

Feedback:

It's been a really positive activity that has worked really well and was simple to do. Patients say they find it really helpful to settle their minds before they go to sleep at night and start to go to their rooms (Jane Crolley, Ward Manager, Oak 2).

It's a nice way to end the day. The low energy, quiet evening reflection group compliments high energy morning community meetings which tend to focus on what we want to achieve today (Becky Thorogood, Ward Manager, Oak 1).

Acknowledgement:

The idea of tea & toast reflective group comes from staff on Oak 2, Peterborough, Ward Manager Jane Crolley.

Evening reflection groups are run on a number of CPFT wards including, Oak 1 in Peterborough (Ward Manager Becky Thorogood).

Tea & Toast

Theme: Reflective Space

Objectives:

- Support patients to go to bed in a positive frame of mind
- Support patients to get a good night's sleep
- Give patients the opportunity to unload any frustrations at the end of the day
- Provide communal quiet reflective time for patients and staff

Concept:

Getting a good night's sleep is really important but this is often a problem for our patients. The tea and toast evening reflection group is one way to improve sleep hygiene. Staff and patients sit together for about for half an hour each evening and patients talk about their day. This allows them to air and get rid of any frustrations before going to bed. Patients already have access to a drink and a snack, it's just making it a little bit more communal.

Pragmatics:

This is a very easy activity to put in place requiring few resources. Just make sure you've got the bread or other snack in (it doesn't have to be tea and toast, it could be any drink and a snack). The time of evening (6.30/9.30) can be adapted according to your patient group and what works well for them.

Top Tip:

Consider positives and the potential for a better day tomorrow. Focus on letting go of frustrations not becoming wound up by focusing on what has not gone well today.



Time:

Cost:

Training:

Staff:

Quick Win:

Benefits:

- Improved sleep hygiene
- Patients go to bed in a more positive and relaxed frame of mind
- Helps to break down barriers between patients and staff