

SPOTLIGHT ON AFRICA



By Chloe Eagle

The Phoenix School has recently completed their project "Spotlight on Africa", which is a celebration of the cultural diversity of the continent of Africa. Cygnet Hospital Sheffield has valued staff members from different African countries, offering a richness of culture, language and experience.

We asked staff members to tell us where they were from, what their native language is, and what their favourite thing about their home country is. We received some fantastic responses, and it was heart-warming to see just how proud some of our staff members were of their home countries – with discussions full of enthusiasm (and sometimes a little light-hearted rivalry).

The project really helped to highlight the diversity within our hospital, and how many wonderful languages our staff can speak.

Some of our responses included:

Junior, from Zimbabwe said:

"Our culture is comprised of norms and values that we hold with pride. Our very lives are enshrined in these principles, and we believe in the spirit of "UBUNTU", which means "humanity to others" referring to behaving well towards others, or working in ways that benefit the community. It is a reminder that no one is an island, every single thing that you do, good or bad, has an effect on your family, friend and society. 'I am what I am because of who we all are'. "UBUNTU" does not mean letting others "walk all over you" or putting yourself on the back burner. Ubuntu has some pillars, namely, interpersonal values, Intrapersonal values, environmental values. It's about



strengthening relationships, making connections, responsibility, and togetherness and sharing acts of kindness.

Alice, from Democratic Republic of Congo said:

"I love the culture and how everyone is close knit and of course the music and Dance. The food is amazing. I must also mention the soil is so fertile that anything and everything can

grow there. The Equatorial Forest produces the majority of oxygen in the world. Barrage Inga is a dam which can produce enough electricity for 70% of the world but Ruzizi Dam currently supplies electricity for Rwanda, Burundi and Congo."

Ibitola, from Nigeria said:

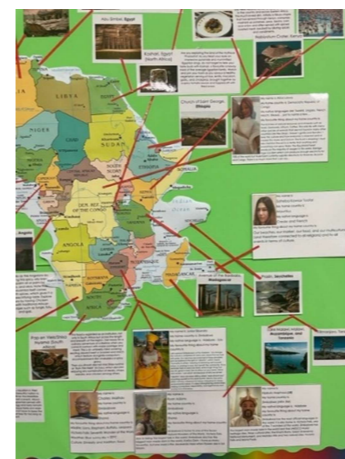
"The population of my country is more than 250 million people which is the 10% of all the black people in the whole world. Nigeria is one of the largest producers of crude oil in the world and one of the world's poorest countries with very low per capital income. We are hospitable, loving and brilliant people against fraudulent people we're being stigmatised as."

Saheba, from Mauritius said that her favourite thing about her home country is:

"Our beaches, our market, our food, and our multicultural (and therefore connected to all religions) and to all events in terms of culture."

The project is now on display in the Phoenix School for everyone to share!

I would like to thank everyone that contributed to the project, and extend a special **"THANK YOU"** to **Ryan Adams** and **Segum Ibitola** for all of their help and support.



ANTI-BULLYING WEEK

By Chloe Eagle

The 13th – 17th November was **Anti-Bullying Week**, and the Phoenix School held various events throughout the week. We kicked off on the Monday with an **Odd Socks Day**, where staff and young people were invited to wear odd socks to show that it's okay to be different, and that we won't stand for discrimination or prejudices.

The school held discuss and debate sessions to promote oracy and tackle the issues around how schools deal with bullying as



part of a bigger project for Cygnet Schools Head of Education, Ed Hall.

Young people were asked how their community schools had dealt with bullying, and the answers all brought up an overarching concern that young people had not felt listened to or protected from bullying. With answers such as:

"They did nothing but isolate me, so it felt as if I was punished for it"

"They told me to leave school because they couldn't manage the bullying"

"They said I was lying"

Our young people were then asked what they think causes bullying, and they showed some real empathy and insight into the impact that adversities such as mental health difficulties, insecurities, previous experiences of being bullied, the need to 'fit in' with a group, and difficulty in their home lives can have on a person's behaviour that might lead them to becoming a bully.

We discussed what might help schools to better prevent or manage bullying. Alongside reactive measures such as restorative mediation and police involvement, our young people suggested more proactive measures such as; Education around diversity – e.g. if people are bullying people because of their differences (race, sexuality, gender etc.), and talking to the bullies to find out what's going on as a way of supporting young people to stop them from becoming bullies.

Our young people offered the following advice for young people experiencing bullying:

"Don't let them determine how you feel and what you do"

"Reach out straight away – don't hide it or it will just get worse and harder to talk about"

"Tell them there are helplines they can talk to if they don't trust anyone – ChildLine etc."

"Don't suffer in silence"

Later in the week, the Phoenix School hosted Jacob and Jack from the **Sheffield Wednesday Community Outreach** team.



They came to deliver a workshop around prejudices and discrimination that can lead to bullying, using the context of professional football to show the negative impact that this can have on communities. They spoke about the importance of representation in sport, and how young people are more likely to dream big if they have role models that "look like" them. After an interesting discussion around what bullying is, how to prevent it and who to speak to if you experience it the group headed outside for some fresh air and a game of "football cricket". The young people particularly enjoyed the physical part of the session, showing off their competitive nature and their ball skills.



AWARD WINNING POETRY

By Chloe Eagle

A young person, SR, on Griffin ward was entered by the Phoenix School for the Koestler Arts Award. They entered a set

of five original poems, each of which was beautifully written and deeply personal.

Their fantastic writing skills shone through and they won the **18s and Under Special Award** – along with a nice cash prize of £25 and written feedback praising their heartfelt writing.

The feedback was as follows:

"Thank you so much for sharing your poetry with us. In your first poem, you clearly explore a really difficult event through poetry. Each line rhymes in a carefully written way. Writing from the first person and exploring thoughts and feelings evokes pathos in the reader and we appreciate it would have been difficult for the writer to put pen to paper.

We then transition to 'inspiration', a perfectly chosen title. So many young readers would be inspired by these words. Again you follow a strict rhyming pattern that flows and doesn't feel confined. This feels like it would be a great piece of spoken word – have you thought about reading out loud to one person or a group of people you trust to listen to you? A great way to further. These words will stay with me today, in particular 'don't blame yourself / this world is yours / my kings + queens'.

The final three poems/songs continue to reach out to the reader and offer support – a hug – but to a different beat like a rap. It feels modern and refreshingly different.

If you haven't read work by poets, I highly recommend exploring and seeing what you find. Poetry can be so many things and be playful, political and personal. It can be playful in its style as well as reject formal writing rules. Many poets like to play with words, punctuation, and format: to direct the reader in different ways.

I hope that writing this collection and sharing it has been helpful and encouraged your creative journey.

Well done on your well-deserved award. Keep writing – every day if you can, just two or three lines. Draw inspirations from anything – from your favourite food, to what you see out of your window, or an imagined island.

Best of luck!"

SR has kindly given permission for one of their poems to be published in the hospital newsletter, and is working towards creating their own published anthology in the future.



Inspiration

If you need to hear this, you don't need to die.

It's okay to cry.

You don't need to put on a brave face,

Someone will always fight your case.

This is your place.

I know it's hard for you,

It's hard for me too

But I'll tell you what to do.

Speak up, don't hold it in.

You are not a sin,

You are wanted.

I'm always here

Oh my dear,

Do not blame your self

This world is yours, my beautiful kings and queens.

By SR

BBC CHILDREN IN NEED



By Chloe Eagle

This year, Cygnet Hospital Sheffield hosted a range of events to raise money for Children in Need.

First up was the Great Children in Need Bake Off –



each ward submitted an incredible showstopper and the winning bake was judged on appearance, taste, texture and creativity. I was among the people lucky enough to take part in the tasting – and I can honestly say they were all delicious! The winner was Griffin Ward who made a wonderfully moist lemon drizzle Pudsey cake, with Spencer coming in a close second.

Pegasus ward hosted a bake sale on ward, with homemade and hand decorated treats made by the young people. One service user also made tie dye t-shirts



to be sold on the day.

Pegasus also hosted a sponsored head shave, which on its own raised just over £700 where OTA Joe and MHSW Ahmed both had braved the shave.



The ward managers were bathed in slime and jelly (with April stepping in for Stacey on Pegasus), and Unicorn hosted a competition to guess how many jelly beans were in a jar.



JOLABOKAFLOD



Jolabokafloð is an Icelandic word translating roughly to 'Christmas book flood'. It refers to the Icelandic Christmas

tradition, where families exchange books as gifts on Christmas Eve, before curling up in front of the fire or in bed with a mug of cocoa or a bar of chocolate! We loved this idea so much we tried to replicate it for our students.

Staff started by asking each student in advance what their favourite book was, or to name a book they really wanted to read. We then purchased these for the young people and presented them with their book and a chocolate selection box. The kids loved getting to cosy up with a new book and we hope to continue with Jolabokafloð for years to come.



DECK THE DOORS



By Chloe Eagle

Once again, the teams at Cygnet Hospital Sheffield went head to head in a festive door decorating competition. Each team decked out their doors in a different festive style, with some ingenious uses of everyday items (Housekeeping – I'm looking at you!).

HR and Finance cleverly combined

their responsibilities with a very naughty elf who had stolen money from the company and received a letter of concern as a result.

Housekeeping blew up rubber gloves and dipped each finger in glitter to create a beautiful Christmas tree... with cloth and sponge presents under it.



By MJ Brayford

Here at the Phoenix School, we're always trying to find new ways to promote reading for pleasure and over the festive period we've even looked as far as Iceland!

Unicorn MDT offered up a Polar Express experience, with Seb Thompson as the conductor and Louise Calver as his elf sidekick.



Education created a gingerbread cottage with the help of LH from Unicorn Ward, with giant lollipops, candy canes, and Christmas lights all made from card and paper.

The winning entry though, was Spencer ward who created a festive grotto in their airlock. They very cleverly used the fire extinguisher cabinet to create a fireplace complete with treats left out for Santa and Rudolph.



In second, were Griffin ward who created a wreath using the hand prints of service users on the ward.

Third place went to Main Reception, who depicted the judges having the time of their lives sledding.



It was great to see everyone getting involved in the competition, brightening up the hospital with festive cheer.

CIRO'S RUN FOR GOSH



From Cygnet Weekly

Ciro Theaker has completed a gruelling 55km run between Sheffield and Leeds to raise funds for Great Ormond Street Hospital.

Explaining where the challenge idea originated, Ciro said: "The whole thing started as some of our ladies on the ward made some amazing Christmas cards

and I asked them if they could make more for us to sell for charity. It evolved into a raffle and bake sale too. I then ended up being encouraged to take on this extreme challenge.

We chose Great Ormond Street as the ladies who were involved wanted a charity to help children and families over Christmas. I used to work at a children's hospital a few years ago and I used to help so many babies, toddlers and children on a daily basis."

He added: "This extraordinary hospital has always depended on charitable support to give seriously ill children the best chance to fulfil their potential."

Talking about the challenge itself, Ciro explained how he set off from Sheffield just before 3.00am. Describing the run, he said: "The first third of the route, from Sheffield to Barnsley, was really nice. The route took me through the countryside and lots of nice scenery and then running



through Barnsley centre seeing all the Christmas lights was also really lovely to see.

"The middle section of the run from Barnsley to Wakefield was the hardest as most of it was just one long 5-mile road. It seemed endless. After a while, the road ended and the sun came up and I managed to get a beautiful view of a reservoir. Halfway between Barnsley and Wakefield is where my estimated remaining time had fallen below my elapsed time which is where I believed for the first time that it was fully possible.

"The last third was when it rained which was really refreshing. During the last two hours I just pushed and ran as fast as I was physically able to. I remember being about an hour and a half out and seeing the sign saying "Welcome to Leeds" and I knew that's when I could do it."

Finishing after midday, the epic effort took Ciro 8 hours and 42 minutes to complete.

He added: "It was an amazing experience, I always knew I would do it no matter how tough it got and I never thought of stopping or giving up for a single second. Big shoutout to my managers Kerry Booth and Kayli Burgin for all the support."

To support Ciro's fundraising go to <https://www.gofundme.com/f/ciros-55km-run-sheffield-to-leeds>



CARERS RIGHTS DAY

By Ali Curtis

To celebrate Carers Rights Day on the 23rd of November, Cygnet Hospital Sheffield held an event for carers. The Cygnet Carers Network provided sessions to our teams about the importance of carer involvement. It was a great day, and our teams learned a lot from our fantastic Carers Network.



HE'S BEHIND YOU!

By Chloe Eagle

The Phoenix School had an incredible last school trip of the term with a visit to the historic Lyceum theatre in Sheffield to watch the pantomime 'Beauty and the Beast'.

Often dubbed "the home of pantomime", Sheffield Lyceum Theatre offered our young people both the comedic, interactive viewing of a pantomime and the cultural experience of a traditional theatre with grand architecture and a rich history.

The young people thoroughly enjoyed themselves between snacking, singing along, booing the baddies and laughing at the (often cringe-worthy) jokes. Although, the highlight of the day had to be Dave's dad dancing!



TRIANGLE OF CARE

By Ali Curtis

Cygnets Sheffield have been accredited with the Triangle of Care Award!! Only four Cygnets services have achieved the



accreditation and Cygnets is the first ever independent health care provider to achieve this!

The Triangle of Care is described by the Carers Trust as:

"A therapeutic alliance between carers, service users and health professionals. It aims to promote safety and recovery and to sustain wellbeing in mental health by including and supporting carers"

In order to achieve the award, health providers must show that they meet the six standards set out by the Carers Trust these are:

- Carers and the essential role they play are identified at first contact or as soon as possible thereafter.
- Staff are 'carer aware' and trained in carer engagement strategies.
- Policy and practice protocols re: confidentiality and sharing information, are in place.
- Defined post(s) responsible for carers are in place.
- A carer introduction to the service is available, with a relevant range of information across the care pathway.
- A range of carer support services is available.

CHRISTMAS JUMPER AND CHRISTMAS PYJAMA DAY



CYGNET CHRISTMAS CAKE OFF

By Lisa Boyles



Spencer and Griffin wards went head-to-head in another difficult to judge cake-off. Seb, Sumairaa and Ollie and Adam from the kitchen all had the impossible task of judging which the best of these amazing cakes was.

Spencer ward won, with their creative Santa's sleigh cake.



DISNEY ON ICE

By Kerry Booth

A Spencer individual, has achieved her goal of seeing Disney on Ice with the OT team during November. This was a remarkable achievement, and something which she worked extremely hard towards. Highlights of the night were; Finding Nemo and Ham from Toy Story.

