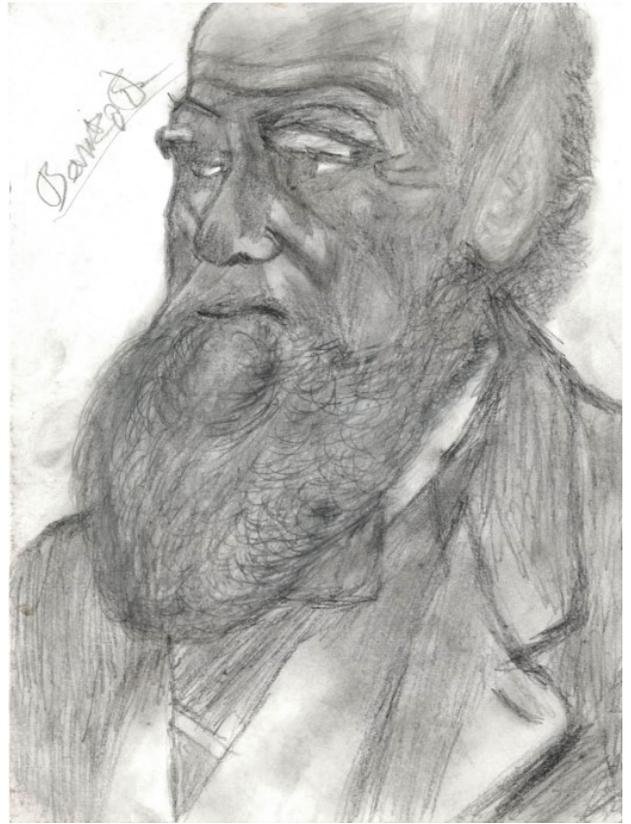


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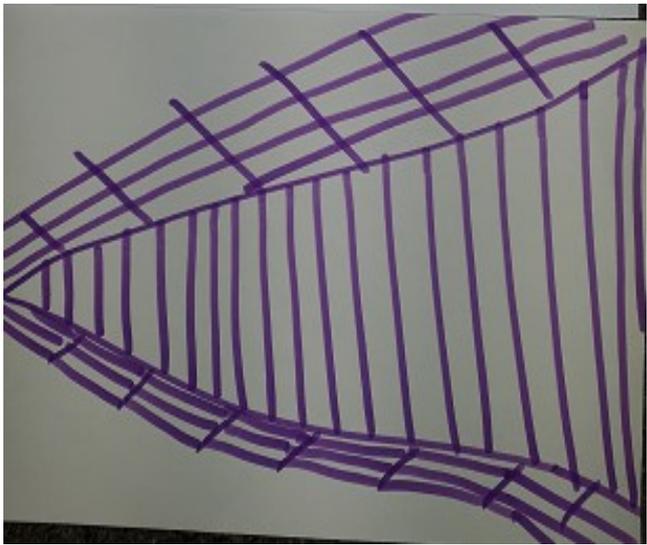


QNFMHS Artwork Competition Entries





QNFMHS Artwork Competition Entries





QNFMHS Artwork Competition Entries



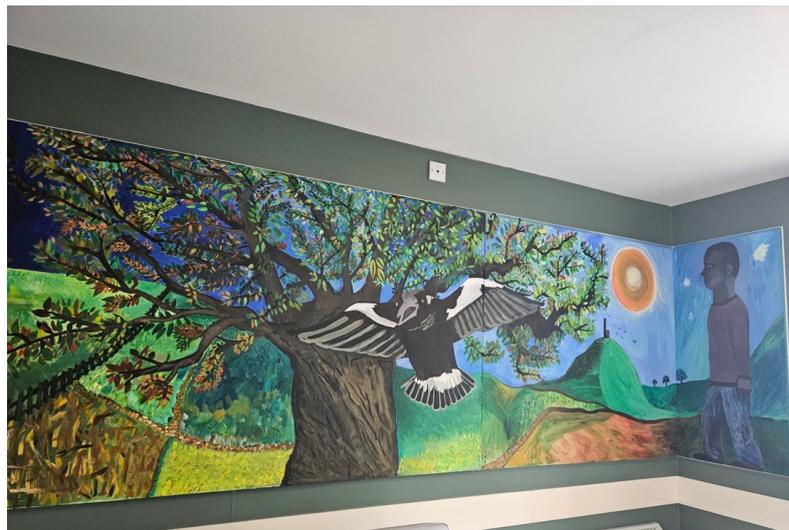


QNFMHS Artwork Competition Entries





QNFMHS Artwork Competition Entries





QNFMHS Artwork Competition Entries



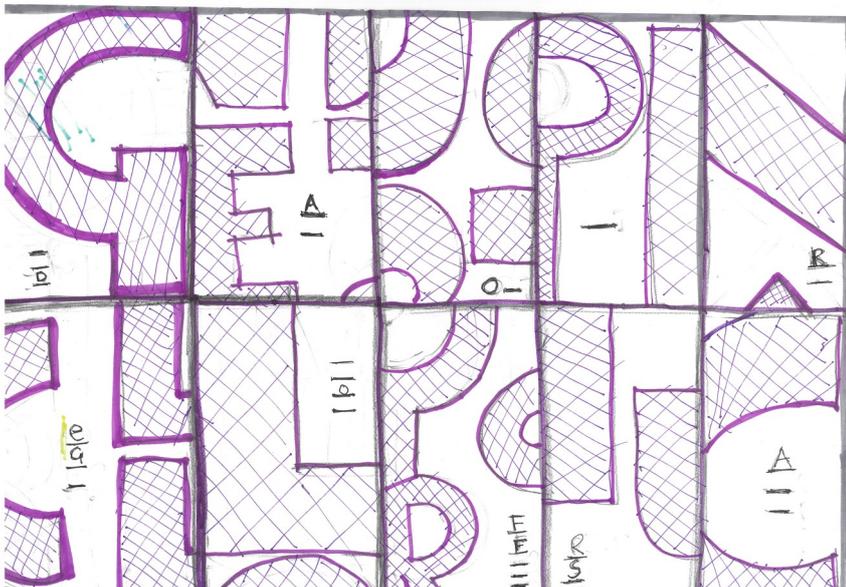
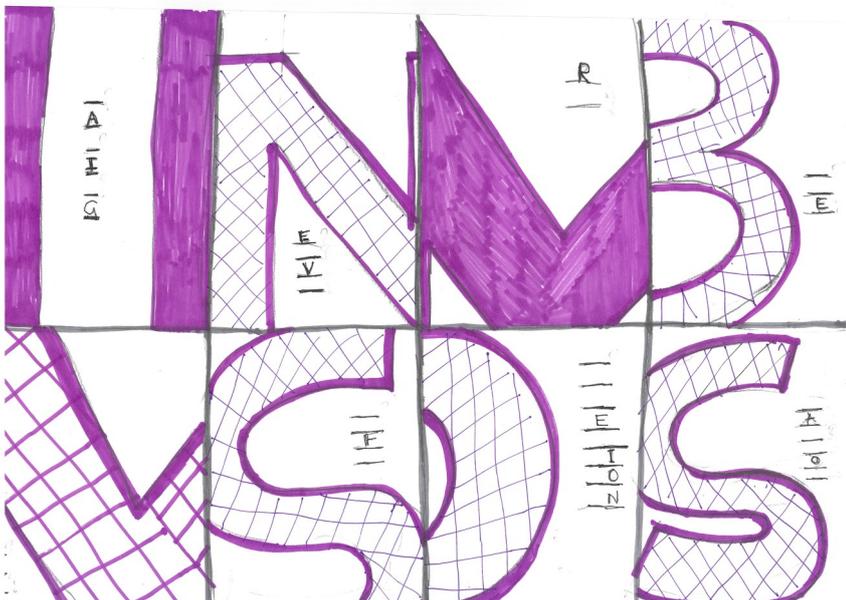


QNFMHS Artwork Competition Game

This game was created by a patient at Stockton Hall Hospital.

Instructions for the Game:

Fill in the missing words in the puzzle using the attached list of words as clues. All words in the game are related to mental health hospitals.



Game Answers

1. Treating
2. Mind
3. Nerve
4. Staff
5. MRI
6. Possession
7. Best
8. STATION
9. GOOD
10. COLLEGE
11. MEDICAL
12. LONDON
13. DOCTOR
14. PROFESSOR.
15. PEN
16. NURSE
17. WARD
18. CARE



QNMFHS Creative Writing Competition

This year, we welcomed all patients in forensic mental health services to submit their creative writing. We received so many fantastic entries and we are very grateful. Thank you to everyone who sent in their pieces. Below you will see this year's first winner, **'Joker in the Pack'**.

Joker in the Pack

I'm the joker in the pack,
Rule of thumb that proves
exception;
Do I have my watchers' back,
When I choose my own direction?

I'm the wild card at a party,
Sometimes still, and sometimes
hearty;
Sobered drunk and cruel misfit,
Since my world's not turned to
liquid.

Beat a path through jungles tall,
See the fireworks from afar;
Which of us has far to fall,
Which of us, the rising star?

Not from darkness I was born,
But in me, the light within;
Yet, depression I don't scorn,
Turn to face it with a grin.

Still, cannot forget my dark side,
Nor, my vivid morning writing,
Loathe all but my very bright side,
Lose my thunder, or my lightning;

I am neither ancient soul,
Nor beleaguered fashionista,
I am no mere lurking troll,
Nor purveyor of tongue-twisters,

Who, as some rambunctious
clown,
Wrecks your house, and burns it
down,
Nor firefly on wayward tack;
No, I'm the Joker in the Pack.

**This winning piece was written by a
patient from Brockfield House**



QNMFHS Creative Writing Competition

Below you will see this year's second winner, '**Journey to the Center**'. On the next pages you can see all of the amazing entries!

Journey to the future

Joyful in my thoughts of a happy future
Overcoming my fears that eat away at me, like a vulture
Under the guide of a supportive culture
Road to recovery can be rocky in native
Not gonna give up and become part of the furniture
Everyone can face a challenge and an adventure
Yes! A positive future is in the picture
I'm studying poetry in education
Never thought that would be my new vocation
Thoughts whirl in my mind in preparation
Only I am struggling and need a suggestion
Teachers support me, not give me a lecture
Helping me when my heads in a mixture
Eventually I will get out of this fixture
For me the future is about determination
Understanding upon reflection
Taking advice and using intervention
Using connections to reach perfection
Reaching out for a suggestion
Eventually I will achieve all of my goals and reach my final destination

Service User, Ridgeway

This winning piece was written by a patient from Ridgeway.



QNFMS Creative Writing Competition Entries



QNFMS Creative Writing Competition Entry.m4a

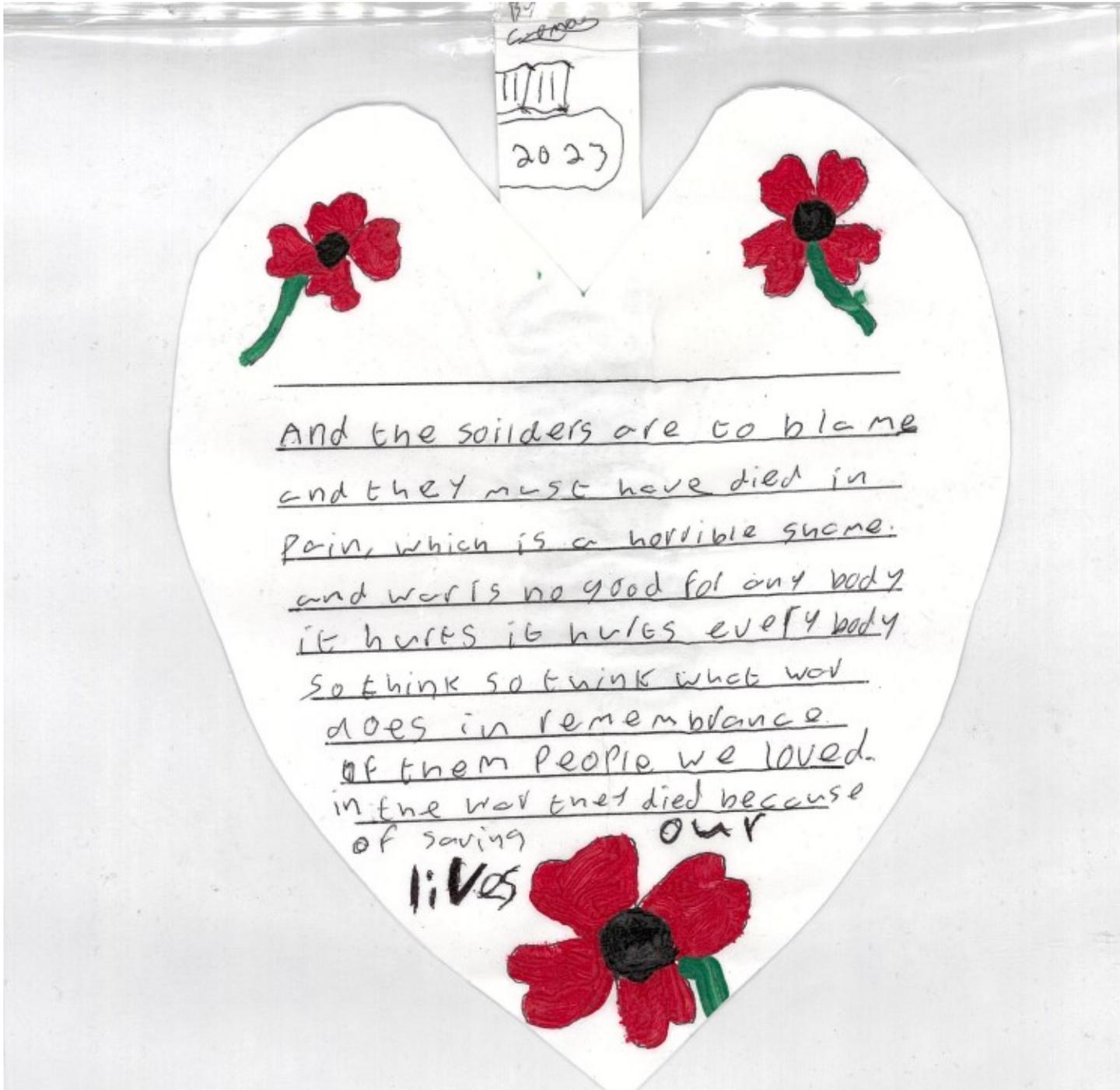
This piece is a rap written by a patient at Priory Hospital Lincolnshire. Follow the link on the music notes to listen to the song (*please note this contains expletives*).

[‘Operation Overload’](#)

The above link is to a piece of group work, written by patients at Ty Llywelyn. The assignment was to write a story based around the D day landing and then to produce this into a play.



QNFMHS Creative Writing Competition Entries





QNFMS Creative Writing Competition Entries

	<p style="text-align: center;"><u>WAR IS VERY</u> BAD</p>	
	<p>war is not great war hurts and slaughters your family and mates war is EVIL do not mistake war is never war is mad war will destroy all of life and the places people make and war just kills yes takes what is most important that being people's lives that they had war de-evolves all the world war is never won, it is always a loss war gives bad grief from the ones we lost and war makes the world harder less stronger as a nation and a bigger struggle. As war in the head must be the brain being muddled and puzzled. So lets not war ever again as it bad and evil and things will never be the same again War when they are dying is a shame</p>	
		



QNFMHS Creative Writing Competition Entries

INTO THE DEEP
 I TOOK my son for swim.
 he did not have any problem when I was with him and
 carried him however he was scared to swim in
 swimming class.
 the way he was crying and fighting back it
 was unbelievable!
 What was in the deep water of swimming pool?
 I took him out of swimming class for about
 a year, in that year he saw a child of one of
 neighbours in the swimming pool and after that
 I managed to put him in the swimming class
 again, this time he was ok with it.
 After he swam for few years he became a strong
 swimmer.
 at that time I hired a one to one coach for him
 however he was scared to be in the water on his
 own.
 What was in the water to scared a strong
 swimmer?
 I talked to his coach and she accepted I

would be in the water with him and his fear is gone
 when I was in the water however that was not
 his only fear.
 In the house he was scared even to go to the toilet
 on his own he was scared all because of unlimited
 youtube he was watching.
 All those sharks! jaws!
 scary video gave him fear for ~~the~~ many years.



QNFMHS Creative Writing Competition Entries

Insanity

Drove me Mad, Bad and very Sad

Domestic violence made me very sad, saddened by what us the children witnessd.

Frightend by the shadows of the night haunting us, incase HE appeared. Frightend we was.

Drunken and reckless actions woke the darkness of the night with fear, dread erupting, cries could be heard. We cried out in Shakes and silent screams. Mum told us all to be very quiet.

Pain and despair we felt, the pain we held inside. Memories, dreading the thoughts, feelings and possible likely actions from HIM. Mum suffered, and suffered, and felt it all.

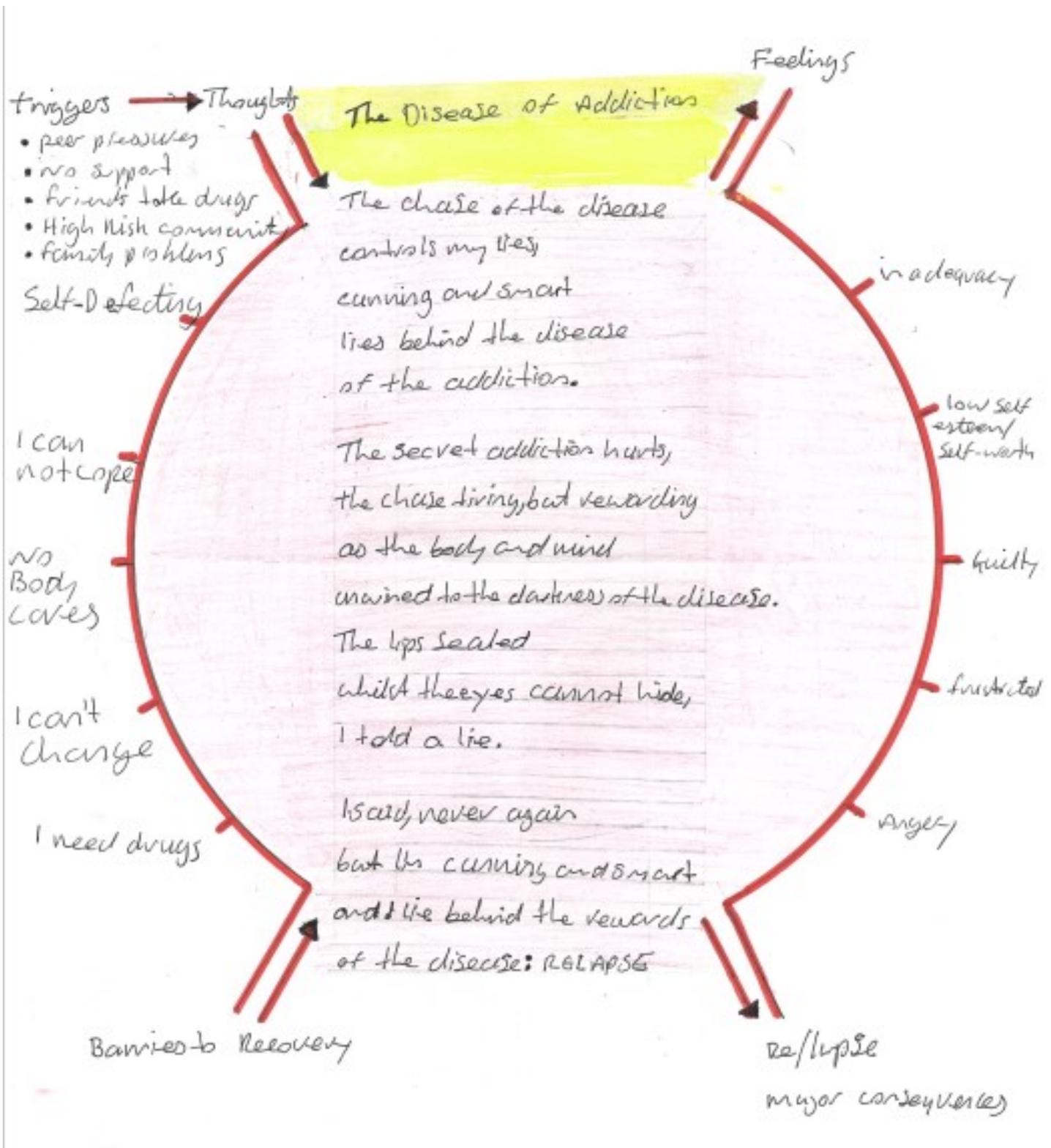
cries, screams, desperate words called out, and this shook our vulnerable worlds as children. My Mother was broken.

Life after dad, reality became frightening, distorted perceptions developed, the worlds a dangerous place. P. T. S. D. we, the victim carried, living in pain, suffering every day, day after day, night upon night, week upon week, year upon year of psychological torment, vulnerability, pain and suffering

An addict I became, to bury my silent but reckless screams and pain. Rehabilitated, I now I'm.



QNFMHS Creative Writing Competition Entries





QNFMS Creative Writing Competition Entries

Hello there, I'm writing today to express my true ^{interests} towards sharing with the Readers Content ~~by~~ but don't be mistaken this is ^{my} totally PG.

So here I go My name is Joshua, I'm a kinda shy at times, socially awkward but when a Pen is in my hand followed ^{unfanny} by Paper in front in away. I and ~~all~~ across this ~~the~~ awesome wonders of beautifulness within this world, So much delights along with creative People and wonderful sights, feel present not away, embrace the beauty whilst thinking back of all those good time, even though were ^{or} away, at times lonely, sad then content, inner Peace of mind will aid one through these tough days, But always bear in mind that Many Heart embracing happy memories will be made, Just continue ~~to~~ be strong, brave and Beautiful Resilient, ~~and~~ determination ~~and~~ awareness ^{and} followed ^{by} much more good ~~character~~ attributes will provide all will these tools toward self Repair.



QNFMS Creative Writing Competition Entries

Life's dangerous.

You don't want to go down the dark canal,
Forced are some given diamonds and guns,
For what are we living for some only deal scores,
What if I was born big and fat with a top hat.

Never been a hard statistic fact of anything,
To particular, so can you spare a bag of crack,
Dealer wouldn't say yes so clucking tonight
Betah get right which hand was I dealt

How do I tell if I'm stuck in the good mud,
Get the stash in the gaff I'm sure I'm having a laugh
Getting older my road is winding more and colder
Man up myself cus I've got to be a real soldier

Hard cold steel carried in some wheels rolling
In them seals what's the appeal life's dangerous
Real gangsters entertaining us don't grumble
Be humble to yourself and ready if needed to rumble.



QNFMHS Creative Writing Competition Entries

Beltane is a time of Love
we all give to Rhiannon and the others above
We care for all
Whether we go UP or if we fall
Because Beltane is a time of Love
a love for all
Whether we are well or ill
and time and our will
to grow back strong
Life can be short or long
depending on whether we find the right way
which I have begun to I must say



QNFMS Creative Writing Competition Entries

Something lacking in the world.
Something i cannot see very well.
Something i wish i could understand
Something...
Is it me or is it someone else.
Something doesn't feel right.
Something seems to be what i can't find.
Something is bothering me about it all.
Something...
Is it me or is it someone else
Something is starting to make
find.
Something...
Its so simple because all we to
do is pay attention...



QNFMHS Creative Writing Competition Entries

From Now On

Sparkling Sapphire Seas
Glistening Green Leaves
A Natural Beauty and Richness
Bathing in Gloriousness
The Lowest Valley to the Tallest Mountain
I am enchanted at least that is Certain
Creatures Galore
Surprises in Store
Wealth in History
Something not to Disregard or Bury
I stand by my house in the Jewel of a Sun
And lament all that it has become
My legacy in my arms, A treasure to hold
Be Beautiful, Be Brave, Be Bold
An almost regret in what you may live long
But never forget to stand Tall and Strong
Born into the World in Triumphant Song
The Arms of Mothering where the fresh soul belongs
For the new, life is theirs
As pure and clean as the Springtime airs
Earth inherited for they are the meek
Surpassing how they are weak
So many things can shape a person
Challenges impossible to irksome
So many possibilities, One is not the same
Fortune and Despair, A God's Game
In this ailing World, The Sinful many
Creating Pain and Problems Plenty
Different circumstances change us. 'Is there any free will?'
The very best to the very worst, But Still...
Anyone can choose
Whether to Support or Abuse
Rise against Injustice
Towards evil be merciless
Mend Mistakes
For others and Goodness' Sakes
Leave a lasting impression
Banishing a naive and ignorant infestation
Take away Poison
Replace it with Compassion
Write a Life Story
Of Returned Glory
Don't be afraid
Options like Cards Displayed
Never lose faith
That in yourself, you are Safe



QNFMHS Creative Writing Competition Entries

Talent

Born to a Cruel World
An Orb in a heavenly Orbit Twirled
Frail and Fragile
A Naive Child
Putting trust in others
Looking up to the one who Mothers
Unknowing of truth
Being just a Youth
So many Dangers
Those that Change us
In many ways to experience harm
Becoming shocked and disarmed
This false paradise
Of moans and Cries
Understanding Reality
And its non-existent Sanity
In life, an early education
Bringing with it inspiration
But something that can come from so much pain
From young experiences Dredged, that has an acceptance to attain
Injuries make our unique character
Always one of Imperfect Structure
Oh, Wounded Spirit Heal
So that we may feel
Not just sorrow but joy
Like a childhood toy
Take away all this, let's cultivate ourselves
Charm and Honour, we, into decency delves
Self-improvement by sheer dedication
A Wonderful Sensation
Choosing to Channel hurt into Positivity
Never allow it to become Negativity
A Dawning Light
So Shine Bright
Awareness in form
A Brainstorm!
A Powerful force
For Creativity a Source



QNFMHS Creative Writing Competition Entries

Wasp

My anxiety is like a wasp sting.

I can feel it in my body

It; buzzes in my head and flies around the flowers.

It; chases my yellow daffodils with its horns out.

I sit on the bench.....

And sometimes the rain drenches my skin,

And there are times when the Sun heat penetrates my

Soft warm skin.....

The peace is almost ice-ulating me.

The birds come and see me from time to time,

Faces I can almost recognise pass me by.....

The depth of ice-ulation keeps my mind focused.

And makes it me feel like New Again.

The kids play and it takes me back.....

To a friendly and fun time.

But my little ones faces seem a muffled blur of memories

That

 Fade

 With

 Time.....





QNFMHS Creative Writing Competition Entries

Northgate Woods

Green grass,
Brown earth,
Quiet water dripping;
Wild mint tastes like butter toffee.

Trees rustle in the wind,
And garlic flowers shine like stars.
Songbirds sing to the sky above,
As Pheasants pick at pine cones.

In Northgate Woods trees get cut down,
Logs are piled for beetles, frogs;
Moss, mushrooms, squirming worms;
A badger's woodland feast.

The pink moon rises,
George battles the dragon,
Twilight's curtain falls;
As Northgate Wood awakens.



QNFMHS Creative Writing Competition Entries

ALICE

Sitting in the red studio of the Red Queen, where Her Majesty had lately decided to meet her privately, far away from the noisy hall of thrones, Alice, slowly and thoughtfully, stroked the white rabbit nestled on her lap.

The Red Queen listened to her report, absentmindedly writing a few words on a parchment.

"I'm really concerned", Alice said. Her Majesty stared at her carefully, "I haven't heard from the Hatter in a while, now. It's not like him to disappear like that, without letting me know when and where I will be able to see him again".

"Where do you think he might be?", the Red Queen asked with calm interest.

"I have no idea", Alice replied, in an alarmed tone, "he seems to have just disappeared and it's not like him. Something must have happened to him". The white rabbit shook itself a little on her lap.

The knight of spades quietly opened the door beside the throne and, bowing his head a little, slightly nodded at the Queen.

"I look forward to our next meeting, Alice", she gave her leave, "we will continue from here. Let me know if you learn anything new"

"Sure, Your Majesty, certainly will do so", Alice said, standing, slightly bowing, paying attention not to let go of the rabbit sitting on her arms. A soldier of the cards came near to escort her to her bedroom.

Page one of a piece titled 'Alice' by a patient at Kneesworth House Hospital.



QNFMS Creative Writing Competition Entries

Quality

What is quality?
But something intangible
For everyone it's different
To bring forward a range of emotions, to be liked it must be able

Sometimes one man's treasure
Is another man's trash
Will it reach the sky
Or come down with a crash

But it isn't just TV and books
An element in itself so constrained
It can be found in personalities and looks
Now in realisation, so broad a spectrum, no longer restrained

It's part of taste
Varied and complex
The reasons of choice can't be described
All it does is vex

Could it be childhood
A parent's influence
Agreeing or disagreeing
The moment suspended in balance

But it changes
Things we outgrow
And looking back
Wondering what our personality will show

A novelty
Can anything really be good or bad?
An appeal always to someone
Happy or sad

A debate with no answer
No such clue
Just enjoy what you enjoy
And do you!



QNFMHS Creative Writing Competition Entries

The Last Journey

The stars were a distant dream when I was a child, a shimmer of hope in a world where hope was scarce. The Earth was dying, and everyone knew it. My father worked long hours at the spaceport, helping to build the massive ships that would carry humanity to a new home. My mother would tell me stories about the planets we would soon explore, but I didn't understand then how soon would become now.

When the day came to leave, I felt a mix of fear and excitement. The spaceport was a hive of activity, the air filled with the roar of engines and the voices of thousands of people preparing for departure. I clutched my mother's hand as we boarded the transport shuttle, the last connection to the world I was leaving behind. My father had gone ahead, working on the ship that would be our home for the next several years.

The shuttle ride to the main ship was brief but exhilarating. As we left Earth's atmosphere, I caught my first glimpse of our planet from space. It was a beautiful sight, a swirling mix of blues and greens, but even from that distance, the signs of decay were evident. The polar ice caps had retreated, the forests were thin, and the oceans had begun to rise. I felt a pang of sadness, knowing that this was the last time I would ever see my home.

The ship, named "The Odyssey," was a marvel of engineering. It was over a kilometer long, with massive solar sails that stretched out like wings. The interior was designed to mimic a small city, with homes, schools, and even parks. It was a self-contained world, meant to sustain us during the long journey to our new planet. But despite its size and complexity, it couldn't shake the feeling of confinement. We were all bound by the same metal walls, adrift in the vastness of space.

The journey started smoothly. The engines roared to life, propelling us out of Earth's orbit and into the unknown. I spent my days exploring the ship, meeting other children, and attending classes that taught us about the planets we would soon inhabit. It was a strange mix of normalcy and adventure, like living in a futuristic boarding school.

But as the weeks turned into months, the excitement began to fade. Life aboard The Odyssey became monotonous, the days blending into each other with little to break the routine. The initial thrill of space travel had given way to the reality of isolation and boredom. I missed the feeling of grass under my feet, the smell of rain, and the sound of birdsong. The ship, for all its technology, couldn't replace the beauty of Earth.

The first sign of trouble came when one of the solar sails failed to deploy. It was a minor setback, but it caused a delay in our journey. The engineers worked tirelessly to fix the problem, but the mood aboard the ship had shifted. Whispers of doubt and

fear spread through the corridors, and I could see the worry in my parents' eyes.

The second sign of trouble was far more serious. A meteor shower struck the ship, damaging one of the main power conduits. The impact caused a blackout, plunging the ship into darkness. Panic ensued as alarms blared and emergency lights flickered to life. I clung to my mother as we made our way to the safety of our quarters, the ship lurching with each passing second.

The engineers worked around the clock to restore power, but the damage was extensive. The ship's trajectory had been altered, and we were now off course. The journey that was supposed to take five years would now take much longer, and our supplies were limited. Rationing was implemented, and the once-bustling corridors became eerily quiet.

As the months dragged on, the ship became a place of despair. The sense of hope that had once driven us was replaced by a grim determination to survive. People grew distant, focusing on their own needs and families. My father was constantly at work, trying to repair the damage, while my mother struggled to keep our spirits up. But even her stories couldn't mask the reality that we were no longer heading toward a new home—we were simply trying to survive.

It was during one of those dark nights that I found my way to the observation deck. The stars stretched out in all directions, a reminder of the vastness of the universe and our tiny place within it. I sat there, staring into the void, wondering if we would ever reach our destination. The dreams of exploration and adventure had given way to a stark realization: space was unforgiving, and survival was not guaranteed.

But as I sat there, something shifted within me. I remembered the stories my mother had told me, the dreams of new worlds and new beginnings. I realized that even in the darkest of times, hope could still be found. It was in the eyes of the children who played in the corridors, in the smiles of those who refused to give up, and in the determination of the engineers who worked tirelessly to keep the ship running.

I knew then that our journey was not just about reaching a new planet—it was about finding a way to survive, to adapt, and to thrive in the face of adversity. The Odyssey was more than a ship; it was a symbol of humanity's resilience, a testament to our ability to endure and overcome.

The journey ahead would be long and challenging, but I was no longer afraid. I was ready to face the unknown, to embrace the uncertainty, and to find hope in the darkest of places. The stars were waiting, and I was ready to reach for them.



QNFMHS Creative Writing Competition Entries

House of cards

Joker I make them laugh.
Aces high, I am high.
Cards a good deck.
King is what I am, the king of hearts.
Seven is lucky for some.
Odds I make it through.
Number nine, cloud I am on.

Service User, Ridgeway

Always have hope

Caring is something that is important to me,
Hope for the future is something I see.
Everyone can have a bad day,
Let's turn it around and make it a good day.
Seeing everybody laughing makes me smile,
Empty feeling gone for a while.
Always have hope

Service User, Ridgeway



QNFMHS Creative Writing Competition Entries

Diverse

Distinguishing between different races

I recognise all these changing faces

Verily they come from different places

Everyone under the same sun and same graces

Reach for a friend to touch calm embraces

Surely I am your brother in these daily races

Everyone together and no racism will disgrace us

Service User, Ridgeway

The Magic Microphone

Once upon a time there was a boy called Max. He had this magic microphone his mum got him for Xmas. It was a sparkly microphone and had magic dust come out of it. It looked more to me like a vacuum cleaner. This is what I said to mum. The make of microphone is XL20. That's its brand name.

Max drifted into consciousness and went into the dark hole of the microphone. When I went into the hole it looked to me there was swirls and swirls. I kept bashing into objects of different instruments. I could hear jingle jangle of the instruments. It was nice.

Service User, Ridgeway



QNFMHS Creative Writing Competition Entries

Jennifer the Pirate (Chapter one)

Jennifer lived a sociable life, she had friends called Janette, Jade, Julie and Janine. She used to go to the pub and played bingo on a Friday night. Other times, Jennifer would host dinner parties and go paintballing. She lived in Redcar, not far from the high street. Where she met Frank about the Voyage. This made Jennifer think about a journey of her own, and she decided that she wanted to be a pirate. Jennifer told her friends, and her friends agreed to join her, and they sailed off on their voyage. They commandeered the ship named 'the endeavour' which had travelled from Whitby, and they set sail.

Jennifer sets sail to the Galapagos islands. Jennifer said to Janette to set the sails, Lower the sails and tie down all the goods for the Voyage. Whilst sailing out of Whitby harbour, around about 8 knots, the wind picked up, setting Jennifer slightly off course, this worried the crew! Which made them think "Will we ever get to the Galapagos islands!". Suddenly, a storm hit, the crew got drenched, Jade said to Jennifer, "What shall we do captain? Shall we wait and ride this out and hunker down?". Jennifer replied "Yes, Lets ride the storm out".

Whilst waiting, Jennifer looked through her telescope and saw a bottle drifting towards them. Jennifer scooped the bottle out the sea with a hook, then she met with a large kraken and the kraken showed her the way to the Galapagos islands. Jennifer, then opens the bottle and pulls out half a map. Feeling surprised, Jennifer lays her eyes on the half map, and Janette, Jade, Julie and Janine all looked terribly shocked. They all said to Jennifer "Is this really happening?"

Despite the map being incomplete, they still waited to attempt to find the treasure on the Galapagos islands. They came across, coconuts and plenty of fish that they could use to live off. Whilst searching for the treasure they also met a parrot. The parrot said to them "Hi" and flew away. Jennifer and the crew looked at each other slightly confused and decided to go back onto the boat to find the remaining half of the map.

Service User, Ridgeway



QNFMHS Creative Writing Competition Entries

Monarch of the Glens

There will be no fairer ruler.
For the bracken to be seen,
For its beauty again.
For the thistle to come about,
On the brittle winter snow.
For it to flower again.

Service User, Ridgeway

Scotland

Skye, isle off the Highlands shore
Coastal features, an eye's galore
Oban, the home of a famous whisky
Thistles swaying, the weather so misty
Listening to bag pipes, from north of the border
Accents from Celts, never been broader
Ness of the Loch, a very long lake
Days away, memories it will make

Service User, Ridgeway



QNFMHS Creative Writing Competition Entries

Love

Every day without you
Since you had to go
Is like summer without sunshine
And winter without snow.

I wish that I could talk to
There's so much I'd like to say
Life has changed very much
Since you went away.

I miss the bond between us
I miss your kind support
You're in my mind and in my
Heart and every Christmas thought.

I always feel you close to me
And though you're far from sight.
I'll search for you amongst the
Stars that shine on Christmas night.

Service User, Ridgeway

The Pearl of Wisdom

A Rose

From its petals
Which a butterfly flew
From its scent
Which nature grew
From which a shield was made.

For spring to awake
For the autumn leaf and crisp winter snow
For a stream to run into a river
For the rain to make the desert grow
Like the stars at night
For the milky way
The world

Service User, Ridgeway



QNFMHS Creative Writing Competition Entries

The Magic Microphone

Once upon a time there was a boy called Max. He had this magic microphone his mum got him for Xmas. It was a sparkly microphone and had magic dust come out of it. It looked more to me like a vacuum cleaner. This is what I said to mum. The make of microphone is XL20. That's its brand name.

Max drifted into consciousness and went into the dark hole of the microphone. When I went into the hole it looked to me there was swirls and swirls. I kept bashing into objects of different instruments. I could hear jingle jangle of the instruments. It was nice.

Service User, Ridgeway

Unstable shell

She is emotionally unstable; like the only one on a seesaw. She is unbalanced, her bad emotions are weighing her down. No-one to lift her up off the ground when she is down.

Drowning in her sorrow. No thoughts of tomorrow. She's a shipwreck on the shore. Rotting away like a thrown away apple core. She needs to find her inner core and find her strength to open the door and step on the shore.

She sees seashells, seashells on the seashore. She cannot cope no more. She walks along the seashore. She picks up a seashell that once came from the sea. The molluscs left their shells for bigger shells. So she leaves her small unstable world and looks at the bigger picture.

Service user, Ridgeway



QNFMHS Creative Writing Competition Entries

Lyrical Remedies.

Enemies, memories, chemical remedies descend from me. I intend to be the top of my own embassy; get people to defend for me. Investors will invest in me.

Descended from the inventory of my own mortal cemetery. Cemented from infirmaries, those immortal angels from God's laboratory.

See my inner history, its no murder mystery, and they all wish for me, to eviscerate my enemies. They all sing out for me. Inter-galactic, super dynamic, inter-stellar static, dialectic, intra-acrobat, poetic automatic.

Super-sublime, lyrical grime, triangular time can be mine. Economic queries, about my theories of financial beings all seeing, disappearing. Theorization of seeing demons that are seeming to me hanging from the ceiling. And wallpaper is peeling, and you can't hear my meanings, you can't distinguish my feelings from supernatural beings.

Someone's feeling, someone's revealing. An inner scene of subline time. Inter-twine, criminal mind. Like this can be mine I'm medically, genetically, lyrically, psychotic, antibiotic, demonic, technical, intelligent, dialectical, lyrically literal, miracle, individual, visually cynical at his pinnacle. Sees himself as invincible, distinguishing his principles as his heart skips intervals.

Service user, Ridgeway



QNFMHS Creative Writing Competition Entries

Connectedness

In a web of stars and stories spun,
Connectedness makes us all as one.
Across vast distances, near and far,
Every soul shines, a unique star.
Mountains high, to oceans deep,
In whispered winds, secrets we keep.
Every leaf, every stone, every tide,
With each other, our spirits confide.
Different tales, but the heartbeats rhyme,
Pulsing through the fabric of time.
A dance of shadows, light, and dreams,
More connected than it ever seems.
For in the end, when all is said and done,
We're threads in a tapestry, beautifully spun.
Bound by love, by hope, and by pain,
Connectedness is what remains.

Service User, Ridgeway

Hope

In the quiet corner of a heart's soft glow,
Hope resides, where dreams tend to grow.
Amidst darkest nights and turbulent seas,
It's the whispering wind, the rustling leaves.
When the world weighs heavy, shadows cast.
Hope is the light that forever will last.
It's the bridge over troubles, the beacon afar,
The twinkle that's nestled in every star.
With delicate wings, it soars on a prayer,
Cutting through doubts, thinning despair.
A resilient force, unseen yet so strong,
Guiding our steps when the path seems wrong.
Though storms may rage and skies may weep,
Hope remains, a promise we keep.
For in every end and with each new start,
Hope is the song humming deep in the heart

Service User, Ridgeway



QNFMHS Creative Writing Competition Entries

Identity

In the mirror's depth, a face does gleam,
Shifting, changing, like a dream.
Who am I, amidst the tide?
Evolving, turning, side to side.
Each moment births a new refrain,
Stories written, joy and pain.
Identity, not just a name,
But a dance, a song, an endless flame.
Within our hearts, the questions dwell,
Echoes of tales we seldom tell.
Yet every scar, and every line,
Reveals the path that's yours and mine.
From the past to futures wide,
Our choices, hopes, in stride we ride.
For in the quest to understand,
We shape our soul with our own hand.
Identity, both vast and deep,
A secret that we all must keep.
For as we search and as we grow,
It's ever-changing, this we know.

Service User, Ridgeway

Meaningfulness

In the vast expanse of time and space,
Where fleeting moments interlace,
There lies a thread, so fine, so true,
The quest for meaning we all pursue.
Not in the grandeur, but in the small,
The whispered words, the silent call.
In hands held tight, in tears that fall,
It's there we find the meaning of it all.
Each sunrise paints a golden hue,
A canvas of purpose, ever new.
For in each gesture, word, and deed,
Lies the essence of what we truly need.
Beyond the noise, past the veneer,
In moments quiet, meaning draws near.
A smile shared, a burden eased,
In simple acts, our souls are pleased.
For meaning's not just in the vast,
But in present moments, not the past.
In every heartbeat, every breath,
Therein lies the dance of life and death.
Seek not outside, but deep within,
There, true meaningfulness begins.
For in the love, the joy, the strife,
We carve the meaning of our life.

Service User, Ridgeway



QNFMS Creative Writing Competition Entries

Empowerment

In a world where voices often fade,
Where dreams are crushed and hopes betrayed,
There rises a force, strong and true,
The power of me, the strength of you.

No longer chained, no longer confined,
Empowerment sparks the fiercest mind.
With every step, with every stand,
We claim our place upon the land.

It's not just might, but inner fire,
The burning urge, the true desire.
To rise above, to break the mold,
With stories brave, and tales untold.

With every challenge, every fight,
Empowerment turns darkness into light.
For in our core, we surely know,
There's nothing that can halt our glow.

From whispered words to roaring seas,
From quiet nods to bold decrees,
It's there we find, both near and far,
The power of being who we are.

Empowerment, it's more than a word,
It's the song of freedom, waiting to be heard.
For when we stand, united and tall,
There's no force great enough to make us fall.

Service User, Ridgeway



QNFMHS Creative Writing Competition Entries

A Void

She woke up and it was a today. In fact every day was a 'today' since the voids started to happen. It was also impossible to keep a time line. Maya remembered having a timeline as a kid, when every day of the week had a different name: having a structure, was really, what people missed the most. Embarking on this chaos, older generations would often reminisce and find it hard to cope, but for Maya it was all she knew.

She got up; she could tell it had been a while as the fruit had gone mouldy. She made some porridge and was pleased she had some honey. What's next? What would today bring to her? Usually she would go around to see if there were any others around. Some days there were plenty of people, and other days it was just her and few of her closest neighbours. There has also been times when she was around all by her self.

First, she attended to her garden: the weeds had taken over but there were plenty of ripe vegetables; she was eager to pick them. In fact, there were plenty: enough for few people; it made her immensely happy. She then went around looking for others; maybe there was something they had left out. It looked like Mr Potter had killed few of his chickens again, as the freezer was out. There was a young man standing by the freezer. She was reluctant to approach him first. She walked towards him clumsily fixing her hair.

"Oh hey! You must be the girl from next door. I don't think we have met! I'm Troy."

She squinted, "No, I don't think we've met."

Maya walked up to the freezer, slowly lifted her hand and said, "I'm Maya."

After an awkward handshake, Troy asked her if she would like to cook together, to which she agreed. In the kitchen Troy was quite confident, he had put together vegetable and chicken stew.

"Do you think Mr Potter will mind if we use his ginger? Ginger goes well with the chicken," he said.

"If he'd minded, he'd kept his door shut. One thing I know about him: he's generous. He was the one who started the neighbourhood share programme; we should leave some vegetables for him. I hope he comes out of the void before they go bad: if he doesn't; well, it's the thought that counts, as they say." Maya chuckled.

Page one of a piece titled 'A Void' by a patient at Ridgeway.



QNFMHS Annual Forum 2024

The QNFMHS Annual Forum took place on Tuesday 02 July 2024. You can find the final programme [here](#) or on our [website](#).



Kelly Rodriguez, Programme Manager, and Naomi Ghafoor, Deputy Programme Manager, present updates from the Quality Network.

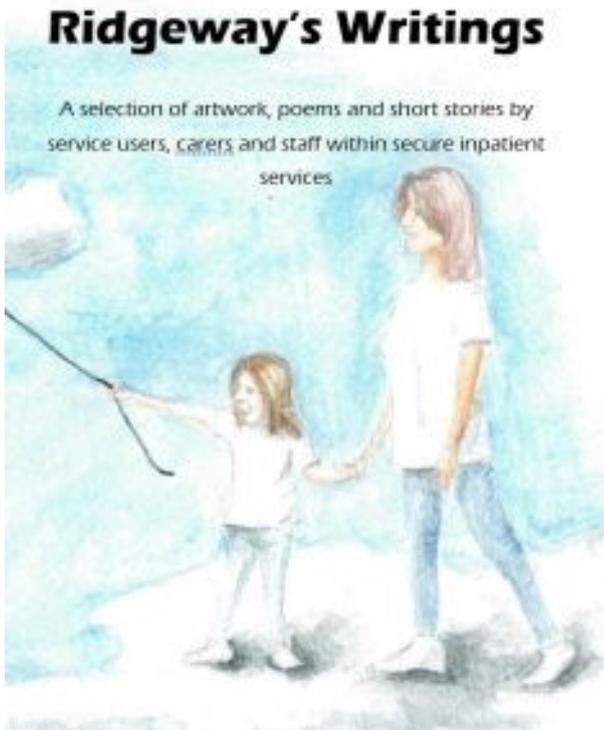
Richard Murison, Principal Music Therapist, and Nitish Lakhman, Quality Improvement Advisor, Forensic and Offender Healthcare Services, Oxleas NHS Foundation Trust, present 'Implementing Music Therapy in Forensic Services'.



Becky Harding, Occupational Therapy Manager and Tara Silver, Vocational Rehabilitation Lead, Southern Health NHS Foundation Trust present 'Creating Flexible Paid Work Opportunities for Service Users in a Secure Hospital'.



Ridgeway's Writings: The Power of Storytelling and Poetry



This project was presented by Stephanie Addison, Recovery, Engagement and Co-creation Facilitator, Holly Andrews, Recovery, Engagement and Co-creation Facilitator, and Hannah Fairbairn, Clinical Lead for Speech and Language Therapy Team at the QNFMHS Annual Forum 2024.

[Ridgeway's Writings](#) – a collection of poetry, stories and original artwork – was created by staff, patients and carers involved with Middlesbrough's Ridgeway secure inpatient service.

The publication of the book marks the culmination of a two-year project supporting the development of creative writing skills as a platform for self-expression and recovery.

Thoughts from patients and carers about the storytelling project:

“Creative writing helps build my confidence and social skills” – patient

“It gives me more hope writing poetry” – patient

“The book will give people insight about what has happened to us, our lives, and our emotions/feelings” – patient

“I have found an effective way to engage my imagination, express myself, and stay active” – patient

“I've fallen in love with writing again and found my creative fairy” – carer



Previous Newsletters

FORENSIC eNewsletter
MSU/LSU Issue 60, December 2023

RC PSYCH
ROYAL COLLEGE OF PSYCHIATRISTS

FORENSIC QUALITY NETWORK FOR FORENSIC MENTAL HEALTH SERVICES

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01 Welcome	02 Embedding Relational Security Across Herts Forensic Services	11 Ffestive Card Competition: Entries
02 Embedding Relational Security Across Herts Forensic Services	06 Introducing a Carers' Forum in an Intellectual Disability Secure Service	21 Ffestive Card Competition: Last Years Winner
04 Relational Security on an Acute Mental Health Ward	08 Meet the QNFMHS team!	22 Previous Newsletters
	10 Ffestive Card Competition: Useful Links	23 Useful Links

WELCOME

Welcome to the 60th and final newsletter of 2023! This edition of the newsletter is on *Relational Security*.

As always, it is incredible to read through so many articles and good practice examples from our member services. I recommend sharing the newsletter as widely as possible with staff, carers, patients and visitors.

Included in this newsletter is also the fantastic Ffestive Card Competition Entries and the winner. We would like to thank all participants for their submissions and all our members for their support with this competition. It has truly been amazing to see so many submissions!

As many of you will know, the Third edition of See, Think, Act was published earlier this year. This was followed by a webinar on 26 September 2023. The webinar provided a summary of the key advancements in relational security within the newly published edition; an opportunity to share learning on how to train and develop staff in the subject of relational security; and an opportunity for members to discuss what further support and resources they may need to ensure staff are competent and confident in how to apply relational security skills.

Lastly, the team and I would like to thank all our members for their hard work over the past year and for their continuous engagement with the Network. Reviews have now been taking place for a few months and it has been absolutely fantastic to see so much engagement and networking amongst services.

I hope everyone has a wonderful Christmas, and we look forward to speaking to you in the New Year. 2024 here we come!

Kelly Rodriguez, Programme Manager



FORENSIC eNewsletter
59 Edition, September 2023

RC PSYCH
ROYAL COLLEGE OF PSYCHIATRISTS

FORENSIC QUALITY NETWORK FOR FORENSIC MENTAL HEALTH SERVICES

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01 Welcome	06 Supporting a Successful Transition from Hospital to into the Community	14 Standards for Forensic Mental Health Services: Fifth Edition
02 Peer-Support Strategies to Improve Successful Transitions from High to Medium Secure Care for People in the Personality Care Pathway	09 A Thematic Analysis of Reflective Practice Groups	15 QNFMHS Announcements
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WELCOME

Welcome to the 59th edition of the Newsletter on the theme of *Transfers and Remission*.

It has been incredible to read through so many articles and good practice examples from our member services. I recommend sharing the newsletter as widely as possible with staff, carers, patients and visitors.

A success for the Quality Network was holding our first in-person event since the COVID-19 pandemic started. The Annual Forum took place in June, which included presentations on the Third Edition of See Think Act, the empowerment of co-production, speech and language therapy in learning disability and forensic services, and the National HOPE(S) NHSE Collaborative.

The event also included various workshop presentations on the topics of sustainability in mental health, working with family and friends and, lastly, forensic specialisms - which saw

presentations on women's blended secure services, deafness in a forensic context and old age forensic psychiatry.

Lastly, the Quality Network team, along with services, are getting ready to begin the new cycle, cycle 15-9 (2023-2024). In the new cycle, we will continue to hold developmental reviews virtually and full reviews in person. We look forward to visiting services again and working together with our peer-review colleagues.



Kelly Rodriguez, Programme Manager



FORENSIC QUALITY NETWORK FOR FORENSIC MENTAL HEALTH SERVICES

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RC PSYCH
ROYAL COLLEGE OF PSYCHIATRISTS

MSU/LSU Issue 58, June 2023

This Issue	05 In search of restorative justice: A mother's story, a victim's experience
01 Welcome	06 QNFMHS Announcements
02 An integrated clinical model of restorative justice in forensic settings	07 QNFMHS Artwork Competition
03 A Day in the Life of a Restorative Justice Practitioner	13 QNFMHS Creative Writing Competition
04 A Journey of restorative thinking in independent sector Mental Health	38 Useful Links

WELCOME

Welcome to the 58th edition of the Newsletter on the theme of *Restorative Justice*. As always, it is wonderful to read all the initiatives services have introduced, as well as reflections on experiences.

This newsletter contains articles from various services, as well as the entries for our Summer Artwork and Creative Writing competition. As every year, it was difficult to choose the winners with so many talented artists. These will be utilised for various Network documents, including guidance documents and the various service reports so keep an eye out for our new report covers!

The Quality Network peer-reviews have now come to an end. Thank you to all the teams for all the hard work organising your peer-reviews, be it online or in person. As always, it has been energising to connect with colleagues! The Network standards revision has now taken place and a new edition will be published soon. We look forward to the discussions this new edition will bring during review days.

As the cycle ends, the Quality Network team prepares for the start of a new cycle, cycle 15-9. During the course of the summer, the team will be updating the various data collection tools utilised during the course of the peer-reviews, including the workbooks and reports.

Lastly, the QNFMHS Annual Forum is set to take place at the RCPsych on 22 June 2023. It will be the first in person event for the past three years and we cannot wait to share a cup of tea with our colleagues!

Programme	
10:00	Welcome and Introduction Dr Julie Dawson, Chair of the QNFMHS advisory group, and Director of Forensic Mental Health, Central Health NHS Foundation Trust
10:15	See Think Act - The 3rd Edition Elizabeth Allen, Director of Forensic
10:45	The Engagement of Co-production: Taking Back Our Identity Amy West, Expert by Experience, Seen Party, Peer Mentor, Leon Betty, Peer Trainer, Justice Served, Lived Experience Practitioner, MHSN, Registrar, Dip in Level Occupational Therapy, Recovery College River House Complex Lead, Image Health, Occupational Therapy Practitioner, River House, South London and Maudsley NHS Foundation Trust
11:00	Break
11:30	'Holding their values...' Speech and Language Therapy in LD and Forensic Services Indyanna Hodge, Advanced Specialist Speech and Language Therapist, Hertfordshire Partnership NHS Foundation Trust
12:00	An Update from the Quality Network Kelly Rodriguez, Programme Manager and Emily Walsh, Deputy Programme Manager
12:15	The National HOPE(S) NHSE Collaborative Dr Jennifer Krivoy, Director, National HOPE(S) NHSE Collaborative & Clinical Director of the Centre for Perfect Care, Derby Anglia, Associate Director, and Emerita Registered, Consultant Practitioner, National HOPE(S) NHSE Collaborative
12:45	Lunch break
13:45	Workshop session 1: Sustainability in Mental Health, Including Access to Outdoor Spaces
14:15	Workshop session 2: Working with Family and Friends
14:45	Break
15:00	Workshop session 3: Forensic Specifications
15:30	Final Plenary
15:45	End

Kelly Rodriguez, Programme Manager

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RC PSYCH
ROYAL COLLEGE OF PSYCHIATRISTS

MSU/LSU Issue 56, December 2022

This Issue	07 Koestler Judges Visit St Andrew's Healthcare, Birmingham to Meet our Creative Writers	17 Ffestive Card Competition Entries
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02 An Integrated Clinical Model of Restorative Justice in Forensic Settings	09 A Great Place to Work - A Systematic Review	22 CQC Mental Health Observation Programme
03 A Day in the Life of a Restorative Justice Practitioner	10 Increasing Physical Activity in a Medium Secure Service: The Development and Feasibility of a Physical Activity Intervention (IMPACT)	23 CPD Virtual Conferences
04 A Journey of Restorative Thinking in Independent Sector Mental Health	11 Peer-Reviewer Training	23 CPD Virtual Conferences
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WELCOME

Welcome to the 56th and final newsletter of 2022! It has been another tough year for our forensic mental health colleagues, all our thoughts and good wishes are with everyone working so hard to continue to keep people safe and well.

This edition of the newsletter is on Quality Improvement and Research. We know services are involved in a vast range of research and quality improvement projects. It has been truly fantastic to see so many articles with updates on what services have been working on.

Included in this newsletter is also the fantastic Ffestive Card Competition Entries and the winner. We would like to thank all participants for their submissions and all our members for their support with this competition. It has truly been amazing to see so many submissions!

The first meeting of the Accreditation Steering Group took place in November 2022. I would like to thank all of those involved for their time and input. Interesting discussions were held and some good ideas were created. Members will soon be able to complete an online survey to share their feedback on the introduction of an accreditation membership.

There are a couple of pieces of information about the Network and what is planned for 2023 within this newsletter. This includes the plans for the revision of the current standards and a new section on meeting the QNFMHS team.

Lastly, the team and I would like to thank all our members for their hard work over the past year and for their continuous engagement with the Network. Reviews have now been taking place for a few months and it has been absolutely fantastic to see so much engagement and networking amongst services. We are all looking forward to continuing our visits to services in 2023.

I hope everyone has a wonderful Christmas, and we look forward to speaking to you in the New Year. 2023 here we come!

Kelly Rodriguez, Programme Manager





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 (3rd Edition)

[see-think-act---3rd-edition.pdf](https://www.rcpsych.ac.uk/see-think-act---3rd-edition.pdf)
(rcpsych.ac.uk)

Contact the Network

Kelly Rodriguez Programme Manager

Kelly.Rodriguez@rcpsych.ac.uk

0208 618 4063

Naomi Ghafoor, Deputy Programme Manager

Naomi.ghafoor@rcpsych.ac.uk

0208 618 4265

Catharine Christie, Project Officer

Catharine.christie@rcpsych.ac.uk

0208 618 4153

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