



16/01/2019

Dear Clerk & Councillors

### **The Sowenna Appeal, building a brighter future for young people in Cornwall**






This is a request for a donation for Sowenna, Cornwall's first adolescent mental health unit will provide short term, intensive support in a new build, fit for purpose unit. At present, children from Cornwall who have severe mental illnesses must travel hundreds of miles away from their family and friends for psychiatric treatment in a hospital setting. The name of this new facility 'Sowenna' was chosen by young people involved in the project and means 'success and welfare' in Cornish.

*"Sowenna being located in Cornwall means I wouldn't have felt so homesick and would have seen my friends which helps recovery. This is a big step forward for holistic care in Cornwall."* Jonah, 20

We are delighted that through Sowenna we will soon be in a position to support these young people much closer to home, providing care for 116 young people each year as both inpatients and outpatients. Building work has now started on a site adjacent to Bodmin Hospital site thanks to generous support from the Cornwall Partnership NHS Foundation Trust, national investment into child and adolescent mental health services and local charities.

We want Sowenna to be the best it can be for the young people of Cornwall and beyond. We have launched the Sowenna Appeal to raise over £1 million to build and equip facilities that go above and beyond the hospital beds for the young people staying, visitors, their families and friends.

We know from extensive consultation and research that truly inspirational and well-equipped spaces will really make a difference to young peoples' recovery, health and wellbeing and will enable swift and seamless transitions towards productive and fulfilling lives. The Sowenna Appeal is raising money for these facilities:

-  a sports barn, gym, plus fitness and sports equipment
-  parental accommodation, to allow families to stay over and make admission less unsettling
-  a café area to allow visits with family and friends to happen in a friendly space
-  therapeutic gardens
-  equipment for music, arts and cooking

Any support that you can offer will help enormously towards providing this much needed facility for Cornwall

#### **Sowenna Appeal**

Cornwall Partnership Foundation Trust Charitable Fund, Carew House, Beacon Technology Park, Dunmere Road, Bodmin, PL31 2QN

Cornwall Partnership NHS Foundation Trust provides a range of publicly funded services, whereas the Charitable Fund improves patient services, facilities and opportunities by providing grants that help our patients regain fulfilling lives. Donations to the Sowenna Appeal will support research, education, leisure activities and equipment that would not otherwise be funded by the NHS. The Charitable Fund is registered with and regulated by The Charity Commission, where you may view our activities, our financial and compliance history and our accounts. Our charity registration number is 1058366. Your donations will help fund facilities and equipment which will really make a difference to young peoples' recovery, health and wellbeing and make Sowenna stand out as one of the best adolescent mental health units in the country.

Email: [sowenna.charity@nhs.net](mailto:sowenna.charity@nhs.net)

Head Office: 01208 834600



Registered Charity Number: 1058366

<https://cornwallft.nhs.uk/sowennaappeal/>

and the Isles of Scilly. We are working hard to let people know about Sowenna in their local communities and encouraging community fundraising activity.

We understand that you get many requests like this but if you could consider us it would be much appreciated

If you have any questions about this appeal or would like to visit, please contact me by email on [sowenna.charity@nhs.net](mailto:sowenna.charity@nhs.net) or by telephone on 01208 834600. I will be delighted to help.

Yours sincerely and with very best wishes,

Stephanie Pomeroy  
Fundraising Manager