



Devon Partnership  
NHS Trust



# Langdon Voice

Supporting you to live well

## INSIDE THIS ISSUE:

Langdon Patient scoops  
Koestler Art Award

Massive Redevelopment  
of spare land at Langdon  
Hospital

Patient Council Update

Owen House goes  
Letterboxing on  
Dartmoor

Carer's Perspective

Langdon to get its own  
weather station?

Halloween Ward  
Decoration Competition

Cycling on Cofton Ward

Volunteering  
Opportunities for  
Langdon Patients

Your NHS Jargon Buster

Mindfulness with  
Devon Recovery  
Learning Community and  
more!

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## Welcome...

Langdon Voice is a newsletter produced by patients who write about issues that matter to them.

The newsletter is for carers, families and loved ones and its main purpose is to give you more insight into patients' lives at Langdon.

If there is anything you are particularly interested in learning about please let us know.

Langdon Voice team— Richard, Nick, David, Craig, Joanna and Emily

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## Headline...

### Langdon Patient scoops Koestler Arts Award!

The adventure began when Nick started a lyric writing session, with an Occupational Therapist on his ward...



Turn Over to page 2 for more information on this story...

## Langdon Patient scoops Koestler Arts Award

# Koestler Trust

arts by offenders ■ ■ ■

The adventure began when Nick started a lyric writing session with an Occupational Therapist on his ward. He then began a twelve-week course in Electronic Music Production with OT Technical Instructor, Matthew Smith. The rhythmic structure of the track was decided upon and ideas formulated and constructed using different computer-generated synthesis techniques.

A few weeks later, Nick decided to rewrite the lyrics completely, relying on the theme of freedom and, with advice from Matt, he went through the dictionary, thesaurus and Wikipedia researching different forms of freedom. The aim was to illustrate, in audio form, images of freedom: birds flying high, the movement of the ocean's tides, wild horses running free and balloons drifting through the sky.

Sound samples (recordings) were then taken from the Langdon Hospital site, such as birdsong and the sounds of ward doors closing, in order to create opposing notions of freedom and containment and also to illustrate freedom of the mind from mental illness, as well as confinement within the hospital itself.

With help from Kenson Low, Arts OT Technical Instructor, Nick also created an accompanying animation, and then entered them into the Koestler Arts Awards, not knowing that he would achieve awards for both entries: Platinum for his audio piece and a Commended Recommendation for his animated short.

Luckily, the Ministry of Justice and the ward doctor agreed that Nick could attend the Koestler Awards Ceremony, so Nick and Matt, along with

Nick's mother and sister, all caught the train to London Paddington. Once there, they headed to the Royal Festival Hall on the South Bank, a short tube-ride away. The Curator, Rastafarian Dub poet Benjamin Zephaniah, presented the opening show to a packed auditorium and introduced the supporting Koestler team.

Both of Nick's works were on prominent display amongst all of the other pieces, and lots of attendees were seen observing and "participating" in both. Nick had the opportunity to thank Benjamin Zephaniah in person for choosing his pieces, who stated that it wasn't merely just a case of choosing his work, but that they had been recognised for their merit and quality. Zephaniah said this was the perfect starting point for Nick to begin his artistic pathway.

Throughout the day, Nick and Matt used a portable audio recording device to record Zephaniah's words and other sounds. Nick decided that he would use the interview, alongside sound samples from the day in London, to create his next sound piece.

Nick would like to say a big "thank you" to everybody involved: Matthew Smith, Kenson Low, Langdon Hospital, the Koestler Trust and his family, while we say a big "well done" to Nick for his fantastic achievement.

To view Nick's animation please follow this link:

<https://www.youtube.com/watch?v=dZK3yKECEG4&feature=youtu.be>

# Massive Redevelopment of Spare Land on the Langdon Hospital Site

An exciting chapter in the history of Langdon Hospital begins in the near future, with local councillors approving up to 200 houses to be built, a 64-bed care home and three-hectare business development (see photo). The development will consist of a mixture of two-bed flats, two-bed terrace houses, three-bed semi-detached homes and four-bed detached houses. The Exeter Road cottages are to be retained.

The plans are for the plot of land which rises from Shutterton Brook up to the hospital's access road and existing hospital buildings. The proposed three-storey care home will be built at the entrance to the development.

The site lies in a flood zone along Shutterton Brook but this could be resolved by using sustainable drainage systems and building extra drainage basins, the design statement says. The plans include a separate access road between the existing roundabout on the A379 Exeter Road and across Shutterton Brook to the south of the site.

Planning permission has been granted to Waddeton Park Ltd. who are the promotional partner but the developer who will build the homes is not known at the time of writing. The bidding process and sale of the land is being led by Andrew Powell under the direction of Head of Estates. Development of the site is something which has been thought about for many years, but during initial discussions the land was not very highly valued. Only now is it fitting into the wider plans for the development of new homes in Dawlish, being opposite to the new development next to Sainsbury's.

Also, the access to the A379 roundabout will be used by a future development to the south. The business development will use the entrance the hospital site has but this phase two will not take place immediately.

The proceeds of the sale of the land will go towards the building of a Psychiatric Intensive Care Unit (PICU) built to the same standards of a low-secure ward such as Chichester. It is designed for adults who need more support, without necessitating a transfer to Langdon. This new "PICU" will be built alongside Cedars on the RD&E Wonford site. Also, Langdon's gymnasium and waste recycling area will be relocated elsewhere, with the upgrade to Stour House continuing. It is worth considering that the whole development can only take place because of the Butler Clinic no longer being in use, this due to Dewnans Centre having been built.

Further benefits for the hospital include the provision of affordable nearby housing for staff and stronger links with businesses, including existing ones, such as with Sainsbury's. At present, timescales for the building work, and how this will impact patients and staff at Langdon Hospital, are unclear. For more information see the website: <http://langdondawlish.co.uk>

Langdon Voice is grateful for the input and clarifications to this article by Craig O'Dwyer, Capital Manager.



## Patient Council Update

Langdon's Patient council was set up just over a year ago, and is doing a great job at ensuring patients' voices and views are heard and responded to at top level Directorate Board meetings. It was set up so that Directors at Langdon can find out from patient feedback what works well, and what doesn't work so well.

Patients benefit by getting timely responses to issues raised, and when possible positive changes are made where they are needed, based on patient feedback. This feedback is provided by the wards reps to the Council, and then as a result of this Council meeting, monthly feedback is provided by the Patient Council Chair or Deputy Chair to the Directors.

Things which have happened or changed at Langdon since Patient Council was set up include:

- Pat dogs in Dewnans and family pets visiting
- Quiet room on assessment ward
- Reflections Room on Therapies corridor
- Improved access to sporting activities

- Improved hairdresser options

Some comments from patient reps, who attend Patient Council meetings, have been:

"I need people to talk to me and know I will take them seriously; and be trusted to get their point across..."

"I hope it will help me move on. My friend was an inspiration. I was curious about the Patient Council. It's good to get off the ward. There is real coffee."

"I want to get the views of the ward across. I was encouraged into the role by staff. It helps pass the time. I am learning something new – another string to my bow."

"It's good to have someone to put your points across. I am quite articulate and feel I am able to do the job effectively. I know how important it is and try to give it 100%."

"I'm totally impressed by the on-going commitment of Patient Reps– it's a great privilege to work with the team and I know the Directorate Governance Board welcome their input."





# Owen House goes Letterboxing on Dartmoor

Staff and patients from Owen House have visited Dartmoor twice this Autumn in order to go "Letterboxing", making it three times so far this year. In case you've not encountered the term before, it involves looking for "Letterboxes" in natural rock formations, or similar. The Letterboxes are usually sealed plastic containers (lunch-boxes) containing a notebook and sometimes rubber stamp and ink-pad.

The aim is to find as many Letterboxes as possible, leaving a message in the notebook and using the stamp in your own book or on a blank postcard, before sealing the Letterbox back up and leaving it in its concealed location.

The Tors of Dartmoor are particularly suited for the concealment of Letterboxes.

Armed with their own rubber stamps and ink-pads, Owen House staff and patients braved the often unpredictable weather to visit Hound Tor and, on the second visit, Little Mis Tor and Great Mis Tor. On the first visit they located many Letterboxes and had a great time leaving their marks and using the

stamps. Unfortunately the second visit did not result in finding any Letterboxes, possibly due to the location being some way away from the nearest road and parking space. However they had a great time searching and enjoyed the Dartmoor scenery.

## How it all began

The activity of Letterboxing originated on Dartmoor – it was started in 1854 when James Perrott of Chagford set up a small cairn at Cranmere Pool on north Dartmoor. Inside he put a glass jar where visitors who had ventured to the lonely, bleak spot could leave their visiting cards.

From this hikers on the moors began to leave a letter or postcard inside a box along the trail, hence the name "letterboxing". The next person to discover the site would collect the postcards and post them.

Letterboxing combines orienteering with treasure hunting and puzzle solving and is a great way to introduce people to the joys of exploring Dartmoor and to improve navigation skills.



## Carer's Perspective. A view of Langdon

Nick is currently a patient at Chichester House, and is a contributor to Langdon Voice. Recently, his sister wrote to us, and her letter was so good we asked if we could include it, in full, in this edition. She kindly agreed, so here it is...

My name is Lucy and my brother has been at Langdon since 2014. For my brother and our family it was the first experience we had of visiting and interacting with a mental health secure unit. We didn't know what to expect and to be honest had preconceived ideas that the whole experience might be pretty grim and depressing.

How wrong were we! The early days of visiting my brother proved difficult and frustrating as we as a family were in uncharted territory and felt confused and a bit helpless as to how my brother was being supported and what sort of life he could now experience.

The staff at Langdon were very supportive and almost immediately we saw my brother improve. However, it was while attending our first carer's meeting that we gained real confidence. At that meeting we felt reassured my brother was not only receiving treatment for his illness, but that his interests, identity and intelligence were being stimulated and very much considered a part of his road to recovery.

At the carer's meeting we met so many key members of Langdon's team, not just from the ward where my brother was at the time but also staff from other wards. We learnt so much from the open questions forum and were encouraged and optimistic when we met staff from Chichester who told us stories of patients successfully moving back into the community.

Meeting other carers who have family members at Langdon proved insightful and comforting. One highlight for me was enjoying a gorgeous lunch that had been prepared and was served by patients. Every carer's meeting we attend we always leave feeling involved, educated and so optimistic.

Then my brother informed us with great enthusiasm that there was going to be a newsletter produced by the patients... "Langdon Voice". What a joy to read, not only is it professionally presented but it's informative, intelligent and educational. More importantly it provides an invaluable "thread" for us as a family to feel able to understand more about where my brother is and how he is being supported.

Reading about individuals' different types of

diagnoses has been hugely helpful in understanding more about mental health and how each person has specific needs, care and support in their personal recovery. I feel humbled when I read of patients' personal journeys and filled with so much optimism when I read of their achievements.

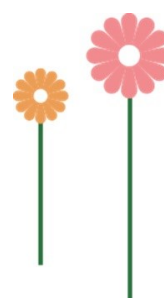
A family highlight of ours is reading about my brother's fellow patients and their achievements and interests. I loved the photos of the art project and thought it was great that at the summer festival there was a "Battle of the Bands". Go, Owen Boys, go! Would love to hear them on YouTube!

I find it exciting that the patients have so many workshop opportunities and are encouraged to engage and enjoy so many activities. Reading about the relationship with Sainsbury's and how the men at Langdon won the football match was a real tonic and again a huge achievement.

"Langdon Voice" has brought a platform for the patients to discuss and highlight important issues to them and for them.

Finally, from a family or carer's point of view we feel the newsletter literally provides a "voice" for those who may not communicate regularly with their loved ones, or find it difficult to convey all that goes on. We are extremely fortunate and privileged that my brother feels well enough to speak with us regularly, and see us regularly and tell us about his life at Langdon. For families who do not have this or find it difficult to talk about things over the phone the newsletter gives families a chance to ask their loved ones about anything they have read in the newsletter. It's a bridge of communication that can help a conversation. Whether it's asking about whether they attended a particular course, or were involved in any art, sport or cookery project. Just asking a loved one did they enjoy "Battle of the Bands" or did they see the Sainsbury's v. Langdon football match can make a phone call, letter or visit so much more connected.

So, keep up the good work, and huge sincere thanks for allowing your journeys to be shared with us! We very much look forward to reading your next issue and trying the next yummy recipe!



# Langdon to get its own Weather Station?



Jez Brown, a chaplain at Langdon and contributor to Langdon Voice, had the inspiration of installing a weather station on the Langdon site while looking at one of the wind turbines nearby.

He then researched different types of available weather stations and made contact with a senior staff member he knew at the Met Office in Exeter. They suggested a number of companies that supply weather stations, one of which was Skyview Ltd. in Suffolk.

Estimated cost for their mid-range Weather Expert is £1,750+VAT, which includes a 20ft mast, indoor and outdoor humidity and temperature sensors, wind speed, direction and chill factor, rainfall measure, forecasting on a scrolling ticker-tape and a 300m transmission range. The funding is provisionally set at £1,000 from the Chairman's Initiative Fund and the rest from Sarah Burford (Secure Services Directorate), with donations being sought and gratefully accepted.

With the proposed location tentatively being inside the outer fence of Dewnans Centre, we would have the first medium-secure site in the country with a weather station. With the transmission range available, Langdon's Education and

Discovery Centre, and possibly even Chichester, Avon and Owe. The wards could access the data relayed from the station.

There could be many spin-off benefits for staff and patients linked to the installation of a weather station at Langdon. Discovery Centre linking in with the ClimeMeT Learning Suite could offer opportunities for learning about the weather, and provide the possibility of linking up with local meteorologists who could visit and teach. Also, OT programmes for individual patients could include data collection on a regular basis, with learning involved in interpreting the downloaded weather data.

There could even be a "Langdon Forecast" delivered daily by print or radio, and we could submit data direct to the Met Office WOW (Weather Observation Website, [www.wow.metoffice.gov.uk](http://www.wow.metoffice.gov.uk)). This impressive site has been operational for over a year and would enable patients to submit their up-to-date weather data (and photos!?) as often as they like, with the knowledge that they would be actively helping to increase the accuracy of national weather forecasting.

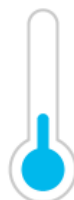
For more information, suggestions or donations, Jez Brown can be contacted at: [jezbrown@nhs.net](mailto:jezbrown@nhs.net)



**Rainfall**

**211mm**

176% of average



**Temperature**

**8°C**

4.1°C above average



**Sunshine hours**

**27.4**

67% of average



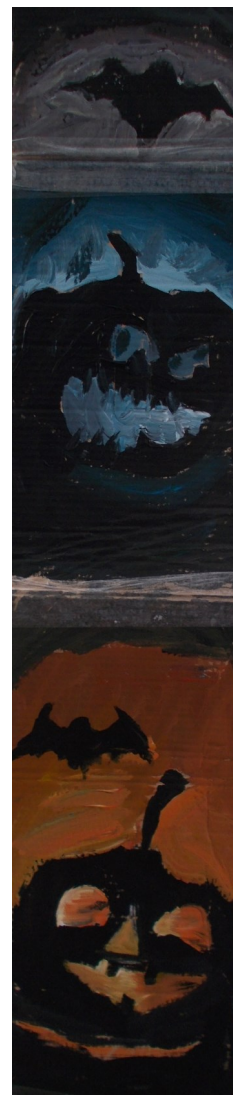
# Halloween Ward Decoration Competition

This year, all four wards on the Dewnans Centre entered into the spirit of the event, decorating the wards with great creativity and style.

Jez Brown (Chaplain) and Emily Poole (Patient Liaison Worker) were asked to judge, and it was really hard with such a great standard and variety on offer. These are just a few of the things we particularly enjoyed: the gorgeous painted pumpkin on Ashcombe, and the lovely dragon display, not to mention the werewolf visit! Nice window writing too, and a general festive feel. Warren had a terrific giant spider, excellent window cut-outs which were very effective, and lovely little painted pumpkins. On Cofton we were impressed by the translucent witch face in the window, the “do not open” painted box

and the lovely painted, cut-out Halloween sign.

In the end though, first prize went to Holcombe ward – there were terrific pumpkin paintings, a humorous grave stone, displays and festive touches, including Halloween-themed minions, everywhere. There was also a great feeling of involvement, patients and staff both, with everyone knowing who had done which bit, and a sense of well-deserved pride. Congratulations to Holcombe – and congratulations to everyone – it was a privilege to see so much creativity on display on all the wards.





# Cycling on Cofton Ward

Word has spread among the wards that service user Tim and staff member Jezz from Cofton ward regularly cycle from Dawlish into the Exeter area for a bite to eat and cycle back to the hospital again, after a well-deserved lunch break. This activity has raised some interest and it was thought by another service user that interviewing Tim about his cycling experience would be a great idea and individuals who read the Langdon Voice would like to hear about it. The Langdon Voice set up an interview with both Tim and Jezz and here it is.

**Hello Tim, Jezz thanks for meeting with us. We are very excited to hear about your cycling ventures! We have a few questions to ask you, hope that's okay!**

**How did you come up with the idea?**

(Tim) "Jezz told me about it. He used to take another patient. I thought it would be a good thing to do so I requested it at my CRM and the team agreed to it which I was really pleased about. I wanted to do it to keep fit."

(Jezz) "I used to cycle to work so was familiar with the route and thought it would be a great activity to do with the patients".

**How often do you cycle there?**

(Tim, Jezz) "We go twice a month."

**Who provides the bikes?**

(Tim) "We use bikes provided by the hospital, however I'm thinking about buying my own bike so I can continue with cycling when I leave the hospital. I prefer cycling to using public transport."

**Tell us about your chosen route, does it vary?**

(Tim) "We use the same cycling route. It is bike friendly and very picturesque."

**What are your favourite parts of the bike ride? Why?**

(Tim) "My favourite part is by the Powderham Castle, I love looking at deer. I also enjoy Jezz's company and being outside. In Exeter we usually stop for a bite to eat, sit on the Exeter Quay."

**How do you feel once you have completed your route and you are back at the hospital?**

(Tim) "I feel really good, full of energy. I would recommend it to anyone."

(Jezz) "Tim's level of fitness has significantly improved since we began cycling. It's great to get off the ward and share the experience with Tim. I would recommend this particular route to anyone who wishes to start cycling."



# Volunteering opportunities for Langdon patients

Every Tuesday, volunteers at the Baptist Church on South Street in central Exeter open up for business. They serve (free!) hot drinks between 10.30am and 12.00pm to a mixture of church congregation and passers-by. Then between 12.00pm and 2.00pm low-priced meals are served including hot soup, baked potatoes with fillings, and baguettes made to order. All this takes place under the capable leadership of Volunteer Head Chef Heather, and the weather eye of Simon, one of the pastors at the church.

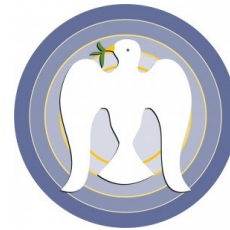
Dove Café has been running since April 2015, with a good-sized bunch of regular patrons being served, as well as catering for people not affiliated with the church who may be attending externally-run courses at one of the other rooms in the building. In that time a number of Langdon patients have successfully volunteered their time to help with food preparation, order taking, till operation and of course the dreaded washing up! Some have continued their involvement after leaving Langdon,

too.

"It has been a privilege and a good experience to work with the volunteers that have come to help us," says Heather enthusiastically.

The café benefits from having the extra pairs of hands, and the volunteers gain experience of a working environment, the opportunity to learn and practice transferable skills and possibly a reference when the time comes to look for paid employment.

"We love our partnership with Langdon," explains Simon. "With their help we can offer our community good, affordable meals and help our volunteers grow in confidence."



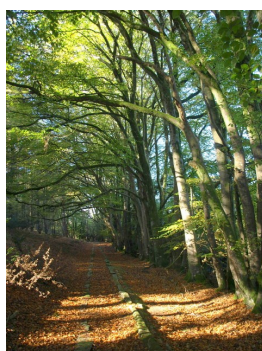
In November patients from across the site enrolled on a Developing Volunteering Skills course with the Community Voluntary Service at the Discovery Centre. As part of learning experience participants were offered an opportunity to volunteer in the local community and within the hospital, depending on their leave. Giles from Avon and Paul from Connelly House volunteered in a local nursing home. They both offered residents a creative activity which was Christmas cards making. We received very positive feedback for both Giles and Paul. The staff from Sefton Hall appreciated their time and were impressed with the quality of involvement in interactions with the residents. Lisa who looked after us on the day offered further opportunities to our patients. This includes a befriending scheme and involvement in projects such as redevelopment of a pond and other garden improvements.

Adrian from Holcombe volunteered with Natural England. The organisation is responsible for conservation and enhancing the natural environment, for its intrinsic value, the wellbeing and enjoyment of people and the economic prosperity it brings. Adrian helped with the clearance of holly to make the site entrance presentable and allow other plants to grow to their full potential.

**Giles:** "I really enjoyed spending time with the residents. It was a really rewarding experience and I would like to volunteer at Sefton Hall in the future."

**Paul:** "It was really nice to do something for other people."

**Adrian:** "I really enjoyed being out and about. I'm considering volunteering with Natural England when I'm back in the community."



# Your NHS Jargon Buster

Don't know your RC from your CRM? Get up to speed with this handy jargon buster!

CPA: Care Programme Approach, a patient-focused meeting arranged every six months

CPN: Community Psychiatric Nurse, involved in monitoring and supporting a patient after discharge

CRM: Care Review Meeting, a patient-focused meeting arranged every three or four weeks

CTL: Clinical Team Leader, the Ward Manager

CTO: Community Treatment Order, may be a condition of a patient's eventual discharge

DPT: Devon Partnership Trust, now seeking Foundation status

LSU: Low-Secure Unit, Chichester and Avon are Langdon's two low-secure wards

MDT: Multi-Disciplinary Team, front-line staff made up of qualified nurses, support workers, doctors, psychologists and other professionals

MHA: Mental Health Act, usually refers to the Act of Parliament passed in 1983 and amended in 2007

MHP: Mental Health Practitioner, a new MDT role to work alongside a qualified nurse to lead a shift

MHT: Mental Health Tribunal, a panel of three non-hospital staff who have the power to discharge a patient early

MSU: Medium-Secure Unit, Dewnans Centre is Langdon's brand new building comprising four wards (Ashcombe, Holcombe, Warren and Cofton)

OT: Occupational Therapy or Therapist, OT plays a large role in the care offered by Langdon Hospital, which can be ward based or offered at Discovery Centre (Plym House and on the Dewnans Centre corridor)

PN: Primary Nurse, or named nurse, a patient's primary point of care on the ward

RC: Responsible Clinician, usually the Consultant Psychiatrist based on the ward

RMN: Registered Mental Health Nurse, there is always at least one qualified nurse on a shift together with a MHP and support workers making up the team

S37: Section 37, an instrument of the MHA allowing detention in hospital

IMHA: Independent Mental Health Advocate—to enable a patient to get their views across, understand their rights and get information.





# Mindfulness with Devon Recovery Learning Community

A group from Langdon, staff and patients, enrolled on a 4 week Get Active With Mindfulness course with the Devon Recovery Learning Community. The course was delivered in Dawlish, Hedley Way Centre - which is a community activity centre. It was open not only to people from Langdon but also to wider community.

The Devon Recovery Learning Community has already provided Mindfulness sessions at Langdon, however this time we decided to go a step further and open the session to the wider community. The idea was to provide an opportunity for both patients and staff to integrate with the local community and help to reduce stigma.

The course was co-produced by Aspasia Ladaleki-Greek Mindfulness practitioner and Simon Barber - horticulture technician from Langdon.

Mindfulness is a great tool for daily living. It helps us to cultivate awareness of what is happening while it is happening without allowing the mind to wander. Living mindfully develops a fresh relationship to all our daily activities.

In the course the group practised Mindfulness through breathing, walking and other exercises. This helped us to explore nature and appreciate our surroundings, increasing self-awareness.

"I found the course inspiring and worthwhile. It was nice to use my time creatively. It was a good feeling to integrate with the community and I look forward to the next course." - Nick

"I was really impressed with the quality of teaching. Aspasia created a calming and peaceful atmosphere." - Chloe

Why not try this simple breathing exercise:

## BREATHING MINDFULLY

When the mind feels troubled, breathe in and out deeply. You can do this breathing practice anywhere. Pay particular attention to, and relax into, the out-breathe.

Make the breath a little longer and deeper than usual for the first two or three minutes so that you can experience the expansion of your body as the oxygen enters and the settling down as your body expels the carbon dioxide. Try to experience as many breaths as possible during this period. Remember that the mind most easily wanders on the out-breath. Your eyes can be open or closed.

If you feel yourself holding back unnecessarily from the situation, then take a few breaths to breathe through any fear and then act.

If somebody is saying unkind words to you, mindfully breathe in and out rather than react. Don't give others authority over your state of mind.

The next time you are seated for 15 or 20 minutes, rather than reading a newspaper or watching television, give the time to mindfulness of breathing.

Check out the Devon Recovery Learning Community prospectus for mindfulness courses.

[www.devonrlc.co.uk](http://www.devonrlc.co.uk)



# Working TOGETHER at Langdon

Langdon staff and patients have been working really hard over the last two years on developing involvement opportunities for both groups. In April 2016 a new concept was introduced - **Relational Discovery** - which aims to shape a model and culture at Langdon looking at both the staff and patient pathway, and how staff and patients work together to improve the delivery of services offered.

The name and concept is derived from dialogical theories and therapies. The aim for Langdon is to have a reflective culture and for it to be a learning environment as typified by the Discovery Centre at Langdon which is a place where patients can learn and develop their skills and experience.

## So what have we done so far TOGETHER?

**Recruitment:** patients have an opportunity to complete an intensive 5 session course and practical skills training, leading to paid involvement in every clinical interview on site. "This completely changed my understanding of an interview process. I feel I can positively contribute to the recruitment panel at Langdon. I have recently used the skills at my own successful volunteering placement interview."

"I feel my input to the process is genuinely valued and taken into account."

"I have an opportunity to set my own questions and to make recommendations during group supervision."

**Offered learning opportunities for patients and staff at the Discovery Centre, such as Understanding Personality Disorder, Understanding Benefits System.**

Based on patients' consultation and involvement we increasingly offer opportunities for co-producing courses and workshops, linking with the community. We have established positive relationships with South Devon College, Sainsbury's,

Community Voluntary Service, RISE and many more.

**Local staff induction for new starters co-produced and co-delivered by both staff and patients.**

"It was a great learning opportunity, so down to earth and so well delivered."

"It was really good to be part of the process and meet new staff at the beginning of their career at Langdon."

**Presenting at the Our Journey and Recovery and Outcomes Events**

"I was quite surprised to be asked to be involved. We all sat down together and discussed what we are going to contribute to both presentations. The theme was patients and staff working together and I have been lucky enough to have several experiences working with staff in my time at Langdon.

On the day I felt quite confident as we had done a lot of preparation work. Then I saw the number of people there and the nerves kicked in. I thought the talk was well received and I was personally thanked by Julie Dent for attending and presenting."

**Film Making project about Langdon**

This is part of our new admission pack, aimed at giving new patients and their families reassuring, useful information about what to expect on their arrival at Langdon.

This hard work has been already recognised and Sarah Burford won the Leadership Award for Excellence in Patient Experience. This award is given to an individual or team who has made a noticeable impact on the way the organisation engages with patients.

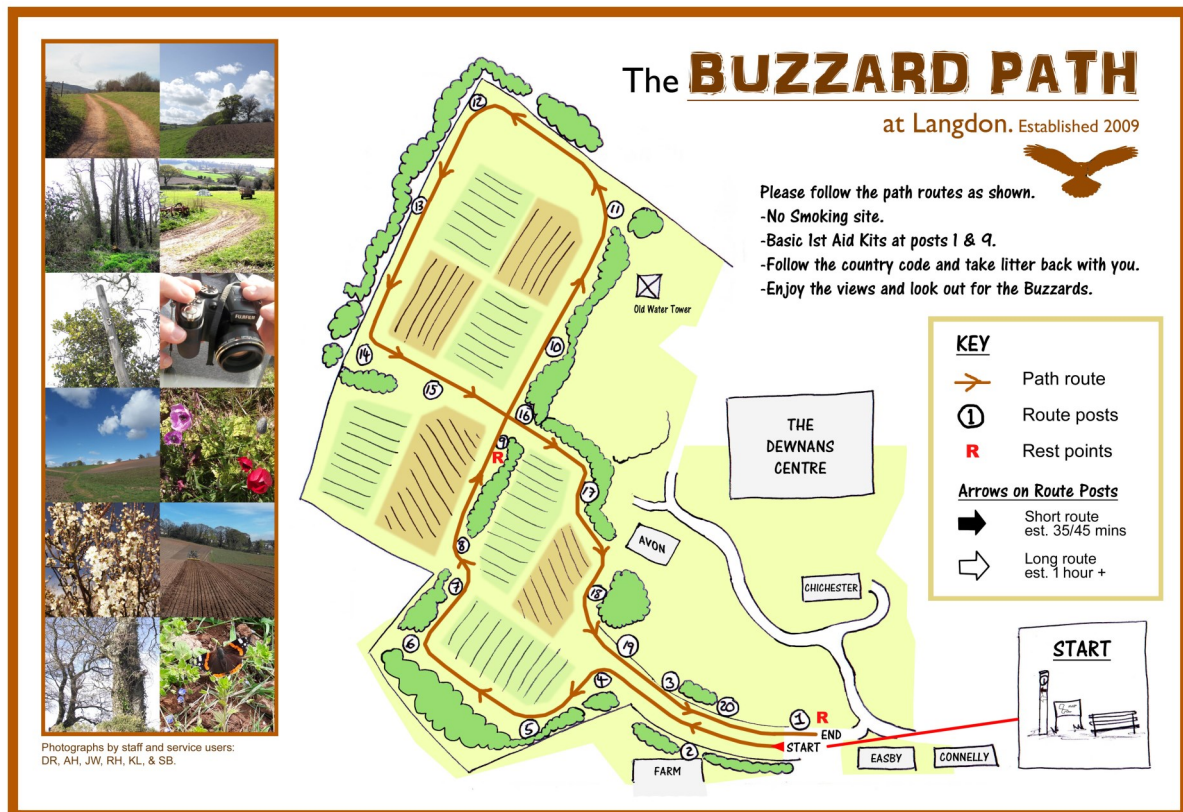
Also the Patient Council and 2 individual patients have been nominated and shortlisted for Celebrating Achievements Awards which takes place on 12th December.

Discovery Centre (staff and patients) has been invited to a conference for secure services in Broadmoor in January 2017 to present about this innovative service.

# Wildlife at Langdon...

Working progress...

Route subject to change



The Buzzard path, previously called the Multi Trail, was introduced to Langdon a few years ago. It is a farm land area situated on the outskirts of the hospital. It gives patients and staff an opportunity to experience the beauty of countryside which is right on our doorstep.

Recently the New Roots team (horticulture department) started to work on this amazing project which is about making the trail more accessible and managed. There are lots of tasks involved in ensuring the area is safe and inviting. Sy Barber- Horticulture Technician, and patients who work in New Roots, are updating the signage, trimming the grass around benches, they updated the policy to enable

people to use it. They are now planning to host a re launch event and invite patients and staff for a celebratory walk and picnic in the near future.

Patients and staff, who use the area for walking/ jogging/ cycling/ photography, say: "being there enables them to switch off and be with nature, enjoy wildlife", "it's relaxing", "very unusual to have such a beautiful area so closed to a medium secure unit".

Access to the Buzzard path is open to our visitors.

**Please ask staff for more details and a leaflet.**



## ...and in the local area



# Brie, apple & onion tart

## (left-over recipe for boxing day)

### Ingredients

320g pack ready-rolled all-butter puff pastry,  
defrosted at room temperature if frozen

1 tbsp olive or rapeseed oil

3 large onions

2 tbsp white wine vinegar

1 tbsp Dijon mustard

small bunch thyme

1 eating apple

100g cranberry sauce (or chutney)

175g brie, sliced (or other cheese)



### Method

Heat oven to 200C/180C fan/gas 6. Unroll the pastry sheet onto a large baking tray (leave it on the paper from the pack). If the edges are not straight, trim them with a sharp knife. Score a border, about 1cm in from the edge. Score a criss-cross pattern over the central piece of pastry (this will prevent it from rising too much) and around the border, if you like. Bake for 15 mins.

Meanwhile, heat the oil in a large pan. Add the onions and cook for 10-15 mins until softened and starting to caramelise. Stir in the vinegar, bubble for 1 min more, then add the Dijon and thyme, season well and set aside. Slice the apple thinly through the core so a few slices

have a nice star in the middle, and remove any seeds. Toss the slices in a splash of vinegar to prevent them from browning.

The pastry should be puffed and starting to colour. Push down the centre, then spread over the onions. Add blobs of cranberry sauce, then top with the apple slices and Brie, overlapping them to cover the tart. Add a few more thyme sprigs, drizzle with a little oil, then put back in the oven for a further 25 mins until the cheese is bubbling and the apple slices are soft. Serve warm or cold.

