

A Slice of Pie



Christmas edition 2023

PIE is all about relationships....A Psychologically Informed Environment is a place or service that has been purposefully designed to support the mental, emotional, relational, learning and social needs of both service users and staff.



DGH Co-Production



As the Christmas tree bejewelled with festive bows and resident artwork takes pride of place in the reception once again, we reflect back on a year of fun-filled events and activities, which have brought staff and residents together, celebrating the diversity of DGH.

Co-production has been at the heart of the packed events calendar, with residents involved alongside staff in the planning, the publicity, the cooking and the cleaning up!



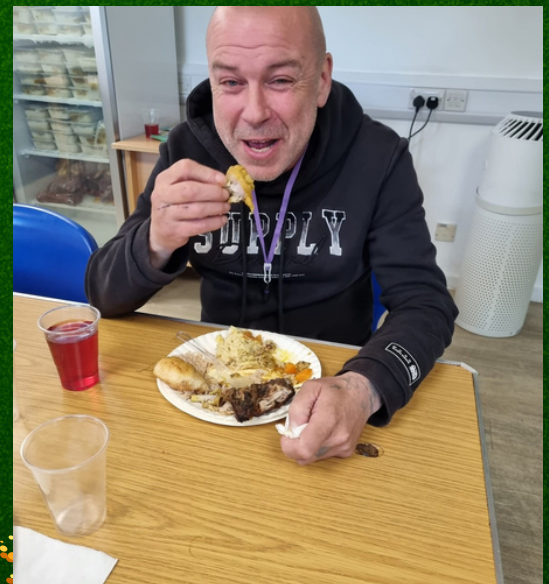
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This year saw us celebrate International Women's Day, Eid, Jamaican Independence Day, Carnival, Black History Month, Diwali, Halloween and more with a wide range of delicious dishes from some of the many cultures represented by residents and staff at DGH. With a spirit of inclusion and sharing, residents and staff made lots of happy memories together, enjoying excellent food, company and music.

DGH resident and professional chef, Richard, says:

"Never give up on what you really want to do. The person with big dreams is more powerful than one with all the facts. Events educate us about people and place, the values of our community and what we hold dear in our city, region, and even worldwide. They also bring people together – families, friends and new ones."

Merry Christmas and Happy New Year from all at DGH!!



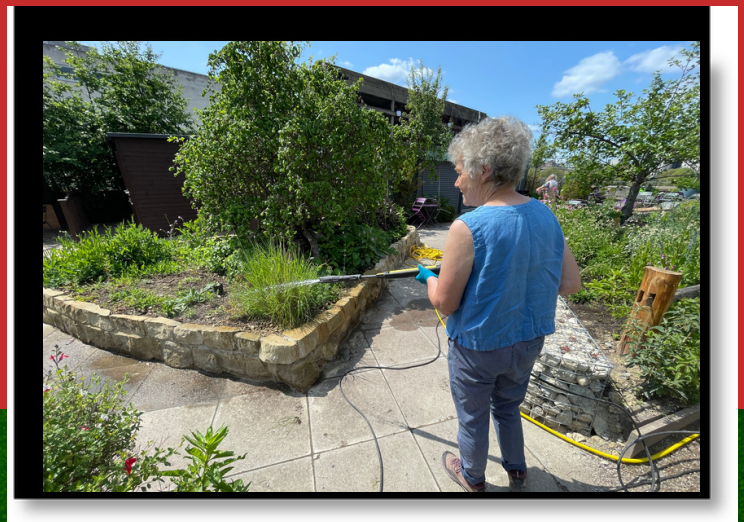
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Grounded Ecotherapy's 2023

This year Grounded Ecotherapy team and volunteers designed and built Gabions and a dry wall to protect and preserve the meadows in the rooftop garden at Southbank.

We welcomed new volunteers to the team and they got stuck in with planting and turning a compost heap.



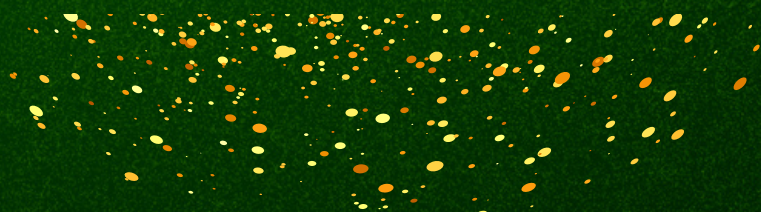
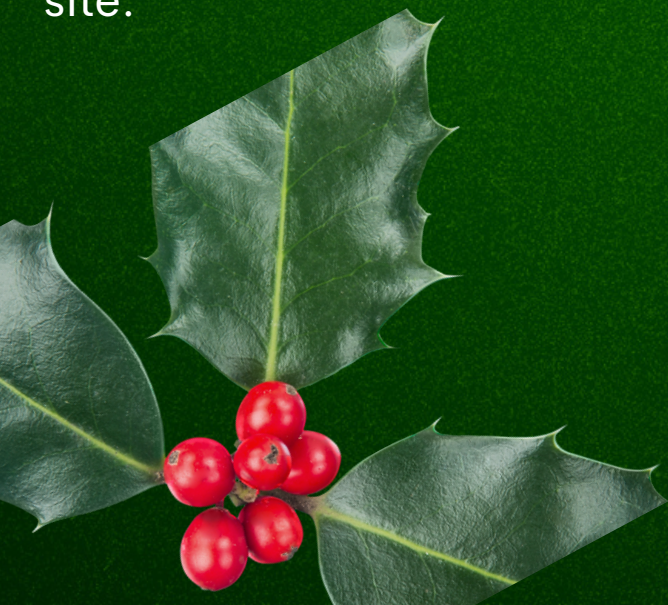
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In the New Year Grounded have been asked in collaboration with Tower Hill Trust and Tower Hamlets Parks Department to transform the raised beds by Tower of London in the Tower Hill Terrace.

The team have investigated the beds to research the depth and volume for the soil required and what irrigation system is already in place.

Works will be started in the New Year and planting to be done by Spring.

The team are looking forward to adding Grounded's unique touch and bring colour and fauna to the site.



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PRHA has successfully been awarded National Lottery Funding to deliver a co-produced projects that engages and work with our residents that build communication, self-recovery, progression and development.

We will establish:

- *Recovery Clubs*: Peer led and delivered drop-in groups with a series of informal talks, workshops, outings and activities.
- *A Buddy scheme* - which would ensure that new or isolated residents could turn to an identified, trusted and trained resident for information and link into a wide range of wellbeing activities both within and outside of PRHA.
- *1-2-1 literacy support* to enable increased communication and self-expression delivered by a qualified teacher.
- *Business development* support for Grounded Ecotherapy.
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Look out for more details about the project in the New Year!

Wishing all our colleagues, volunteers and residents a Peaceful Holiday Season and a Happy New Year!

