



# Perinatal Newsletter

Issue 6

## Behind the Scenes at The RHS Chelsea Flower Show

Staff from Perinatal services were invited to a behind the scenes tour of the gardens as well as an



insight in to the history of the show, prior to its opening to the public. Preparations were still ongoing across the site so the team had to wear RHS high vis jackets and steel toe capped boots!

The team got to meet Arit Anderson (*Garden designer, writer and presenter on BBC Two's Gardeners World*) who had designed this year's 'Garden of Hope' which after the show will be located to the Rosewood Mother and Baby Unit.



Arit took the time to show the team the best views and angles to look at the garden and give information on the various trees and flowers used to create a natural feel and range of colours.

The design of the garden includes wooden sculptures which twist and flow throughout, including various seating areas where MBU service users will be able to sit and reflect. The layout of the garden sculptures, pathway and bridge all encapsulate Arit's feeling of 'a big hug'.



## VIP Day at The RHS Chelsea Flower Show

Staff from Rosewood Mother and Baby Unit were also invited to attend the Chelsea Flower show on the exclusive VIP and press day.

Alex Jones, Jermaine Jenas and Ronan Keating revealed the garden of hope on the BBC One show where Angela Shorter



(perinatal mental health manager) was invited for an interview and first look at the completed garden with Arit and Alex. Sara Garaway (senior occupational therapist) was interviewed by Nikki Chapman on the Chelsea Flower show programme and shared ideas on how the garden will be used to support with promoting health and wellbeing through various groups. Other guests included Dame Judy Dench, Jo Whiley, Angelica Bell, Bill Bailey, the Earl and Countess of Wessex and the Princess Royal amongst others.

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## Rosewood MBU – A Chance to give back!

A previous patient admitted to the Rosewood MBU Sue Warren returned to the ward in August but this time it was to paint a beautiful tree mural, where powerful messages of hope and support could be left by mums who are discharged.



Being a former art teacher Sue wanted to give something back to the ward as she felt that without their input, her recovery would not have been possible. Whilst painting on the ward, Sue interacted with the mums and offered words of encouragement and support, she shared fond stories of her time at the MBU, this left mums on the ward with the belief that they too can follow in her footsteps.

In addition to the beautiful tree mural Sue also painted a fabulous mural in the nursery of a rainbow, stars and clouds.



When asked by Tee Nixon (Peer Support Worker, MBU) how she had found it coming back to the Ward Sue replied:

*“Having my offer of a mural accepted, coming back to Rosewood was an incredible yet emotional experience. I returned to paint a year to day that I was originally admitted. It was so fantastic to see the staff that supported and believed in me during my stay but also to meet the current Mums and babies, sharing my experience with them. I have to say, after such a difficult year, returning and having the opportunity to give something back is definitely one of the proudest moments in my life!”*



## PMHCS - Teddy Bears Picnic

On 18<sup>th</sup> September 2021 the Perinatal Mental Health Community Service (PMHCS) held two Teddy Bears’ Picnics at Poppy House, Maidstone and Coleman House, Dover. The picnics were held across two localities with the aim of mums and their families having the opportunity to attend a picnic that would not be too far from where they live.

The events gave present and past mums of the service the opportunity to attend a social event with their children and family members to spend time with staff from the service, talk with others who had been or may still be in a similar situation. As well as providing their views on how PMHCS can continually adapt to meet the needs of those receiving support from the service.



A variety of the activities were organised for the picnics, including hand and foot painting onto canvas, salt dough, play mats, toys and a treasure hunt. Food was also provided which staff and families enjoyed together.



The day ended with ‘story time’, with ‘The Very Hungry Caterpillar’ being read to the children.

PMHCS, Thrive & the MBU would very much appreciate your feedback regarding your contact with us.

You can do this by scanning this QR code or via this link:  
<https://www.snapsurveys.com/wh/s.asp?k=150478556711>

Or if you would prefer to discuss your experiences please contact the service on 01622 722321 or speak with your care co-ordinator

