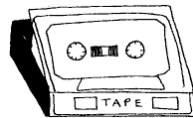
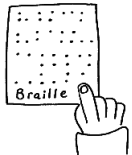


Things you need to know when you are admitted to the Alderley Unit

Please talk to staff if you are not happy with any of this information or want to ask any questions.

This leaflet is available in other languages or formats



For more information see www.cwp.nhs.uk.

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Information for patients

You were admitted to the Alderley Unit on

There is a team of staff to support you.

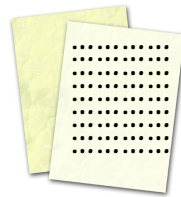
Your care coordinator is _____

Your named nurse on the unit is _____

Your named associate nurse is _____



You will be given a copy of your rights, your care plan, your treatment plan and any reports about you.



You will have regular meetings to help keep track of your progress and discharge plan.

Your Alderley Unit multi-disciplinary team meet once a month to talk with you. In your team you will have Nurses, Support Workers, Doctors and Therapists.

You will have a CPA meeting every six months. Your family, social worker, community staff and anyone else you would like to invite can come to this.

Your bedroom

Your bedroom is your private space. You are allowed one other person into your bedroom but you must leave the door open.



All the bedrooms at the Alderley Unit have their own en-suite bathroom. We ask you to have a shower each day to promote good hygiene.

Clothing and footwear

You can choose the clothes which you want to wear at the Alderley Unit.



It is important to choose clothes which are respectful of other patients and staff.

Please wear a dressing gown over your night clothes when you are in the communal areas



Always wear shoes or slippers whilst walking around outside of your bedroom to stop you slipping.



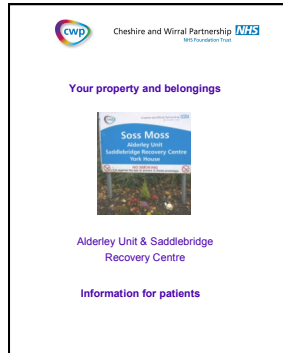
Electrical equipment

You can bring your own electrical equipment to the Alderley Unit but it is your responsibility to look after it and it must be kept in your bedroom.

Some items might need to be stored in your locker. Estates will check it to make sure it is safe.

You must not lend your electrical equipment to other patients.

Ask for the 'property and belongings' booklet for more information.



Please do not play your music too loudly as this disturbs the other patients on the unit.



Shouting and swearing

Please respect other patients and do not shout or swear at the Alderley Unit.

Talk to staff if you feel angry or worried about anything and they will try to help.



You will notice some of the doors are locked on the Alderley Unit.

The air lock

There are two locked doors to get onto the unit. This is called the air lock.

This is for safety and security and stops other people coming onto the unit without staff permission.

Any items which you bring on to the ward need to be checked by security in the airlock.



The nurse base

The door to the nurse base and office is also locked.

The office has personal information about you and other patients which needs to be kept safe.



Your bedroom

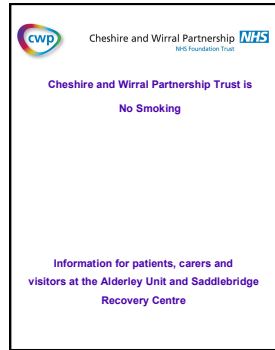
You will be given a key fob for your own door and can get in and out of the communal areas freely.



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.



Mobile phones

You can have a mobile on the unit but it must not have a camera, recording device or access to the internet.



You can use the pay phone on the unit if you do not have a mobile phone.



Alcohol and drugs

Alcohol and illegal substances 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 illegal or illicit substances on or off the unit. This includes 'legal highs'.



Going to bed at night



Getting a good nights sleep can improve your mental health and well being.

Staff on the Alderley Unit will encourage you to develop a good sleeping routine.

Food & Drink

The Alderley Unit also promotes a healthy and well balanced diet.



Meals are provided through a cook and chill service and you will be asked to plan your menu in advance.

There are different options available each day and special dietary requirements can be catered for if needed.

The kitchen is kept locked throughout the day for health and safety.

Tea and coffee is available at all times in the dining room.

You can bring your own snacks and drinks on to the ward. These must be checked by staff and kept in your personal locker.

