

## Can you help us bring light to the Beacon Unit?

Raising Health is the registered charity for Leicestershire Partnership NHS Trust (LPT). The charity raises funds to support projects which are above and beyond NHS funding. LPT provides community health, mental health and learning disability services for the benefit of residents across Leicester, Leicestershire and Rutland.

The Beacon is our 15-bed child and adolescent mental health inpatient facility caring for those experiencing severe mental health illness and eating disorders. We have seen increased demand for these services since the pandemic.

We are seeking to install a sensory room within the unit to enhance the recovery journey of our young patients. Sensory environments provide much-needed comfort, calm and reassurance for young people who have complex mental health needs, Autism and ADHD. It will be equipped with a bubble wall, seating, a variety of lighting and an interactive projector, plus two sensory trollies for patients who are too unwell to leave their rooms.

**For us to make the sensory room a reality, we are seeking to add to the funds we have already raised which currently is just over £15,000. The total cost for the sensory room and the two sensory trollies is £25,000. We therefore need donations to raise an additional £13,000 which will enable us to have the sensory room fully installed and maintained.**

Clinical staff at The Beacon currently engage with service-users using a small number of sensory items and have introduced personalised self-soothe sensory boxes that include several items to engage, comfort and reassure patients when needed, such as tactile fidget toys, stress balls and Play-Doh. These boxes have had a significant impact on the recovery journey of those at The Beacon and have illustrated how valuable a dedicated sensory room would be.

### CASE STUDY\*

Lana\* is a young lady who came to us having been assessed as having Post Traumatic Stress Disorder (PTSD). Lana was initially quiet and struggled to engage with the staff and felt frightened about how clinical the wards felt.

She was asked to create a personalised self-soothe sensory box and chose a couple of items including Play-Doh, a fidget cube and a stress ball. Lana liked the feel of the Play-Doh in her hands and the sound of clicking the fidget cube.

Lana was invited to engage with other sensory activities on the ward which included playing with kinetic sand and other materials. During these sessions, she started to speak more about how she was feeling and began to build trust and relationships with the staff. Lana learnt which sensory therapies helped her and new coping strategies to use in the community.

For Lana, sensory therapy provided a springboard to recovery. It helped her build therapeutic relationships with her carers as well as robust coping mechanisms to support her after being discharged.

\*Name and identifying information have been changed.

***“We had one non-verbal young person who felt able to open up and engage with therapy thanks largely to the use of a personal sensory box, filled with items to help them self-regulate. Sensory activities build trust which can act as a springboard for recovery.”***

- Paul Howley, matron at The Beacon

Please will Kirby Bellars Parish Council help us to install a sensory room at The Beacon so we can continue to provide the best care to young people like Lana? Any donation you make will play a significant role in our patients' road to recovery.

### What your funding could help us get

Bluetooth sound system	£220.00
Waterproof beanbag	£215.00
Sensory hurricane trolley	£2,095.00
Wall projector	£6,250.00
Bubble wall	£1,290.00
Fibre optic sensory equipment	£385.00

To make a donation, you can via our website at <https://www.raisinghealth.org.uk/appeals/beaconappeal> or by BACS. Here are the details:

Name: Raising Health

Account Number: 47265817

Sort Code: 606006

Your support enables us to offer young people the best services we can at The Beacon, reduce re-admissions, allowing us to admit new patients who need our help. We would be very grateful for any contribution to add to our existing fundraising amount. If you require any further information, please do not hesitate to get in touch.

With best wishes,

**Adele Stacey**

**Trusts and Foundations Fundraiser**

**Raising Health**

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