Ellern Mede

specialists in eating disorders treatment

December

# NEWSLETTER


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Ellern Mede

Created by Content Creator - Samantha Peberdy

# MANAGING DIRECTOR MESSAGE

As we approach the end of the year, I wanted to take a moment to share my final update as Managing Director before I step away in January to focus on my recovery. It has been an incredible privilege to work alongside such dedicated and compassionate colleagues, and I am deeply grateful for all that you do.

Our sites are alive with festive spirit! From beautifully decorated spaces to joyful activities, we've created opportunities for patients and staff to experience moments of warmth and connection during this special time of year. Thank you to everyone who has contributed to making these celebrations possible, it truly reflects the heart of our community.

While the festive season brings joy, we also recognise the unique challenges it can present. For patients, being in hospital during the holidays can feel a difficult time, and for staff, working through this period often means balancing professional and personal commitments. Your resilience, empathy, and unwavering support make a profound difference. Please remember to look after yourselves and each other.

As I prepare to leave, I want to express my heartfelt appreciation for your dedication to our mission. The work we do is life-changing, and I am confident that you will continue to deliver exceptional care and support to those who need it most.
Wishing you all a peaceful, joyful festive season and a bright start to the New Year.

Warm regards,
Kate



kate

x

Your Recovery, Our Mission

# Newsletter

## Queensway Hospital

Queensway Hospital
In association with the Ellern Mede Group

Mental Health Hospital

🎄 Christmas at Queensway 🎄
The festive season is in full swing at Queensway. Our Christmas tree is up and bringing some seasonal cheer, alongside lots of lovely Christmas activities taking place across the hospital.

We've also enjoyed a special animal visit, which brought smiles, calm moments and a real sense of warmth for patients and staff. A wonderful way to spread a bit of festive joy as we head towards Christmas 💛





## Extra Mile Nominees



**I will like to nominate H.L for her professionalism at work. She is ever attentive and caring to her patients. She goes the extra mile to ensure patients and staff feel safe and comfortable whenever she is on shift.**

**I would like to nominate D.A for her dedication and genuine kindness. She approaches every task with care and commitment, making patients feel supported and valued. Thank you D**

Your Recovery, Our Mission

# Mental Health Inpatient Service

## Queensway Hospital - Rotherham, UK

Rated 'Good' By CQC

Queensway Hospital
In association with the Ellern Mede Group



Accepting Referrals

**Queensway Hospital is a Mental Health service in association with the Ellern Mede Group**

We provide individualised, **person-centred care** for our patients. Our multidisciplinary team (MDT) collaborates with patients, families, and professionals to enhance mental health and wellbeing. Care is delivered across the spacious Elizabeth Ward, with Elizabeth Lower downstairs and Elizabeth Upper upstairs.

### We offer

In our service, we collaborate with commissioning teams to keep admissions as brief as possible, based on each patient's bespoke care plan. Our goal is to support recovery and reintegration into the community by offering choice and developing trust with all our partners.

We work closely with community teams to reduce hospital stays and help prevent future admissions - this is **central to our mission**.

**We offer a wide range of suppor**t, including:

- Occupational Therapy (OT)
- Trauma-informed therapy
- RAID approach
- Individual and group sessions

Adult

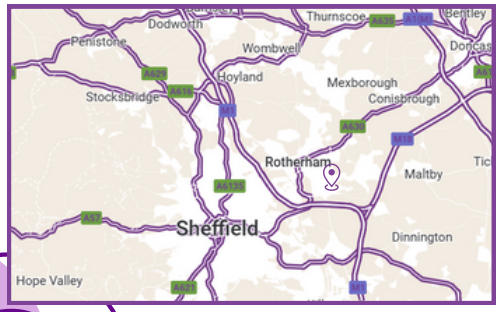
12 Beds

### Where are we?

136 Moorgate Rd, Rotherham S60 3AZ, UK

02039817252

Queensway.referrals@ellernmede.org






### Referral

Contact the Queensway team via phone or email to submit a referral.

Queensway.referrals@ellernmede.org
02039817252

### Assessment

We will review the referral quickly and confirm if the service can meet the patients needs based on clinical details. We may need to meet with patients/ referrers to discuss the referral prior to making a decision.

### Admission

Once funding is confirmed, we will coordinate and arrange the admission with the referring team.

## Queensway Hospital Admissions

Queensway Hospital can admit individuals aged 18 and over who present with complex emotional needs, severe mental illness or co-morbid conditions.

We provide care for people with a range of diagnoses and needs, including:

- Autism and other neurodiverse conditions
- Disordered eating (medically stable)
- Complex trauma or personality disorder (not meeting secure threshold)
- Depressive illness
- Psychosis
- Schizophrenia
- Bipolar disorder
- Dual diagnosis

Queensway Hospital
In association with the Ellern Mede Group

Inspected and rated
Good
Care Quality Commission

**We are able to support individuals who:**

- Have complex mental health needs with co-morbid conditions
- May be detained under the Mental Health Act or other relevant legislation
- May have experienced multiple failed placements




**"It's about creating a compassionate and safe environment where patients can begin their journey toward recovery. Our dedicated team is committed to delivering high-quality, person centred and evidence based care that prioritises collaboration and well-being at every step. Together, we aim to make a meaningful difference in the lives of individuals and their families."**

**Ewan McLean - Queensway Hospital Manager**

## Facilities

The hospital provides a safe and well-equipped environment, including garden areas with secure fencing, a patio with furniture, a lawn, shelter, and planting areas. Specialist equipment can also be provided based on individual patient needs. For example, if bariatric care equipment is required, it will be sourced prior to admission following assessment by the team, ensuring all care needs are met with the appropriate specialist support.

- Lounge
- Kitchen and dining room
- Sports facilities
- Games room
- Library area
- Art room
- Resource centre
- Cabin for community engagement and group sessions
- IT facilities
- Therapeutic treatment areas
- Outside grounds

# HOSPITAL UPDATES

## RIDGEWAY & BARNET

Today, the EMB team came together in the true spirit of the season, brightening the workplace with colour, joy, and plenty of Christmas sparkle. Our staff proudly wore their Christmas jumpers each one unique, fun, and full of personality.

It wasn't just about the jumpers, but about the togetherness, the laughter shared, and the festive atmosphere created when everyone contributes a little piece of joy. These photos capture more than outfits; they reflect the warmth, unity, and positive spirit that make EMB such a special place.

Here's to teamwork, celebration, and a wonderful Christmas ahead. Merry Christmas from all of us at EMB 🎄✨

**Welcome to the team, Olivia**
We're delighted to have you join us in EMB as the Autism Champion/ HCA. Your passion, insight, and dedication will bring so much value to the service. We look forward to working with you and supporting you as you settle into your new role. Welcome aboard! 🌟

We also wanted to share a big Congratulations Ezgi on the arrival of your beautiful baby boy. Wishing you endless joy, love, and precious moments as you step into this wonderful new chapter of motherhood. May your little one bring laughter, blessings, and happiness into your home. So happy for you, and wishing you both good health and a smooth, joyful journey ahead. 💙👶✨





🎄 **Festive Updates at Ridgeway Hospital** 🎄

We're getting into the Christmas spirit at Ridgeway! On 18th December we'll be celebrating Christmas Jumper Day, with a fun competition open to both young people and staff - the best jumper will win a £30 voucher 🎁

We've also added some new festive treats to the snack list, giving everyone a few extra seasonal options to enjoy.

Across the Christmas period, there will be a range of planned activities, offering opportunities to relax, get creative, and enjoy some festive moments together.



Parents Christmas lunch!





# READ OUR LATEST BLOG

## How to handle Food Anxiety at Gatherings – practical tips for managing meals, buffets, or family dinners.

**Written by our Lead Dietitian, Oliver Street**

### 1. Plan for Structure, Not Perfection

Try to keep your usual pattern of eating throughout the day rather than “saving up” or compensating. Regular eating and following your usual pattern can help reduce anxiety. Christmas and social gatherings do not have to be perfect; they are an opportunity to learn and then reflect.

### 2. Preview the Situation if You Can



If it’s possible, get a sense of what the setup will be like – a sit-down meal, a buffet, or a grazing-style gathering. Find out who will be attending, and if anyone would benefit from a reminder beforehand that this is a difficult occasion for you this year and why.

How to handle Food Anxiety at Gatherings - practical tips for managing meals, buffets, or family dinners - Ellern Mede



# Share Your Voice

## Be Part of Ellern Mede's New Blog




✍️ Share your expertise

🌱 Inspire others

💬 Raise awareness



### Why Write for Ellern Mede's Blog?

📖 Share your story

🤝 Collaborate

📢 Amplify your voice

## Get in touch:

Samantha.Peberdy@ellernmede.org
Hope.Virgo@ellernmede.org

# NEW SERIES




We are pleased to introduce our upcoming Christmas Support Series ✨

Starting next week, we'll be sharing a collection of questions answered by our specialists and individuals with lived experience of eating disorders, focused on navigating Christmas, recovery, and wellbeing during what can be a particularly challenging time of year.




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# DOCTIFY

We use Doctify to gather feedback because it shares verified reviews from real people, giving honest, trustworthy insight into people's genuine experiences of our service.

**Very friendly reception, well signed, great use of games in rooms, as helpful tools and distraction (from prolonged eye contact which might be less welcomed by patients) Excellent cup of tea offered-top marks!**



# THE EXTRA MILE

## Champion Award 2025



Awarded in recognition of an outstanding dedication, for going above and beyond throughout 2025, and for truly demonstrating the Ellern Mede spirit.

One winner was selected from each hospital and one for Group. Their names were drawn from all employees nominated between January and November 2025.



**For Ellern Mede Ridgeway: Maggie Bishop**
**For Ellern Mede Barnet: Stephen Callaghan**
**For Queensway: Paighton Eardley**
**For Group: Casey Maybin**

## Mr & Mrs Ellern Mede 2025

You voted during the evening and your enthusiasm was brilliant to watch!

**Mr Ellern Mede - Prince Chris Chuka Okafor**
**Mrs Ellern Mede - Dr Coryse Cazoe**



Reminder you can nominate group staff for Extra mile award!

# EXTRA MILE NOMINATIONS EMR

First of all Ausra Griskelyte is so kind and polite. Also she has extarordinary closeness with other teenagers. When I was not good or when I was crying for a while she was always by my side and supports me lots.

I would like to Nominated Nadia Ellis, as she is hard working and caring . She is very supportive to staff and patients.

I want to nominate Fred Tonwe for his hardwork, constant support and his patience towards the patients and the team.

**Reminder you can nominate group staff for Extra mile award!**

# EXTRA MILE NOMINATIONS EMB

I am nominating Toheeb Kasali for his dedication and support towards the team and the patients.

I would like to nominate Ifedayo Omolodun (EMB) for her exceptional hard work and dedication. She takes the time to support patients on the ward and always goes above. Ifedayo is hardworking, supportive, and agile, always willing to help whenever she is needed. Her positive attitude and commitment make a meaningful difference.

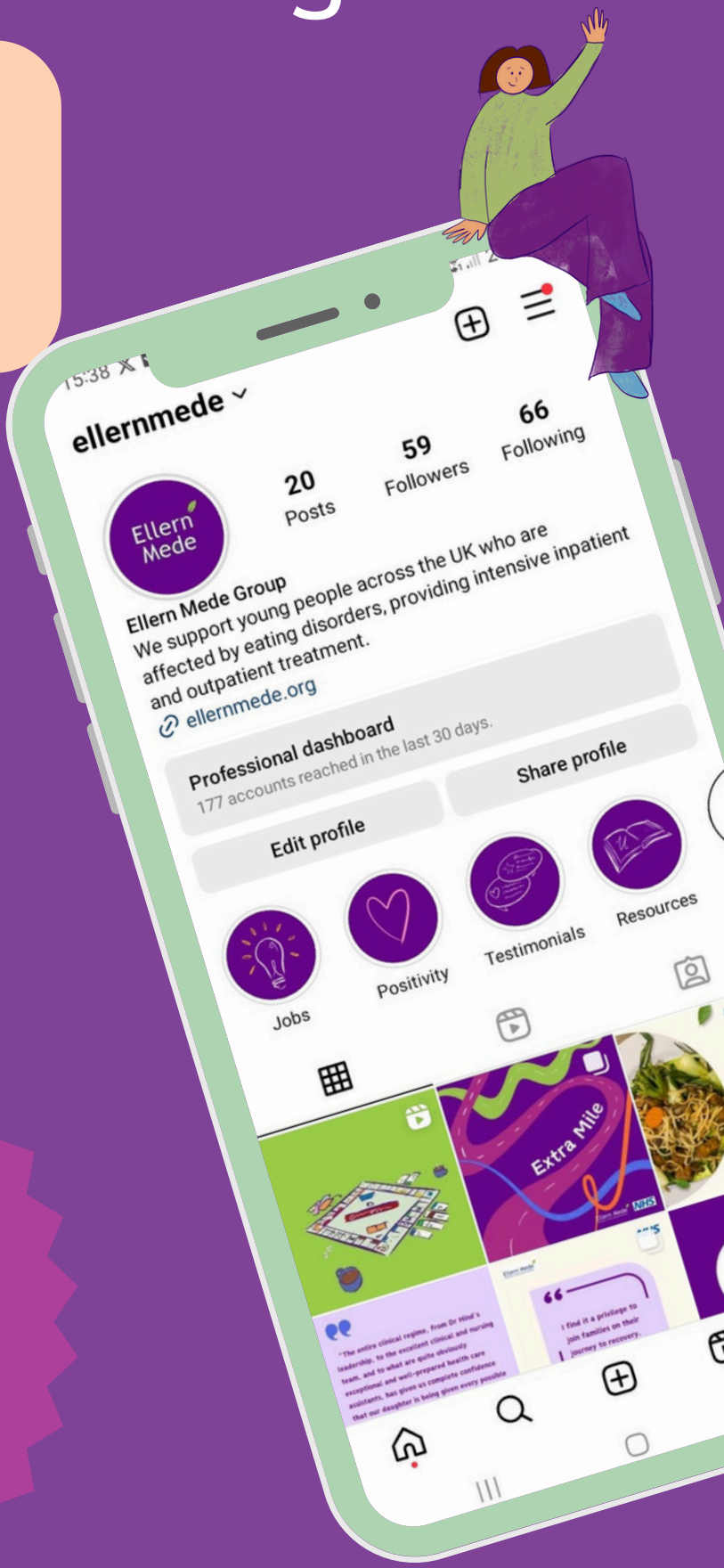
I nominate Mmesomachukwu Chukwuzubelu for extra mile ward for her dedication and consistent willingness to go above and beyond make a real difference. Thank you for always giving your best.

For updates

# Follow our instagram

@Ellernmede

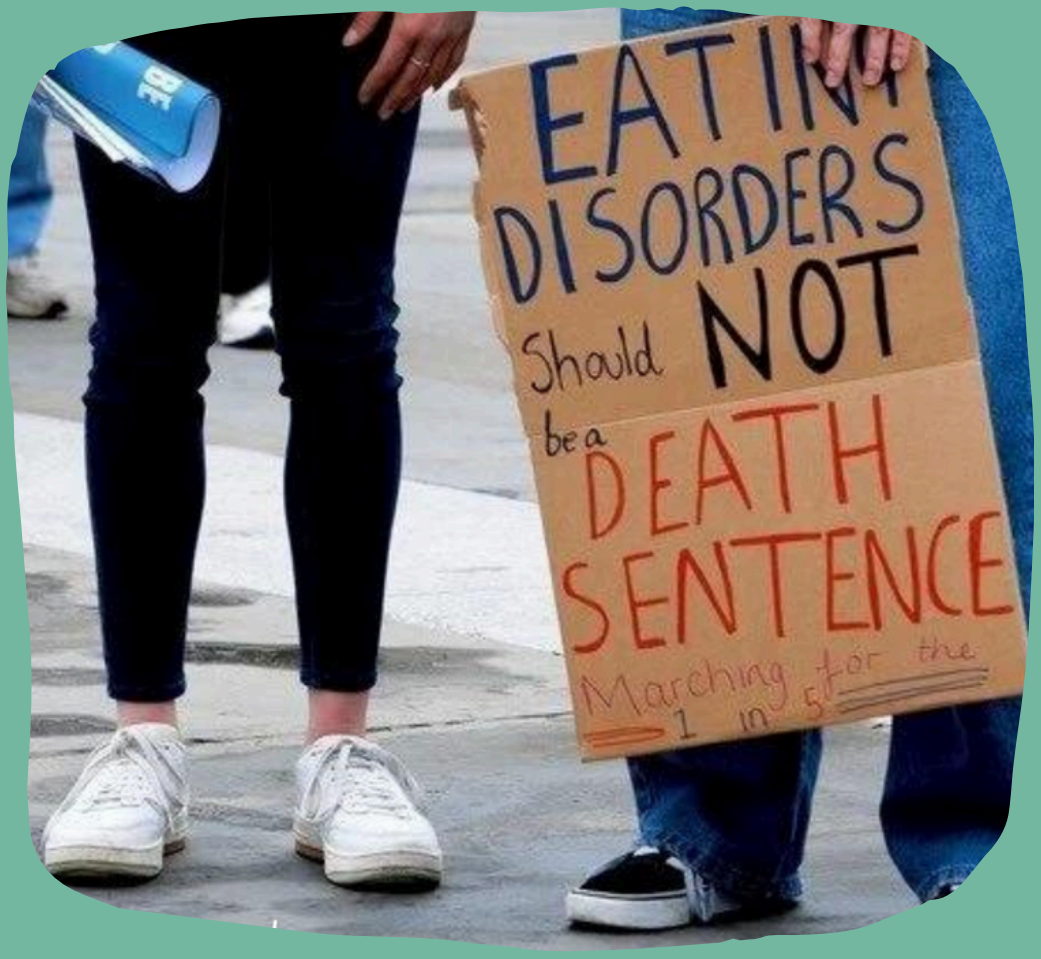
- Activities
- Advice
- Updates
- Any much more!




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# CHANGE.ORG

## Avoidable Deaths of Patients with Eating Disorders: Calling for a Confidential Inquiry




Eating disorders are treatable illnesses. They are dangerous and life-threatening when untreated, under-treated, or poorly treated. But this risk to life is preventable, and deaths from eating disorders are not inevitable.

Change is needed to ensure that lessons are learnt and a confidential inquiry will enable that transparency. No one with an eating disorder should be condemned to a life of illness

https://www.change.org/p/avoidable-deaths-of-patients-with-eating-disorders-calling-for-a-confidential-inquiry

# DOCTIFY

## UPLIFTING OUR PROFILE THROUGH REVIEWS



We are excited to announce that we've partnered with Doctify, a leading review platform. This collaboration allows us to gather valuable feedback and reviews, helping to enhance our profile and showcase the impact of our work. Doctify's platform provides a streamlined way for our clients and partners to share their experiences, which helps us build credibility and trust within our community.

We've created QR codes for each hospital location to make it even easier for you to leave a review or share your thoughts. Feel free to use these QR codes across social media or any other platform where you'd like to share our story.

| RIdgeway | Barnet | Queensway |
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