



Mutual Help meeting

Information for service users

This is a leaflet to tell you about a new meeting, for staff and service users, that we are going to start having on the ward. This meeting is called the Mutual Help meeting, and we hope it will help everyone on the ward to get along, and support each other.

We know that people get a lot out of helping each other, and that this makes the ward a much less stressful place to be. A relaxing, low stress ward helps everyone get better more quickly.

As part of the 'Safewards' project, nurses on your ward will either be organising regular Mutual Help meetings, or the topic of Mutual Help will become part of the regular meetings on the ward. These meetings are to give you an opportunity to say how you can help others on the ward, and make requests for how they can help you.

Content:

1. Round of thanks.

Everyone at the meeting will have the chance to thank anyone else, for anything they have done for them since the last meeting. Nothing is too small to mention.

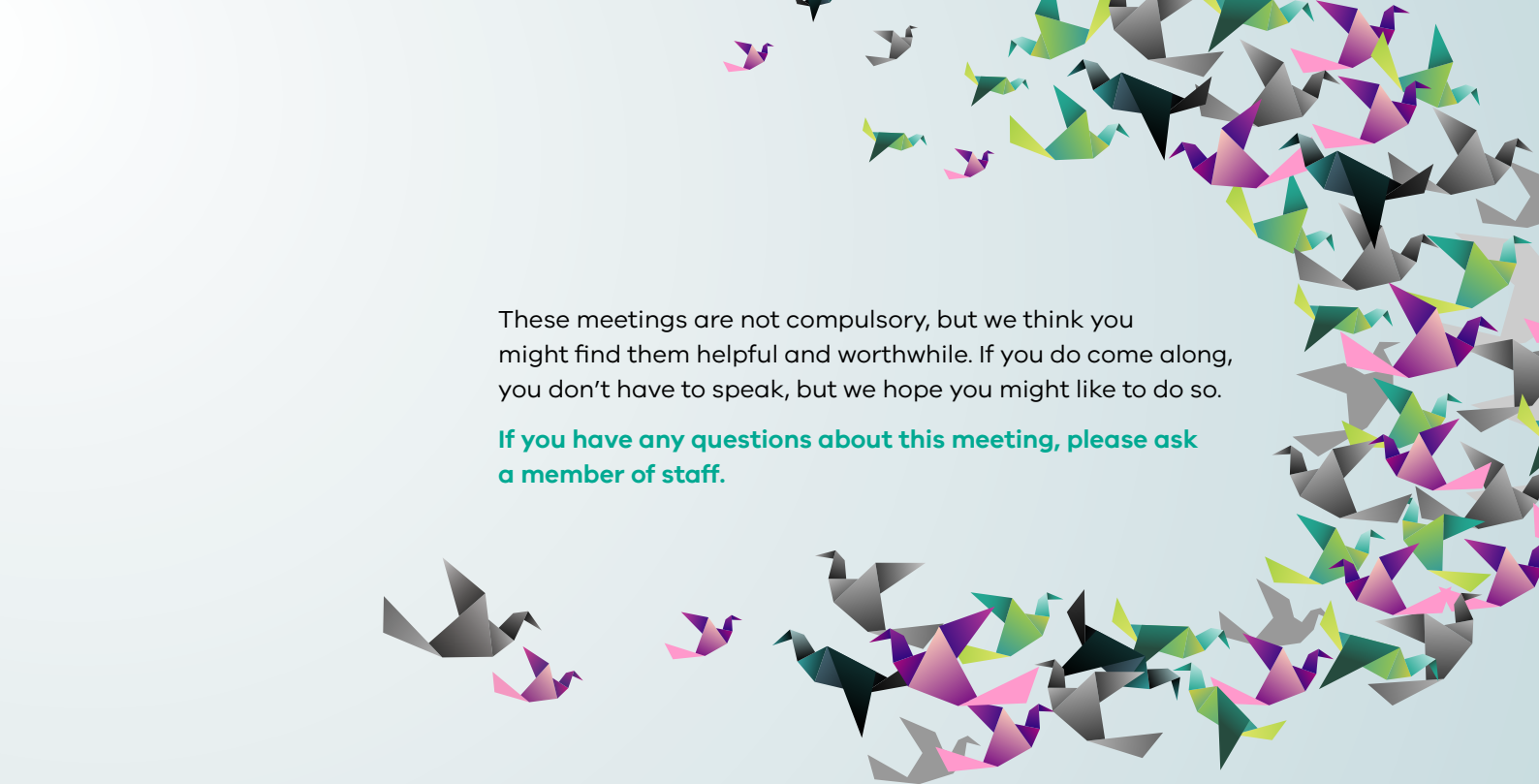
2. Round of news. Staff will explain things that have happened recently on the ward that might be confusing or distressing. Then they will remind everybody what is going to happen today or over the next few days.

3. Round of suggestions.

Everyone will have a chance to offer suggestions as to how we can get along with each other over the next few days.

4. Round of requests and offers.

Everyone will have a chance to say how others in the ward community can help or assist them. Then people can offer to fulfil these requests. When everyone has had their say, the meeting considers how to help people who have not felt able to attend.



These meetings are not compulsory, but we think you might find them helpful and worthwhile. If you do come along, you don't have to speak, but we hope you might like to do so.

If you have any questions about this meeting, please ask a member of staff.

These are some of the small simple things you might like to offer to do for someone else, or request from them:

- To share knowledge and experience about care and services
- Support each other in practical tasks (e.g. helping others to wash their clothes).
- Encourage each other to take part in structured activities, or going along with someone to encourage and assist them.
- Wake people up so that they can attend activity groups.
- Accompany each other on cigarette breaks, or for walks, or trips outside of the ward.
- Play games with each other, such as cards or table tennis, or discuss current affairs
- Spend time with people, just talking to them, maybe just 5 mins during a day, or maybe more.
- Share coping strategies, such as relaxation techniques
- Making a drink for someone else
- Sitting next to someone at meals times
- Saying good morning, asking how someone else is feeling
- Orienting someone, confirming where they are, what time of day it is, who other people are on the ward
- Helping someone comb or brush their hair
- Listening to music with someone, or sitting watching a TV programme together and talking about it afterwards
- Finding positive things to say about someone's appearance, behaviour or other characteristics

Be creative! What can other people do in small ways to help, encourage and assist you? What can you offer to do to help them?

