

# Glen Care Group Mental Health Hospitals for Adults

**Low Secure and Step Down Rehabilitation**

**Occupational Therapy Program Developing Life Skills and Recovery**



## **Langford Centre**

65 De La Warr road, Bexhill on sea. East Sussex TN40 2JE.

## **Ashwood Centre**

8 Outram Road, Croydon. Surrey CRO 6AP

## **Glenhurst Lodge**

Virginia House, Vinters Road, Maidstone, Kent ME14 5DX

# Moving on



Glen Care Group  
SPECIALIST CARE UNITS

# Service Specification

## OT Kitchens

Patients can engage in breakfast clubs, lunch cookery, evening social cooking groups and baking groups, getting a minimum of four opportunities per week to cook. Cooking is used to improve patients' independent living skills, with meal planning, budgeting, shopping, cleaning and using public transport also developed alongside the cooking sessions.



## IT Suites

All hospitals have IT suites. Glen Care have developed an in-house IT training programme accredited by eDCC (e-Digital Certificate of Competence) in the modules of Windows XP, Using the Internet, Email, Word and Excel. Staff support patients individually or in small groups weekly to complete the training. IT skills can be developed further by doing a distance learning European Computer Driving Licence (ECDL) course.

## Employment

Each hospital has a therapeutic work scheme, offering patients paid employment in the hospital for six months. Opportunities include: marketing assistant, care taker, gardener, car valet and housekeeper. Patients apply for the advertised job by completing an application form/writing a CV, and then attend an interview. Voluntary work opportunities in the hospital include running a tuck trolley, managing the DVD library and writing a hospital newsletter. Patients are also supported to access voluntary work or work projects in the community.



## Education

All hospitals have links with local colleges, and patients are supported to access main stream or supported college courses. If unable to attend college, Glen Care will be delivering adult education courses within the hospitals through the Open College Network (OCN). Training courses will be offered to help prepare patients for employment or to accredit their learning during their admission. Courses will include: food hygiene, health and safety, independent living skills and horticulture.

## Literacy & Numeracy

Patients are supported to study for the nationally recognised Certificate in Adult Numeracy and/or Literacy. Patients study for this within the hospital, using a distance learning route, or can attend a local learning centre or college. Many of the ward-based groups will help to improve patients' literacy and numeracy skills through enjoyable and sociable activities.



# Offering an individualised journey with a personalised outcome

## Exercise

To promote an active lifestyle, each hospital visits the local sports centre on a weekly basis to offer patients activities such as swimming, football, badminton, short tennis, basketball and gym workouts. Patients also have opportunities to go for short or long walks and cycle rides within the local area.



## Horticulture

Each ward has their own garden. Patients grow plants from seed to plant around the hospital grounds to make the environment more attractive, and grow fruit and vegetables which are then used within the cooking groups. There are “Hospital in Bloom” and “Tallest Sunflower” competitions.

## Leisure Activities

These are delivered individually or in groups, and can be ward-based or in the community. The activities include, but are not restricted to, digital photography, pets, table tennis, snooker/pool, ten-pin bowling, go-karting, horseriding, library, fishing and picnics. The wards offer social activities in evenings and weekends which include: movie nights, board/card games, quizzes, karaoke and barbecues.



## Creative Activities

Participation in creative activities has many therapeutic benefits. A variety of activities are offered including art, craft, woodwork, drama, pottery, needlecraft, creative writing and music. There are inter-hospital competitions to encourage patients to work on creative projects outside of therapy sessions. Patients’ art work and projects are displayed around the hospitals which boosts their self esteem.

## Psycho-Educational Interventions

A variety of closed psycho-educational groups are offered to patients to aid them in their recovery and help them develop coping skills. These groups include: Wellness Recovery Action Planning (WRAP), Confidence Building, Self-Esteem Building, Goal-Setting, Relaxation and Healthy Living/Weight Management.



# Patients Forum

These are monthly meetings which are chaired by the Hospital Director with staff from the multi-disciplinary team also present. The agenda covers the development and improvement of the services, changes to any staffing in the hospital, the environment and therapies. There are two patient representatives for each ward present; an Advocate has a pre meeting with the patients and is also present at the forum. The patients or Advocate can speak on behalf of their ward by raising issues discussed in their ward community meeting. These meetings improve the link between management and the other patients by providing feedback to the community meetings. This allows the patients to be involved in the running of the hospital and allows them to take ownership. Recorded minutes are then provided and circulated to all wards. This forum enables us to meet our safeguarding responsibilities.



## Planning Meetings

The therapeutic day starts with patients attending a planning meeting on their ward. The activities and therapeutic groups for the day are communicated, and patients establish a contract for their treatment each day, using it as an opportunity to structure their day purposefully. Twice a week, patients set and review goals for the week ahead in relation to engaging in activity and structuring their time meaningfully. Each patient is encouraged to keep a diary to record their goals and engagement in activities.

## Outcome Measures

The Model of Human Occupation (MOHO) underpins the OT service within Glen Care, with a variety of standardised assessments used which demonstrate progress towards patients living more independently and monitor progress and outcomes in OT. Additionally, patients are scored in six daily living skill areas: 1. Cooking, 2. Shopping, 3. Budgeting, 4. Laundry, 5. Travel, 6. Personal Hygiene.

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**To make a referral or to receive further information call**

**Tel: 01372 746 290**

**[www.glencare.com](http://www.glencare.com)**