

INDEPENDENT MENTAL HEALTHCARE PROVIDER



CARDINAL CLINIC

About your stay
at Cardinal Clinic



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When you arrive at Cardinal Clinic a member of the nursing team will meet you and talk through some aspects of your treatment and the admissions procedure. You will be assessed by a Consultant Psychiatrist who will, in conjunction with yourself, develop a plan of treatment for your stay as a patient at Cardinal Clinic. This is interpreted by the nurses when developing the nursing care plan. This is reviewed regularly.

We hope that your stay at Cardinal Clinic will be of significant benefit to you and that you will leave a great deal healthier. If you have any questions or concerns about your stay, please call and we will be happy to help.

What to expect

During your time here, you will stay in one of our 23 bedrooms; all have en-suite facilities. You will be expected to participate in a structured plan, including a therapeutic programme and other activities such as group sessions, relaxation, art & craft and yoga, this forms part of your care plan that you will have discussed and agreed with your Consultant. The group work programme is an important and essential part of the treatment. This environment offers safety and confidentiality. There will be time for leisure and reflection built into your day.

As part of the treatment your appropriateness to have psychological treatment will generally be assessed whilst you are an In-patient and if appropriate, this would be arranged.

You can expect your Consultant to see you 2-3 times a week or as appropriate. Therapists will generally give you an appointment to be seen once a week.

What to bring

To make your stay as comfortable as possible we recommend you bring certain items with you:

- ✓ **Casual clothing** – there is no need to bring anything formal
- ✓ **Jogging bottoms** – this is so you have comfortable clothing to take full advantage of the relaxation classes
- ✓ **Comfortable shoes** – these are for the relaxation and yoga classes
- ✓ **Swim wear** – we have an indoor heated swimming pool that you and your family can use during your stay
- ✓ **Personal toiletries**
- ✓ **Personal CD player, radio or MP3 player** – if you like to listen to music you may like to bring this with you. There is also a music appreciation session where you will have the opportunity to share your favourite piece of music with the group
- ✓ **Clock** – even though you will be woken in time for breakfast and groups, you may like to bring your own alarm clock
- ✓ Any medicines prescribed to you by your GP should be handed to the nurses on admission
- ✓ **Mobile Phone** – the use of mobile phones can be intrusive to other patients. It is not good to have your attention away from the Clinic and the work that you are doing here. We ask that you use your mobile in moderation and with consideration to other patients.

Mobile phones are not to be used in the communal patient areas and this includes using text.

If we feel you are not well enough to handle phone calls, we are able to block the phone in your room. Of course, we are unable to do this with your mobile phone.

What not to bring

There are some items that you won't need during your stay.

Electronic games are not permitted during your stay – you will be busy during your stay and will also require some quiet time for reflection and completing work books.

Laptop – a computer is available in the evenings for checking your emails. Your consultant will be involved in deciding whether you will be permitted access. The decision will be based on clinical judgement.

You are not allowed to bring or drink alcohol on the premises or take any illegal or non prescribed drugs and medicines. Failure to follow this rule will result in instant discharge by your Consultant.

If you are unsure about what items you need, please call and we will be happy to help.

Personal Possessions

We do not recommend that you bring items of value into the Clinic. We provide a small safe in your bedroom in which you can store your mobile phone and purse/wallet but it is not large enough to hold a laptop. Unfortunately, we cannot guarantee the security of your possessions, so please don't bring in items that you value. Items such as purses and mobile phones should not be left in your room unattended unless locked in the safe. If you wish to bring in items that will not fit into your safe, please make sure they are covered by your own personal insurance, as the Clinic cannot be responsible for any items.

Visitors

During the day you will be busy participating in your plan so we ask that visitors come after 5.30pm Monday to Friday but avoid Dinner between 6.30pm and 7pm. Visiting time ends at 9pm. Visiting at weekends is after lunch on Saturday and all day Sunday. If your visitors cannot come and see you during these periods they can discuss this with the nursing team who will try and offer alternative times.

Visitors should go to Reception on arrival. Children are allowed to visit as long as they are under adult supervision and remain in the designated areas.

Meals and Food

Early morning tea or coffee can be brought to your room around 7am. You will have the opportunity to request this the night before. During the week a continental style breakfast will be served and a cooked breakfast at weekends. This is served in the dining hall between 8.30 and 9.am

Lunch is at 12.30pm in the dining hall and will be announced by a gong

Dinner is at 6.30pm in the dining hall and is also announced by a gong

Visitors are asked to refrain from bringing in food for patients. Our kitchen will make every effort to deal with food requirements and can order specialist items on request. If you have any special dietary requests, please discuss this with your Consultant at your assessment. Food is not allowed to be stored in patient's bedrooms.

Discharge from the Clinic

When your Consultant has agreed your discharge, you may make arrangements for friends or family to collect you.

Normally on discharge you will be given a supply of medication. A charge is made for this medication, please be aware that insurance companies do not cover this cost.

You will be informed of any after care and given an out-patient appointment before you leave.

It is not advisable to return to the Clinic to visit other patients soon after being discharged.

Aftercare

We know that patients may need help and support after leaving treatment at Cardinal Clinic. We have a full aftercare programme with support groups and a 24 hour helpline (01753 848510) to ensure you remain healthy.

If you have any questions or concerns about your stay at Cardinal Clinic, please contact us on **01753 869755**.

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