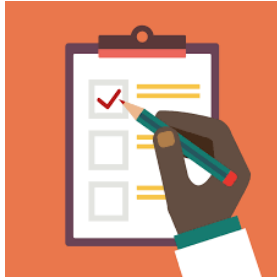


Wessex Mental Health Community of Practice

Once upon a time there was...

a need to bring people together who were working together on reducing restrictive practice in Mental Health wards in Wessex.

National Patient Safety Improvement Programmes



Every day ...

people were setting up traditional networks with faculties of senior stakeholders, full agendas, a focus on information giving and little time for connections or creativity.

One day ...

Heather started the CoP leadership programme, and her head was filled with the power of the CoP. She asked people what they thought about a new way of working and used their words to invite people.

'I believe that humankind's greatest strength lies in our ability to collaborate and exchange ideas. In numbers we find the courage to achieve anything!'

'I think it's a fantastic idea and I'd be really keen to be involved.'

'I think it is a brilliant idea, I'm keen to be part of it to help make the connections, share ideas and collaborate in projects.'

Because of that ... Heather was brave and started to weave ideas from her learning and thinking and work to do things differently. A design group with people with lived experience was formed, more time to connect people was built in and Myron's Maxims were one of the foundations for this.



Because of that ... we had music and spiral reflections and less busy agendas and more time to talk and started to think about the value created within the community. People who cared about reducing restrictive practice came together and felt they had safe space to share and learn together

'Good to hear from teams on the ground and inspiring and sparking ideas'.

'A really interesting session, a good atmosphere too'

Until finally ... the Wessex Mental Health network continues to feel different and continues to develop

Please tell us what you think we can do to make this even better ?

Just 2 questions on the jam board please ...

WHAT DO YOU THINK?

- 1. What if anything has been the immediate value of this network ?
- 2. What do you think you will take forward or that has potential value from this network in the short term ?

Spiral journal
Work to be done before next session



- What stood out as a great idea from each team who shared or an idea you are learnt about that you might want to use ?
- How might this help with one of your wicked problems ?
- How might you shameless steal this idea and adapt for your team ?
- Any support needed from the group today, or from elsewhere to help make this work ?

To Do : done!

