



Editorial

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Compassion, along with inclusion and involvement, formed a key element of the strategy which Kit Connick, Director of Corporate Affairs at CPFT, shared with us at our AGM a few months ago. As the news items below amply illustrate, The Friends aims, through helpfulness and kindness, to assist patients and their carers. Its focus is heart, soul, mind and body – delivering exactly the sense of community and belonging Kit discussed. Everything that the Friends does relies upon the generosity of people willing to donate time or money, including those who remind potential beneficiaries of ways in which we might be able

to help them. Please spread the word, and do consider joining the Friends using the information given in this Newsletter. Even if you are unable right now to commit what you would like in terms of time or money, do join us anyway: a strong membership base constitutes in itself an important source of encouragement to people currently engaged in funding or delivering the activities described here.

Christmas Cheer

For the 13th year in a row, the staff at SCDC (South Cambridgeshire District Council) donated presents to patients who were spending Christmas on the wards at Fulbourn Hospital. Each year, staff members are asked to buy and wrap an additional present, and last December their generosity was such that we were



Presents awaiting collection

able to provide presents not only for George Mackenzie, Willow and Denbigh wards, but also for patients in Mulberry 1 and Mulberry 2 wards. The SCDC publicity department did their bit with an excellent short film made earlier in the year. It records interviews with John Nicholson, Chris Carling and David Livesey. Chris Carling recalls her experience of being on a ward at Christmas-time and receiving a present. She says: *“Being in hospital at Christmas is a strange experience. I woke up on Christmas morning, not feeling at all Christmassy, and the ward wasn’t as busy as usual because a number of people had gone home. I was drawn to one gift that was soft, so I*

picked it up and it was a scarf. Although I did not feel great, there was something about the softness of the scarf, and there were butterflies on it that made me feel this was right. As I began to feel a bit better, I started to wear the scarf, and it became a symbol of hope.”

The film was made available to staff on the Council intranet. It can also be seen on YouTube or via our website.

On the 19th December, a choir from Little St Mary’s Church, organised by Mary Ward, sang a selection of popular Christmas carols at Willow and Denbigh wards. The members of the choir were clearly enjoying themselves, and that fact, together with the high-quality

singing, was clearly infectious, as evidenced by the faces of those who had come to listen. Each session ended with requests for favourites, and the finale was a grand rendition of “We wish you a merry Christmas!”



Collecting the gifts



Right to Left: David Livesey (Chair of The Friends); Councillor Douglas de Lacey (Chairman of SCDC); Councillor Anna Bradman (Deputy Chair of SCDC); Clive Brown (Treasurer of The Friends).

Defeated by rabbits!

In previous newsletters, we described our ambitions for creating a Wildlife Garden on the Fulbourn Hospital site using a grant from the Tesco Bags of Help scheme. Advice from specialists was that despite the presence of a rabbit population the designated area would grow a diversity of wildflowers. The very hot, dry early summer meant that flora regrowth was much slower than expected. Nevertheless, there is no doubt that our wildflowers' failure to flourish arose from the unanticipated boom in the local rabbit population. However, we did install bird and bat boxes, which the Cambridge bat group now tend.



Picture 4 - Denbigh Ward

The good news is that Tesco was happy for the grant to be used instead on planting in Willow Ward and Denbigh Ward, which has involved and benefitted older patient groups. It was also used to develop the garden linked to the Chapel & Resources Centre, which is valued by patients as a safe space away from their Ward.

Below is an article from OT News by Hannah Lilley (Occupational Therapist in Willow Ward) describing how the internal courtyard that adjoined a quiet seating area on the ward was unavailable for patient use because it was overrun with brambles.



Paul Herrington's design for Willow Ward



Chapel Garden with its new lawn

Willow Ward

Facilitating Recovery Service Award Development Project

Hannah Lilly explains how the development of the ward courtyard space has provided a significant improvement to the ward environment and an opportunity to support patient recovery through engagement in meaningful occupations

Willow ward is an acute unit for older people with functional mental health difficulties, such as depression, anxiety and psychosis. Over the last year, we have been developing a small, overgrown and unusable courtyard garden in the centre of the ward. We wanted to create a calming space with planting and art work, and with this vision in mind our goal was to enable our patients to participate in the project throughout. Over a number of months this has been incredibly successful, with patients becoming involved in a wide range of activities, from group planning to planting the garden, designing and painting a large mural and, in colder months, sanding, painting and varnishing bird boxes.

Reflecting on the project, it has been fantastic to recognise the wide range of ways this has supported the recovery of the people we work with, particularly in building motivation and self-efficacy through strategies identified within the re-motivation process. The variety of tasks involved enabled us to use patients' different strengths and interests, to set up appropriate roles and responsibilities and work towards individual goals.

Collaborative planning

Paul Herrington, from Grow Places, and Lucy-Rose Andrews, social recovery project manager, brought skills and expert knowledge to our project. With each of them we ran open group planning sessions on the ward, with the occupational therapy team enabling engagement and communication, having developed rapport and understanding of individual patient needs. The re-motivation process discusses the benefits of involving people in collaborative projects so as to develop self-validation and self-efficacy.

Patients reflected that garden space to be 'peaceful.' Being in an area of the ward that is communal, but away from the busier dining area, it often provides a safe space to begin to build confidence on the ward, take first steps away from self-isolation, and sometimes an area to eat and drink, with less risk of over-stimulation and related agitation.

Patients suggested pastel colours, grasses that could gently move in the wind, spring bulbs and scented herbs. We also planned a large painted tile willow tree to add to a big blank wall in a mix of colours to suit across the seasons.

Involving patients from the early stages gave a sense of belonging and responsibility within the project.

As professionals we are expert in supporting patient recovery, but not expert in the tasks themselves, and this led us to working more collaboratively, with a reliance on the skills and knowledge of the patients within the group, some of whom luckily were quite expert gardeners.

The group also ensured that our plans captured what the patients felt was needed from this environment at each stage of their recovery on the ward.

Facilitating participation

For many people on the ward motivation at the most basic level can be a challenge. Through facilitating groups in communal areas we enabled people to observe, and through this, invited their participation.

During the initial stages, completing meaningful occupations alongside a person can help to prompt curiosity, interest and occasional engagement. Often patients with low motivation and confidence declined to join in, but soon called suggestions across the room or stopped to have a look at what we were doing as they passed.

The project also provided a starting point for some one-to-one conversations to explore life history and personal interests. Patients were invited to take on individual roles that were personally meaningful to them at each stage, enabling us to provide recognition of their individual skills and interests and develop a sense of capacity.

As an example, a keen gardener with Parkinson's did not yet feel able to join us in the garden, but spent much time sanding a bird box, which he shared with pride.

One group of ladies spontaneously began working together to interpret our garden plants and direct where plants should go. Another lady, who had declined to engage in anything on the ward, began telling us about her past work as a stained-glass window designer and agreed to go and look at the artwork we had been painting.

Taking on these responsibilities within the project could be seen as facilitating motivation; activities were set up to be achievable and patients gained positive experiences.

Through the volitional process this then supported the development of self-confidence and therefore motivation towards other tasks.

Moving forward

When moving towards discharge, a significant aspect of the occupational therapy role on the ward is to work with patients to identify plans and strategies to meet functional goals at home.

This often involves home assessments; however, for one patient her goal was to build her confidence in reintegrating into a local community. A trip to the garden centre, following a home assessment, gave purpose to exploring the wider community while out of hospital, to explore her expectation of overwhelming anxiety and an inability to cope. With support she was able to reflect on the experience positively, developing her self-confidence, and a couple of weeks later she returned independently to do her own shopping and from there identified a number of local social groups to try.

Other patients also began integrating their skills and confidence into their daily lives on discharge. One lady began pruning the plants in her conservatory during weekend home leave, which she reported gave her a sense of purpose and achievement, having previously believed she would be unable to return to gardening due to having had a fall.

Two patients returned to the ward after discharge to donate plants that they felt would add to the space, demonstrating a sense of inclusion and an ability to reflect on the positive aspects of their recovery on the ward.

Supporting recovery through engagement in occupation

Overall, while the project has involved a lot of work, it has also provided a significant improvement to the ward environment; an opportunity to develop relationships with the wider multidisciplinary team; and, most importantly, numerous opportunities to support patient recovery through engagement in meaningful occupations.

It has left me keen to identify what project we could work on next to continue to provide these opportunities.

With thanks to the Friends of Fulbourn (whose contribution came from part of a grant from Tesco's Bags of Help scheme); Head to Toe charity; Paul Herrington; Grow Places; Lucy Rose Andrews; all of the patients involved; and everyone in the wider team who has provided support and advice.

Article reproduced by kind permission of OT News and Hannah Lilley, occupational therapist, Willow Ward, Cambridgeshire and Peterborough NHS Foundation Trust. Email: hannah.lily@cpft.nhs.uk.

The Springbank Ward Recovery Festival

The first Springbank Ward Recovery Festival was held on 11 August 2017. It was a very great success, with at least 60 people present at any one time throughout the afternoon and early evening. Springbank is a 12-bed in-patient recovery unit for women with a diagnosis of borderline personality disorder (BPD) who are struggling to cope with the demands of life outside of hospital despite the input from community psychiatric services.



Plenty to eat

The first Festival was a very well organised initiative of Hayley Foster, a Peer Support Worker on Springbank Ward, with help from colleagues, patients and friends. It featured a wide variety of attractions for

attendees. The most impressive hour was when all those who had been organised to perform took to the stage. Clearly, although unspoken, there were many personal recovery journeys being celebrated just by their standing up and doing their acts, a performance that revealed a wealth of talent.



The Music Stage

Sadly, Hayley Foster was unable to organise the second Recovery Festival on 17 August 2018. Nevertheless, it went ahead successfully. As Simon Paveling, the then Ward Manager, reported. *"The Recovery Festival again was a great success with some great input from wards across the site and from some of our partners in the community. I want to thank you for your amazing support of the Festival over the past couple of years, it has been an amazing event, and has only been possible thanks to the Friends."*

The Friends funded some of the costs of both of the events.



Aidan Thomas with Hayley and others

At one of their regular community meetings subsequent to the 2017 festival, the Friends congratulated them on their success and thanked them for having collected £462 at the Festival, which was donated to the Friends.



A chance to win

Memorial

In early 2017, John Nicholson arranged a memorial



Memorial bench and trees

event for members of staff at Fulbourn Hospital, "to celebrate what we do, reflect on our work together, and remember those for whom we have cared, in particular those who have passed on." The Friends donated two trees, which were planted as part of the ceremony alongside the path which leads from the hospital to Tesco.

The trees have flourished, and last year, The Friends donated a bench (which had originally been intended for the wild garden) and this has been fitted with a suitable plaque.

It is good to see the bench being used by people seeking a time of quiet contemplation.



Picture 1 - Memorial plaque

Pottery Project

Other than the Forum Lunch Club held at Little St Mary's, there is practically no day-care provision for elderly people suffering from mental illness who live at home. It was clear that this group and their carers would welcome additional activities, and so the Friends have arranged for a pottery workshop to be held at St Thomas's Church Hall, in Ancaster Way.

The project is run by Bob Race, who is probably the leading expert in providing pottery workshops in the field of mental health. His association with The Friends goes back to the year 2001.

The workshops, which began in September 2018, are held fortnightly between 1.30 pm and 3.30 pm on Thursday afternoons. They have been a great success, and are now fully subscribed. Bob Race reports,

"I am really pleased with how it is going. It is a very diverse group of individuals, with very different issues, but it is coming together and cohesion being established. The conversation is starting to flow as they become more confident. Many of the participants do not get out at all except for this group and I've had feedback from a professional that the participants she knows are really enjoying and benefitting

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from the workshop. As always, it's process not product!"

How Our Funds Have Been Used

The largest recent outlays have been on the ward gardens at Willow and Denbigh wards. There is more elsewhere in the newsletter about the gardens, but the former rather dull courtyards have been transformed, and so this has been money well-spent.

We have been pleased to give financial support to the Recovery Festival at Springbank both in 2017 and 2018, and to see this now instituted as a successful annual event. We continue to pay the expenses of those giving bereavement counselling, and funding is being provided for the pottery workshops run by Bob Race.

We have a constant stream of requests for grants on behalf of individuals, which are extraordinarily diverse. We recently paid for football coaching for the son of a service-user. We also purchased art equipment and a digital camera to enable people to attend art and photography courses; purchased bicycles and bedding; and defrayed living expenses for a recently-bereaved woman. We have responded positively to several requests to pay for the professional cleaning of homes that had spiralled out of control, their residents needing a new start. At Mulberry 3, we replenished the activity boxes which we helped to initiate and which have proved popular, and we paid the musicians taking part in a Christmas jazz concert.

Over the past two years, we have also made grants to Cambridge Central Aid, who receive many requests from individuals for financial help. These grants are ring-fenced to be used for people with mental health problems, and Cambridge Central Aid send us regular reports giving details of how the funds have been used. We were able to give CCA £1,145 in 2017 and £1,740 in 2018.