

## HAPPY HOUSEKEEPING

As a token of appreciation for helping the hospital to gain a 5\* cleanliness rating, and for all of their continued



hard work, the housekeeping staff were given money by SLT to enjoy a meal together. They had a great time that was well deserved.

## HOLOCAUST MEMORIAL DAY

January 27<sup>th</sup> is Holocaust Memorial Day. According to the Holocaust Memorial Day Trust:

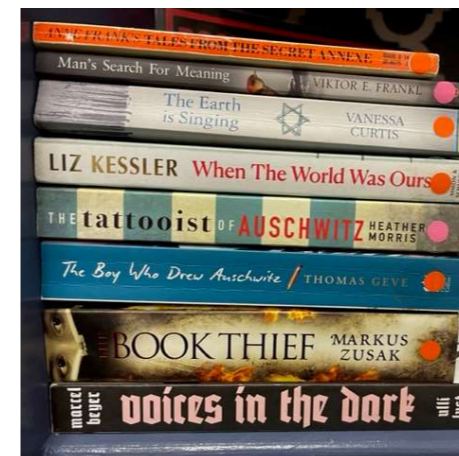


*“Holocaust Memorial Day Trust (HMDT) encourages remembrance in a world scarred by genocide. We promote and support Holocaust Memorial Day (HMD) – the international day on 27 January to remember the 6 million Jews murdered during the Holocaust, alongside the millions of people murdered under Nazi persecution of other groups and during more recent genocides in Cambodia, Rwanda, Bosnia and Darfur.*

*27 January marks the anniversary of the liberation of Auschwitz-Birkenau, the largest Nazi death camp.*

*The Holocaust threatened the fabric of civilisation, and genocide must still be resisted every day. Our world often feels fragile and vulnerable and we cannot be complacent. Even in the UK, prejudice and the language of hatred must be challenged by us all.”*

This message of challenging hatred and promoting human rights is one that the Phoenix School take very seriously. To celebrate HMD, our book topic for January centred on Holocaust memorial – with real life accounts, YA fiction and graphic novels we ensured that learning about this important part of history was accessible for all of our students.



ASPIRE ADJUST ACCOMPLISH

Brian, Tyrone and Enrika from In2Change visited the Phoenix school this month to deliver a workshop about this half-term's PHSE topic – the Criminal Justice System. According to their website:

*“In2Change is a not for profit charitable organisation that aims to prevent young people and ex-offenders becoming or remaining involved in criminal activities. This is accomplished through targeted interventions designed and delivered by ex-offenders and serving prisoners. We hope to empower and encourage young people to make the right choices, form positive relationships and rebuild their confidence. We fulfil this aim by providing essential support and training to restore their attitudes towards authority, education, employment and the community. By providing sustainable, relevant, motivating and purposeful activities for adults and young people, we support our beneficiaries to fulfil their true potential and equip them with the skills, knowledge, and aptitudes necessary to succeed in life and work.”*

They have delivered workshops to 40,000 young people in the South Yorkshire area, and provide a vast



range of workshops around avoiding and escaping criminality.

Our young people were particularly fascinated by the stories of Tyrone, an ex-offender who used his time in prison to turn his life around. They were given insight from Brian, an ex-prison warden, into the day-to-day functioning of a prison. Young people and staff alike enjoyed the interesting, informative and interactive session.

## SUPER SCIENTISTS



Monica, the new science teacher at the Phoenix School, has hit the ground running – bringing her 25+ years of experience to our learning environment. She

held her first science practical, ensuring that our young people followed strict health and safety protocols throughout. Our young people were able to learn in a practical and meaningful way, whilst having lots of fun (and sweets) in the process! They learned about osmosis and diffusion using Skittles and Jelly



Babies before writing it up in their books using the correct scientific terminology.

## MOCK EXAMS

Phoenix school facilitated 'mock' GCSE examinations alongside real Functional Skills level 1 and 2 examinations during the last week of January to support the young people in our care. Sitting exams (as we all know) can be stressful and pose challenges, so we used this as an opportunity for the young people to experience sitting exams in the same environment as they will when they take their 'official'

GCSE exams. We're proud of all the YP who sat both real and 'mock' exams during the week showing resilience and commitment to their education, which we hope will prove beneficial when they sit their formal exams – Well done to them all! Of course, this week required planning, organisation and teamwork, so thanks to the education team and hospital support staff for their help during the course of the week too.

## NSPCC NUMBER DAY

Students at the Phoenix School, Sheffield took part in this year's number day for NSPCC. The day involved games, puzzles and activities around the theme of "number" where students enjoyed playing classic number games such as Rummikub, alongside new gems like Qwixx as well as a Phoenix school favourite, Qwirkle, where you have to match up blocks of different shapes and colours (whilst not strictly number based, it does have a maths focus!) This was followed by a number based quiz on the wards where knowledge of famous numbers from popular culture featured heavily – who knew there were so many? If you've ever read The Hitch Hiker's Guide to the Galaxy, watched Star Wars and Back to the Future, or listened to Taylor Swift, you would have fared well! The young people mostly enjoyed working out the maths words from the picture clues, an example of which is shown. All in all, a thoroughly enjoyable day and already looking forward to next year.





## SAFER INTERNET DAY

**connect.**  
**reflect.**  
**protect.**

 Safer Internet Day 2024 | Tuesday  
6 February



Students of Phoenix School attended a range of sessions to celebrate National Safer Internet Day. This event, which takes place in February each year, aims to raise awareness of a safer and better internet for everyone, especially young people and children.

School staff teamed up with Chido from OT and Jo Dawes, the hospital's safeguarding lead, to deliver sessions exploring social media influencers, digital footprints and fake news. In addition to this, Anthony Olaseinde, CEO of charity Always an Alternative, joined us for the morning and provided workshops on Unicorn and Griffin wards on topics such as online bullying and con artists. Students enjoyed the day and came away with a greater understanding of how to keep themselves safe from a number of online risks.

## EXPERT BY EXPERIENCE



The Phoenix School was fortunate to be visited by Molly from the Lived Experience Network this month. Her key focus was around how the school supports students to gain confidence in their learning and feel comfortable in the school environment. During her

visit, Molly spoke with various members of school staff as well as four of our students.

Molly was clearly impressed by the efforts made at the Phoenix School to support young people in a calm and pleasant working environment. She sent us over a glowing report following her visit, some quotes from which are below:

*“All 3 of the education rooms at Phoenix school are modern and decorated to feel more like a school than a hospital. This is something that struck me to be extremely important for the patients and from my experience can have a huge difference both experience of and engagement with education.*

*...They aim to ensure that the school environment provides an escape for patients away from ruminating on/discussing their mental health struggles. From personal experience I can only emphasise how important it is for young people in mental health hospitals to have access to activities/environments that provide a sense of normality and a reminder of life in the 'real world'. The decoration of the education rooms to replicate the school environment, is just one way in which Phoenix school can offer this escape to young people.*

*Whilst all the education rooms feel both safe and contained, the library is the most calming and welcoming.*

*... Despite there being no 'consequences' if patients choose not to attend/engage with the school, they have excellent attendance. Even the most poorly patients on the PICU ward will decide to attend school and engage with their lessons- a clear indicator of how much the young people value the school and its staff, as well as how well supported they feel to continue with their education despite being unwell.*

*... Patients self-manage their behaviour, despite them facing huge struggles with their mental health, which is a credit to the safe and caring attitudes and culture of the school staff supporting them.*

*... It was a pleasure to see the incredible work done by all staff members at the Phoenix School. Their empathy and compassion for each young person is evident and shown by their holistic approach to both education and mental health care. The education provided to patients at Cygnet Sheffield not only aims to ensure they remain up-to-date with peers in mainstream schools, but also to give each young person a purpose and an escape from the difficulties they may be facing on the ward. Teaching staff are well aware that lessons are not only educational, but are equally important in supporting the recovery of each individual and enabling them to build hope for the future. I felt immediately at ease with every*



member of staff I encountered, all of whom were highly qualified and dedicated to making learning accessible and enjoyable, and the environment and culture they have created is excellent."

If you would like to read the full report, please ask Katy Edmondson for a copy.

## NAMASTE

Weekly yoga classes have started on the CAMHS wards for half an hour of relaxation, mindfulness and gentle stretching with Yoga Master Daniella Jackson. Daniella has worked in Cygnet Sheffield for over 4 years so will bring mental health support within the yoga sessions for all CAMHS service users.



The sessions have already been a huge hit with our young people, with one young person enjoying them so much that they have written to the hospital manager to request that they increase to twice weekly!

## UNICORN'S NEW LOOK

Unicorn ward has undergone a makeover this month, brightening the ward with new flooring, new furniture and a fresh coat of paint.



## CHILDREN'S MENTAL HEALTH WEEK



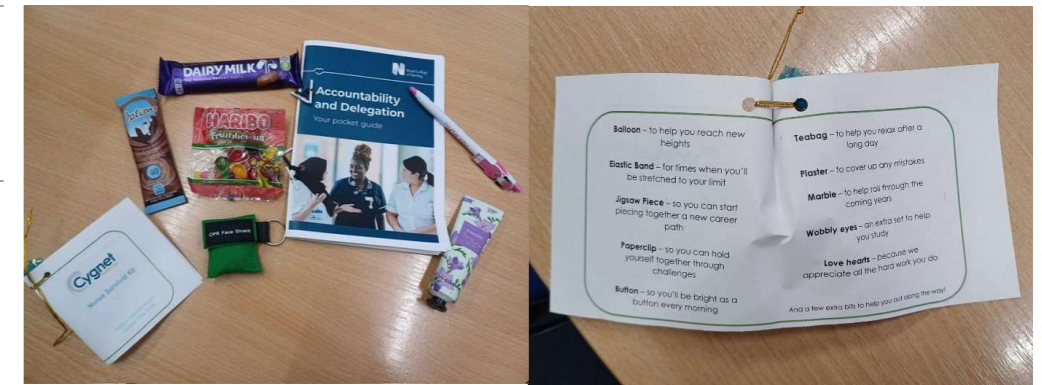
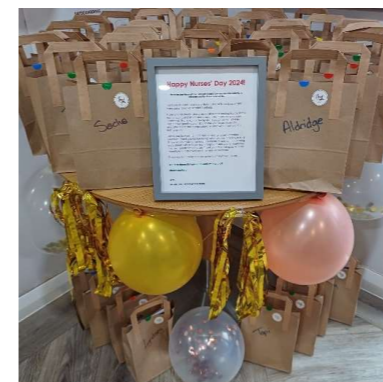
Children's Mental Health Week 2024 took place from 5–11 February 2024, with this year's theme being 'My Voice Matters'. To celebrate the week, young people from Cygnet Hospital Sheffield used their voices to

share their advice and experiences of mental health services. ICO, DG, and JA all made recordings sharing their experiences at the hospital and offering advice to other young people who might be struggling with their mental health. These recordings are available on LinkedIn, but be careful... they're a bit of a tearjerker!



## MENTAL HEALTH NURSES DAY

This month, Cygnet Hospital Sheffield celebrated Mental Health Nurses Day. Some of our nurses made posters detailing what they love about nursing, and shared passionate stories



of outstanding care with support workers and student nurses. CAMHS Lead Ali made them each a gift bag as a token of appreciation for the incredible work that they do.



## CELEBRATING OUR CAMHS QUEEN

Ali, Cygnet's National Nursing Lead for CAMHS and Sheffield native, was recognised this month at the CAMHS People's Council. She received an Expert by Experience Recognition award which acknowledged Ali's dedication, passion, and energy in supporting



the Young People's Council at each site and the CAMHS People's Council which brings services around the country together. The award also recognised her contribution to the ongoing development of the Expert by Experience programme in CAMHS.

The day was full of young people sharing their ideas, taking part in discussions and agreeing on actions both in person and online. Well done, Ali!!



## CHARACTERS OF CARE



**Ciro**  
Occupational Therapy Assistant

**Recognised for** Hard Work  
**Recognised by** Kerry Booth - Lead Occupational Therapist

**Site** Sheffield Hospital  
**Date** 25 January 2024

Since transferring to Spencer Ward, Ciro's passion, motivation and positivity has had an incredible impact on the level of engagement and interaction from individuals on the ward. As part of a mission between Ciro and individuals on the ward, they made a plan to raise money for Great Ormond Street. Ciro completed a 55k run from Sheffield to Leeds.



**Ahmed**  
Senior Support Worker

**Recognised for** Fun  
**Recognised by** Kelsey Nicholson - Mental Health Nurse

**Site** Sheffield Hospital  
**Date** 12 December 2023

A huge thank you from all the team to Ahmed for always making sure that there's a fun atmosphere. Thank you for always making the shifts fun for all of the staff and patients, we appreciate you!

## LEAVE GOALS ACHIEVED

DC on Spencer Ward visited Sheffield City Hall during February, where she watched Diversity with the OTA. Another goal achieved!



## WHAT'S ON NEXT?



# WOMEN'S HISTORY MONTH

## We need your help!

On 13<sup>th</sup> March 2024 Spencer Ward will be raising money for the breast cancer charity Copafeel. They will be joined by a Boobette who will be giving a talk on how to spot the early warning signs of breast cancer.

To raise funds they will be hosting a raffle, but they need your help to provide the prizes. If anyone has any unused unwanted gift sets or other suitable prizes that they are willing to donate please give them to Kerry Booth on or before 13/05/2024.

