

Support for carers

Our carers link nurse is Frankie, who are RMNs.

If carers would like dedicated time for support in their role, please let the trained staff know.



If any carer would like a Carers Assessment, they can contact the Carers Hub on 01752 201890.

If preferred, the staff can refer the carer and the hub will then contact them personally.

If you need any support from Advocacy, you can contact SEAP Advocacy on 0330 440 9000 or contact info@theadvocacy.org.uk

Useful websites

Mentalhealthmatters

0300 323 0101

MIND

www.mind.org.uk

SILVERLINE

08004708090

MARBLES

marbleslostandfound.co.uk

HEADSCOUNT

headscount@colebrooksw.org

Carers trust

www.carers.org.uk

First Response

0800 923 9323

(24/7 support and signposting service provided by mental health professionals. This is available for people experiencing a mental health crisis)

Cotehele

Information for patients and carers

**Cotehele Ward
Glenbourne Unit
Morlaix Drive
Plymouth
PL6 5AF**

Nursing office - 01752 435388

The ward

Cotehele is an acute functional assessment unit for people experiencing mental health problems. This may be psychosis, depression, or a mood disorder. You may have been admitted informally or under the Mental Health Act. (We provide information, for patients and carers, on the MHA).

We have a team of Trained Nurses, Health care Assistants, Doctors and a Consultant Psychiatrist. There are also Occupational Therapy staff and a Support Time Recovery worker. Our Ward Clerk is based in the nursing office. We also have a Psychologist who works on the ward one day a week. The Hotel Service staff are responsible for the meals and the cleanliness of the ward. They will obtain any special dietary requirements.

Our current visiting times are Mon to Fri—16.00—17.00 & 18.00—19.00 and Sat & Sun 11.00—12.00, 14.00—15.00, 16.00—17.00 & 18.00—19.00. This allows time for assessments and therapeutic groups. Due to COVID, visiting is by appointment. Please ring the ward to be booked in.

Patients need a minimum of 2 x changes of clothing, night and underwear and all toiletries. Please do not forget incontinence pads if used.

They are supported by OT and nursing staff to wash their clothes if they are able. They will therefore need washing powder.

Leave for patients

When patients are well enough we encourage time off the ward with staff or family. If you are detained under the MHA there is legal documentation which needs completion by the consultant.

All leave for informal and detained patients requires risk assessing by the Trained Nurses and is at the discretion of the Nurse in Charge.

If you are taking your relative off the ward please feedback to the staff how this went.

Ward round (or MDT)

This is a weekly review with the patient, Psychiatrist, Medical and Nursing staff and Therapists.

Progress, medication, diagnosis and treatment planning are all discussed. MDT is usually on Tuesday.

Due to COVID the ward has been involving carers via Microsoft Teams if the patient wishes.

The ward staff can give further information on this process.

Whilst on the ward

At Cotehele Unit your personal safety is very important to us and we want you to feel safe. It is possible you may see situations that you may find difficult. Our staff are trained and skilled in the therapeutic management of safety

If de-escalation has been unsuccessful we may use physical intervention. This would involve staff using recognised holds to keep our services users and staff safe. This will be a consideration only as a last resort

If you need support or want to discuss any concerns please approach a member of the team.

Discharge

Relatives will be invited to the discharge meeting if this is appropriate. This meeting will clarify what community support is available if required

Patients may be allocated a CPN or be discharged back to their GP. Patients are discharged with a 7 day supply of medication if supported by the Home Treatment Team or a 28 day supply in all other cases. Our ward clerk notifies the G.P. surgery on discharge. The G.P. will then continue to supply once the repeat prescription has been requested by yourself.