



# C OF C eNewsletter

April Edition, 2022



**CofC**  
THE COMMUNITY  
OF COMMUNITIES

**Dear Members,**

A warm welcome to this month's eNewsletter!

As we enter the 2022—2023 cycle, we have left off with a bang and showcased our new branding in this eNewsletter! If you have any feedback for us, please get in touch!

To find out more about what the Community of Communities network has been up to, including events and training continue reading!

## Our upcoming events & training

### Peer Reviewer Training

Our peer-reviewer training will be held on the **12-May-22**.

The peer-review training involves guidance and group exercises to give you an idea of how peer-review visits work.

Being a peer-reviewer will give you the chance to visit other Therapeutic Communities across the UK, and for staff and community members to become part of a network where you can share ideas and resources!

Many of our members value the experience and find it particularly helpful when preparing for their own review.

To sign up to this even, please fill out our [C of C Peer Reviewer Training Form](#).

### Art Competition

Early this year we launched our C of C Art Competition and we are calling for more submissions!

Art submitted will be displayed at our 2022 Annual Forum where attendees will vote for their favourite piece! Winners will have their art displayed on the cover of the C of C National Report this year!

Before submitting any art to us, please be aware of your services GDPR policy and processes! If you would like to submit any art, please email [cofc@rcpsych.ac.uk](mailto:cofc@rcpsych.ac.uk).

### C of C Annual Forum

Our Annual Forum enables people from Therapeutic Communities to meet others in similar settings, reflect on practice, exchange ideas and support each other to meet the demands of modern TC practice.

This year we will be exploring the theme of 'Therapeutic Communities in Transition' through a combination of workshops, seminars and talks.

**Date:** Wednesday 1st June, 9.30—16.00

**Location:** Royal College of Psychiatrists, 21 Prescot Street, London, E1 8BB

**Price:** CofC Members: £55 Non-Members: £75

If you would like to reserve a place, please complete our [sign up form](#) and the CofC team will contact you regarding payment. If you are completing this form for multiple colleagues, please submit a form for each attendee.



## Our Therapeutic Communities Overseas

### **Ashburn Clinic, Dunedin, New Zealand**

Ashburn Clinic is a not-for-profit, democratic therapeutic community and psychiatric hospital in Dunedin, offering a professional and supportive environment for diagnosis, treatment and recovery from mental illness and addictions. Established in 1882 as an alternative to state hospital care, Ashburn now operates as a therapeutic community, providing funded and private residential services. People come from all over New Zealand to access care here; patients must be at least 17 years of age to join.

Dr Megan Bryan (Medical Director) is the 15th hospital manager in Ashburn's 139-year history, and the second female medical director. Dr Bryan has many years of relevant experience and knowledge as a Consultant Psychiatrist.

A significant achievement for Ashburn Clinic in 2020 was the completion of the Gwen Wilson Wing. Beginning with the demolition of an old Wing dating back to the late 19th century (due to earthquake risk), the new Wing took 15 months to build. The building design reflects a more modern approach to treatment, incorporating modern bedrooms, ensuites, Sensory Modulation Room, community meeting room, kitchen/dining and Art/OT spaces. The positive impact of the completion of the unit and the wider expansion of Ashburn Clinic's facilities is already felt, starting from the special event that was the formal opening in December 2020. Like many activities at Ashburn, the opening ceremony reflected the Therapeutic Community approach, and included staff and patients across the hospital. The support and encouragement expressed by the wider community who attended, including the Government Minister of Health, Director-General of Health, and Māori kaumatua , provided a morale boost to staff and patients alike.

In the last two years, COVID-19 has made its presence felt, and restricted some activities, particularly larger community and education events. However, staff and patients regularly meet to discuss endemic planning and strategies to reduce the risk to the therapeutic community and its members. The community feel privileged that they have such a beautiful place to contain the patient group undertaking treatment with them, providing a degree of separation and protection.





## GreenCloud International

What started as an online self-help group at the beginning of a global pandemic, in a small corner of South East England, has now collaborated with an organisation 5000 miles across the globe in India, to co-create a space of community, connections and care.

Growing Better Lives CIC has joined forces with Hank Nunn Institute (HNI) to co-produce GreenCloud. It is an online group for people who connect with nature to come together weekly in a therapeutic engagement space.

GreenCloud shares pictures and videos of interactions with different elements of nature, playing games, creating artwork together and sharing meaningful moments with each other. It is not a clinical or psychotherapeutic space, but a supportive and nourishing space.

If you would like to know more, drop an email to [greencloud@hanknunninstitute.org](mailto:greencloud@hanknunninstitute.org).

## Articles of Interest

### **Children & Young People Now: Therapeutic Communities Special Report**

Kevin Gallagher, Dr Chris Nicholson and Bethan Thibaut have published a paper considering the recent rise in interest from policymakers and commissioners in the important role therapeutic communities play in supporting some of the most traumatised children and young people.

For more information, please see the summary article [here](#)

### **See Think Act: The Need to Rethink & Refocus on Relational Security**

In this paper, researchers present an account of the nature of relational security and the need for robust, comprehensive and consistent implementation within secure and forensic mental health settings in England and Wales. Within this, we review and critique the See Think Act framework of relational security and consider how it may be further developed. They conclude by making a series of evidence-based recommendations for improving the quality of relational security as it is deployed within secure and forensic mental health settings .

For more on this article, please follow this [link](#).

## Get Involved!

We wanted to take this opportunity to let you know that that we are now recruiting for two positions within our Therapeutic Community Accreditation Panel (TCAP) and our Advisory Group (AG).

For more information on these roles, please see our recruitment flyer.

If you are interested in hearing more about the roles above, please contact [cofc@rcpsych.ac.uk](mailto:cofc@rcpsych.ac.uk) and a member of the project team will be in touch with more information!

### **The Royal College of Psychiatrists: Community of Communities**

Network team: Project Officers Niamh Roberts & Leyla Ury, Deputy Programme Manager, Katy Carver and Programme Manager, Beth Thibaut  
If you have any questions about any of the above, or would like to submit an entry for the next newsletter, please email us on [cofc@rcpsych.ac.uk](mailto:cofc@rcpsych.ac.uk)

Thank you and see you soon!