

WOMEN'S WARD - NAMING

Codesign Session 1: identifying themes of safety
and calm



@sheffieldflourish

BACKGROUND AND PURPOSE

Background:

- SHPU have refurbished the Dovedale 2 ward and are reopening this as a female only ward
- Sheffield Flourish role - design and facilitate a codesign process to rename the ward

Purpose: Codesign New Name

The aim of the first session was not to decide on a final name, but to explore -

- what **safety and calm** mean to women with lived experience
- **themes, feelings and associations** that could inform the naming of the ward
- what **should be avoided** in a new name



PRESENCE

Recruitment:

We specifically sought to engage a -

- women with lived experience of mental ill-health
- women who had been inpatients at any stage of their lives
- SHPU staff who would be working on the new ward

Women were invited via -

- the Sheffield Flourish coproduction mailing list
- social media
- posters displayed in the Flourish Activity Room
- SHPU internal mailing lists

Attendance:

- 7 women attended
- Diverse lived experiences
- Only one SHPU member of staff attended - they were from the Engagement Team

Reflections - limited recruitment time and organised close to Christmas break.
Disappointed about lack of engagement from SHPU ward staff



PROCESS

Session Structure:

Participants were invited to -

- choose two postcards (most participants picked 3 or 4) with images that evoked a sense of safety and calm
- share reasons why they were drawn to those images

Approach:

This approach allowed personal meaning to emerge naturally, while supporting collective reflection.

The conversation expanded to include -

- memories and experiences of ward names
- what felt supportive or alienating
- ideas for naming the new womens ward
- wider reflections on how a ward environment can support healing



IMPACT - EMERGING THEMES



Theme 1: Safety, Calm and Reassurance

- serenity, stillness, gentleness
- soft, calm, connected
- feeling loved and held
- reassurance rather than authority

Theme 2: Nature, Growth and Cycles

- trees, roots and branches (strength, grounding, hope)
- green landscapes and fields (calming, expansive)
- flowers and colour
- mushrooms and fungi
(growth from darkness, regeneration, hidden value)



Theme 3: Movement, Change and Journey

- ripples and waves (feelings shift, nothing is fixed)
- journeys and navigation
- fear of change, even when the known is chaotic
- the courage it takes to move



IMPACT - EMERGING THEMES



Theme 4: Creativity, Expression and Freedom

- healing and therapeutic
- allowing mess, imperfection and honesty
- a form of freedom
- a way to rebuild from scratch



Theme 5: Women, Strength and Lived Experience

- reflect women's experiences
- acknowledge strength, resilience and care
- honour women who have faced adversity
- diversity



Theme 6: Sense of Place and Belonging

- the Peak District
- Sheffield landscapes
- names that feel familiar, grounding and local

IMPACT - EMERGING THEMES

What to AVOID in a name

- Political figures
- Medics or clinical authority figures
- Obscure or confusing names
- Grandiose or mismatched to the reality of inpatient care (e.g. Phoenix, Cygnet)
- Names associated with stigma, sadness or pressure
- Male names



There was a shared recognition that:

- not everyone will like the final name
- the name should act as an anchor, not an aspiration people feel they are failing to live up to



IMPACT - RECOMMENDATIONS

Emergence of Key Theme



Sense of place and belonging (anchor) and Women (what makes the ward different)

Participants began exploring female-linked place names, particularly those connected to the Peak District and local geography. Alongside famous women. Examples included:

- Ladybower
- Hope / Hope Valley
- Seven Sisters (Centenary Riverside Nature Reserve)
- Carina (astronomical reference)
- Longshaw, Monsal
- Jessica Ennis-Hill (local athlete)
- Abiah Higginbottom (local womens rights leader)
- Florence Nightingale
- Helen Keller (author and disability rights activist)
- Mel Baggs (author and neurodivergent activist)

Participants emphasised the importance of understanding the full story of any named individual, avoiding idealisation and choosing figures whose lives reflect complexity and humanity.

NEXT STEPS

January and February 2026

- Further conversations to narrow naming options

February and March 2026

- Shortlisted names sent out to broader group, including staff, to vote for favourite

March 2026

- Agreed name put forward to Executive Management Team for sign-off
- Consideration of how the chosen name is embedded visually and emotionally within the ward environment