

Change story: Introduced coffee morning community meetings and incorporating food into more activities at Prospect Place Social Inclusion

Programme aim:

- To reduce restrictive practice by 25% in mental health, learning disabilities and autism inpatient services by testing and scaling the reducing restrictive practice [change package](#)

What problem were you trying to solve?

- Build better relationships between staff and patients.
- Improve attendance at community meetings and ward activities.

What did you do?

- Introduced nice coffee and snacks to the community meetings and renamed them coffee mornings.
- Starting to incorporate food with other activities e.g. patients learn to make chicken wings followed by a card game.

How did it go?

- More patients attend the coffee morning community meeting.
- Increased numbers of patients at other activities.

What did you learn?

- Positive way to build relationships between staff and patients.
- Food is a good way to bring people together.
- Patients like to have food with an activity and it was definitely a motivator for patients.