

Council of Governors: Summary Sheet

22nd October 2015

Item No 12a

Title of Paper: Governor Feedback

Presented By: Chair, Professor Alan Walker

Action Required:

For Information

For Ratification

For a decision

For Feedback

Vote required

For Receipt

To which duty does this refer:

Holding non-executive directors individually and collectively to account for the performance of the Board	
Appointment, removal and deciding the terms of office of the Chair and non-executive directors	
Determining the remuneration of the Chair and non-executive directors	
Appointing or removing the trust's auditor	
Approving or not the appointment of the trust's chief executive	
Receiving the annual report and accounts and auditor's report	
Representing the interests of members and the public	X
Approving or not increases to non-NHS income of more than 5% of total income	
Approving or not acquisitions, mergers, separations and dissolutions	
Jointly approving changes to the trust's constitution with the Board	
Expressing a view on the Trust's forward plans	
Consideration on the use of income from the provision of goods and services from sources other than the NHS in England	
Monitoring the activities of the Trust to ensure that they are being conducted in a manner consistent with its terms of authorisation and the constitution.	X
Monitoring the Trust's performance against its targets and strategic aims	

How does this item support the functioning of the Council of Governors?

Governors attend a number of events and sit on various committees in order to better understand the NHS landscape and to ensure that their and their members' views are heard. In addition, their involvement allows them to better understand the business of the Trust so that they can be confident that it is operating within its terms of authorisation and constitution, and in the best interests of the people it serves.

Author of Report:

Sam Stoddart on behalf of various governors

Designation of Author:

Deputy Board Secretary

Date:

13th October 2015

Report to the Council of Governors	
(please tick if appropriate) For Information only <input checked="" type="checkbox"/>	
(please tick if appropriate) For Action <input type="checkbox"/>	
From:	Dr Debjani Chatterjee
Governor Constituency:	Service User
Feedback from:	'Poetry for Healing' workshop at the Central Library, 18.04.15
<p>Details:</p> <p>This one-off Saturday afternoon workshop was led by the Bristol poet Chris Tutton and was open to the public. I had encouraged the cancer survivors and carers who attend my monthly Healing Word workshops to attend this library workshop with me and we all enjoyed it very much and found it mood-enhancing.</p> <p>Chris' 'Poetry for Healing' workshops explore 'the cathartic potential of reading and writing poetry'. He spoke about poetry's ability to counter depression, anxiety, addiction, low self-esteem and other problems. He suggested writing exercises as a means of self-expression and understanding our emotions. I found them very stimulating. One participant's feedback was: 'Greatly helps to open up deeper thoughts and feelings'.</p> <p>I do wish SHSC could offer 'Poetry for Healing' workshops.</p>	
Action to be taken:	Please state what is required of governors, ie provide feedback etc N.A.
Timescale for action:	N.A.
<p>Signed: <i>Debjani Chatterjee</i> Date: 07.07.15</p>	



Report to the Council of Governors	
(please tick if appropriate) For Information only	
(please tick if appropriate) For Action	
From:	Joan Healey
Governor Constituency:	Appointed - Sheffield Hallam University
Feedback from:	Compassionate Care conference 21 July
<p>Details:</p> <p>Able to attend for the whole day - was a really inspiring conference. Posters around the venue provided some excellent examples of ways in which this is being translated into practice within the Trust.</p> <p>Great chance to talk with a range of different people within the Trust about how compassion can be a part of everyday practice and processes.</p>	
Action to be taken:	Please state what is required of governors, ie provide feedback etc For information
Timescale for action:	n/a
<p>Signed: J Healey Date: 24/09/15</p>	

Report to the Council of Governors

(please tick if appropriate) **For Information only**

✓

(please tick if appropriate) **For Action**

From:	Sarah Burke
Governor Constituency:	Service User
Feedback from:	A Culture of Compassion Conference, 21 st July 2015

A fantastic, well attended event hosted by the trust, featuring Dr Paul Gilbert, the Founder of Compassion Focused Therapy.

The workshop introduced participants to the basic ideas and interventions used in Compassion Focused Approaches in general, but with particular attention to how such an approach can not only transform people, but can transform systems and structures. His interactive workshop highlighted how important it is to apply a compassionate mind approach to not only the people that access services, but to our peers, colleagues, and within the Trust's systems and procedures.

After the event was formally opened by Kevan Taylor, the day continued to be a celebration and acknowledgement of how the Trust is proud to have compassion as one of its core values, and a motivational workshop generating ways in which we can all build on this going forward.

Paul Gilbert OBE is Professor of Clinical Psychology at the University of Derby and Head of the Mental Health Research Unit, Derbyshire Mental Health Services NHS Trust. He is a Fellow of the British Psychological Society and has written, taught and researched extensively in the areas of mood disorders and shame. He is a former President of the British Association for Behavioural and Cognitive Psychotherapists. He has published over 150 academic papers and 20 books. He is a series editor for the "Compassion Mind Approaches to various psychological difficulties". He set up the charity The Compassion Mind foundation in 2006 (www.compassionatemind.co.uk) and was awarded an OBE in March 2011. I understand that Paul is in high demand, and all present were extremely thankful to the organisers and to Paul himself for taking the time to spend with us on the day.

A little bit of background about Paul and his work around Compassionate Focused Interventions.....CFT was originally developed with people with high shame and self-criticism. These individuals often come from difficult backgrounds where there are low levels of affiliation and affection. This is problematic because from infancy onwards attachment and affiliate experiences play a major role in brain development and regulation of threat-based emotion. Indeed, individuals from these backgrounds can find experiencing positive, affiliate emotions (accepting compassion and being self-compassionate) difficult. A proud moment to look around the Kenwood Suite during the speaker's sessions, which also included Shaun Hunt, Service User and Tutor within the Recovery Education Unit, and Catherine Glover Carlick, Service User and Staff Trainer. Both gave heartwarming and moving accounts of both their experiences with the service to date and their feelings on how compassion should be at the core of everything we strive to achieve as a Trust.

After the morning's session, participants were invited to discuss how we could ensure that Compassion remains present in all of our working practices, and what might be the barriers or challenges to that, in addition to where it is already working well.

Tables contained a diverse range of professionals, service users and staff from across all directorates, and there was a real sense of collaboration and partnership in the room. Following on from the workshops and

feedback we were invited to a posh lunch in the main Kenwood Hall before the second half of the day which everyone returned to with full bellies, and a double helping of enthusiasm.

Amongst other things, Paul introduced us to the evolutionary model of Compassion, the nature of our three basic emotions regulation systems and how to apply it and generate it amongst our services and directorates. There was a focus on how to develop care and affiliate-focused motivation, attention, emotion behaviour and thinking.

I personally, would like to thank the Trust for organising such an inspiring event, and for my invite!! I felt extremely proud of the Trust on the day, and know that there were many colleagues that would have loved to attend if it weren't for the room bursting at the seams as it was!! Huge thanks to Rosie McHugh for the invite, and for organising such a fantastic event.

Action to be taken:	Please state what is required of governors, ie provide feedback etc none
Timescale for action:	n/a
Signed: Sarah Burke Date: 30 th July 2015	



Report to the Council of Governors	
(please tick if appropriate) For Information only	<input checked="" type="checkbox"/>
(please tick if appropriate) For Action	<input type="checkbox"/>
From:	Sarah Burke
Governor Constituency:	Service User
Feedback from:	2015 Wellbeing Festival
<p>Details:</p> <p>This was the third Annual Wellbeing Festival that I have attended as a Volunteer for the Community Recovery Service, and the first year that we have had a theme for our stall, which was in keeping with the Culture of Compassion Seminar attended by myself and a fellow Volunteer and Service User.</p> <p>Our stall was based on one of the distress tolerance strategies that it used in the “Managing Every Day Stress and Distress” workshop that I deliver for the short term Community Recovery Service as part of the Recovery Education Programme.</p> <p>The Stall was bright and colourful, and themed around a Super Sized Self Soothe Kit! A box filled with all the things that bring us comfort in difficult times, complete with instruction manuals, handmade books of hope, positive affirmation cards for people to take away with them as a souvenir from our stall, and hundreds of newly designed flyers and leaflets detailing abundance of support services that are available from the service. We made a huge display board containing testimonials from service users, referral processes, contacts and photographs and the contributions by staff and Volunteers were really well received.</p> <p>The rain stayed away on the day and it was a great opportunity for the Trust to show case their services including IAPT, CERT and obviously the recruitment stand for the Council of Governors.</p> <p>A well attended event and good time had by all.</p>	
Action to be taken:	Please state what is required of governors, ie provide feedback etc n/a
Timescale for action:	n/a
<p>Signed: Sarah Burke Date: 30th July 2015</p>	



Report to the Council of Governors

(please tick if appropriate) For Information only	<input checked="" type="checkbox"/>
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(please tick if appropriate) For Action	<input type="checkbox"/>
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From:	Joan Healey
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Governor Constituency:	Appointed - Sheffield Hallam University
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Feedback from:	Recovery Enterprises AGM
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Details:
 Attended the AGM at the Workstation. Able to talk to several people on different projects as part of the Recovery Enterprises organization- lots of their work on display. Excellent examples of innovative practice.

Action to be taken:	Please state what is required of governors, ie provide feedback etc For information
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Timescale for action:	n/a
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Signed: J Healey	Date: 24/09/15
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Report to the Council of Governors	
(please tick if appropriate) For Information only	
(please tick if appropriate) For Action	
From:	Jules Jones
Governor Constituency:	Public SE/Lead governor
Feedback from:	Clover Directorate: Patient Participation Group meetings 21/5/15 & 26/6/15
<p>These group meetings are varied and lively, with discussion on a wide variety of issues. Agenda items include:</p> <ul style="list-style-type: none"> • The 15 step challenge • Consultation on wording for letters to be sent to badly behaved patients • Updates in response to patients concerns about the lack of available appointments. <i>(This is due to a national shortage of GPs and the resulting difficulties in recruiting GPs to Practices in economically deprived areas).</i> • Updates on progress in restoring the telephone triage system to full working order. <p>Patients also bring their own items to the discussion; for example concerns were expressed about the adequacy of health advice strategies for combatting diabetes in Pakistani women who cannot speak or write in English (expressed by a patient who identified himself as representing the local Pakistani community). A patient lead a discussion focused on how Clover handles genetic counselling for couples who have entered into cousin↔cousin marriages and are thinking of having children. Other discussions have included the physical environment at Highgate surgery (Tinsley), mobility issues in the waiting room, and self-service check in machines.</p> <p>The PPG has also provided vital information to SHSC about service outages with the telephone triage system which resulted in renewed efforts by the Trust to tackle this issue.</p> <p>There was a heated debate at the 26/6/15 meeting which became particularly tense. There were 4 abrasive issues which had caused anger and disillusionment within the local community to which patients wanted answers. The contentious issues included:</p> <ul style="list-style-type: none"> • An erroneous assumption that SHSC directors were deliberately “not funding” the Darnall and Tinsley practices. • Concern about the lack of available GP appointments. • Anger and disillusionment following the leaked information to The Star about the proposal to set up an operating company. • A petition which had been doing the rounds in the local community, seeking the closure of the Darnall practice (with The Star and BBC Radio Sheffield in tow). <p>I was able to give reassurance on some of these issues. For example I was able to reassure patients that SHSC was active in its attempts to recruit GPs to fill the vacancies (I have personally checked that the job adverts for salaried GP vacancies were appearing online). I was able to assuage some of the erroneous assumptions about SHSC Directors and the Clover Directorate budget. However it is clear to me that some of these issues need to be dealt with by SHSC in a more systematic fashion.</p>	
Action to be taken:	To note. To be aware of how the Trust is perceived by patients/SU
Timescale for action:	none
Signed: J.Jones	Date: 14/07/15

Report to the Council of Governors

(please tick if appropriate) **For Information only**

✓

(please tick if appropriate) **For Action**

From:	Sue Roe
Governor Constituency:	Carer
Feedback from:	Various Meetings attended September/October 2015

Sheffield Parent Carer Forum (SPCF)

Summer Fun Day in August at Hillsborough Sports Arena for families with children who learning difficulties and complex needs and siblings. Around 250 people attended and every one had a good time. At the September management committee meeting we had a visit from Andy Kershaw from Radio Sheffield. He wanted to know about the forum and had gone the State of Sheffield survey. Andy interviewed members who were at the meeting and hopes to broadcast the interviews in the near future. It may involve some of our group going into the studio to broadcast live and may run over several programs. At the beginning of October he came to my home to record my husband and 2 youngest sons and myself. We understand there may be a live interview with parents on Wednesday 7th October. The Autumn Newsletter goes out during the first week of October. The conference is planned for early March 2016 and hopefully it will be on health and transition to adult health services.

Families Lobbying and Advising Sheffield (FLASH)

July saw the Big Meeting at Norfolk Lodge with Phil Holmes the Manager of Learning Disabilities, Anne Flannigan and Cllr. Mary Lea Cabinet Member for Health Care and Independent Living. Feedback from previous meeting - still questions to be answered. At the August Meeting Una Cunningham, Nurse Manager of Head and Neck at Sheffield Teaching Hospital and lead for learning disabilities attended. We explained parent/carers have concerns in how their loved ones are cared for either as inpatients, outpatients or emergency admissions to hospital, especially those who have mental health problems, with staff not understanding their needs and communicating with carers. Una said there is a flagging up system which should alert staff that a patient may have a parent/carer with them and follow them through the system. For the flagging system to work the patient has to be on the Sheffield Case Register. Someone from the Register should contact G.P.s for updates. Una also said they are going paperless from September and should make things a lot better.

3rd September Lee Teasdale-Smith came to update us on the Carers Strategy. He gave out questionnaires and said he was visiting other support groups to gather information. After the meeting 4 carers and myself went to the Town Hall to meet with

Liam Toner and we gave a presentation to senior managers and social work staff on diagnosis and living with a person with learning disabilities. Two parents gave personal stories and I gave a session on communication and importance of good communication. We were told we had a made a big impact on the people attending. We are hoping to work with student social workers in the future.

17th September a meeting with Mary Lea for feedback on questions put forward at the last meeting. A young man gave me some question to forward around DRE (disability related expenses) 'why was he being charged for care they are not providing' 'Where was his support plan' and 'I have lost all confidence and the



council'. She was going to look into this. It is very sad that this young man is one of many in this position.

On the 25th a meeting on the Carers Assessment took place which was very informative.

On the 30th a meeting on the role and purpose of the CQC took place.

7th October a meeting with Adam Argile, Manager of the Social Financial Assessment team took place to explain what people with learning disabilities are being charged for.

Action to be taken:	Please state what is required of governors, ie provide feedback etc For information
Timescale for action:	n/a
Signed: Sue Roe Date: 7 th October 2015	



Report to the Council of Governors	
(please tick if appropriate) For Information only	
(please tick if appropriate) For Action	
From:	Dorothy Cook
Governor Constituency:	Public SE
Feedback from:	Various
<p><u>Recognition & Achievement Awards</u> On 6 Sep I was again privileged to work with others to select this year's winners in the Recognition & Achievement Awards. As you can imagine it is no easy task, nominations come from service users, volunteers and fellow members of staff, detailing a wide range of skills and dedication in all areas of the Trust. The stories are heart-warming to read and I want to add my thanks to those expressed in public at the recent AMM.</p> <p>Thank you to all who take the time and trouble, each year to nominate their colleagues or therapists for all their hard work.</p> <p><u>Suicide Prevention</u> 10 Sep I was invited to meet with a varied group of people from statutory and third sector to improve Sheffield's Suicide Prevention Policy. For a number of years I have sought to raise the profile in this area and was glad to realise that others feel the same and that the public health officers from the Clinical Commissioning Group wish to take this forward. Social Cafes, Sunrise and Crisis house meetings. These are the venues where I find I am able to learn the concerns of Service Users in Sheffield, so I attend as often as I am able. I feel the most common concerns at the moment are loneliness and crisis care. The Crisis Care Concordat team is aware of the latter and consultation events are planned for the coming months, please watch out. Loneliness is harder to address, as it has many complex causes, If you have ideas, please share.</p>	
Action to be taken:	Please state what is required of governors, ie provide feedback etc For information
Timescale for action:	n/a
Signed: <i>Dorothy Cook</i> Date: 08.10.15	

Report to the Council of Governors	
(please tick if appropriate) For Information only	✓
(please tick if appropriate) For Action	
From:	Josie Paszek
Governor Constituency:	Appointed Governor
Feedback from:	GovernWell Core Skills Training Event 8 Sept 2015
<p>The event was run by Governwell and was held in Manchester. The course agenda covered:</p> <p>Introduction to the NHS This was covered by a selection of hand outs, presentations and a quiz where teams were give a choice of answer cards to be put to a list of questions. Diagrams/flow charts were also provided showing funding and accountability between legislators, Regulators, Dept Health, Commissioning Groups, NHS Trusts, Foundation Trusts, NHS England and Public Health England.</p> <p>NHS Finance and Business Skills (an introduction) This again was delivered as a presentation, hand outs with the addition of a Q&A session. This outlined the funding of the NHS from inception to the current day and how, contrary to the initial belief, costs have increased not decreased.</p> <p>The governance and the role of the governor (The trainer also particularly emphasized what isn't the role of a governor.) This section of the training covered the various levels of responsibility, who holds who to account. (Accountability vs holding to account). The importance of challenge, asking questions, feeding back, forming relationships,</p> <p>Quality Matters – an insight This covered the statutory definition, performance measures, NHS constitution, where accountability for quality lies and the 5 questions of CQC. Are services 1) safe, 2) effective, 3) caring, 4) responsive, 5) Well led? Quality accounts and regular monitoring.</p> <p>Effective questioning and challenge This was a practical session in which the groups were given statistics and a scenario and were asked to identify on what and how they would question the board of directors/CEO. (Pulling together the information gained through the day.) Whilst the other sections are very important I considered this to be of the most use but unfortunately being at the end of the day we were only able to do 1 scenario and time was pressured. Overall this was a day well spent.</p>	
Action to be taken:	Please state what is required of governors, ie provide feedback etc None – for information only.
Timescale for action:	N/A
Signed: <i>Josie Paszek</i>	Date: 11 October 2015



Report to the Council of Governors	
(please tick if appropriate) For Information only	<input checked="" type="checkbox"/>
(please tick if appropriate) For Action	<input type="checkbox"/>
From:	Jules Jones
Governor Constituency:	Public Governor SE and Lead Governor
Feedback from:	SCC HEALTH SCRUTINY AND CHILDREN'S SCRUTINY COMMITTEE JOINT MEETING ABOUT THE CITY WIDE CARER STRATEGY 23/9/15
<p>DETAILS:</p> <p>The Local Authority (LA) is seeking to renew its 'City Wide Carers strategy', which has become outdated. For the first time the Carers strategy will include specific sections on young carers.</p> <p>Committee members and those in the public gallery (including SHSC Governors Angela Barney and Ian Downing) were presented with information about how the LA sees the current situation for carers in the city (information obtained from census data and other quantitative sources) which includes startling facts such as "25% of Sheffield Carers care for 50+ hours a week".</p> <p>We were informed that LA officers are currently in the process of validating data that they have gained as a result of consultation with carers groups. The committee was in effect being asked to approve the 'direction of travel' with this new carer's strategy. This is an ongoing, but as yet unfinished process.</p> <p>Angela gave information to the committee about caring and her experiences as a carer. (She is the best person to fill you in on her evidence).</p>	
Action to be taken:	To note
Timescale for action:	n/a
Signed: J.Jones Date: 10/10/15	



Report to the Council of Governors	
(please tick if appropriate) For Information only	
(please tick if appropriate) For Action	
From:	Jules Jones
Governor Constituency:	Public SE and Lead Governor
Feedback from:	Patient Participation Group meeting, Clover Group, Darnall and Tinsley Patient Participation Group (PPG) 17/9/15
<p>Details:</p> <p>The issue which dominated the discussion at this meeting concerned the lack of communication from NHS England with regards their intensions for the Clover group (will they seek to re-tender or will they extend with SHSC?). Patients were informed that there was only 6 months left to run on the current contract with SHSC. Patients resolved to write to NHS England, as patients are the major stakeholders in the ongoing continuation of their own GP surgeries.</p> <p>With 17,500 patients on the list for Clover, this really is a large number of people who could be left with uncertain access to GP services if this issue is not sorted out quickly!</p> <p>The letter has since been sent and we await the reply.</p> <p>(Please note that this was a public meeting and this information is a matter of public record.)</p>	
Action to be taken:	To note
Timescale for action:	n/a
Signed: J. Jones Date: 10/10/15	



Report to the Council of Governors	
(please tick if appropriate) For Information only	
(please tick if appropriate) For Action	
From:	Jules Jones
Governor Constituency:	Public SE and Lead Governor
Feedback from:	Annual Members Meeting (AMM) @ SUFC 29/9/15
<p>Details:</p> <p>The AMM has two aspects: the information ‘marketplace’ and the meeting.</p> <p>‘THE MARKETPLACE’: The ideal opportunity for governors to visit the information stalls of our Directorates. Where you can find out about the Directorates that make up the Trust, and the individual projects that they run. I always enjoy visiting the ‘marketplace’.</p> <p>Governor presence is also vital at the AMM because it gives Service Users/Patients and members the opportunity to talk with us. I found that members did take this opportunity to seek me out and chat with me.</p> <p>‘THE MEETING’: The highlight of the meeting was not the Chief Execs talk, nor the Chairs talk, not even the Finance Directors talk, enlightening though all of these were. The real highlight was the annual excellence awards ceremony. Congratulations to all of those who were nominated and to the winners.</p> <p>As Lead governor it was my responsibility to present ‘THE GOVERNORS YEAR’ talk, on behalf of all of the Governors. This is our opportunity as Governors to show that we are active in our roles and that we provide vital challenge and perspective to the Board. I hoped to convey that Governors are ‘real’ people. We are unpaid volunteers and we give our time because we are committed to improving the health of members and the public by providing a vital link between those we serve and the Board. We Governors ensure that the Board remains accountable to the people of our communities, to carers and to service users and patients.</p> <p>All governors deserve a pat on the back for their work. Thank you!</p>	
Action to be taken:	To note
Timescale for action:	none
Signed: J.Jones Date: 11/10/15	

Report to the Council of Governors	
(please tick if appropriate) For Information only	
(please tick if appropriate) For Action	
From:	Jules Jones
Governor Constituency:	Public SE and Lead
Feedback from:	NON-EXECUTIVE DIRECTOR (NED) RECRUITMENT PROCESS: CANDIDATE PRESENTATIONS 17/9/15 AND INTERVIEWS 24/9/15
<p>DETAILS:</p> <p>Many thanks to all governors who were able to attend the NED candidate presentations on the 17th September. I hope you will all agree that the presentations were certainly varied and informative.</p> <p>NED interviews: Spare a thought for the interview panel; we were cooped up in Clarendon room for 6 hours! We had to come to a decision on 2 issues:</p> <ul style="list-style-type: none"> • The appointment of a new NED. • The extension by 1 year for 2 out of the 3 existing NEDS who had reached the end of their terms. <p>APPOINTMENT OF THE NEW NED: the panel reached a majority decision after carefully and painstakingly weighing up all of the information. For the sake of consistency we asked all of the candidates the same questions, which we had agreed at the start of the session.</p> <p>1 YEAR EXTENSION FOR 2 OF THE EXISTING NEDS; this was difficult indeed, given that all 3 of the existing NEDS have performed exceptionally well. However a majority decision was reached, which in no way should be seen as a reflection on the performance of any of the 3 NEDS in question.</p> <p>Governors will be asked to approve the recommendations referred to above at the Full Council meeting on Thursday 22nd October.</p>	
Action to be taken:	Approve the recommendations made by the Nominations and Remunerations committee interview panel at the CoG meeting 22/10/15
Timescale:	n/a
Signed: Jules Jones, Public/Lead Governor	Date: 10 October 2015

Report to the Council of Governors

(please tick if appropriate) **For Information only**

✓

(please tick if appropriate) **For Action**

✓

From: Dr Debjani Chatterjee

Governor Constituency: Service User

Feedback from: Various National Mental Health Awareness Week events commencing 5th October 2015

Reconnecting - Launch Event on Monday 5th October, 11am - 3pm in the Winter Gardens

SHSC had a recruitment and information stall at this event. I joined Sam Stoddart and other governors (from Sheffield Teaching Hospitals NHS trust) for about an hour in the afternoon. The Healey Artists group exhibited their work. Activities by SAGE Greenfingers and Artling included apple pressing, and arts and crafts with the aim of promoting wellbeing. People could have a go at willow weaving, painting, and writing down tips for keeping well. I had a chat with the two freelance art therapists who were running a very well-received 'Create Your Own Mandala' workshop. One of them had trained a few years ago at the Northern Programme. I also chatted with the apple-pressing volunteers who are keen for people to donate their excess garden produce for SAGE Greenfingers to redistribute. All the activities were very good. We didn't get many punters though at our SHSC stall, probably because we were not offering any exciting activities, though we did offer free candy! Others were offering healthy items like apples, apple juice and recipes.

CAST – 'A Sense of Place' Exhibition from 7th October - 21st October at The Art House

This is an annual exhibition of service user and service worker created art that explores themes of belonging, meaning and identity. As in previous years, this was produced by members of CAST (Creative Arts Steering Team). As the exhibition is still on, I urge fellow governors to go and check it out.

Exhibition launch & celebratory evening on 8th October, 6.30pm – 8.30pm at The Art House

This was a very stimulating and well-attended event at a brand new venue. The arts and crafts displayed (also a few card-mounted poems) were inspiring, as were the lovely songs and the poetry. Among those who spoke at the opening were the Art House Development Worker, a priest from the church next door, Chrissie Hind from CAST, and Prof. Walker. The atmosphere was great!

Tea and Talk with Sheffield Mind on 9th October, 12pm - 3:30pm at Houlden Hall

I dropped in on Sheffield Mind for this event, but it was not a talk or presentation as I had hoped. It turned out to be mainly a session of self-exploration through engaging in artwork – a volunteer asked visitors to paint or sketch their idea of 'what makes us happy'. I enjoyed using glitter paints and stick-on smiley faces to do a picture of my extended family. Visitors could also buy tea and cake, and have an informal chat about wellbeing and mental health with one or two trainees and volunteers. During my MIND visit, there were just three visitors, including myself in an hour and a half.

Living Library on 9th October, 2pm - 4pm at the Central Library

This event was held in the Library's Biography section, which is quite tucked away behind the Lending Library. It was very poorly attended. There were four tables scattered about the room and each had a service user volunteer who would talk one-to-one about their own experience of mental health issues.

Action to be taken: Please state what is required of governors, ie provide feedback etc
See above

Timescale for action: Before 21st October when CAST's exhibition ends

Signed:

Debjani Chatterjee

Date: 12.10.15

Report to the Council of Governors	
(please tick if appropriate) For Information only	
(please tick if appropriate) For Action	
From:	Dr Debjani Chatterjee
Governor Constituency:	Service User
Feedback from:	Recovery Enterprises 15 event at the Showroom, 15.09.15, 5pm
<p>On September 15th at the Showroom, Recovery Enterprises held their third annual AGM and celebration to share 'achievements of the past year'. During 2015, they 'encouraged wellbeing, creativity and innovation within new enterprises all over Sheffield'. This has meant 'seeking out individual talents, and giving a leg-up to those who need it most'.</p> <p>The ticketed evening was mainly networking for those who are interested in wellbeing. It was an opportunity to thank partners, funders and key players. It was also a showcase of the umbrella organisation's work, with a few organizations like CAST having stalls and mini displays. Professor Brendan Stone, Board Director of the organization, gave a keynote speech. There was also an announcement by another Board Director, Nick Bax, about the launch of Sheffield Flourish – a new digital wellbeing hub, funded by the Big Lottery. Roz Davies, Recovery Enterprises Managing Director, was appointed in May and spoke of having a very committed Board. The Chair, Pam Stirling, conducted the AGM business.</p> <p>For more information about the organization and the event that I attended, visit www.recoveryenterprises.co.uk/category/news</p>	
Action to be taken:	Please state what is required of governors, ie provide feedback etc N.A.
Timescale for action:	N.A.
Signed:	<i>Debjani Chatterjee</i> Date: 12.10.15

Report to the Council of Governors	
(please tick if appropriate) For Information only	
(please tick if appropriate) For Action	
From:	Dr Debjani Chatterjee
Governor Constituency:	Service User
Feedback from:	Substance Misuse Service event at Fitzwilliam Centre on 30.09.15, 9.30am – 12 noon
<p>Details:</p> <p>All healthcare professionals and Trust governors were invited to this event. Although I did not notice any governors, the open morning was very well attended by health professionals, volunteers and trainees. I think the numbers surprised the organisers. The service has undergone a lot of reorganising in the last year and changes have been introduced, including a new treatment pathway, hence the open morning was like a launch of the 'new look' service.</p> <p>Christopher Wood, Service Manager, gave a presentation, explaining that the service offers assessment, support and treatment to people with opiate and non-opiate misuse, and to those with alcohol misuse. All three areas are now kept distinct and service users can also be seen in evening hours and in the mobile van. Health professionals can refer patients, but individuals can also self-refer. The take-up of the alcohol misuse service in particular is extremely low in our region and there was some discussion as to why this was so, given the high numbers of people with alcohol dependency. They work co-operatively with mental health teams and several partners outside of the Trust, e.g. Northern College and the University of Sheffield. When I asked about their referrals for talking and non-talking therapies, he admitted that they could do more.</p> <p>After the talk, members of START (Sheffield Treatment and Recovery Team) gave a guided tour also to the other centres used by the service at Matilda Street and Sidney Street.</p> <p>I found the morning very informative and am glad that I attended.</p>	
Action to be taken:	Please state what is required of governors, ie provide feedback etc N.A.
Timescale for action:	N.A.
Signed:	<i>Debjani Chatterjee</i> Date: 12.10.15

Report to the Council of Governors

(please tick if appropriate) **For Information only**

✓

(please tick if appropriate) **For Action**

From:	Dr Debjani Chatterjee
Governor Constituency:	Service User
Feedback from:	Psychological Therapies Governance Committee (PTGC) 16.09.15 PTGC Workstream on 'Reducing waiting times for psychological therapies' on 7.10.15

Psychological Therapies Governance Committee (PTGC) on 16.09.15

This was my third meeting of this committee. I continue to find it very interesting. I was the only governor present.

We had a useful presentation by Jenny Darling and Sue Martindale on Mindfulness Based Cognitive Behavioural Therapy, as well as a paper on 'Proposed Governance arrangements for teaching Mindfulness Based Cognitive Therapy/ Mindfulness Based Stress Reduction (MBCT/MBSR)'; and from the UK Network for Mindfulness-Based Teacher Trainer Organisations a paper on 'Good Practice Guidelines for Trainers of Mindfulness-Based Teachers' and from the UK Network for Mindfulness-Based Teachers a paper on 'Good Practice Guidelines for Teaching Mindfulness-Based Courses'.

Laura Richardson, Art Therapist, gave us a paper on 'The All Party Parliamentary Group on Arts, Health and Wellbeing', which gave a lot to think about. Our Chair, Gwyneth De Lacey, distributed a paper on the 'Accreditation Programme for Psychological Therapies Services (APPTS).

PTGC Workstream on 'Reducing waiting times for psychological therapies' on 7.10.15

This was my first meeting of this workstream, chaired efficiently by Linda Wilkinson. Only John Kay, Jane Lyon, the Chair and I were present. Apart from the Chair, we were all service users and it felt as though we were making a valuable input in a workstream whose findings will be important for the Trust and for improving its service to service users. We considered a draft questionnaire and suggested substantial improvements. This workstream is due to report to the December meeting of PTGC. Watch this space!

Action to be taken:	Please state what is required of governors, ie provide feedback etc N.A.
Timescale for action:	N.A
Signed:	<i>Debjani Chatterjee</i> Date: 12.10.15