



Registered Charity  
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# **The Friends of Fulbourn Hospital Newsletter**

## **Spring 2016**

### **Pottery Class Saved**



In last issue of this Newsletter we reported that funding by the Friends of Fulbourn would enable the continuation in the community of the weekly pottery classes for people with early onset dementia that would otherwise have ceased as a consequence of the closure of the day care provision at Deighton Ward. We are pleased to report that the classes are continuing and much appreciated by their participants as evidenced by this photograph of Sue, the newest member of the class, who has difficulty seeing as well as young onset dementia.

### **Gardening Projects Bloom**

The pottery classes described above were begun in 2003 by the Friends as one of its Millennium Arts projects. Another of those projects was a gardening group.

A professional gardener as artist-in-residence led a small group of male young-onset dementia patients who met weekly. Christina Rowland-Jones recollects its great success: "One patient never spoke as a result of his illness, and I well remember being told, in great excitement, that he had started to use words for the plants etc. He must have enjoyed gardening before becoming ill". The first garden to benefit from the group's attention was near George Mackenzie ward. With permission the group dug out a large square of grass, planted it and provided a part-hidden central area with seating which was appreciated by patients who wished to isolate themselves outside during the summer. The textile group made very tall, colourful flags for each corner of the plot. We had terrible trouble with rabbits

eating the shrubs. Next was the chapel garden. The group cleared the plot, dug it out and planted it with a range of interesting shrubs and a small mulberry tree, and again with seating for the patients. It looked lovely. From the outset the hospital managers made it clear that their contract gardeners only cut the grass - in fact half-cut it and left it lying over the top - and they would not maintain the two gardens. Initially the gardening group maintained both, but our professional gardener decided to give up and we had nobody to lead it and couldn't find a successor so had to stop the work. At one point I was contacted by the head of a big firm on the Science Park who ran 'away days' for his senior staff where they carried out voluntary work in the locality, and they spent a day tidying both gardens, with a lot of time spent on the chapel area. They really enjoyed themselves. After that we were unable to provide regular maintenance and the latter garden in particular suffered badly"



## The Chapel Garden Revived

The Chapel Garden is in regular use by patients but in recent years has suffered from neglect, apart from a clear up last year by a Friends' party of volunteers. Accordingly the Friends sought the advice of Christoph Keate, the head gardener at Emmanuel College, on how to put not only the Chapel garden but also those in several of the wards into good order such that they might benefit patients not only visually but also as a focus for ward gardening activities. Armed with Christoph's advice on the maintenance needed and possibilities for future planting, the Friends has recruited Paul Herrington, CEO of Grow Places Ltd, a social enterprise focussed on gardening work with adults with disabilities including mental health. It has been

agreed that the priority is to restore the Chapel garden first before looking at Denbigh and Mulberry 1 wards.

After preliminary planning Paul will liaise with: the chaplain, John Nicholson; the staff and patients on George Mackenzie House, who have gardening activities; and the Recovery College, whose members might be willing to volunteer as gardeners. In those discussion with John Nicholson has asked about making a labyrinth for mindful walking. Although there isn't space in the chapel garden there is plenty over the road amongst the trees between the Resource Centre and the graveyard. Paul has mocked up the photograph nearby to give some clues how it might look.

## Christmas Presents



The Friends tried to make Christmas a bit brighter for patients on the wards at Fulbourn over Christmas. This was helped considerably by the generosity of the staff at South Cambridgeshire District Council, who once again provided forty Christmas presents. These were all bought and wrapped by individual members of staff, and so represent forty separate acts of kindness. The presents were handed over to Clive Brown by the Leader of SCDC, Cllr Sue Ellington, and subsequently delivered to George Mackenzie and Denbigh Wards.

The Friends supplemented these gifts by purchasing gift vouchers for patients on other wards.



# Arts and Minds: Rapid Innovation

Arts and Minds is a Cambridge based charity which offers creative activities to support people of all ages with mental health problems. It grew out of the Friends' Millenium Arts Project (MAP) with the aim of extending the work of MAP throughout the Cambridgeshire and Peterborough Area. Here are

some of the exciting projects in which they are involved. The evidence base provided by Arts and Minds has been influential in the debate around support for arts based interventions within community mental health and the charity is often asked to present across England and internationally.

## Arts on Prescription



Our flagship programme is “Arts on Prescription” which offers 14 week programmes of creative arts workshops to adults with mental health difficulties.. Participants are mostly referred to the programme by their GP although we do also receive referrals from CPFT the local mental health trust, voluntary sector partners and a few participants self – refer. A new development this year has been a pilot Arts on Prescription programme for teenagers in school years 9,10 & 11, supported by the Norfolk and Norwich Festival Bridge and run at the Ernulf Academy in St Neots. All of our programmes are fully evaluated by researchers from Anglia Ruskin University and show real gains for participants in terms of confidence and self esteem through reductions in depression, anxiety and increases in social inclusion and wellbeing.

## The Croft Child and Family Unit

An environmental art project has run since 2010 involving children, families and staff from The Croft. Delivered in partnership with the National Trust's ‘Anglesey Abbey’ we have delivered a rolling programme of workshops for children with a mental health diagnosis at The Croft and at Hoe Fen, Anglesey Abbey. Environmental art work, printing techniques, willow sculpture and garden re-design have all featured. Manager at The Croft. The next phase in early 2016 will see additional sculptural elements installed within the quiet garden and fundraising to see the work continue. The artists

in residence style approach to working within this specialist tier 4 service has seen the arts begin to influence thinking and practice across teams. We would hope to see this work continue for many years to come. The environmental basis of the work has influenced our development of Arts on Prescription for children and features in a report for Arts Council England on arts based early interventions for children and and features in a report for Arts Council England on arts based early interventions for children and adolescents.

Other programmes include the Michaelhouse chorale – an open access choir for people with mental health problems (including dementia), their carers and families Arts and Minds is pleased to be able to work in partnership with the Friends of Fulbourn Hospital and the Community and are currently exploring the potential for a fund raising campaign to support mental health services in Cambridgeshire and Peterborough. To learn more about Arts and Minds go to: [www.artsandminds.org.uk](http://www.artsandminds.org.uk), E-mail us at [mindsarts@gmail.com](mailto:mindsarts@gmail.com) Find us on Facebook Follow us on Twitter: @mindsarts



## **The Annual General Meeting**

Dr Geraldine Strathdee

At our Annual General Meeting in October 2015, National Clinical Director, Mental Health, NHS England gave an excellent and most stimulating talk. Her wide ranging and informed perspective on why the time has come for mental health was very welcome news and food for many thoughts about how to use our own communications to widen the audience and augment her messages. David Jordan Chair/Co-ordinator of the Cambridge Rethink Carers Group reported to his members on our AGM as follows: “Geraldine Strathdee is recognised in Whitehall, the ‘real seat of government’, as a formidable force in the fight for parity in funding for mental health services for that of physical health. Whilst working as a practising clinician, for more than twenty years she has held senior roles in mental health policy, regulation and clinical management, at national and London regional levels and advising internationally on mental health service design and quality improvement. Her particular commitment is to the translation of policy and best practice evidence into front line routine clinical practice, empowering patients to reach their potential, and staff to

maximise their time to care. She is passionate about the development of leadership competencies and using information to enable informed decision making.”

Unfortunately, Dr Strathdee was delayed due to travel problems, a very busy schedule meant that she travelled from the West Midlands to Cambridge and on to Cornwall, however she delivered a spirited presentation of her views of the current situation in relation to mental health within the NHS. I believe that, under the current financial situation, Dr Strathdee considered that parity of esteem was unlikely to be achieved. She expressed her firm support for early intervention, the earlier the better, she said that this should include education of school children from primary school through the system. In Canada she said schools had introduced mental health ‘Crusaders’. Dr Strathdee said that she was constantly fighting for recognition that mental illness accounts for 33% of the NHS ‘spend’ but receives only 11% of the budget. Mental Illness needs greater publicity to match that given to cancer and heart disease”.

## Brass Concert Gift to the Friends

In the early part of 2015, a brass charity concert was organised by Dr Ben Underwood, who is the clinical director of the Windsor Research Unit at Fulbourn. Dr Ben, who plays the tuba, brought musicians together for the event which raised £1200, of which £300 was given to the Friends of Fulbourn Hospital. The cheques were presented at

a little ceremony held at the Unit on the 9<sup>th</sup> November 2015 which was also attended by Aidan Thomas, the Chief Executive of the Cambridgeshire and Peterborough Foundation Trust (seen here at the back with a purple tie). Dr Underwood is the man with the tuba on the right.



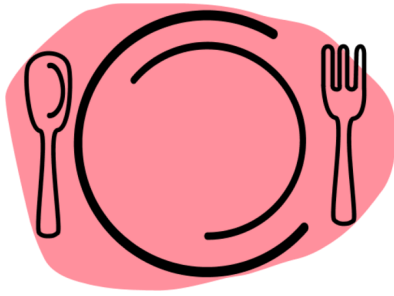
## Financial Support Provided by The Friends

The Friends give grants both to wards and to individuals, and we have had a flow of requests during the past financial year which we have been pleased to be able to support. Grants to individuals are usually to provide household items, such as furniture or kitchen equipment, for someone who is moving to a more independent life, and needs help in setting up a home. These requests generally come from staff on one of the wards, and we are pleased that we are becoming better known as a possible source of help.

Grants to wards are generally for things which help to make life more bearable for the people there. We paid for an I pod and speakers for Denbigh, for example, and for “activity boxes” (such as modelling kits), and a TV and DVD’s for two of the Mulberry wards. We continue to pay for the Cambridge News to be provided to Willow Ward.

The sums on their own are relatively small, but they go a long way!





## **The Forum Lunch Clubs: Success and Renewal**

The Forum Lunch Club, which was established nearly twenty years ago, continues to meet with modest increases in the numbers attending on the second Tuesday of each month in the Parish Centre at Little St. Mary's Church. It provides a hot two course lunch for its members and helpers, with lecture style talks/music on a variety of subjects each month offering those older people of an academic/ or professional background, who have a mental health issue and for whom conventional day care is inappropriate, an opportunity to meet and socialise together in a friendly and relaxing environment. The Forum at Little St. Mary's Church was started nearly three years ago to complement the one in its original home at St. James' Church Wulfstan Way where it was initiated and led for its first 12 years by Christina Rowland-Jones and Elspeth Hutchinson with a wonderful team of about 12 hard-working helpers.

Forum would never have even got off the ground without the dedicated volunteers never mind running for so many years; cooks

who produced a stupendous home-cooked lunch with a wide choice of dishes, those who set up and cleared away, and during meetings befriended members, socialised and ate with them. Tish Berkeley's original involvement with Forum was as a social worker, who offered her professional advice, and then provided invaluable help through her work by publicising the project within her department, keeping referrals coming in and popping in at meetings for a while when she could, to keep the contacts going. When years ago Christina stood down most of the then volunteers stayed on and Tish took over with help from Elspeth until her husband's illness prevented her doing so, although she remained a regular attendee. Sadly when Tish stood down this February it was not possible for several reasons to continue at the Forum St. James, although the Forum Little St. Mary's Church continues. A celebration tea was held in April to thank all those who had been involved in the Forum at St. James' Church Wulfstan Way. Active steps are being taken to provide a Forum Lunch at an alternative venue in the near future.

### **Christmas Parties**

Both Denbigh and Willow Wards held their Christmas parties on the 16<sup>th</sup> December, and Mary Ward again arranged choirs to sing carols at both parties. Two separate choirs performed, one from Little St Mary's, and the other from the Phoenix Centre (the NHS eating disorders unit) at which Mary teaches. Both occasions were a great success.

### **To join The Friends**

Contact **David Livesey**

e-mail [info@fofhc.org.uk](mailto:info@fofhc.org.uk)

Telephone (01223) 364520

Address

19 Glisson Road,

Cambridge, CB1 2HA

Newsletter edited by Tim Wheatley March 2016