

# Appendix 1 - Information on the Ward Stars Portfolio

[www.wardstars.org](http://www.wardstars.org)

[www.wardipedia.org](http://www.wardipedia.org)

In addition to the contents listed below, the Portfolio includes the workshop teaching plans and resources used during the workshop, additional information on what constitutes a recovery approach, information on managing stress in the workplace and a resource guide on self help patient information leaflets.

There are seven 'Stars' which are based on themes of therapeutic inpatient care used in Wardipedia, represented by the acronym IMAGINE. These are:

1. Imagination
2. Mindfulness
3. Activities
4. Generosity
5. Involvement
6. Neighbours
7. Empathy

These themes or 'Stars' can be worked through in any order. The best way to start may be to pick the one that impacts you the most. Or conversely, you can start at Imagination and work through each one in the order shown above. We have provided a description of each Star along with some relevant tried-and-tested examples and ideas - see the 'Imagine This...' boxes throughout the Star pages. The reflective examples given with each star are very useful as a guide.

## **The Ward Stars is designed to:-**

- Be motivating and energising for HCAs
- Make explicit those aspects of HCAs' work particularly valued by patients eg warm and empathetic personal qualities
- Contribute to meeting HCAs' appetite and need for professional development
- Provide a helpful structure for professional development
- Publicly validate good practice
- Enhance the status and reputation of the HCA role
- Help demonstrate the skills and qualities that are likely to be included in the Certificate of Fundamental Care proposed by the Cavendish Review and currently being developed by the Department of Health.