



THE COLLABORATIVE

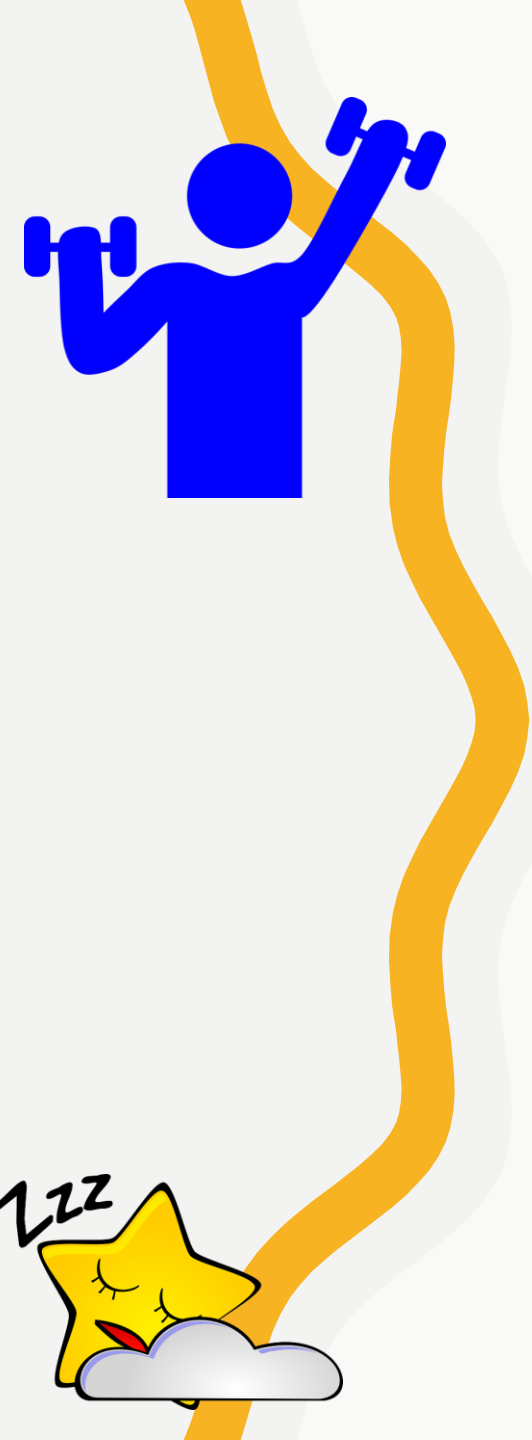
**REDUCING RESTRICTIVE
PRACTICE**



**AMBER
ACTIVATES**

AMBER WARD PICU

SMALL PICU, BIG IDEAS



WHY ENCOURAGING EXERCISE HELPS WITH LEAST RESTRICTIVE PRACTICE..

EVIDENCE SUGGESTS PHYSICAL ACTIVITY HAS HUGE POTENTIAL TO ENHANCE:

- WELLBEING,
- BOOST MOOD,
- INCREASE MENTAL ALERTNESS
- DECREASE STRESS
- IMPROVE SLEEP AND MANY MORE FACTORS



WHY AMBER WARD NEEDED THIS CHANGE IDEA...



PICU:

- MORE RESTRICTIVE WARD ENVIRONMENTS
- LESS SECTION 17 LEAVE
- MORE AGGRESSION

OUR PATIENTS VIEWS:



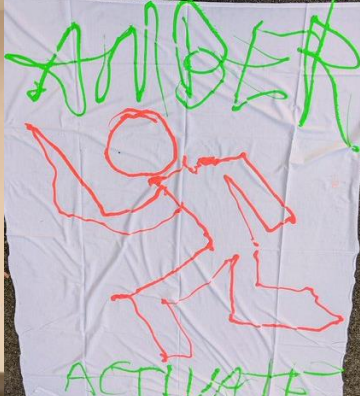
"Exercise makes me feel better and also I sleep better. When I leave Amber Ward it would be nice to have formed a good habit like exercise as part of my routine"

"I feel happier when I work out and like I have achieved something as opposed to when we don't do anything"

"It will help release any built up anger"



OUR EVENT



164%
 £820
 raised of £500 target
 by 47 supporters

Give Now

Share

Heads On
 We help people with mental health problems to still achieve their ambitions.

Charity Registration No. 1051736



Amber Ward
Amber Activates!
 Fundraising for Heads On



SERVICE USER FEEDBACK

“It was fun, I enjoyed myself” 19 year old Female

“Best PRN I’ve Ever Had” 20 Year Old Male

“When I didn’t have leave it was a great way of getting my frustration out, the punch bag was great for my recovery”
30 Year Old Male

Using the treadmill gave me more purpose –
23 year old Female

Thankyou for helping me be me – 35 year old Male

HOW WE COLLECTED OUR DATA

October 2021 Data

Restraints 78

Seclusions 26

Rapid tranquilisations 23

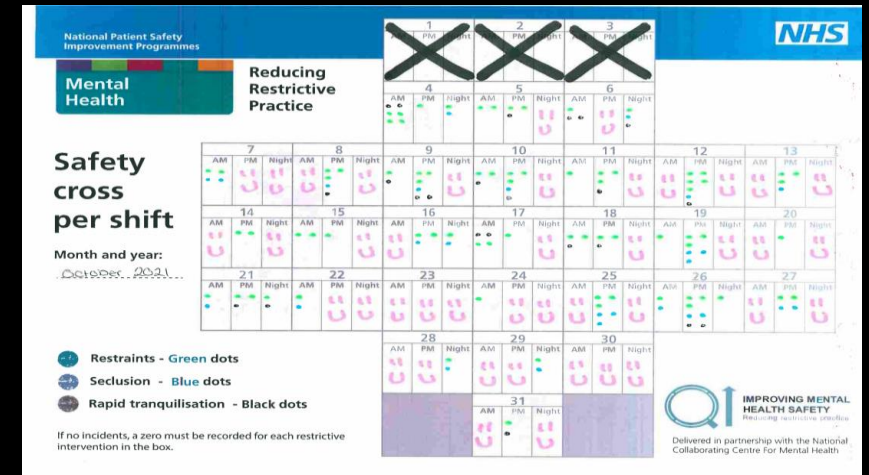
January 2023 Data

Restraints 11

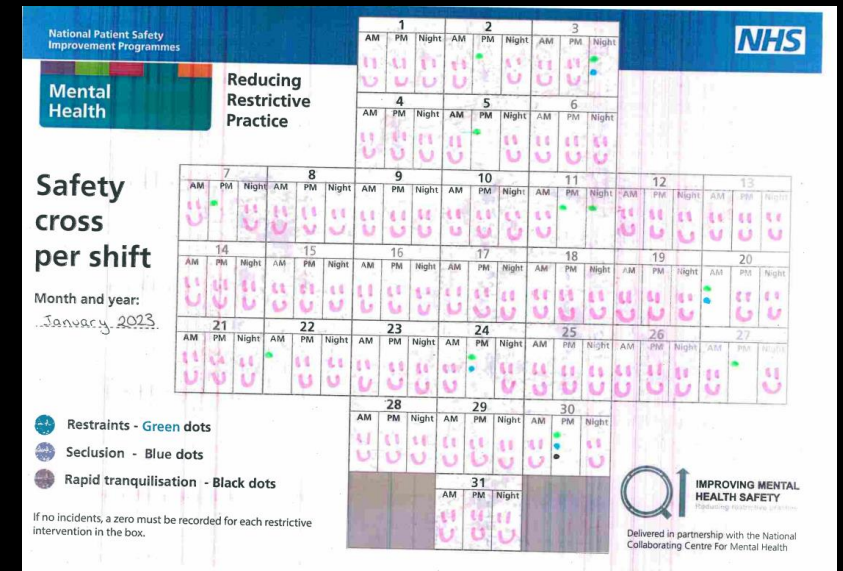
Seclusions 4

Rapid tranquilisations 1

October 2021 Safety Cross



January 2023 Safety Cross





STATISTICS:

**HOW WE HAVE IMPROVED BETWEEN
OCTOBER 2021 TO JANUARY 2023:**

45% REDUCTION IN USE OF RESTRAINT

57% REDUCTION IN USE OF SECLUSION

**73% REDUCTION IN USE OF RAPID
TRANQUILISATION**

**OVERALL 59% REDUCTION IN
THE USE OF RESTRICTIVE
PRACTICE**

