

BOOKFLIX HAS LANDED

By Chloe Eagle

The Phoenix School unveiled their brand new Reading for Pleasure incentive this month. The Bookflix display will be



updated once per half term, and will feature "Top Picks" – book of the week picks suggested by staff and young people, "Trending" – books linked to awareness days/events/MHFE focus, and "Reading Now" – texts being read in reading for pleasure sessions in school. This half term the Trending books were linked to National Teen Self-Esteem month (May) and Pride month (June).

Each young person has been given a Bookflix loyalty card which they can earn stickers on for reading a book, writing a book review, or attending the Reading for Pleasure session. When they have a full card (10 stickers) they are able to choose a prize from the prize box and collect a new loyalty card.



The initiative has been a huge hit already – and we are loving reading all of the book reviews and seeing how much our young people are enjoying reading.

THE WARDS ARE ALIVE WITH THE SOUND OF MUSIC

By Paul Marsh

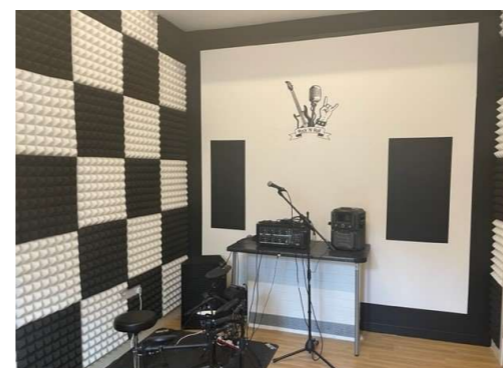
Well not quite, the maintenance team have now completed the transformation from what was the archive room into the Hospitals official music room.



1 Before

After stripping out an enormous amount of racking to make space the room has now been soundproofed which will have a twofold effect of reducing echo whilst instruments and singing takes place and reducing the sound reverberating around the Hospital.

Once again the maintenance team have done a great



2 After



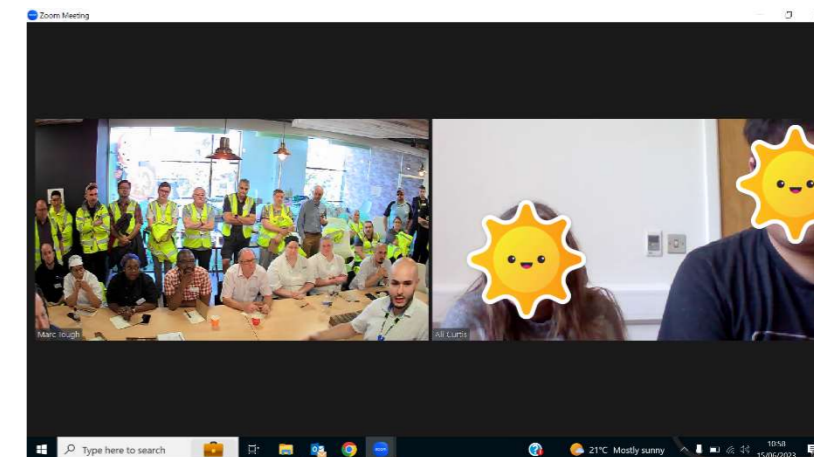
job, and we hope it brings many hours of pleasure for those using the new facility.

Thanks to Tom Griffiths Hospital Director for his involvement with the project.

FOOD FOR THOUGHT

By Ali Curtis

Service users Abi and Dan attended Cygnet's Chef Training and Development Day via video, with support from Ali and Amethyst. Abi and Dan fed back on some of the issues raised locally in Young People's Council, and also nationally in CAMHS People's Council in relation to the food provided for our patients across the 3 CAMHS services.



They specifically spoke about some of the improvements made at Sheffield like the larger portion sizes and how supportive Ollie has been by attending the Young People's meetings and working together to find solutions. They also made some additional suggestions for menu ideas like ice cream in this hot weather!

They received incredible feedback from the Chefs who stated they found the presentation "powerful" and thanked Abi and Dan for their collaborative working.

SCHOOL VALUES

By Chloe Eagle

The young people across the CAMHS wards have worked with Phoenix School staff to produce the updated set of school values. Workshops were held where young people were asked to give their opinions on how/if they feel the schools ethos aligns with the Cygnet Values and what we do in school to



The Phoenix way.....

- WE MAKE PLANS FOR A POSITIVE FUTURE**
- WE EXPLORE OUR PASSIONS AND VALUES**
- WE OWN UP TO OUR MISTAKES**
- We share our concerns**
- We give positive advice**
- We are open and honest**
- We are truthful about our risks**
- We are involved in our care and education**
- We think about our language and how it effects others**
- We respect and accept PEOPLE'S DIFFERENCES AND ALLOW THEM TO BE THEMSELVES**
- We are kind to each other**
- We respect people's boundaries**
- We value everyone's individuality**
- We care about others**
- We make sure people feel they have someone to talk to**
- WE ACCEPT SUPPORT AND ADVICE**
- We attend and contribute to meetings and discussions**
- WE MAKE PEOPLE FEEL WELCOME**
- WE FEEL LISTENED TO**
- We advocate for others**
- We are truthful about our risks**

promote them. Below is the poster that was produced, using the ideas given by our students.

STAFF FOOTBALL TOURNAMENT

By Kerry Booth

On what was an extremely hot day, some excellent football was played amongst the teams.

Congratulations firstly to our Wooden Spoon winners, captained by Andy Burkinshaw. This years 'mixed team' with players from Spencer Ward and Dexter's Midnight Runners.



Last year's winners Griffin, looked strong contenders for the cup again this year, however unfortunately lost their semi-final game leaving the final to be between Pegasus and Unicorn.



Pegasus took an early lead with a fantastically worked goal, but Unicorn responded quickly with an equaliser. Unicorn pushed forward again with another goal to take the lead at 2-1, however with Pegasus trying to find an equaliser, Unicorn put the game to bed with another goal, finishing 3-1 winners!



Well done all ☺

PRIDE PARTY

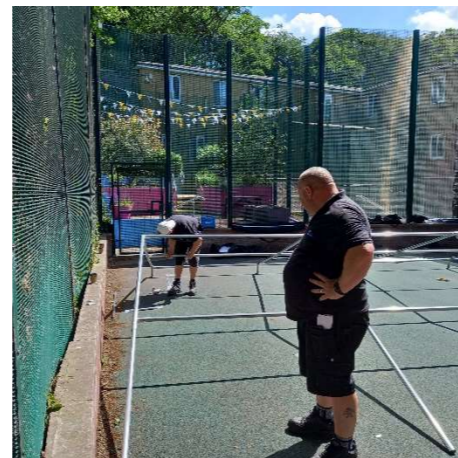
By Chloe Eagle



Our fantastic OT team hosted a party in June to celebrate Pride Month. There was karaoke, t-shirt decorating, temporary tattoos and a batch of mocktails made by the young people on Pegasus ward. Staff and YPs were invited to reflect on the history of Pride and share statements about why they support pride and why it is important.



MARQUEE MADNESS



By Paul Marsh

Yes the maintenance team have been hard at work erecting the marquee for this year's School prom. In addition to the prom Spencer ward are having a "black & gold" party so the marquee will get some further use.

As absolute novices at this type of thing the team put a full day in and the results are testament to the hard work and effort. I must add we were not looking forward to this particular activity as it is very heavy and laborious work, and it wasn't until we were well into the task; we decided to use the instruction booklet we "discovered" in one of the holdalls.



However once we got going things came together pretty quickly and we are impressed with the outcome of our handy work.



We did manage to get two cups of tea supplied by your Prom hosts Chloe and Katy from the Phoenix school... but I think we

agreed some lessons like tea making should be added to their curriculum.

From all the Maintenance team please enjoy the events.

PHOENIX SCHOOL PROM 2023

By Chloe Eagle



For the third year in a row, the Phoenix School prom has proved to be a roaring success. Preparations started across the hospital with young people trying on formal wear that was donated by staff and members of the public (with particular thanks to RMBC Housing and Income team and the Rotherham Learning Disability Service for their numerous clothing donations), our finance department booking limousines, OT organising beauty therapy and after parties for our young people, our fantastic teaching assistant/hairdresser Yvette Washington Scott cutting and styling young people's hair, and our amazing maintenance team adorning the courtyard with black and gold bunting and erecting the marquee. As the big event drew closer the PA system was set up (and our resident DJ, Andy Burkinshaw, completed his sound check), the

dancefloor was built, and we inflated what felt like a million balloons to assemble balloon arches.

Our tireless Education Officers Daniella and Katie sent out pleas to local businesses for treats and we were overwhelmed by the generosity that they showed. In the end we received: 20 sausage rolls and 30 donuts from Gregg's The Moor; coffee goodie bags from Starbucks Ecclesall Road; 48 cupcakes from Cupcake time; 24 donuts from Dunkin Donuts Ecclesall Road; 36 cupcakes from Tesco Extra Sheffield; 10 boxes of mini cookies from Subway the Moor; cupcakes, coffee chocolate treats and crackers donated by ASDA Drakehouse; and Disco Ball, Barrier Posts and ropes donated by Mark at Wild Wedding Days.



Votes were entered for Prom Royalty on each ward, and every young person received a personalised award. Our Prom Royals were crowned during the prom, much to their embarrassment in some cases!



It was wonderful to see a strong staff presence at the event, with many members of staff giving up their own time to get involved and support our service

users. We would like to thank everyone that was involved in the organisation, running, and clean-up of the event – with a

special mention to our Head Teacher Katy Edmondson without who it couldn't have happened.



On the day of the event, Gemma from NJUK and Yvette cut and styled our young people's hair, and incredibly talented MUA's from Fern Makeup helped them to feel glamorous with stunning makeup. Their new looks were captured by both Sarah Dixon (support worker/professional photographer) and the selfie-mirror, complete with props, supplied by Bliss Booth.



Young people were able to enjoy a red carpet experience and limousine ride – complete with Nosecco, of course!

All of the treat donations along with food from our kitchen and 24 share sized pizzas from Domino's meant that everyone was well fed and watered, with our bar full of mocktails proving to be a big hit (Fun on the Beach being the most popular).



SPENCER WARD BLACK AND GOLD PARTY

By Kerry Booth

Spencer Ward held their own Black & Gold Party this month.

The day before, one of our patients baked some Black & Gold Butterfly Buns which



were so good, that Paul Hollywood would have asked to shake her hand!

On the day, the ladies were offered make-up, hair and nail sessions from staff on the ward and some of them have bought new outfits for the occasion.

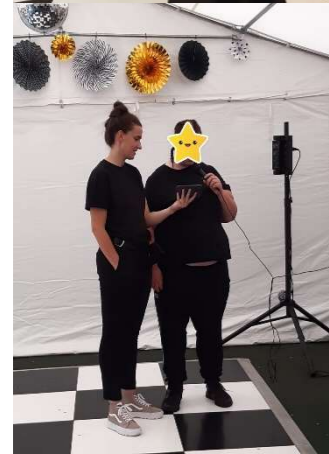


Individuals enjoyed a photo shoot with one another, as well as singing on the karaoke and dancing the afternoon away.

The ward also enjoyed some party nibbles, mocktails and Nosecco.

characters, pets, fruits and even their own families. The dolls have been a big hit and a lot of fun!

BLS AND FIRST AID SKILLS



PEG DOLLS



By Chloe Eagle

Students at the Phoenix School have been showing their creativity this month by painting wooden peg dolls. Some based on film



By Chloe Eagle

Maz, our wonderful Physical Health Lead, led two sessions of Basic Life Support skills at the Phoenix School this month. Our young people learned how to tell if someone is

choking and how to help them if they are, learning back slaps and abdominal thrusts. They also learned how to check signs of life such as breathing, and how to perform CPR chest compressions and use a defibrillator where necessary. Our young people were keen to learn and not afraid to ask questions, and especially seemed to enjoy the practical element of the sessions practising on the Annie dolls. Maz even



taught us why the dolls all have the same face and where the mould for the face came from. All of the young people that completed the session have received an AQA Unit Award in Basic Life Support: Choking and CPR.



TRIANGLE OF CARE



By Seb Thompson

Seb and Ali attended Cygnet's first national carers event at Cygnet Churchill and presented on the fantastic work that Sheffield are doing to involve parents / carers. This is part of a broader initiative as Cygnet

Sheffield seek to become accredited with the carers trust as part of their triangle of care accreditation scheme. Cygnet Sheffield will also now be hosting their own carer's event on 23rd November which is National Carer's rights day, and we look forward to sharing the agenda for this day soon.



CSI:SHEFFIELD

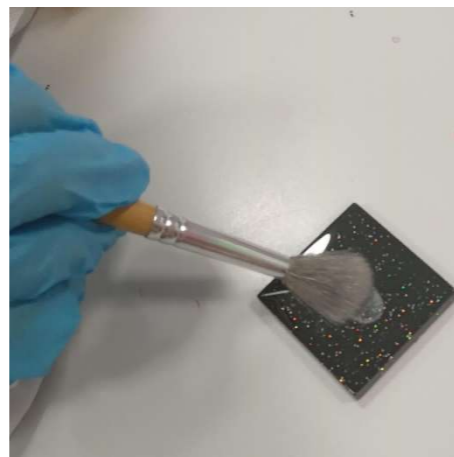


By Chloe Eagle

The Phoenix School has been fortunate enough to be able to host their very own Crime Scene Investigation Forensics day delivered by ThinkForensic. CSI

Sheffield arrived at the scene of a theft – and it was their job to determine who the culprit was.

Our students first received a thorough briefing about the complexities of forensic science, about how different branches draw upon knowledge from other subjects – for example how Biology fits in with fingerprint sampling, how Art is used to help with criminal profiling, and how Geography is used to identify locations based on their different soil types. They were also educated about possible career options within the field, including which qualifications are needed, and the potential dangers of crime scene investigation such as being exposed to diseases or infections. Students learnt about Locard Principles where the perpetrator of a crime will bring something into the crime scene and leave with something from it, and that both can be used as forensic evidence.



Students donned their PPE and were able to enter the mock crime scene. They were taught the importance of securing a crime scene and preventing cross

contamination, establishing a cordon and a common approach path as well as how to gather, pack, and label evidence whilst maintaining its integrity. Students were taught how to record vital information such as access and exit of investigation teams, evidence collection and crime scene photographs.



This led on to a masterclass in fingerprints – students learnt how to classify and identify the different fingerprint patterns, which chemical method to use depending on the

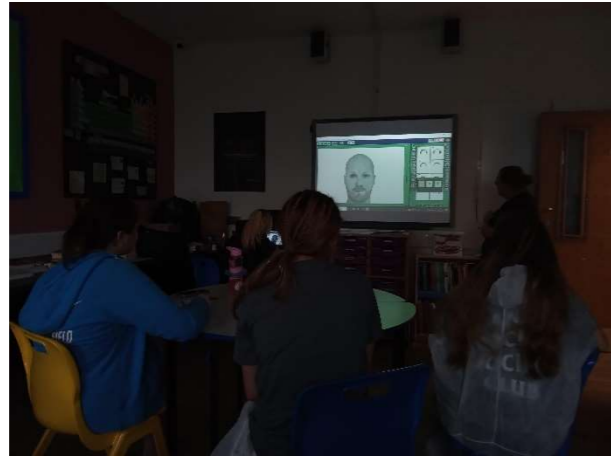
surface (porous surfaces using magnetic powder on paper and nonporous surfaces using aluminium powder), how to lift and develop fingerprints, and how fingerprints are formed in the womb. Students examined their fingerprints along with those found at the crime scene and compared them to those of the three suspects.

Physical evidence such as shoe prints were gathered, and our young people were taught how to cast these at the crime scene and had the opportunity to cast their own footprints.

Further biological evidence was collected, in the form of hairs and fibres. Students were taught how to study these under a microscope and identify differences between hair samples such as the owners' ethnic background, whether the hair belonged to a human or an animal, and how hairs have different



morphologies depending on different factors. They were able to use this knowledge to then look at hair and fibres from the crime scene and narrow down the suspects. The final stage in the analysis was examining different types of soil using hand held microscopes and comparing these to the sample found on the shoes of the suspect.



Students also had their memories (and their eye for detail) put to the test when they were asked to create facial composite images of our humanities teacher, Eric. Whilst both groups created similar images, there were huge differences in the finer details such as facial lines, nose shape and eyebrows.



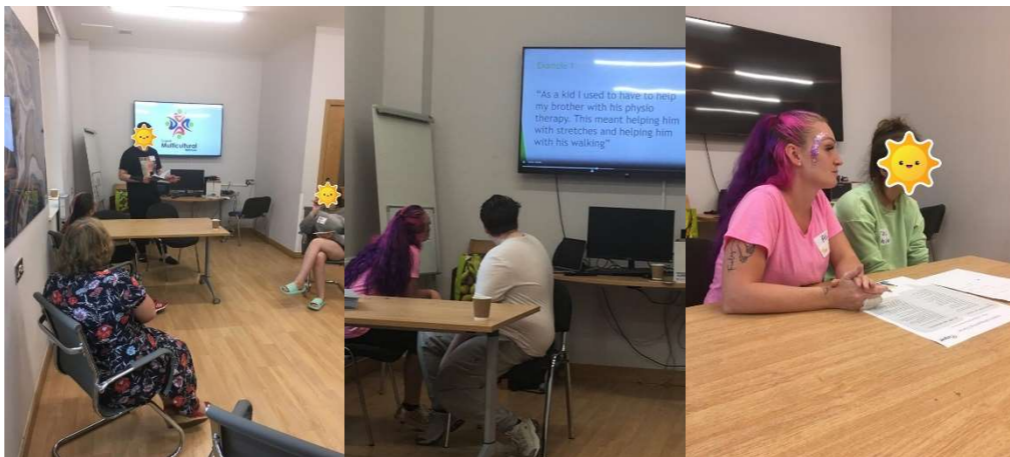
This, along with descriptive evidence of the whereabouts of the suspects prior to the crime led our keen CSI Sheffield team to identify who they believed to be the perpetrator.

CO-PRODUCTION PROJECTS

By Ali Curtis

Dan, Abbi, Isaac and Jas presented on their individual co-production projects when they SYB provide collaborative attended site for their annual roadshow.

Dan spoke about his role as a young people's multi-cultural ambassador. Abbi discussed the food improvement project that they had been a part of. Isaac introduced the masterclass that he created around being a young carer. As discussed her work on the CAMHS safeguarding charter. The young people did so well that the hospital won an award for all of our co-production projects.



CLAY MASTERCLASSES

By Chloe Eagle

The Phoenix School gladly welcomed back Gerald Unwin, professional ceramicist and Phoenix School legend, for 2 days

of clay workshops. The young people thoroughly enjoyed the sessions and produced some wonderful work.



SCHOOL TRIP: PLACES OF WORSHIP



By Daniella Jackson

In June, Phoenix School held a school visit to compare some of the local places of worship.

The first was the Sheffield Spiritualist Church where students were taught about spiritualism and how it differs to other church practices.

Then, the group went on to St Mary's Church, which was unfortunately closed to the public at the time, but students were able to compare the architecture of the building with that of the others.

Finally, the group were given a tour of Sheffield Buddhist Centre by Srivati (their ordained Buddhist) who showed them the temple and lead them through a guided meditation and



told them all about the life of Buddha and Buddhism and how it is practiced at the Sheffield Buddhist Centre compared to India. The group were particularly impressed by the Buddhist prayer flags, which they learned are flags that people write wishes and prayers on and allow the wind to blow them into the universe.

GREAT GRIFFIN BAKEOFF



By ICO – Griffin Ward

A few weeks ago I planned an MDT bake-off. I made posters and made sure each young person knew that it was happening. Our MDT members (Alex, Rachel, Becky, Ciro and Jo) each made something to be judged by the patients. Each baked good was judged on presentation, taste and texture (max score one person could give was 30) Alex made some delicious chocolate cookies which placed first with 231 points. Rachel made some amazing brownies which placed second with 228 points. Jo made an exceptional cake that looked as though it had been bought at a bakery which placed third with 206 points. Becky made some cinnamon rolls which in my (biased) opinion were the best, which placed fourth with 195 points. Ciro unfortunately is said to have bought his cake so was disqualified, better luck next time Ciro. The top three all received certificates congratulating them on their victories. Next up is the patient cook-off! I'd recommend coming if you can - we have some extremely talented cooks on the ward.



END OF YEAR STATISTICS FOR PHOENIX SCHOOL

This month sees the end of another fantastic year of learning, growth and personal development at the Phoenix School. We would like to thank staff hospital wide for their endless support of the school vision "Learning to be all that you can be", and for helping to encourage our young people to attend and engage in education.



GCSE Exams Taken



Functional Skills Exams Taken

35

24



AQA unit awards completed

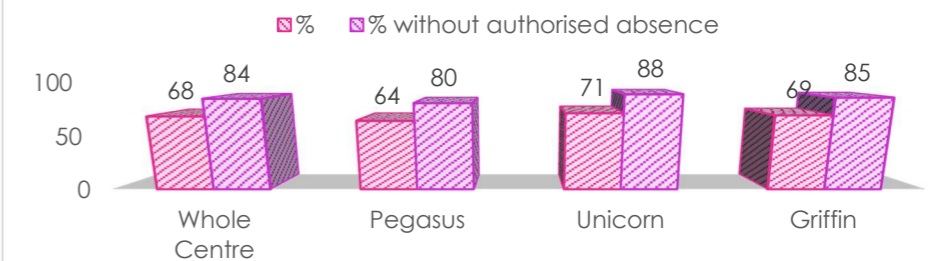
Mental Health Awareness Level 1 courses completed



170

12

WHOLE YEAR ATTENDANCE



	Whole Centre	Pegasus	Unicorn	Griffin
%	68	64	71	69
% without authorised absence	84	80	88	85