

Sowenna Appeal FAQs

What is Sowenna?

Sowenna will be a 14-bed inpatient unit for young people aged 13-18 on the Bodmin Hospital site. In addition to the clinical area, there will be sports, education and recreational facilities.

Why is it needed?

Data published by the NHS estimates that 1 in 9 young people aged between 5 and 16 have a mental disorder and ¾ of all mental illnesses begin in childhood.

Evidence shows that early intervention can reduce the likelihood of poor mental health as an adult.

Historically, psychiatric hospital beds for young people have not been available in Cornwall. The closest beds were in Devon but the reality was that many young people received treatment hundreds of miles from their families.

How many young people will it help?

The new unit will provide a safe space where young people will be supported to recover from mental illness.

Sowenna will support approximately 116 young people each year either in hospital or as an outpatient, through a personalised programme of support.

What difference will Sowenna make to people's lives?

For young people and their families, Sowenna will provide care closer to home. This will mean:

- young people will be able to see their family and friends more often
- there will be a reduction in financial and emotional burden of travelling

Sowenna will also provide a diverse range of therapeutic activities including art, sport, music and cookery.

Who will be supported by Sowenna?

Sowenna will provide care and treatment for children who are experiencing severe mental disorders leading to significant impairment and/or risk. Admissions will occur for three main reasons:

- the child is experiencing significant impairment and their condition is deteriorating or failing to improve significantly
- there is a need for intensive assessment which could not be provided at home
- there is a need to reduce the risk to the child, family or others whilst offering intensive treatment

What is a Clinical Associate Psychologist?

A Clinical Associate Psychologist is a new role, created by the Trust to increase access to psychological therapy. In addition to having some of these in our adult mental health services, the Trust is investing in 31 Clinical Associate Psychologists – one for each secondary school in Cornwall. The appointment of the new workers, who should be in post by 1 April 2019, will effectively double our child and adolescent mental health workforce and should eliminate waiting lists.

What are the timescales for the project?

We received planning permission in February 2018 and work has begun on site. We hope to be able to officially open the centre in the summer 2019.

How much will it cost?

Sowenna will cost £11.3 million to build and 90% of the funding has been secured either from the NHS locally or nationally. The Trust has a fundraising appeal for the remaining £1.2 million which will provide the sports barn and gym, café, therapeutic gardens, parental accommodation and equipment for music, art and cooking.

Isn't this the responsibility of the NHS?

The Sowenna Appeal is fundraising to provide facilities and equipment that go above and beyond the build and hospital beds funded by the NHS; icing on the cake items that will really make a difference to young peoples' recovery, health and wellbeing such as a sports barn and gym, parental accommodation, café, therapeutic gardens, and equipment for performance arts, cooking and art.

I have seen the building work has started so aren't the NHS going to have to fund all of it now anyway?

Cornwall Partnership NHS Foundation Trust recognises the importance of having Sowenna open as soon as possible. As a result, the Trust has made the commitment to underwrite any shortfall in the cost of construction.

Why has the opening of Sowenna been delayed from spring until summer 2019?

Like all building projects, construction may be delayed or held up for a number of reasons including bad weather, weather damage and changes in building regulations for example. The Trust is working closely with Interserve to ensure any delays are minimised but our main priority is to ensure that when complete, Sowenna offers a world class facility for young people.

If I give a donation to the Sowenna Appeal, how do I know it will go to Sowenna and benefit young people?

All the money raised for Sowenna will be spent on Sowenna; building the additional facilities within the unit, purchasing specialist equipment and supporting young people to participate in activities as part of their recovery.

Is Sowenna sustainable in the long term?

Sowenna will cost around £3.6m to run each year. The majority of these costs have been committed by NHS England.

The budget does not include the ongoing costs of the additional facilities the Sowenna Appeal is fundraising for. These costs will be included in ongoing fundraising for Sowenna and the young people.

How can I get involved?

There are many different ways in which you can help us raise the money we need to provide facilities which will really make a difference to young peoples' recovery, health and wellbeing. Find out more at: <https://cornwallft.nhs.uk/sowennaappeal>