Ellern Mede

NEWSLETTER

February

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Ellern Mede

Created by Content Creator - Samantha Peberdy

SENIOR MANAGEMENT MESSAGE

As we mark Eating Disorders Awareness Week (23 February – 1 March 2026), we want to acknowledge the commitment families show in supporting their loved ones through treatment and recovery. We know it is not easy, and we are committed to supporting you and working in partnership with you throughout this journey.

Ellern Mede was established in 2000 as a specialist eating disorder service, and that expertise remains central to our identity. Increasingly, however, many of those referred to us present with additional complexity, including trauma, autism, neurodiversity and significant levels of risk alongside eating disorders.

Over the last few months, we have been working behind the scenes to ensure our service model reflects this. This includes updating how we describe our services and clarifying our role as a specialist provider of complex mental healthcare. This strengthens our eating disorder expertise rather than moving away from it.

At Ridgeway, we are currently undertaking renovations, increasing ensuite provision and creating more adaptable therapeutic spaces, in line with our other sites. This allows for more personalised care planning and greater flexibility in meeting individual needs.

Families remain central to recovery and to the way we deliver care. We are keen to continue collaborating with you as the service evolves, ensuring that family partnership remains embedded within our model.

Thank you for your continued trust and partnership.

With appreciation,
The Senior Management Team
Ellern Mede Group



Your Recovery, Our Mission

Newsletter

Queensway Hospital

Queensway Hospital
In association with the Ellern Mede Group

Complex care service

February has been a busy and positive month at Queensway. Our lower lounge has been beautifully painted by one of our patients, transforming the space with creativity and warmth. We enjoyed trips out to the Tropical Butterfly House Wildlife Conservation Park, Magna Science Adventure Centre, the cinema and Meadowhall, alongside lots happening in house including visits from therapy animals and Dolly the therapy dog, a beautician session, quizzes, bingo and more.





Extra Mile Nominee

I would like to nominate H.Y for Queenway hospital. H. is an exceptional senior staff who really cares and goes the extra mile to ensure patient and staff safety.



Ellern Mede

Complex mental healthcare service

Queensway Hospital - South Yorkshire, UK

Rated ‘Good’ By CQC

Queensway Hospital
In association with the Ellern Mede Group



Ellern Mede Queensway is a specialist inpatient service for adults with complex mental health needs

We provide personalised, formulation-led inpatient care for individuals whose needs have not been met within standard care pathways. We specialise in understanding how mental health difficulties, neurodevelopmental needs, and trauma intersect, enabling care to be shaped around each individual.

Our multidisciplinary team (MDT) works in partnership with patients, families, and professionals to deliver meaningful rehabilitation. Care is provided across two spacious wards: Elizabeth Lower Ward and Elizabeth Upper Ward.

Bespoke placements

We accept referrals from all areas and work closely with commissioning teams and funders to provide bespoke inpatient placements tailored to individual needs. This may include specialist therapeutic interventions, personalised staffing approaches, and enhanced care environments where required.

We support sustainable recovery and rehabilitation, working collaboratively with patients, families, and local care teams to build resilience, reduce risk, and develop realistic long-term plans for reintegration into the community.

Adult

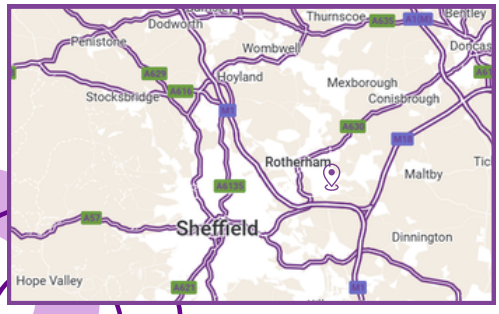
13 Beds

Where to find us

136 Moorgate Rd, South Yorkshire, S60 3AZ, UK

0203 209 7900

Referrals@ellernmede.org





Referral

Contact the Ellern Mede to make a referral:

Email: Referrals@ellernmede.org
Phone: 02039817252

Assessment

Referrals undergo thorough pre-admission screening. Accepted referrals include a comprehensive in-person assessment to inform care planning prior to admission.

Admission

Following assessment, admission is planned collaboratively to ensure an appropriate bespoke care package is in place prior to admission.

Who we support

Queensway Hospital supports adults aged 18 and over with complex mental health presentations. We have experience supporting individuals with:

- Severe mental illness and co-morbid conditions, including physical health needs and personal care needs
- Autism and other neurodevelopmental needs
- Eating disorders and eating-related difficulties (where medically stable)
- Trauma-related difficulties and personality disorder presentations (not meeting secure thresholds)
- Emotional dysregulation and/or dissociative presentations
- Behaviours that can be difficult to manage, including self-harm
- Social care needs
- Complex physical symptoms or functional presentations associated with mental health or neurofunctional conditions

Queensway Hospital
In association with the Ellern Mede Group

Inspected and rated
Good
Care Quality Commission

Admissions are considered on a case-by-case basis following comprehensive clinical assessment.

We are particularly suited to individuals who:

- Require bespoke inpatient care
- May be detained under the Mental Health Act
- Have experienced difficulties progressing within standard pathways



"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, well-equipped and therapeutic environment with a range of internal and external spaces designed to support emotional regulation, therapeutic engagement, and day-to-day living. Secure gardens and outdoor areas are available to promote wellbeing and recovery.

Bedrooms are spacious and en-suite. Specialist equipment and environmental adaptations are provided in line with individual needs.

Specialist multidisciplinary care includes:

- Consultant psychiatrist leadership
- 24/7 psychiatric nursing care
- Psychological therapies
- Occupational therapy to support daily living and independence
- Dietetic support, where required
- Physiotherapy
- Family therapy, where helpful
- Autism and neurodiversity specialist input
- Social work support
- Creative therapies
- PBS-informed relational support

HOSPITAL UPDATES

RIDGEWAY



February was a fun-filled month, especially during the school half term. The young people thoroughly enjoyed a variety of activities, with pottering remaining a particular favourite.

We were pleased to welcome a visit from the Quality Network for Inpatient CAMHS (QNIC), which went extremely well. The panel was especially impressed with the individualised care provided to our young people, as well as the high-quality facilities available to support their needs.

The teams also enjoyed a pizza day kindly provided by the Hospital Manager, which was a great opportunity for everyone to come together and relax.

Finally, we said a fond farewell to Dr Deji, who has left Ellern Mede after five years of dedicated service working alongside our wonderful team. We would like to thank Dr Deji for his commitment and wish him every success in the future.



Quality improvement update

Our Staff, Patient, and Family & Carer Satisfaction Surveys are now closed.

Thank you to everyone who took the time to complete a survey and share feedback. Your input is important and helps us reflect on our services, recognise what is working well, and identify areas where improvements may be needed.

The responses will now be reviewed, and key themes will help inform ongoing service development and quality improvement work.

HOSPITAL UPDATES

BARNET

Ramadan 2026 has been a meaningful time of reflection, unity, and cultural appreciation at EMB, beautifully reflected in the sharing of food. As colleagues observe fasting from dawn to sunset, the evening meal, Iftar, becomes a special moment to nourish both body and community.



The meals prepared showcase the richness of diverse cultures, including dishes such as flavourful rice, grilled chicken, fried plantain, fresh salads, and boiled eggs, each representing traditions from different parts of the world. Sharing these meals encourages understanding, respect, and togetherness, highlighting the importance of inclusivity and cultural diversity within EMB.

Ramadan reminds us not only of spiritual devotion, but also of the power of food to bring people together across cultures and backgrounds.





ACTIVITY UPDATES



During half February half term we have had some really great activities for the young people to join on, with group and 1:1 activities. We had lots of paint by numbers, and a beauitful Taj Mahal built in Lego.

One young person loves Miraculous lady Bug & has made images & a model form air drying clay & decorated her wall, (please see the photo at the bottom in the middle).

We've also had lots of complete Jigsaws, which we hang on the wall to decorate the ward.









ACTIVITY UPDATES

This month, patients have been enjoying a range of newly started independent crafts and creative projects, including crochet, quilling, and other artwork. They have made colourful keyrings using Hama beads, designed inspirational quote posters for display, and taken trips to the pottery café to enjoy a snack together while creating their own decorative plates.



Patients have also been thoughtfully creating personal gifts for family members using art materials - including photo placemats, personal poetry, and meaningful bookmarks - which are not pictured due to their confidential and personal nature.





SCHOOL UPDATES

We are delighted to announce that in March Ellern Mede's book fair will be returning. This is always a very popular event with students and staff here, and it is lovely to have our own little bookshop on site. We have an impressive passion for reading at Ellern Mede, and students can browse through exciting new releases and classics alike, and parents and guardians can buy books from the fair online.



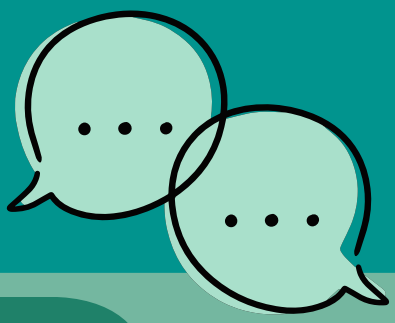








YOU SAID, WE DID



You said, we did is during community meetings to make sure our patients voices are heard and acted upon.

YOU SAID	WE DID
CAN WE HAVE A SOFA IN THE UPSTAIRS TREATMENT ROOM	AGREED TO THIS AND THE SOFA IS THERE
CAN WE FILL THE BEANBAGS,	WE HAVE FILLED THE BEANBAGS
I WANT MY AIR MATTRESS TO BE CHANGED TO A REGULAR MATTRESS	AGREED AND THE MATTRESS HAS BEEN CHANGED
CAN WE PLAY MORE GAMES AND HAVE MORE OVERALL ENGAGEMENT OVER THE WEEKENDS	WE SPOKE TO THE TSWS ABOUT FACILITATING THIS AND IT HAS BEEN ACTIONED AND GAME GROUPS ARE NOW AVAILABLE OVER THE WEEKEND.
CAN STAFF HAVE MORE MEAL SUPPORT TRAINING	SPEAK TO THE DIETETIC TEAM WHOM HAVE AGREED TO FACILITATE.
NO MORE AWKWARD LEAVING PARTY	YOU CAN CHOOSE WHETHER YOU WANT A SMALL GOODBYE OR THE RED CARPET
PAMPER BOX ON THE WARDS RUN OUT	ALL ITEMS REQUESTED ARE RESTOCKED
MEAL SUPPORT IS INCONSISTENT	TRAINING FROM DIETICIANS PUT IN PLACE
YOU REQUESTED DIAMOND ART BAGS	BOUGHT ART BAGS AND SHARED ON WARDS

TRAINING TEAM UPDATE

On Thursday 12th February, the training team came together for a productive and engaging catch-up session. The meeting provided a valuable opportunity for trainers to review coursework progress, share insights, and discuss experiences from recent sessions.



The team also focused on planning upcoming training sessions, ensuring that future delivery continues to support learning objectives and maintain high standards of training. The collaborative discussion allowed trainers to exchange ideas, address challenges and maintain consistency across the TIMIAN programme.

Following the meeting, trainers enjoyed a delicious lunch together, providing a relaxed setting to continue conversations and strengthen team connections.



LONG SERVICE UPDATE

Your commitment and hard work have been vital in supporting the lives of young people across the UK. It's truly inspiring to witness the passion and loyalty you bring to your roles everyday.

Thank you for your years of service, in shaping the success of our hospitals.

We look forward to the next years on our journey together!

Employee	Job Title	Site	Start Date	Years with EM in January 2026
Christine Ddamba	Healthcare Assistant	EMR	07/01/2013	13
Ausra Griskelyte	Healthcare Assistant	EMR	16/01/2017	9
Oluwasanmi Gideon Afolabi	Senior Healthcare	EMR	11/01/2021	5
Theresa Cole	Senior Healthcare	EMR	11/01/2021	5
Renata Dore	Accounts Assistant	Group	19/01/2022	4
Osarumwense Ihama	Healthcare Assistant	EMR	09/01/2023	3
Alexandra Morosanu	HR & Payroll Manager	Group	03/01/2023	3
Damilare Ohu	Healthcare Assistant	EMB	09/01/2023	3
Kofoworola Abdulganiu	Healthcare Assistant	EMB	09/01/2023	3
Abdulhamid Ajanaku	Senior Healthcare	EMB	09/01/2023	3
Olayinka Aina	Healthcare Assistant	EMB	08/01/2024	2
Oluwayemisi Enilolobo	Healthcare Assistant	EMR	08/01/2024	2
Susan Emuze	Healthcare Assistant	EMR	08/01/2024	2
Ikembuchi Gabriel Aso	Healthcare Assistant	EMR	09/01/2024	2
Mariam Nassiwa	Healthcare Assistant	EMR	08/01/2024	2
Coryse Cazoe	Junior (Speciality)	EMB	08/01/2024	2
Prince Okafor	Physiotherapist	EMB	08/01/2024	2
Marina Milidou	Clinical Psychologist	EMR	13/01/2025	1
Keziah Dakat	Dietetic Assistant	EMB	20/01/2025	1

Reminder you can nominate group staff for Extra mile award!

EXTRA MILE NOMINATIONS EMR

M.S commitment across sites is remarkable, and her willingness to support the service wherever needed does not go unnoticed. M.S dedication, reliability, and positive attitude makes a significant difference. She is genuinely a blessing in disguise, and Ellern Mede is incredibly fortunate to have her.

I would like to nominate L.D in recognition of her exceptional hard work and consistently excellent performance.

I would like to nominate C.E for carrying out her responsibilities with outstanding professionalism and dedication.

Reminder you can nominate group staff for Extra mile award!

EXTRA MILE NOMINATIONS EMB

K.L did amazingly in managing patient IR, particularly over the Xmas period. Absolute stars😊

N.M a steady and super-reliable presence, deep knowledge of how EMG works, super helpful and a good sense of humour. A key member of staff.

I will be nominating T.K for his immense dedication in helping both his colleges and patients, sometimes stay beyond his hours just to help out.

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!

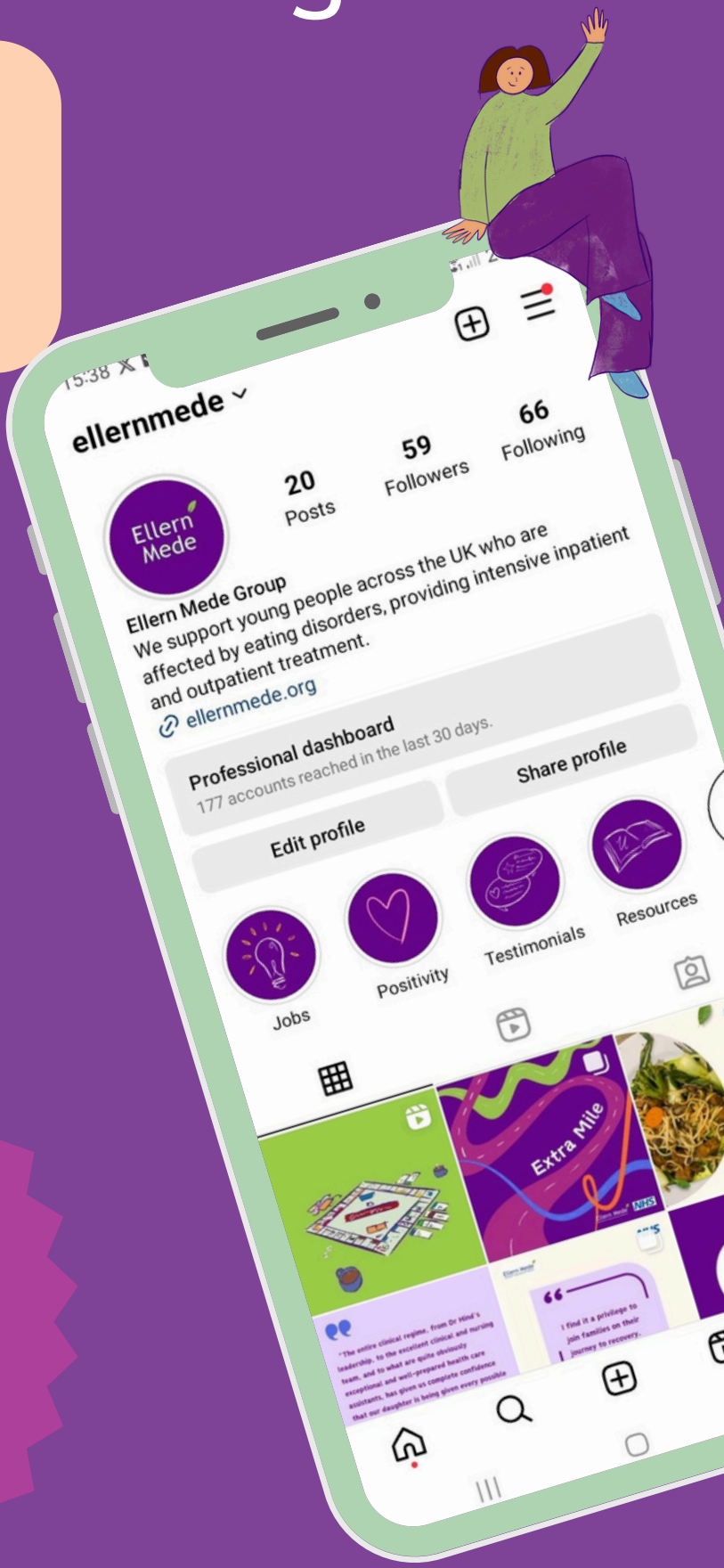


For updates

Follow our instagram

@Ellernmede

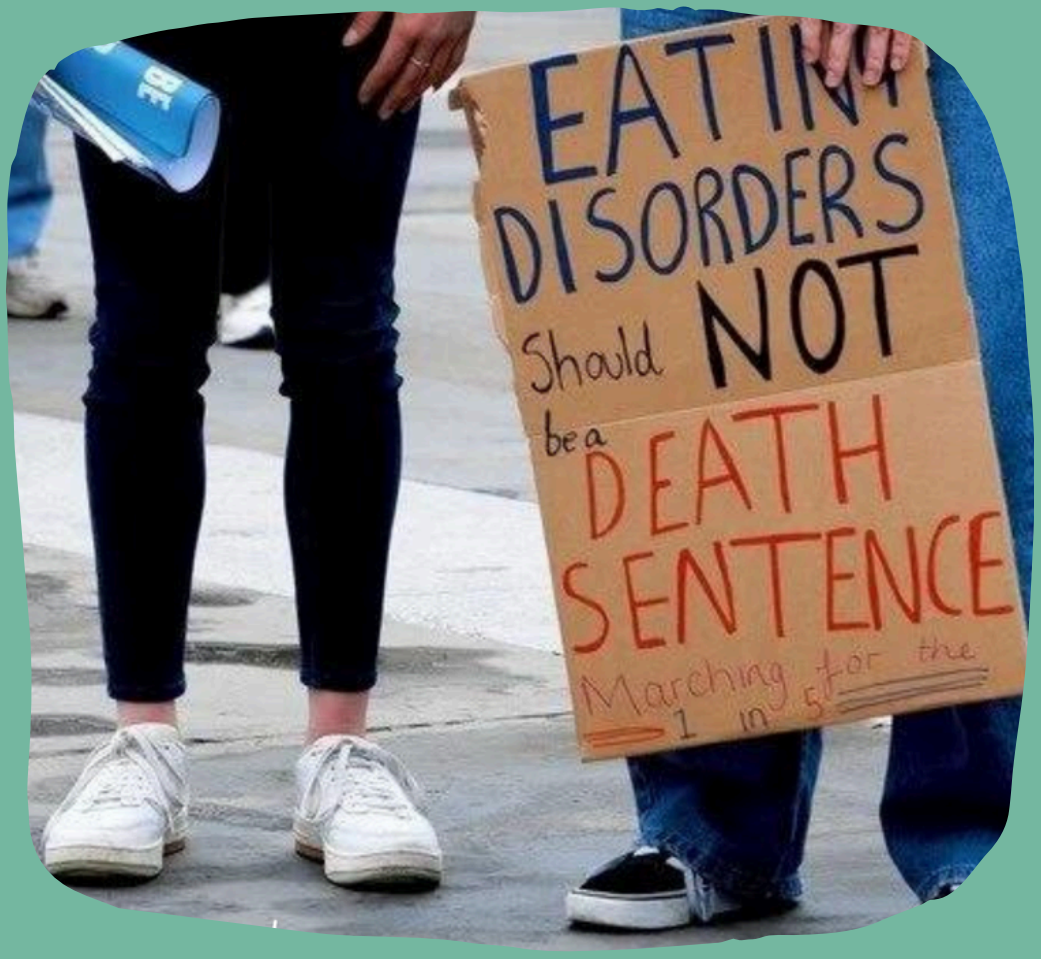
- Activities
- Advice
- Updates
- Any much more!



ELLERNMEDE

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
https://www.doctify.com/uk/review/Ds1Stp	https://www.doctify.com/uk/review/Bn8zAl	https://www.doctify.com/uk/review/fGetfO