



## Godden Green

April/May 2022

*Dear Carers, families and friends*

*Welcome to our eighth edition of our Newsletter. At Cygnet Godden Green we work hard to ensure that we continue to support and work in partnership with carers to enable us to improve as well as enhance what we already have. It is so important that our carers feel valued and informed of the support that is available to them. We appreciate all the feedback and support that you continue to provide and we are open and welcome to any suggestions that will enable us to improve our service. I would like to take this opportunity to thank you all for your continued support and contribution .*

## Easter Surprises

*Over the Easter period staff and service users were visited by the Cygnet Easter Bunny and presented with Delicious chocolate Easter Eggs.*

*Everyone enjoyed tucking in to their sweet treat.*





## Safewards Launch

*On Monday 4th April Cygnet Godden Green held their Safe Wards launch.*

*The event was well received and well attended by the hospital team and service users.*

*Once again the Cygnet Godden Green team has come together to improve the quality of the care provided to our service users, improve clinical practice and take the next step towards outstanding work.*

*Head of Psychology Elena Boghean said: "I would like to take this opportunity to say a massive THANK YOU! To everyone who has supported us to launch Safe Wards:*

*Kitchen staff- the buffet was amazing, staff and service users send their compliments to the team*

*Belinda – thank you for the cake and the active role-played to organise everything!*

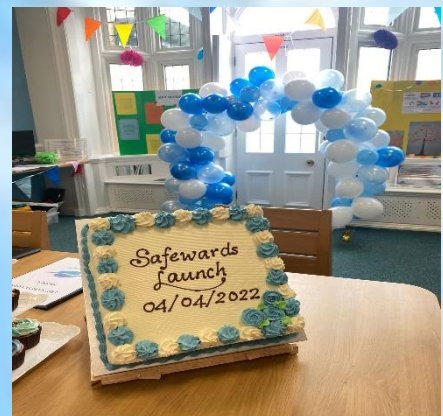
*OT team, Chanel, Sam, Zoe and APs thank you for helping with posters and all the time you all invested!*

*Sandra – thank you for the amazing balloons!*

*Dr S thank you for the detailed and outstanding presentation! Nena you have been extremely supportive all the way through, thank you so, so much!*

*Finally, thank you to our ward champions who make sure the interventions are carried out on the wards!"*

*Well done team!*





## Admin Day

*The 27<sup>th</sup> of April was National Admin day.*

*Each member of the Admin team was presented with a small gift of a pen, gift voucher, sweets and a mini scent to show how much he or she are appreciated.*

*"From our receptionists, ward clerks, HR, to our medical secretaries, Cygnet Godden Green would like to thank you for all of the hard work you put in every day. Enjoy the sweets!!"*





## Recovery College

*Recovery College is well in to its 3<sup>rd</sup> week of second term and the response has been amazing.*

*We have had 20 students taking part in the sessions available. Some wish to learn more about their mental health and develop new skills to improve this and some wish to learn and develop new hobbies and skills that they may wish to continue outside of hospital.*

*Feedback from service users has been very positive.*

*All the sessions that are available this term have been supported by staff from across the board who have donated their time to teach the skills they have. Service users are also encouraged to share their skills, thoughts and ideas so that Recovery College is co-produced and aimed at delivering what our service users would like made available now and for the future to benefit others. Thank you to all those who are participating.*

*Service users provided feedback requesting cool refreshments be made available for during Recovery College sessions, this was listened too and a fridge was ordered and installed which they will be able to help themselves to when busy learning.*

*Here is some of the feedback service users have given so far.....*

### **Hair & Beauty**

*"I enjoy these sessions, I have learnt how to do Gel nails"*

### **Art**

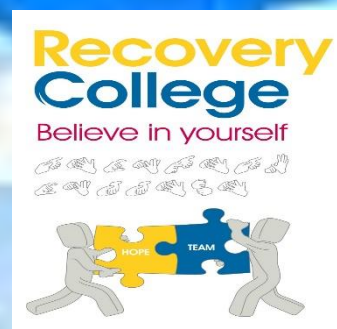
*"The session is enjoyable and I believe the session to be helpful. The staff are supportive especially when it comes to free expression through Art mediums. I know that I am capable and minded well. Thank you for the initiative and the atmosphere, that of kindness" (Art)*

### **Floristry**

*"Informative, good time to be creative and relax while doing an activity and gaining new skills"*

*"Lovely approach and inviting result, really enjoyed, thank you"*

*"Over the moon, I enjoyed it, thank you"*





## *Arrangements created by service users*



## ***Psycho-education***

*"Truly informative sessions! Would like to attend similar sessions in the future"*

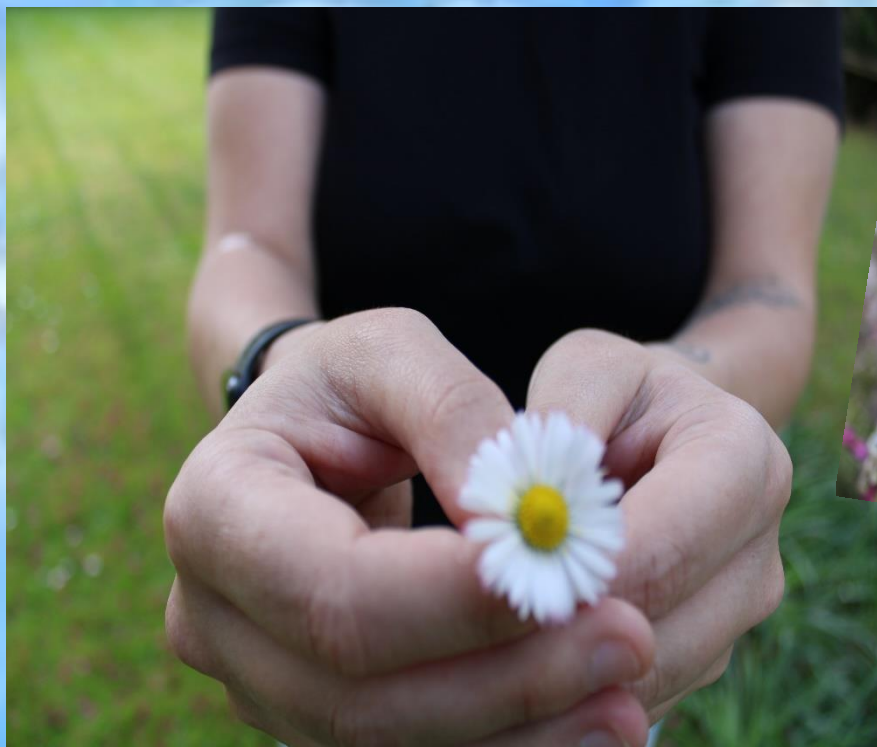
*"Chris is great with the mind, he leaves nobody behind, he helps you understand and is there to lend a hand"*



## Photography

*"I have found the photography sessions very informative"*

*"Very impressive and interesting"*

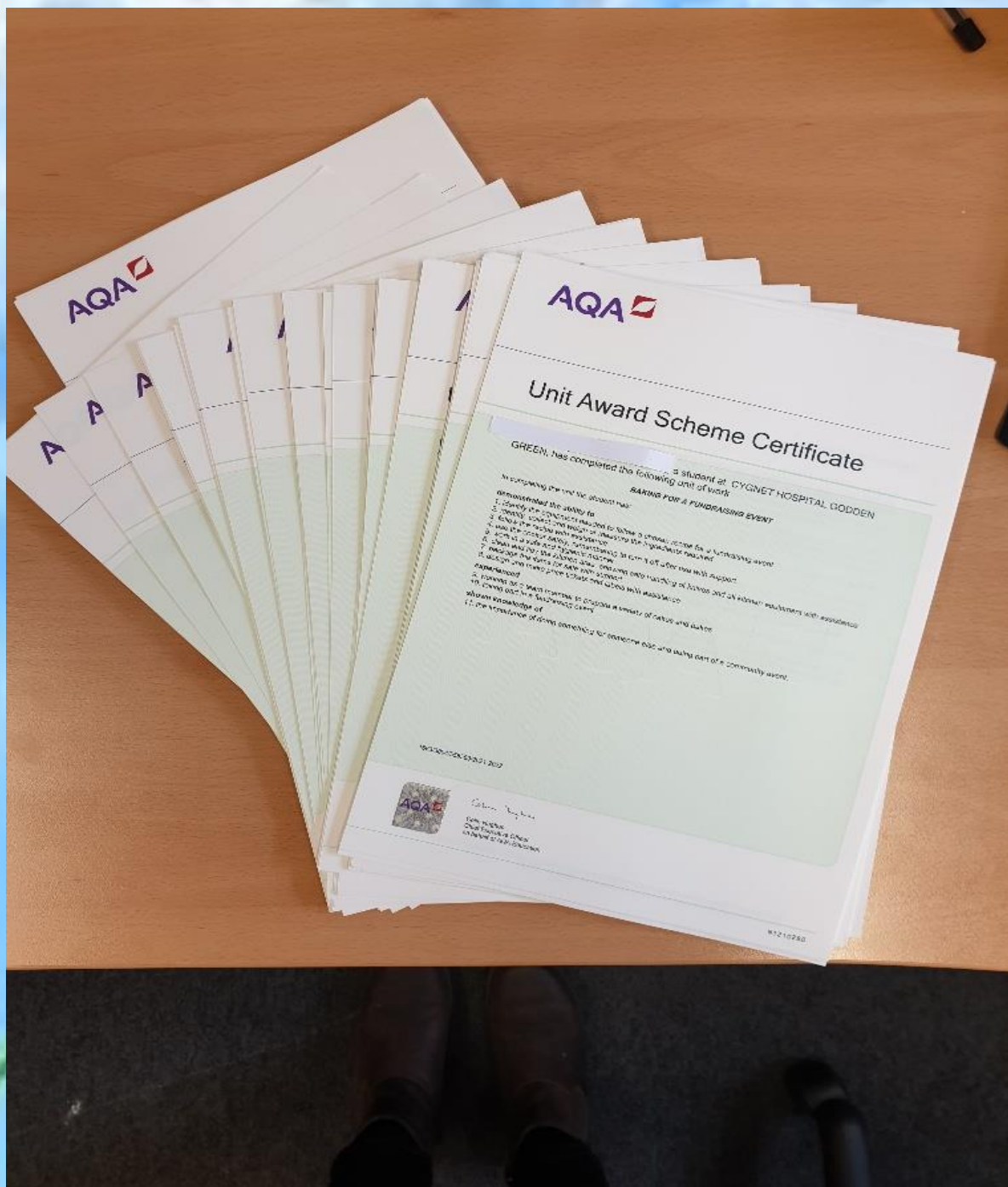




Our first ever AQA Certificates have arrived in which service users worked hard to complete the expected outcomes and passed. The Unit Award Scheme who monitor service users work and pass students commented on "how lovely it was to see some of the students beautiful work".

60 Units were awarded Congratulations to you all!

For service users who have moved on and been discharged from our service, their certificates will always be forwarded on to them.





## Mental Health Week Awareness week



To celebrate and raise awareness of Mental Health week and this year's theme being tackling loneliness, Godden Green held drop in sessions for staff and service users to join our wellbeing lead in the conservatory for a cup of tea and some sweet treats.

Everyone was encouraged to wear green to support the cause.

There were pamphlets available on how to combat loneliness and some helpful tips on how to keep busy and connected. The drop in was well received by both patients and staff.





## Welcome bags

*Service users were given the opportunity to express what improvements could be made when first admitted to Godden Green to help them feel more comfortable.*

*One of the suggestions was welcome bags. It was discussed what the welcome bags would contain and many felt that information on the hospital and the basic necessities such as toiletries would be useful as many would not have these with them on admission.*

*Service users have appreciated the items they have received.*

*Please feel rest assured that all Service Users are provided with these packs on arrival.*



## Upcoming Events



### Africa day

*Anyone who attended last year's Africa day knows the treats that are in store.*

*Everyone was treated to some spectacular colours in the form of traditional dress, trying their skills at some African dance moves and treated to a delicious traditional African lunch. The event was so successful that I am sure everyone is looking forward to how last year's event can be topped!*





### **Queens Jubilee afternoon tea party**

*On the 1<sup>st</sup> of June from 2pm to 4pm, Cygnet is holding its Queens Jubilee afternoon tea party.*

*Families, friends and carers are all invited to join us for a quintessential English afternoon tea with Victoria sponges, scones and cream and gallons of tea!!*

*Come, meet the team, and join us for some garden games and an afternoon of fun.*

## **Support for Carers**

### **Psychoeducational sessions for carers**

*The psychology team has designed a programme of online psychoeducational sessions to support carers of Godden Green service users.*



*These presentations involve an overview of selected topics related to mental health diagnoses, management of risks and support for families and carers. Psychoeducation as an intervention refers to the process of providing education and information to those seeking or receiving mental health services, such as people diagnosed with mental health conditions and their family members.*

### **THE AIM OF PSYCHOEDUCATION SESSIONS OFFERED AT GODDEN GREEN**

*Psychoeducation aim is to help people better understand (and become accustomed to living with their own or family members) mental health conditions, is considered to be an essential aspect of all therapy programs. It is generally known that those who have a thorough understanding of the challenges they are facing as well as knowledge of personal coping ability, internal and external resources, and their own areas of strength are often better able to address difficulties, feel more in control of the condition(s), and able to support their loved ones how suffer from mental health conditions.*



*The next session will take place May 27th at 5pm, via Zoom hosted by Elena Boghean, Lead Forensic Psychologist, on the topic of Psychosis. Please send your interest of participation at [elenaboghean@cygnethealth.co.uk](mailto:elenaboghean@cygnethealth.co.uk)*

## **Godden Green Carers Support.**

### ***What can Carers Support do for you?***

*As well as providing care to our residents, we also understand the importance of providing advice and support to the families of those that are in our care.*

*When a new service user is admitted, their family will be sent a Carers information pack.*

*This pack includes:*

- *A booklet from Carers UK, which contains information on looking after yourself, adapting to changes, Carers Assessments and advice on finance and benefits.*
- *A Cygnet Hospital Godden Green Monthly Newsletter keeping you updated on everything that is currently happening across the hospital and will continue to be sent to you until your relative is discharged.*
- *Information on who is on your relatives care team and point of contacts.*
- *Info on visiting times, list of contra-band items that cannot be bought to the hospital and information on where we are and how to get to us.*

*We also have two designated Carer Support Leads for the hospital who are in office Monday to Friday and are available to also provide information and sign post you to external organisations that can provide you with further support in your area. Unfortunately they are not able to give clinical updates on how your family member is progressing due to confidentiality and this will still need to be obtained from the wards directly and by participating in weekly ward rounds.*

*The email to get in touch with our Carers Support Leads is as follows:*

*[GoddenGreenCarerLead@cygnethealth.co.uk](mailto:GoddenGreenCarerLead@cygnethealth.co.uk)*





### ***Carers Support – good to know!***

Five Carer organisations' in Kent have joined together to launch Kent Carers' Matter, a campaign to raise the profile of Carers' in Kent; increase access to Carer services; support health and social care professionals' to identify and refer Carers to services earlier and to provide opportunities for Carers' to have their say. You will find out more on their websites. Please do have a look.

**Kent Carers Matter**  
WORKING TOGETHER AS A VOICE FOR CARERS

**Carers' Support**  
**East Kent**

**IMAGO**

**involve**  
CARERS

**CROSSROADS**  
CARE KENT



**Carers FIRST**  
FIRST Choice for Carers



#### ***Hospital Carer Support Leads***

***Samantha Dodd & Zoe Collins:***

***GoddenGreenCarerLead@cygnethealth.co.uk***

#### ***Appointed ward Carer support***

***Oakwood ward***

***Katie Lee: katielee@cygnethealth.co.uk***

#### ***Appointed ward Carer Support***

***Castle Ward***

***Sonia Evroh: soniaevroh@cygnethealth.co.uk***

**Cygnet Hospital Godden Green,  
Godden Green,  
Sevenoaks,  
Kent  
TN15 0JR**

**Connect with us: 01732 763491    [www.cygnethealth.co.uk](http://www.cygnethealth.co.uk)**

