

EUROPEAN DAY OF LANGUAGES

The **European Day of Languages** takes place on the 26th of September every year. This year we decided to celebrate some of the culture and languages of the 44 different countries that make up Europe. There are 24 official native languages spoken across the continent, with over 200 languages spoken as a second



language.

To help our students to sample some of the culture of other European countries, the Phoenix School hosted a **European Food Market** where young people were able to taste foods from different parts of Europe.

A vocabulary scavenger hunt was set up and our young people scrambled enthusiastically to match phrases in European languages to their English translation. Young people and staff also played the "Travel across Europe" board



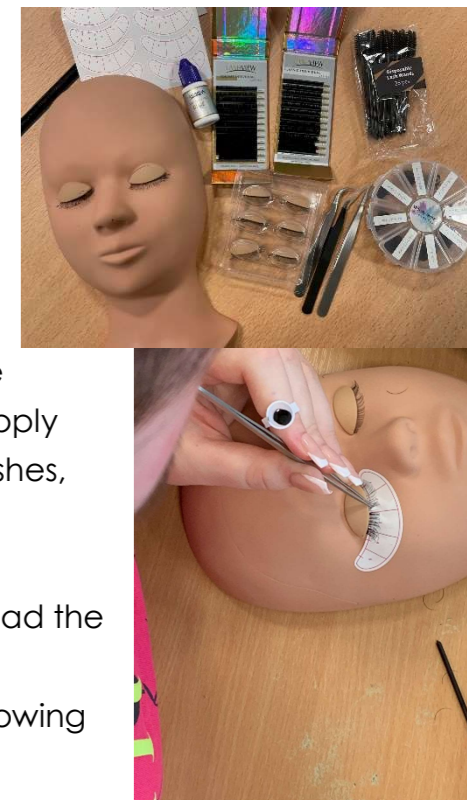
game, answering European trivia questions to gain stamps for their 'passports'.

Of course, in true Cygnet Hospital Sheffield style, staff came to the event in fancy dress – sporting their favourite European sports shirts and European fancy dress.

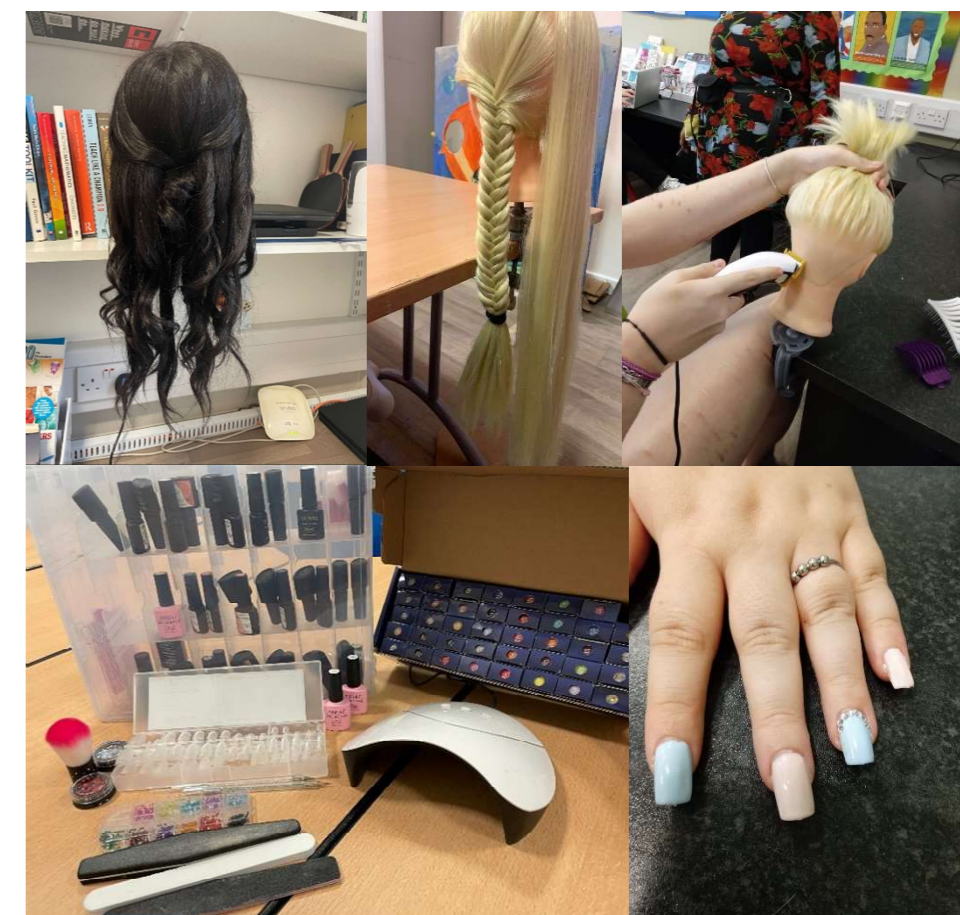
HANDS ON LEARNING

The Phoenix School are pleased to now offer vocational learning in Hair and Beauty, which is accredited through AQA Unit Awards.

Using our incredibly talented TA (and professionally trained Hairdresser) Yvette as a mentor, our young people have had the opportunity to cut and style hair both on a mannequin and staff volunteers. They have had the opportunity to learn how to apply false nails and UV gel nail polishes, adorning their creations with diamantes and hand painted patterns. Students have also had the chance to practice applying individual false eyelashes – showing a lot of patience and care!



This hands-on learning has supplemented formal learning through being linked to functional literacy and numeracy tasks, and our students have thoroughly enjoyed being able to hone their skills through practice.

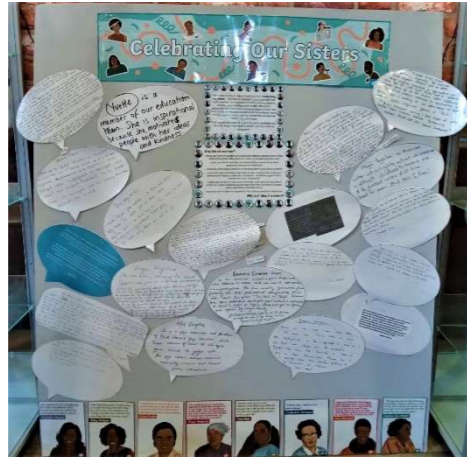


BLACK HISTORY MONTH

October is Black History Month! To celebrate BHM 2023, there have been a number of events around the hospital throughout the month with a view to involving as many staff and service users as possible.

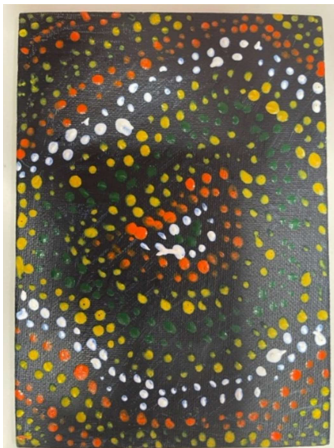
Celebrating our Sisters

The theme for Black History Month 2023 was “**Celebrating our Sisters**” – this theme highlights the crucial role that black women have played in shaping history, inspiring change, and building communities. This year’s celebration showcased pioneering black women who have made remarkable contributions to literature, music, fashion, sport, business, politics, academia, social and health care, and more.



We asked staff and service users across the hospital to share their stories about black women that have inspired them. These were then displayed in main reception for everyone to enjoy.

African Art Work



The Phoenix School held an art session where young people explored various aspects of African art through colours, patterns, and African sunsets. Other activities were also on offer in the form of word searches of influential black women, colouring sheets and a “top trumps” style game that compared the strengths of famous black women.



Cultural Celebration

Phoenix School staff worked with the Multi-Cultural Ambassadors to plan a day of activities to celebrate Black



History Month across all four wards. Staff were invited to wear their traditional cultural dress on the day, showing off beautiful colours and patterns.

Phoenix School staff and the MCA's then went from ward to ward throughout the day demonstrating traditional dancing and having staff and service users join in. Black History Month themed activities such as colouring and word searches were also provided.

Olly, our fantastic Kitchen Manager, provided traditional African foods for staff and service users to sample – and not a crumb was left!

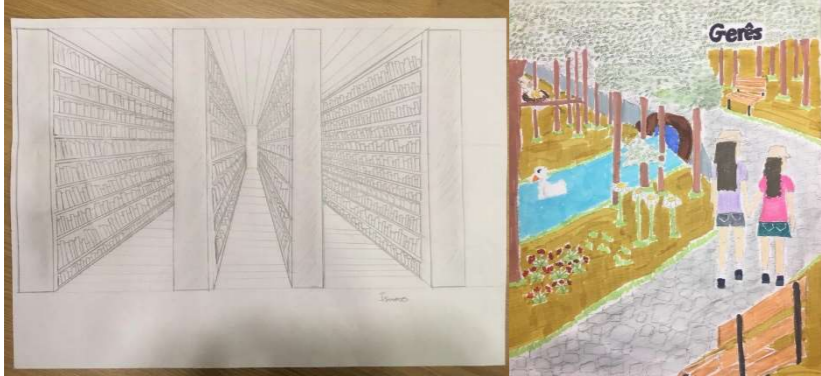
Black Representation in Literature

The Phoenix School celebrated Black History month through their Reading for Pleasure scheme, promoting both fiction and non-fiction books that represent the Black community.



CYGNET CALENDAR COMPETITION

Service users across all wards created stunning art work for the Cygnet Calendar Competition. Whilst many were shortlisted, JA from Unicorn Ward went ahead and won the competition... well done!



PRAISE FOR PEGASUS

September 13th was the Cygnal Health Care's Annual Psychiatrists conference and National Awards ceremony which saw Cygnal Hospital Sheffield represented with two finalists -

Dr Rachel Mortimer-Crawley was nominated for **Psychiatrist of the Year**

Pegasus Ward was nominated for **Mental Health Team of the Year**

To reach the final is a huge achievement and recognition for all the hard work that has been seen nationally.

We are proud to share that Pegasus Ward won their category and was crowned Mental Health Team of Year! Congratulations to you all and all the staff across the Hospital that support Pegasus day to day. Keep up the outstanding work, we are all very proud of you.

Although Dr Rachel didn't win, she is still a winner in our eyes!



ALWAYS AN ALTERNATIVE

Anthony Olaseinde, the founder of charity '**Always an Alternative**', visited our school on Monday 16th October to speak to our young people on Griffin and Unicorn wards. Anthony spreads awareness of knife crime, gun crime, gang culture and anti-social behaviour, through talks to young people in different settings throughout South Yorkshire. Anthony also offered our young people some helpful conflict resolution tips. We got a lot out of Anthony's visit, finding it interesting and, at times, enlightening.



MACMILLAN COFFEE MORNING

Griffin ward hosted a coffee morning to raise money for Macmillan. Staff and service users on the ward baked goods to be sold on the day – as you can see they did a fantastic job for a great cause.



CAMHS PEOPLE COUNCIL



Staff and a young person from Pegasus ward visited Cygnet Joyce Parker to meet up with staff and young people from our other CAMHS services. They had a great day and came up with lots of ideas to improve our services.

CALMER MEETINGS

Kerry Booth introduced staff sensory boxes for meeting rooms to support our team during meetings and sessions.



SAFE SOCIALISING

Young people on Unicorn worked together to create and implement a safe word to support each other on ward.



PHOENIX SCHOOL GLOW UP



Over the summer holidays, the Phoenix School underwent a makeover. With fresh paint and new carpets and furniture it looks like a whole new school! Young people

have commented particularly on how cosy and inviting the school library is.



PARENTS AND CARERS TRAINING PACKAGE

Parents of two service users (one current, and one ex-patient) came in and helped to co-produce our brand new Parents and Carers training package! They created video clips where they explained why involving parents and carers in the care of young people is so, so important and

gave examples of how we can get this right. The package is now available on Achieve for the whole organisation to view.



CONGRATULATIONS!

A huge "well done" for passing your nursing preceptorship to: Agnes, Craig, Gabby, Kenneth and Zainab!!



FREEDOM TO SPEAK UP

In October, Jamie-Leigh, Kenneth and TJ attended a Freedom to Speak Up (FTSU) celebration at the Aston Villa Football Stadium.



It was a day to thank all the FTSU ambassadors in supporting Speaking Up.

Tony Romero quoted Winston Churchill in his speech:

'COURAGE IS WHAT IT TAKES TO STAND UP AND SPEAK; COURAGE IS ALSO WHAT IT TAKES TO SIT DOWN AND LISTEN'

...which is exactly what the 190 FTSU ambassadors across Cygnet do!



HAPPY HALLOWEEN

Our fabulous OT team threw a spooktacular Halloween party at the end of October. There was a flash mob dance to Thriller and spooky face painting. We played games like



splat the spider and bobbing for apples, a scavenger hunt, canvas paintings and a Halloween themed craft fair.

Young people on Unicorn ward made "trick or treat" food including: biscoff and oreo truffles mixed in with the occasional chocolate coated pickled onion, hot dogs with some super spicy ones sneaked in among them, graveyard pots, and 'brain' jelly.

Young people and staff alike had a fantastic time!



WHERE'S TOM?

To celebrate our amazing Hospital Manager, Tom Griffiths turning 40 staff surprised him by donning their best flannel shirt and ginger beard combination... well, they do say that imitation is the highest form of flattery!



WHAT'S ON NEXT?

