

# Sovereign Snippets May 2017 Edition



Welcome to the May newsletter and Happy Mother's Day to all the Mums out there!  
Collection of "newsy" items and updates from the unit to help keep us all in touch.

## **WEDNESDAY LUNCH** **DATES FOR YOUR DIARY:**

Wednesday 3<sup>rd</sup> May

Wednesday 10<sup>th</sup> May

Wednesday 17<sup>th</sup> May

## **WEEKLY GROUPS:**

Monday 10.30AM: Weekly SECU Meeting

Tuesday 11.00AM: Group-Cooking Activity

Thursday 11.00AM: Group-Cooking Activity

Friday 2.30PM: Delta Dogs

## **STAFF PROFILE:**



Colleen

Colleen is the Nurse Unit Manager at Sovereign House. She has worked in mental health for 34 years. 6 years ago she took on the NUM role in Sovereign House.

Colleen is always very happy to answer any questions you may have or discuss any issues.

**FROM THE UNIT MANAGER:**

*Opportunities for feedback*

We are currently looking at producing a visual information porthole all inpatients and their families in the unit. We will be seeking individual specialist staff to provide information about their specific roles in the unit. We will also including general information on our unit as well as some information on the culture, values and expectations of Sovereign House. This will all be in line with the Safewards Project, which is being rolled out state-wide.

Keep your eyes out for this, as we will be seeking your feedback on how user friendly and informative the resource is.

*Photo ID for Medication Charts*

This is a quality improvement activity that is current underway with photo ID attached to each medication chart. This is improving our medication safety and patient ID against the national standards. We will be evaluating this project in September, once again your valuable feedback with be sought again.

**THERAPY UPDATE:**

Over the last month we have welcomed a new volunteer from the Delta Dogs Therapy Program. Jess and her beautiful Golden Retriever, Willow have been joining us each Friday afternoon from 2.30PM. We thank them for volunteering their time each week to come and visit us here in Sovereign House.

Our cooking groups continue with great success. Participation has continued to increase throughout the weeks with most people getting involved in some way or another!

**ACCREDITATION UPDATE:**

Thank you to all consumers who participated in the YES Survey. We anticipate receiving the results in the next three months and will keep you updated regarding the results and the actions we will take following your valuable input.

This month's National Standards for Mental Health Services (NSMHS) focus is Diversity Responsiveness.

It is important that mental health services provide professional and respectful care for all people within their communities that is sensitive to individuals' race, religion, gender, sexual orientation, and other personal needs. If you have individualized needs that you feel are not being met please talk to your contact nurse or Colleen about this. Also, if you have ideas on how you think Ballarat Mental Health Services could promote cultural diversity and inclusiveness please feel free to fill out a feedback form and pass it on to Colleen- your ideas/comments are highly valued, and may be used!!!

All people featured in this month's newsletter have provided their consent to be pictured.