

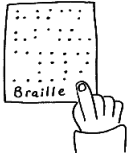


We hope you think this booklet is a good idea.

The information is to help you be safe and healthy at Thorn Heys.

Please talk to the staff if you are not happy with anything or want to ask any questions.

This leaflet is available in other languages or formats



For more information see [www.cwp.nhs.uk](http://www.cwp.nhs.uk).

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The information in this leaflet was valid at the date of production **April 2019** and is due for review in **April 2021**

Leaflet code: E-RATH-08-212

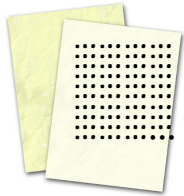


Information for service users

This leaflet has information which is important for all service users and staff.

There is information about keeping safe, being healthy and respecting other people.

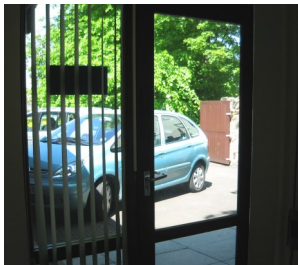
Staff will talk to you about this information and explain these things to you.



Some of this information may also be in your care plans.

You will notice that some of the doors are locked on Thorn Heys.

### The entrance door



The entrance door to Thorn Heys is always locked for safety and security. This stops people walking onto the unit. People need permission from staff before they come into the unit.

Your care plan will tell you if you can leave the unit with staff or on your own.

### Clothing

You can choose the clothes you want to wear at Thorn Heys.

It is important to choose clothes that are respectful of other people.

Please wear a dressing gown over your nightclothes when you are in areas like the lounge and dining room.



You should wear socks and slippers when you are walking around the unit.

This is to stop you slipping and hurting yourself.

### Shouting and swearing



Please respect other people and do not shout or swear at Thorn Heys. Shouting and swearing can upset other service users.

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

## Your bedroom

You will have your own bedroom.

Your bedroom is your private space.

You have a wardrobe and drawers for your clothes.

You will be offered a key for your room.



## Electrical Equipment

You can bring your own electrical equipment to Thorn Heys but you are responsible for looking after it.



If you bring any electrical equipment to Thorn Heys it must be checked by staff from the estates department.

They will check it is safe to use.

Staff will arrange this for you.



Please do not lend your electrical equipment to other service users.

Do not play your music or games too loudly as the noise disturbs the other service users on the unit.

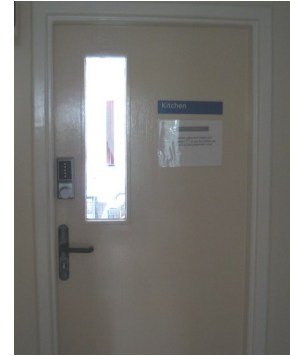


## The kitchen door

The kitchen door is closed for health and safety reasons.

There is equipment in the kitchen which can be dangerous if it is not used properly.

Drinks will be offered often during the day. You can have a drink when you want one. Staff will make you a snack if you want one.

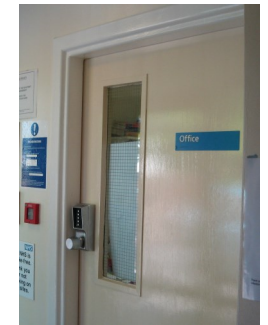


## The office door

The office has information about you and other service users which must be kept safe and confidential.

Your information is kept in a file in the office.

You can look at your information at any time. Staff will help you to read your information.



## No smoking

All health service buildings are no smoking.  
This means you cannot smoke inside  
Thorn Heys.



You cannot smoke in the garden or in the grounds.

We want to help you to be healthy and staff can support you to give up smoking.



## Lighters and matches



Lighters and matches must be given to staff when you come to Thorn Heys.

This is for health and safety reasons.

## Healthy Eating

Staff will encourage you to eat healthy food.

Healthy food makes you feel good and stops you being overweight.



## Medication

You can only be given medication prescribed by your doctor while you are at Thorn Heys.



## Going to bed at night



Getting a good nights sleep can improve your mental health.

Staff will encourage you to go to bed around 11pm so you can get a good sleep.

## Mobile Phones



You can use your mobile phone at Thorn Heys.



You cannot use your phone to take pictures of other people at Thorn Heys.