

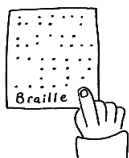
People who access our services are welcome to talk to the Team Manager if they are experiencing any problems with their care .



# Saddlebridge Recovery Centre



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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## Information for Patients

## Saddlebridge Recovery Centre

Saddlebridge is a male only unit where people with a Mental Illness can go when they are unwell or need support.



Saddlebridge has a main lounge, smaller TV rooms, a dining room, an activities room, a kitchen, a garden area and a gym.



The garden area is a relaxing and green space with a pond, greenhouse and gardening facilities available.



You will have your own bedroom and en-suite bathroom. You will be given a key fob for your own bedroom door.

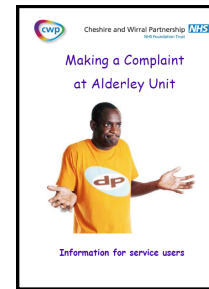


## Making a complaint

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



You can talk to the staff if there is something you are not happy with at Saddlebridge



There is a leaflet that tells you how to make a complaint— who to contact and how.

## Saddlebridge Meetings



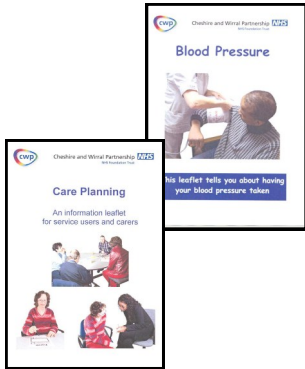
Each morning we have a **planning meeting** to help you plan and prepare for your day. The meeting starts at 9.15am

Every second Wednesday 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 Saddlebridge



There are lots more information leaflets about the unit and support you can get.

There are leaflets about being healthy, smoking, money and benefits, and about health services.

Ask staff on the ward if you would like to have any more information about something.

## Having visitors at Saddlebridge

Your family, friends and carers can visit you at Saddlebridge, however they will need to make arrangements with staff.

The visiting times are flexible but it is better to have visitors at when you don't have treatment sessions or meetings scheduled.

You can either see your visitors in the family room, which is quiet and private, or you can meet with them on the ward. If agreed in your care plan, you can go offsite with visitors.

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

At Saddlebridge you will be encouraged to develop and maintain skills needed to support you back into the community.

There is a rehabilitation hub called York House on site. At York House you can work with Occupational Therapists to do activities like cooking, gardening, education and work skills.



## The Staff at the Saddlebridge Recovery Centre

At Saddlebridge you will work with a team of people including Nurses, Doctors, Support Workers and Therapists.

You will have a named nurse and support worker who will work closely with you during your stay.

There is a Psychiatrist who is the Responsible Clinician on the ward. They will oversee your treatment and rehabilitation programme.



## Food and Drinks

Meals are provided by a cook and chill service. There are different options available each day and you will be asked to choose in advance.

### Meal times on Saddlebridge are:

<b>Breakfast</b>	<b>8am</b>
<b>Lunch</b>	<b>12pm</b>
<b>Dinner</b>	<b>5pm</b>
<b>Supper</b>	<b>9.30pm</b>



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 or in the rehab kitchen for health and hygiene purposes.

Snacks and drinks will be assessed on an individual basis to promote health and wellbeing.

Speak to staff if you want to know more about meals or snacks on the unit.

## Your medicines and tablets



When you come to Saddlebridge 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 changing your medication.

You will get information about all your medication.

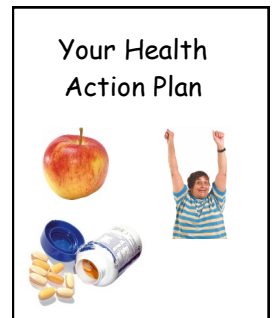


It is important that you tell the staff if you feel unwell when you take your medication.

You will have a health action plan.

Your health action plan tells you

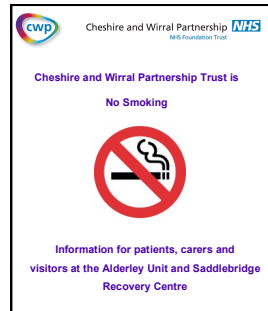
- The things you need to be healthy
- The help you need to be healthy



## Your health on Saddlebridge

### No smoking

You cannot smoke on the 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 Saddlebridge or the Soss Moss Site.

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'.



## Activities at Saddlebridge

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 based on your individual needs.

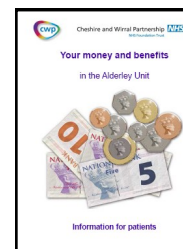
There is a gym that you can use with support from trained staff or Heather the Personal Gym Instructor.



There is a rehabilitation kitchen on the ward where you can make your own meals or snacks.

## Your Money and Benefits

When you are admitted, you will meet the onsite social worker and they will talk to you about any help you need with your money.



Ask for the leaflet about your money and benefits.

## Supporting you at Saddlebridge

The staff want to find the best way to help you whilst you are on the unit. This might mean the staff need to talk to the people who know you well, like your family or community team. You will be involved in helping to write your care plan.

The staff will explain to you...

The form is titled 'Assessment and Treatment' and includes the following sections:

- Collecting and Sharing Information:** 'Assessment and treatment means finding the best way to help you. To do this I need to find out some things about you. I will talk to you. I will talk to the other people who help and support you.'
- The people I am happy for you to talk to:** A section with a hand-drawn line and a pencil icon for writing names.
- I might need to share the things you tell me with other services:** 'I will share the things you tell me at my team meeting. This is a meeting with the other staff who work with me. I might need to share the things you tell me with other services. This is to make sure you are getting help from the people who can support you best!' with a checkmark icon.

- The people they will need to talk to
- The people they might need to share your information with and
- Where your information will be kept.

They will ask for your permission before making contact with others.

## Your care plans

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

Your care plan is kept in your file in the office.

You can have a copy of your care plan if you want.



## Your meetings

You will have a Patient Review meeting every 3 weeks with the MDT team at Saddlebridge.



Every six months you will have a CPA meeting that your family and community team can attend. We will tell them how you are doing with your care plan.

## Managing violent and Aggressive behaviours

Saddlebridge Recovery Centre have a zero tolerance policy to any form of violence, aggression or damage to property.

Staff will develop a Positive Behaviour Plan with you. This will have pictures in it of how staff will support you if your behaviour becomes a danger to yourself or other people.

## Having an advocate

An advocate is someone who can support you at your meetings or speak up for you at any time.



The advocate on the unit is called **Will Morris**.

You can speak to Will when he is in his office or ring him on **07584147740**