

*Improving lives together*



# Cygnet Hospital Sheffield Newsletter

March and April 2025

## Edited by

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## World Book Day

By Chloe Eagle, School Manager



Phoenix School celebrated WBD this year in Roald Dahl style, with education staff members dressing up as characters from the well-loved children's book. Pegasus ward pulled out all of the stops, dressing as characters from 101 Dalmatians and helping young people on the ward to celebrate with face painting and homemade T-shirts.



This year's theme was "Read Your Way" a celebration of reading in whatever form that might take. The school ran sessions where students were asked to consider all of the ways that reading might be a part of someone's everyday life – from reading text messages to sitting down with a novel and a hot drink. Young people were surprised to see just how many forms reading can take and were provided with resources to see some of these for themselves.

We also combined this with our Science Week Living Eggs Project and hosted "Read a Book with a Duck" where young people enjoyed reading whilst cuddling an adorable little duckling.

To demonstrate some of these differences we had a book written in braille, the Qur'an written

in Arabic from right-to-left, a second-edition book that was published in 1877, recipe books, digital books/eBooks, flat-packed furniture instructions, textbooks, fiction and non-fiction books, graphic novels, children's books, audiobooks, podcasts and more.

We asked young people what their favourite way to read was, where their favourite place to read was, and what type of reading they might like to try in the future. We had some fantastic replies.



Favourite places to read:

- "a beanbag in the corner of my room"
- "on a campsite"
- "with my cats"
- "sharing a family audiobook on car journeys"
- "in the wardrobe"
- "on a sunbed by the sea"
- "outside"

So, wherever you read and whatever you're reading... carry on and Read Your Way!

## Big Fun in the Big Top

By Aiden Mortimer,  
OTA

On a recent community skills sessions, a lady from spencer had identified how they would like to visit the traveling circus as part of the community skills. The lady was able to identify the circus







she would like to go to, and the staff she would like to go with.

We watched acts ranging from gymnastic routines completed at heights to the wall of death act performed by four riders at once. The day was brilliant, and enjoyed by all in attendance.

## Magical Workshops

*By Chloe Eagle, School Manager*



In their second visit to the Phoenix School this year, Grimm & Co. delivered another outstanding workshop loved by staff and students alike.



They showed students an array of magical items from their apothecary including Grandmas Scabs, Goblin Mucus, and a Journal of Dreams, Wild Schemes and Evil Plots. Students were invited to read the

ingredients and side effects on the packaging and choose which ingredients they found the most disgusting (blister pus was a frontrunner) and which of the side effects would be the least awful.

Of course, Grimm & Co. despite their magical nature don't actually harvest scabs from grandmothers, and all of the products had other more human uses such as



being edible or used as soaps and bath bombs.

With this in mind, students were given the task of re-marketing baked beans to mythical creatures in Grimm & Co. style.

The groups came up with some fascinating ideas, such as the beans being the kidney stones of a horse used to exfoliate a dragons dandruff, or the side-effects of overcooking them causing extreme shrinking. One group even performed a very catchy jingle to sell their magic beans!



## British Science Week 2025

*By Monica Davis,  
Teaching and Learning lead  
for Science*

This year's British science week ran from 7th to 16th March. The theme was Change and Adapt. This allowed the students to work on how

our ducklings were adapted to living in their environment. The YPs were able to sort various animal cards and match them to their adaptations and the habitats they lived in.



The students were also able to investigate how ducks had evolved from dinosaurs.

This led to thinking about the evidence we have for evolution and students were able to take part in a fossil dig.

The fossils found were placed in a timeline.

## Living Eggs Project

*By Chloe Eagle, School Manager*



Phoenix School ran their annual Living Eggs Project again in March.

We received 6 fertile duck eggs from the Incredible Eggs Company, which we carefully incubated until one-by-one they hatched into adorable Indian runner ducklings.

From the anticipation of waiting for them to hatch, to the joy of watching them enjoy their first swim our students loved every second of the project.

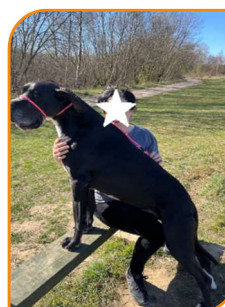
When they had grown too big for school life, the ducks returned to the Incredible Eggs Farm which is a conservation centre for rare breeds of waterfowl and poultry.



## Spencer Ward Volunteer Work

*By Aiden Mortimer, OTA*

During our community skills sessions with service user HM, she identified how she would like to engage in more meaningful activities off of the ward. HM had already discussed how she had a love for animals, and would like to potentially work around this interest.



HM has supported by Spencer's OT, Kerry, to seek out an opportunity with the kennels to support them on a semi-frequent basis. HM has now been volunteering at the kennels for around a month on a fortnightly basis.

During these sessions, HM has taken the lead in walking some of the owner's personal dogs and preparing the dogs evening meals. The owner has thanked HM on multiple occasions for her support.

## Community Collaboration

*By Amy White, Teaching and Learning Lead for PHSE*



Throughout February and March, Cygnets Schools' PSHE Ambassador, Amy White, has been

working alongside school colleagues to produce a range of resources for South Yorkshire schools.

Learn Sheffield were commissioned by the Violence Reduction Unit to create knife crime resources for both primary and secondary schools, and Amy was keen to be involved.



Using evidence gathered by Learn Sheffield on students' views of knife crime, Amy created KS4 lessons based on conflict resolution and the link between knife crime and social media. These lessons will be available to view on Learn Sheffield's online platform in May.

April was the perfect time for them to brush up on their knowledge.

Staff and students alike were impressed by the acting and set design and our GCSE students found it really useful to see the play in action ahead of their all-important exams this May.

## St. Patrick's Day

*By Aiden Mortimer, OTA*



To celebrate St Patrick's day on Spencer ward, our brilliant AC organised a day of activities, decorations, and treats!



The ladies took the lead in the baking of all the St Patrick's Day themed buns whilst Becca, or AC, decorated the ward. The activities ranged from (no) beer pong to singing traditional Irish music, with one of our ladies being brave enough to sing in the communal area for staff and patients. Both staff and patients posed for their pictures taking in the three DIY photo booths/props.

## Red Nose Day 2025

*Spencer Ward:*

*By Aiden Mortimer, OTA*



## An Inspector Calls

*By Mary Jo Brayford, Teaching and Learning lead for English.*



What better way to spend an afternoon than taking in some culture at the theatre?

Well, that's exactly what some of our teachers and young people at the Phoenix School did when they went to see 'An Inspector Calls' at the Lyceum Theatre!

'An Inspector Calls' – which sees the mysterious Inspector Goole interrogate the Birling family about their role in the death of Eva Smith – is a popular set text for GCSE English students so

To celebrate the 40th anniversary of Comic Relief, the ladies on Spencer organised a bake sale to raise funds. The ladies baked vegan and non-vegan cakes to be sold in the main reception of the hospital. The ladies, and our AC created some amazing decorations to jazz the stall up!

Everything, from the poster to the buns, was co-produced with the ladies on ward. When the sale had finished, we brought the rest of the cakes back to the ward and they were thoroughly enjoyed by the night staff!

The bake sale raised £92 toward the £34,022,590 that was raised in total.

## CAMHS:

*By David Best, Head Teacher*

JA, a service user on Griffin Ward chose to use their musical talents to raise money for Comic Relief. They promoted and performed their "busking" fundraiser, creating posters and getting staff and peers involved. JA played an acoustic set of pop songs including a wonderful rendition of The Killers' Mr Brightside. They played guitar and sang with percussion support from another peer on ward.

They raised somewhere in the region of £100 during the event which was a huge success.

students about the impact of knife crime on individuals, families and communities. As always, students enjoyed his lively workshop and were keen to be involved in all discussions.

## Phoenix School:

Staff at the Phoenix School, much to the amusement of students, dressed up as dinosaurs on the day. The dinosaurs particularly enjoyed the busking set – serving as backing dancers for JA's performance.



## Always an Alternative

*By Amy White, Teaching and Learning Lead for PHSE*



On April 16th, Ant from Always an Alternative, an organisation that spreads awareness

around reducing crime, returned to Phoenix School to give a talk on knife crime. Ant gave us an update on how the organisation has evolved since his last visit, sharing the initiatives it now provides and the new locations of their amnesty bins. He then went on to teach



# Noticeboard

## Changing Places

### Heading on Up



I am sure that most of you know me anyway, as Dave the maths teacher; but I am now the new Head Teacher for Phoenix School. Whilst we are very sad to say goodbye to Katy, and wish her all the best in her new role, I am very excited to be taking this new role on

and am positive about the future of education at Cygnnet Sheffield.

### Preceptorship Passers

Congratulations to Keely-Mae, Ryan and Neil on passing their Nursing Preceptorship



## New Faces

