

CYGNET BURY FORESTWOOD – GARDEN IMPROVEMENT PROJECT

The aim of this project was to increase young people’s access to outdoor spaces. Through improving individual garden spaces, increasing access to equipment, and creating a shared space for the young people.

AUTHORS

Rebecca Killey - CAMHS Clinical Lead
Occupational Therapist
Daisy Seller - Head OT

YOUNG PERSON VIEWS

A climbing frame would be so much fun!!!

It would be nice to have somewhere to sit outside

We need a climbing frame. Having a climbing frame or wall will be helpful. This will be helpful because physical exercise is a good way at improving mental health.

From experience climbing has helped me instead of a crying on unpleasant thoughts. This is because it gives my brain a sense in danger. I feel this could help and be beneficial for a lot of patients in the future.

Also, have you ever wanted to have some chocolate? Not because you're hungry but because you want that feeling and enjoyment chocolate gives you.

Imagine that but a young person who needs that feeling and enjoyment of the risk. A climbing frame/wall could help them with this instead of an increase in incidents.

This could help future patients and decrease the amount of incidents that could happen but instead patients could have this outlet to channel their impulses.

SHARED GARDEN

Finally the Young People requested a play ground space which could be utilised by all of the wards. Their was initial discussions on outdoor gym, but the young people felt that climbing frames and swings would get much more use.



SAFETY
Safety needs to be carefully considered to ensure the shared garden is used appropriately.

- Fenced off
- Structured access
- Closed area
- Appropriate / safe flooring
- Agreed by MDT
- Discussed Daily in DRA
- Risk assessed
- Assessed by OT for mobility and safety

BENEFITS

- Lots of fun!
- Proprioceptive + Vestibular Input/meets sensory seeking needs.
- Helps use energy in a safe and supervised way (stops us climbing trees).
- Improves health and fitness.
- Increased use of outdoor space.
- Helps us to feel normal.
- Good to use in family visits.
- Age appropriate!

Funding has been sourced and approved from Bee Together Provider Collaborative for all equipment associated with the shared garden. We are currently waiting for an update on costings for the grounds work.

JOINT RESOURCES

Equipment that is more expensive and carries increased associated risks - was identified. This equipment is to be kept in a shared storage space and can be borrowed and used by each ward. This investment made sense as higher quality, more durable equipment could be ordered. The equipment includes:



- Giant Chess
- Giant connect 4
- Snakes ladders
- Giant Jenga
- Badminton/Tennis/Volleyball Equipment
- Parachute
- Football nets
- And Games Lines

Funding for the shared equipment was agreed. Credit Card Request's have been completed and orders have been completed. Identification of where equipment to be kept once this arrived is required.

ARTWORK!

Additional to the project Forestwood School's headteacher Wendy Webster has been able to source an external art teacher who has begun work on improving the garden spaces. This has started with the family room garden where a beautiful mural has been completed.



WARD GARDENS

In the ward garden young people requested a number of items including:

- Space Hoppers
- Skipping Ropes
- Different Balls
- Water Guns
- Gardening Equipment
- And Picnic Blankets



It is important for the young people who have unescorted garden access that any equipment can be put in the garden without affecting this. This means any high risk items should be kept in an alternate space.

Funding for the ward gardens individual equipment was agreed with support from the expert by experience team. Credit Card Request's have been completed and orders have been completed.



YOUNG PERSON INVOLVEMENT

The young people have been supported to contribute ideas and suggestions for how to make better use of the garden areas within 1:1 sessions, community meetings, People's Council and garden improvement meetings.

The Expert by Experience team have also supported the young people to feedback their views and provided evidence from other units.

Following these discussions the young people have been able to prioritise important factors to them and identify areas of improvement.

MAIN OBJECTIVES

The following areas were identified as priorities for the young people within our service:

- Ward Gardens
- Access to Equipment
- Shared Spaces

Additional recommendations included artwork for the walls, improving the family room garden, plans for accessing the outdoors in poor weather and having structured outdoor sessions.

In the revised QNIC standards (12th edition) the Quality Network for Inpatient CAMHS has detailed necessities for access to outdoor spaces.

Including:

- Type 1 standard - Young people have access to safe outdoor space every day.
- Type 2 standards - around ensuring outdoor access is timetabled **and** longer periods of access to the outdoors is detailed in care plans.

CONCLUSION

This project has been a long term passion for the CAMHS team at the Bury site and young people admitted to our services.

This project was completed with support of the hospital manager and links with the education team.

The team has had to overcome a number of challenges to sourcing funding and identifying the necessary ground work.