



## **Cotswold House Newsletter Edition 2** **February 15th 2021**

Welcome to the second edition of the bi-weekly Cotswold House newsletter which documents the fun activities patients on the ward get up to during their inpatient treatment.

Lately patients have been making it their mission to spend more free time in the Art Room upstairs and organising their own activities there. One patient bought a bunch of Tote Bags from Amazon and the staff provided tie dye paint for the patients to make their bags their own, experimenting with different colours and patterns. In anticipation of sandwich making next week, patients have been growing their own cress. Obviously we would be love to be able to have a little allotment in the back garden but for now growing cress on a windowsill for egg mayo sandwiches will suffice – DELISH!



They also tried their hands at finger painting, enjoying the mess that it made and getting creative with the designs they created. One patient had the idea to create a poster full of hand prints and every patient at Cotswold House could add to it during their time here and sign their name to it and date. Right now there are only a couple of handprints but we hope it fills up over time and helps to form a sense of camaraderie and community to remind patients that we are all in this together.



Patients also organised yet another pamper night after the last one was a hit! They put all sorts of funny coloured face masks on and painted their nails. One of the newer patients to the ward is particularly good at braiding hair and has become the Cotswold House personal hairdresser. Everyone has started walking around with french braids and looking like Disney

princesses. Pamper evenings are a great way to drag everyone out of their bedrooms and wind down from what might have been a stressful day for some. It helps bring normality to the ward and also helps with teaching patients that self care is important and that everyone is deserving of a little TLC.



The upstairs diners have been at it again with their baking! This week they made chocolate chip cookies and a delicious loaf of bread which they enjoyed for their toast at breakfast time throughout the week. It was Chinese takeaway for these lots as well this week, and despite this being a huge challenge for them the group nonetheless thoroughly enjoyed a plethora of chow mien, duck pancakes and more! Many have said this is something they would now feel comfortable and more excited about doing after their stay here. In celebration of pancake day that falls on the 16th all patients enjoyed pancakes for their Friday toast rotation which helps with normalising celebratory days like this in the outside world. Upstairs diners hope that for a surprise snack this coming Tuesday they will be able to have more pancakes and experiment with different flavour combinations for the toppings like sugar and lemon and chocolate spread.



We woke up on several days to another snowy setting, and even though there wasn't as much of a blanket as last time, it was still very picturesque. Not quite enough for snow ball fights or snowmen but still enough for pretty pictures. The mornings have been getting a lot lighter recently and it's nice not to be going to breakfast in the dark. It is a sign of Spring Awakening and new hope which helps encourage the patients to plough on even when days feel long and gloomy.

Finally one patient was discharged this Saturday and we celebrated her last night, much to the staff's dismay, with karaoke on the TV, blasting Adele at the top of our lungs (badly) and rapping to Vanilla Ice. It's sad to see another go but that's only because we'll miss them being around. We wish her all the best for the future and hope to keep in touch with her as we all continue on our own journeys.