

March 2023

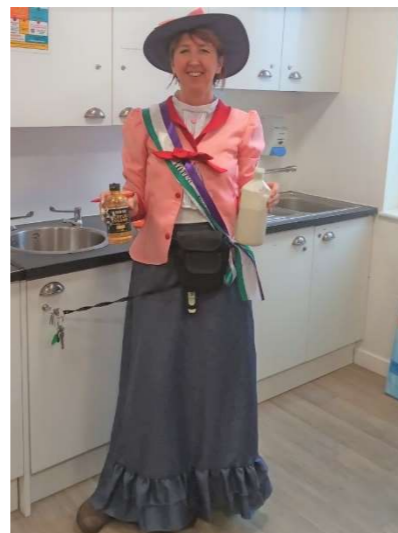
WORLD BOOK DAY



By Mary-Jo Brayford

Thursday 2nd March saw World Book Day come to the Phoenix School. This year's theme was all about making World Book Day your own so in typical Phoenix School fashion, staff dressed up as their favourite book characters, including Alice in Wonderland, Captain Hook and a very convincing Gandalf the Grey! In the spirit of

making World Book Day your own, the staff and students at Phoenix set about creating book nooks as part of the school's recent bid to beautify the school library. A book nook is a small scene which you position between your books to give the impression that there is a miniature world living within your shelves. Students started by reading a range of fiction extracts and highlighted the details to include in their book nooks leading to some brilliant visual renditions of scenes from 'The Jungle Book', 'Jurassic Park' and 'Howl's Moving Castle' plus many more! They're certainly going to have pride of place on our bookshelves and the students had a great time making them.



SCIENCE WEEK

By Chloe Eagle

British Science Week is a ten-day celebration of science, technology, engineering and maths (STEM). Here at the Phoenix School, we couldn't think of a better way to explore the miracle of science than by allowing our students to experience a ten day journey that started with fertile duck eggs and ended with four fluffy ducklings each with a personality all of their own.

Our eggs came from the Incredible Eggs Company who pride themselves on providing high welfare, ethical hatching kits to schools, nurseries and care homes. They strive to have a positive social and environmental impact and achieve this through education,



animal welfare, safeguarding biodiversity, promoting and facilitating wildlife conservation and supporting a number of different charities and social enterprises.

On day one, our hatching kit was delivered - consisting of 5 fertile duck eggs, an incubator and a brooding cage. Eager to meet their new friends, each of our ducklings nibbled and pecked their way out of their shells before drying out in the heat of the incubator and enjoying a well-earned nap. Once their feathers had dried out, they were able to move into the brooding cage where they waited patiently for their siblings

to hatch. By the end of day 3, we had four happy, healthy, and undeniably adorable Indian runner ducklings.

Over the course of the ten days staff and students alike marvelled at how the ducklings grew and developed, some becoming cheeky and curious whilst others were more laid back choosing cuddles over mischief. We watched them take their first plunge into the water where some panicked and immediately sought dry land, whilst others dunked, dived and swam happily.



Our young people were encouraged to use the ducks as a basis for the CREST Bronze Award, run by the British Science Association and described as:

"Bronze Awards introduce students to project work empowering them to work like real scientists, technologists, engineers or mathematicians. Students choose their own topic and methodologies, giving them complete freedom over their work."

Some of our young people chose to compare the rate of growth of each duckling (would the first born be the heaviest after 10 days?) whilst others compared the personality traits and preferences of them and how they developed. Our young people were also able to complete AQA Unit Awards linked to hatching and caring for the ducklings.

Incredible Eggs describe ducklings as "A



real 'confidence giver' to those unused to handling and caring for animals" and this could not have turned out to be truer! Some of our students expressed a love for animals, but a fear of accidentally hurting them. With a window of 10 days to build up their confidence, we saw these once wary young people become comfortable around holding and looking after the ducklings. The most wonderful part of the ten days was seeing the joy and serenity that nurturing the young ducks brought to our young people.

RED NOSE DAY



By Chloe Eagle

This year, to celebrate Comic Relief's Red Nose Day, our OT team invited staff across the hospital to come to work in their pyjamas and donate money to the charity.

Service users got involved by baking and decorating Red Nose Day themed goodies and having their noses painted.

YOU ASKED, WE RESPONDED



By Ali Curtis

Staff requested through the SRG forum that the hospital provide sanitary products in staff toilets. Ali and Gemma created these baskets, which are now placed in off-ward staff toilets which will be topped up regularly.

YOUNG CARERS

By Ali Curtis

ICO from Griffin ward co-presented a masterclass with me and Seb in celebration of Young Carers Awareness day. ICO spoke about being a young carer and how Cygnet can better support young carers. We made a pledge to improve the support that we offer to young carers in our service. The masterclass was delivered to professionals across the organisation and can be watched as a training video too.

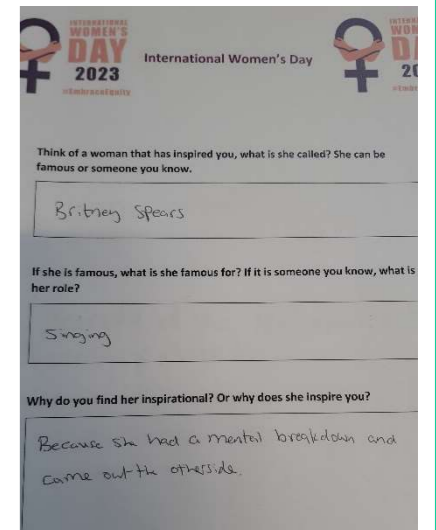


WOMEN'S HISTORY MONTH

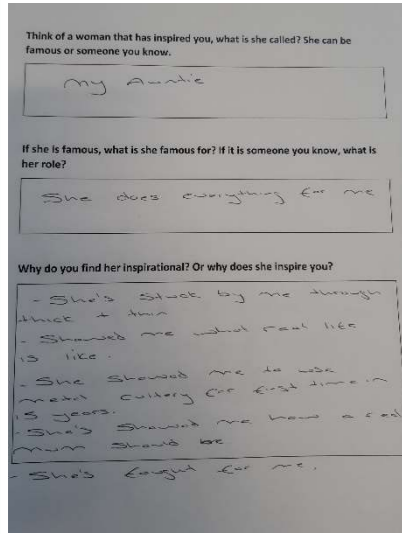
By Kerry Booth



Sheffield's Spencer Ward celebrated #internationalwomensday on Wednesday 8th March. In the morning we had the amazing and talented Nic from So Damn Kreative, who taught us all a routine to 'Who run the World? (Girls)'. In the afternoon we had a special lunch as requested by the Service Users followed by a quiz, paper flower origami and a discussion about who we all look towards as Inspirational Women.



By Chloe Eagle

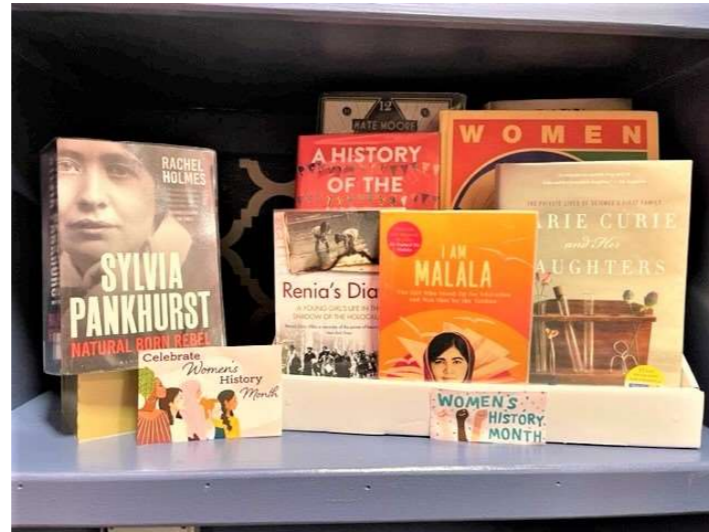


Phoenix School celebrated Women's History Month by promoting literature that celebrates the life and work of females throughout history.

Reading for Pleasure sessions used extracts from the biography of professional footballer and England women's national football team captain Beth Mead MBE, Described as *"The inspirational memoir from the Lioness who led England to historic glory at the UEFA Women's Euro 2022"* our young people enjoyed following Beth's journey from Saturday league, straight into the

history books.

Phoenix School were also fortunate enough to take advantage of the Sheffield Libraries 'mobile library' scheme for the first time this month, opting to borrow titles relating to Women's History Month to raise awareness and give our students even more variety of reading materials.



INCLUSIVE ART WORK

By Ali Curtis

Unicorn ward has some beautiful, and inclusive, new art work that has been painted by two young people on the ward – showing the whole team how much we value diversity!



CELEBRATE OUR AMAZING NURSES

By Ali Curtis



It's time to vote for Cygnet's Annual Nursing Awards! These are open on the portal for staff to vote for. TR on Unicorn ward felt that it was unfair for patients to be excluded from the voting process, so they created these amazing boxes and nomination forms for service users on each ward. We would love for team Sheffield to sweep the award ceremony!! We will also

make sure that from now on, all service users can vote for any Cygnet awards in the same way.



MULTICULTURAL NETWORK LAUNCH

By Ali Curtis

Cygnet Sheffield were proud to join in the company's launch of the Multicultural Network! Two of our ambassadors attended the launch on Zoom and then went to celebrate with our service users, going ward to ward with music and dancing.

