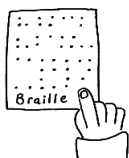


# The Alderley Unit

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Leaflet code: E-MDIB-08-245



Information for patients

## The Alderley Unit

The Alderley Unit is a unit for males with a learning disability and autism.



The Alderley Unit has a main lounge, smaller TV room, a dining room, an activity room, a pool room, a kitchen and a gym.



There is a quiet visitor's room away from the main ward where people can visit you.



You will have your own bedroom and en-suite bathroom.

You will be given a fob for your bedroom door.

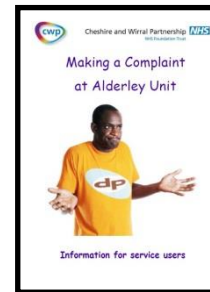


## Making a Complaint

Making a complaint means speaking up about something you are not happy with.



You can talk to the staff or your advocate if there is something you are not happy with at the Alderley Unit.



There is a leaflet that tells you how to make a complaint.

The leaflet tells you the people who can help you to make a complaint.

## Alderley Unit Meetings



Each morning we have a planning meeting to help you get ready for your day. This starts at 9.15am.

Every two weeks we have a meeting called **My Service My Say**.

This is where you can talk about what is good and what you want to change about the unit. The meeting is typed up and you can have notes from it.

## Information at the Alderley Unit

There are a lot more information leaflets about the Alderley Unit and its support.

There is a list of leaflets that staff can show to you.



Ask staff if you would like to have any more information about something. We will find the right leaflet or create one for you.

## Having visitors at the Alderley Unit

Your family, friends and carers can visit you at the Alderley Unit.

The visiting times are flexible but need to be planned. Staff can help you to plan visits.

There is a room where you can see your visitors.

You can also keep in touch by phoning or by writing letters.

We can even help you with other methods like video call.

At the Alderley Unit you will be encouraged to develop skills for your future.

There is a building on site called York House where you can work with Occupational Therapists to do activities like gardening.



We also have a 'Recovery College'. You can choose to go to courses to learn about different things.

## The staff at the Alderley Unit

At the Alderley Unit there is a team of staff including nurses, doctors, support workers, occupational therapy staff, a speech and language therapist, a social worker, psychology staff and a drug and alcohol worker.

You will have named nurses who will work closely with you during your stay.

## Food and Drinks

Meals are provided at the Alderley Unit. There are different options each day. You can look at the menu and choose what you want.



Lunch is at 12pm and dinner is at 5pm.

Breakfast and supper are not at set times.

You can have tea, coffee or cold drinks through the day.

You can buy your own snacks and drinks if you want.

These must be kept in your locker.

Staff at the Alderley Unit will help you to make healthy choices.

4.

## Your medicines and tablets



When you come to Alderley Unit the doctor might talk to you about taking medication to help you get better.

If you already take medication, the doctor might talk to you about whether it is right for you or if it needs changing.

You will get information about all your medication.



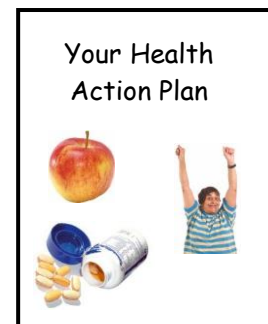
It is important that you tell the staff if you feel unwell when you take your medication.

You will have a health action plan.

Your health action plan tells you:

- The things you need to be healthy.
- The help you need to be healthy.

9.



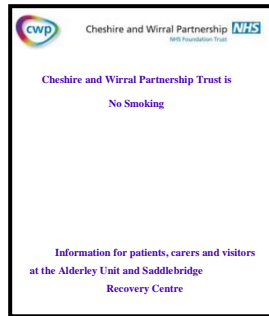
## Your health at the Alderley Unit

### No smoking

You cannot smoke on the Alderley Unit or anywhere within the Soss Moss site.

If you want more information, ask staff for the 'no smoking' booklet.

If you normally smoke, we will help you with stopping.



### Mobile phones

Most people can have a mobile on the unit but it must not have a camera, recording device or access to the internet. It might need to be kept in a locker.

You can use the pay phone on the unit if you do not have a mobile phone. We will help you to manage your phone use safely.



### Alcohol and drugs

Alcohol and drugs are not allowed onto the Alderley Unit.

You cannot drink alcohol even when off site, unless agreed as part of your care plan.

You cannot take drugs.



8.

## Activities at the Alderley Unit

Staff will talk to you about the activities you enjoy and put together an activity plan with you.

The Occupational Therapy team will help with your plan to make sure it is right for you.

There is also a gym that you can use with support from staff.



There is a kitchen where you can sometimes make your own meals or snacks.

## Your Money and Benefits

There is a social worker who works at the Alderley Unit. The social worker will talk to you about how we can help you with your money and benefits if you need it.



5.

## Supporting you at the Alderley Unit

The staff want to help you at the Alderley Unit. To do this, it is helpful for the staff to talk to people who know you well. This might include your community team, family/ carers or friends. If staff want to talk to your family, carers or friends, we will check that this is okay with you first.

We will keep information about you safe.

### Your care plan

Information about the help you need and who will help you is written into your care plan.

You will be involved in your care plan. You can have a copy of your care plan if you want.



### Your meetings

You will have a meeting about your care and progress every 3 weeks. Some people call this ward round.



Every six months you will have a bigger meeting. This is called a 'Care Programme Approach' meeting or a 'CPA'.

### Keeping everyone safe

We need to keep everyone safe at the Alderley Unit.

Staff will develop a Positive Behaviour Plan with you to help keep you and other people safe. This will include how people can help you when you are upset. This will include how people should talk to you and what activities you like to do.

If someone is very upset and doing things to put them or other people at risk, staff might need to use 'physical intervention'. This might mean holding on to their hands to keep everyone safe. This would only be until they calmed down and is only used as a last resort.

### Having an advocate

An advocate is someone who can support you at your meetings or speak up for you at any time. The advocate is independent. This means that they are different to your care team.