Patient Welcome Pack

A Guide to the Darwin Centre for Patients

2015

Name: ..............................................

Primary Nurse/ Keyworker:  ..............................................
## Contents

1. ‘Welcome’ from a former patient 3  
2. About the Darwin Centre 4  
3. Our Aims 5  
4. Contact details 6  
5. Admission 7  
6. What to bring and What not to bring 8  
7. The Internet 10  
8. Using the internet safely 11  
9. Mobile Phones 12  
10. Visiting Guidelines 13  
11. Rules of the unit 15  
12. Your Involvement 16  
13. Current Staff list 17  
14. Who’s who? 18  
15. Weekly Programme 20  
16. Education 21  
17. Facilities 22  
18. What does that mean? 24  
19. Capacity 26  
17. FAQs 28  
19. Information Sharing & Confidentiality 30  
19. Access to Medical Records 32  
19. Chaplaincy/ Spirituality 33  
21. Advocacy 34  
22. Recommended Reading and Websites 35  
23. Leaflets:
   - PALS for Young People  
   - How to make a complaint  
   - NYAS
Welcome

“Hiya and welcome to the Darwin centre for Young People (or DCYP). Whether you are a young person, or the parent/guardian/carer of a young person being admitted to the Darwin, you may have a few questions and concerns. In this welcome pack you will find lots of answers but if you aren’t completely sure of something or have an unanswered question please don’t hesitate to ask a member of staff.

The Darwin centre is here to treat every young person individually and helps them based on the level of care and support they require. The staff here offers a range of group therapies, individual therapy and outreach work and will adapt to meet the individual needs of every patient. This will include a unique care plan, support from staff and peers, and a structured day programme.

Every young person is assigned a care team on the day of admission, this usually consists of a Consultant, two Nurses, a HCA, and of course Therapists, who will all work very closely with the young person to help and support them to overcome their problems.

There’s no doubt that this will be a very hard journey, probably one of the hardest the young person will make, but they won’t be expected to do it alone. Once the patient has worked with their team to become more stable they will find they are nearing the end of their admission. This should mean they are working towards a much more positive and stable position in life.”

Written by a former patient
About the Darwin Centre

The Darwin Centre for Young People is a Tier 4 adolescent inpatient unit based in Cambridge, which offers assessment and treatment to young people (12-17 inclusive) with severe mental health difficulties on both an inpatient and day patient basis. We are situated about 5 miles south of Cambridge city centre in peaceful and pleasant surroundings.

The unit has places for 14 young people; 12 as residents and 2 as day attendees. Day attendees receive the same range of treatments and education as residents. We have an outreach worker that helps young people keep strong links with their home life and helps them to make a successful and supported return to the community. During your stay, you will be offered a comprehensive (full) range of assessment and treatments by our multi-disciplinary team made up of psychiatrists, nurses, health care assistants, an occupational therapist, a clinical psychologist, a family therapist, an art therapist, outreach workers, dietician and teachers.

Sometimes we need to take charge of a young person’s treatment to save life or stop possible life-threatening situations. However, we recognise that lasting progress tends to depend on us working in partnership with you, your parents/carers and local professionals. This is always our goal. Treatment and interventions vary according to each young person’s needs but typically could include:

- weekly appointments with the Consultant psychiatrist and the young person’s primary nurse
- individual and family psychological assessment and treatment
- 1:1 therapy sessions with our Psychologist
- individual time with primary nurse
- education at the Darwin Learning Centre
- therapy with our Occupational therapist and help with activities of daily living
- family therapy
- art therapy
- medication
- group work
- social work
- leave (supported by the Darwin Centre)
- parents/carers and young person invited to review/planning meetings with their Consultant Psychiatrist
- outreach work to build confidence and reconnect to the community
- review meetings with members of the Darwin Centre team, yourself and your parents/carers, referrers from your local Child and Adolescent Mental Health Service (CAMHS), and any other involved professionals

When you leave here you will return to the care of your local Child and Adolescent Mental Health Service. Our Outreach worker helps with planning discharges and setting up appointments. They may also see you and your family after discharge to provide support during this time of change.

We have been accredited as excellent by QNIC (Quality Network for Inpatient Child & Adolescent Mental Health Services). It is the highest possible accreditation award that QNIC give out, and it serves as a reminder that we are a unit that offers the best possible quality of care for our young people. Please ask staff if you would like to find out more.
Our Aims

We aim to provide a high quality, multi-disciplinary mental health service for young people experiencing severe emotional and/or mental health difficulties.

We offer a holistic (take into account the bigger picture) approach to the needs of the young people and their family, and work in close partnership with parents and/or carers.

We pride ourselves on our ability to work closely and effectively with external children’s agencies and education in order to ensure that the needs of the young person are met both whilst in our care and after discharge.

We aim to offer young people a variety of activities and you will find the weekly programme later on in this information pack, which we expect all young people to take part in. You are given opportunities to work both individually and as part of a group.

We believe that young people struggling with severe mental illness cope better living in a family environment where possible, and so we work hard to ensure the inpatient segment of your recovery process is as short and as effective as possible.
Contact Details

Unit Address:
The Darwin Centre for Young People
Block 19
Ida Darwin Site
Fulbourn
Cambridge
CB21 5EE

Email:
Darwin.Centre@cpft.nhs.uk

Fax:
01223 885851

Telephone:
01223 885850
Admission

Some young people are admitted straight to the unit from home and others are able to visit before their admission day. It depends on your needs and how quickly you need to come into hospital.

We understand that being admitted to hospital can seem quite scary so we will give you lots of support to help you feel at home. Your parents/carers are welcome to help you settle in and they will have lots of opportunities to visit. Each young person has a care team of two nurses (primary and associate) and a health care assistant who will work with you closely during your stay; one of your team will greet you when you arrive and help you settle in.

On your first day your primary nurse will spend lots of time getting to know you and introducing you to the ward. You will also meet one of our doctors who will go through your medical history and give you a physical examination. Your parent/carer can accompany you for this if you would like them to. The doctor will also want to carry out a few tests but these will be explained in more detail on the day.

When you feel ready your primary nurse will introduce you to the other young people who are usually very supportive and welcoming and you can start join the unit programme of activities.
What to bring

It is best to bring casual clothes with you, as you will be taking part in a range of activities and we want you to feel comfortable in the clothes you are wearing. We would advise against bringing in expensive items of clothing and if you insist on doing so, please make sure the items are named!

You should also bring with you necessary toiletries. Other items such as books, posters, duvet covers and photographs are allowed and we also encourage you to personalise your room to make you as comfortable as possible.

If you have any prescribed medication, please hand this in to the admitting nurse or doctor.

The unit cannot take responsibility for valuable items that are lost or damaged. It is therefore advised that valuable items of any sort should not be brought to the unit. If you insist on bringing valuable items onto the unit, then you and your parents/carers will be asked to sign a disclaimer to say that you/they understand The Darwin Centre cannot take responsibility for loss or damage to valuable items.

If you insist on bringing valuable items in, you will have access to a personal safe, in which to store them. You will be responsible for maintaining the security of the safe throughout your admission should you choose to use it however, and will be asked to sign a disclaimer before having your safe programmed. As large valuable items like laptops will not fit into these safes, we advise parents/carers to make sure such items are insured prior to them being brought onto the unit.

Large non valuable electrical items are ok to bring (such as hairdryers) but will need to be checked by an electrician at the unit before the young person is allowed to use them. On some occasions nurses may need to lock items away when not in use to ensure the safety of the young people.

At weekends (when possible), you may like to spend some time off the unit with staff. If you would like to bring in a small amount of weekend pocket money, we would suggest £5. You may store this in your personal safe. It is not obligatory (you don’t have to) for you to bring in weekend money, but if you would like to go out for a coffee or something similar at the weekend, you will need to fund this yourselves. However, organised trips and whole group activities are paid for by the unit.

What not to bring

Please make sure you do not bring the following items:

- Valuable items (staff would always advise against bringing in valuable items)
- Sharp objects (i.e. knives, metal objects, razor blades, pencil sharpeners)
- Illegal substances
- Alcohol
- Aerosols
- Cigarettes or smoking material – this must be handed in to staff. Smoking needs are assessed on an individual basis, and reflected in care planning. Rolling tobacco is not permitted under any circumstances
- Glass objects and bottles
If you are unsure of whether or not an item is allowed, please don’t hesitate to contact the Nursing team in order to find out.

**PLEASE NOTE:** As you can probably imagine, the unit tends to get a large amount of clothing that has been left behind or unclaimed. If you bring expensive clothing onto the unit, **please ensure it is named**. When you are discharged, please ensure you have gathered all of your belongings, including clothing. Please alert us within a month of you being discharged, if you have lost or left behind anything important.

If clothing has been unclaimed for longer than one month, we donate it to local charity shops.
The Internet

The Darwin Centre has a desktop computer in the communal area, from which you can access the internet at restricted times throughout the day (as long as your parents/carers give permission). We understand that the internet can be a valuable resource for learning and finding information for young people. However, certain restrictions are necessary in order to keep you safe online.

Cambridge and Peterborough Foundation Trust cannot be held responsible for the nature and/or content of materials accessed through the internet, but will take every reasonable precaution to keep children and young people safe and prevent them accessing inappropriate content. Steps taken will include using filtered or restricted access to the internet, monitoring web usage and providing information on e-safety skills to children and young people. As the desktop will be in a communal area, close to the Nursing office, we also be able to monitor that young people are using it appropriately.

The security protection software we use is called NetNanny – and this allows us to monitor any conversations or internet use that has been flagged up as being inappropriate. We run reports routinely and take appropriate action if necessary.

You will be asked to sign a contract on admission to say that you will use the internet appropriately, and that improper use may result in you being prohibited from using the internet.

Please speak to a member of staff if you feel unsure about rules around using the internet. Your parents may be asked to sign a consent form to say they are happy for you to access the internet through our desktop computer.

We also understand that many of young people’s phones and devices these days allow access to the internet remotely e.g. smart phones. If your parents allow you to bring such a device onto the ward, then please be aware that we will be unable to filter or restrict access to the internet, or supervise/monitor your web usage as easily. However, if staff are worried that you aren’t able to use such a device appropriately and safely, they may carry out a risk assessment which could result in you having your device removed and returned to your parents/carers for the remainder of your admission. That is why it is very important that you understand rules around using the internet and sign an agreement to say you will use in appropriately.

We are keen to work in partnership with you to strike the right balance between keeping you safe, and allowing you freedom to make use of today’s modern technologies. If you have worries or concerns about accessing the internet at The Darwin Centre, please do speak to a member of staff.
Safety on the Internet

Although Cambridge and Peterborough Foundation Trust cannot be held responsible for the nature and/or content of materials accessed by young people through the internet from their personal devices, we will take every reasonable precaution to keep young people safe and prevent you from accessing inappropriate content.

Here are some tips and words of advice to help you stay safe on the internet:

1. Many chat rooms ask you to create a nickname. Always use one that is common and does not give out any personal details e.g. rather than CambridgeCarol use Popfan. Always make sure that the nickname that you use is not the same as the one that you use in your e-mail address. See if your service has a “friends” list that allows you to control who you speak to.

2. Never respond to any hostile, rude, inappropriate e-mail, chat comments, instant messages or anything that makes you feel uncomfortable. Instead, show it to the staff or your parents to see if there is anything that you can do to make it stop. Sending a response just encourages the person.

3. Never give out any personal details about yourself, your family, the Darwin Centre, (such as a last name, address, phone number, name of city or town you live in, photos etc.). Think before you post pictures. What’s uploaded to the web can be downloaded by anyone and passed around pretty much forever. Before uploading a photo, think about how you’d feel if it was seen by a parent or grandparent, college admissions counsellor, or future employer. Be honest about your age. Membership rules are there to protect people. Remember you cannot take images or upload images of other patients or staff at The Darwin centre.

4. Watch what you type. Be careful about any private or sensitive information that you transmit. The recipient could forward it to other people or post it on the web.

5. Never get together with somebody that you have met on-line. You never know for certain if the people that you meet on-line are who they say they are.

6. Don’t believe everything you read or see on the internet because some of the information is false.

7. Don’t download pirated songs or movies and don’t install pirated software or video games that you haven’t paid for because you can get into trouble with the police.

8. Help to keep the computer virus free by not opening e-mail attachments or instant message attachments unless you are sure that they don’t contain any viruses. Don’t click on links inside e-mails or instant messages and don’t click on internet pop-up ads because they might install spy software on your computer.

9. Please do not use the Darwin Centre’s computers to set up your own private website or blog.
Mobile Phones

We recognise that whenever a young person is in hospital, communication with family and friends is an essential element of support and a source of comfort. Mobile phones have made communication relatively easy particularly via text messaging and e-mailing.

However, mobile phones now commonly have extended functions, such as camera and video recording capability and music players. There is the potential to use this equipment to take photographs or make videos which may impact on patient confidentiality, dignity and privacy. Ring tones or music played via mobile phones can also be disturbing to others, and their constant use can be equally disruptive.

Therefore in line with trust policy, we work on the presumption that young people will bring their mobile phones onto the unit. You must sign an agreement on admission to say that you will use your mobile phones and any other devices that have camera/recording capabilities appropriately and that you will not:

- take images of the patients, parents/carers, visitors and staff at The Darwin Centre for Young People. This includes taking images whilst outside the unit e.g. on trips.
- use your device/s during programme time or during planned therapy sessions e.g. family therapy, individual key worker sessions.
- use your device/s to cause harm or upset to themselves or others or to put themselves or others at risk.

If staff have worries or concerns that you are unable to use your mobile phone appropriately, they may carry out a risk assessment which could result in your phone/device being confiscated and returned to parents/carers for the remainder of your admission.

Please speak to a member of staff if you have any worries or concerns surrounding the use of mobile phones.

Please also be aware that mobile phones are valuable items and we cannot be held responsible for loss or damage to mobile phones unless loss or damage occurred whilst in staff custody. Remember you have the option of storing valuable items in your personal safe which we would always advise.

If Staff do have to confiscate a young person’s mobile phone, they will offer the young person the opportunity to borrow one of the unit’s basic mobile phones (which do not have internet or camera functions). Each time a ward mobile phone is loaned out to a young person, it comes with a new pay as you go sim card and telephone number. The phone will need to be returned to Staff once the use of the phone is no longer required. (e.g. the young person is being discharged / the young person has proved they can be trusted to use their original phone again etc..) If a young person damages one of these phones, they will not be offered the use of another and will be limited to using the ward cordless phone if they need to make a call.
Visiting Guidelines

We believe that the relationships that you have with your families are central to your wellbeing and we want to do our best to support them. We do not underestimate the importance of family relationships and we believe that your family have a key part to play in your recovery. We also understand that family relationships can be difficult and painful, especially when a young person is admitted to hospital. We want the time you spend with your family to be constructive and rewarding for everyone.

Visiting times

Your family are able to visit you on weekdays between the hours of 6.30pm and 8.30pm. At weekends, your family may visit the ward between 12 noon and 8.30pm. If your family want to see you outside of these times we will do our best to support that.

Coming onto the ward

It is important for everyone that your family are familiar with the ward environment and feel welcome while they are on it. To help us with the smooth running of the ward and to ensure that their visit with you is as positive as possible, we do ask that they adhere to the guidelines that follow. We have put together these guidelines with the input of young people, their families and staff.

• Your family should talk to the ward staff about their visit before they arrive; it can be important for both staff and young people on the ward to know when visits will be taking place and to be able to plan for them
• Each family visitor must sign the fire register at reception on arrival
• Each family visitor should sign their name on the visitor whiteboard outside the nursing office and take a label from the visitor whiteboard, writing their name and whose mum or dad or relation they are. We appreciate that most visitors will dislike name badges but you (the young people) have told us that it is important for you to know who is on the ward.
• Family visitors should not bring siblings under the age of 12 on to the ward (they should talk to ward staff about visits involving younger children and we will work with them to make sure that these can happen in an appropriate environment)
• Any young people under the age of 18 who wish to visit will always need to be accompanied by an adult
• We will discuss with your parents/carers about any prospective visitors that you wish to have, to check they do not have concerns.
• Where possible visitors should notify staff if they plan to visit you.
• Staff have the right to refuse entry to any visitor if they feel they pose a risk to the young person.
• Family visitors shouldn’t hesitate to contact any member of staff if they have any worries or concerns while they are on the ward
• If a young person (apart from yourself) approaches them for support whilst on the ward, they should redirect them to a member of the ward staff
• Family visitors are welcome to visit any areas of the ward except:
  ➢ The Nursing Office
  ➢ The Intensive Nursing Area
  ➢ Young person’s bedrooms (except yours)
  ➢ TV Lounge
• Sometimes things can be difficult on the ward and staff may have to ask them to move to another area or leave the ward.
• Family visitors should make sure they remove their names from the whiteboard when they leave, and feel encouraged to give feedback about their visit with you to a member of staff.

If your family wish not to stay on the ward for their visit with you but need to stay on site, they should book our Family room with a member of Reception.

**Access to the ward**

The Darwin Centre has a controlled access door in line with CPFT’s Controlled Access Policy. In order for staff to know where all young people are and ensure their safety, any young person wishing to leave the unit will first need to speak with a qualified nurse or doctor so this can be discussed in line with their individual care plan and mental health act status.

If you approach a nurse regarding the above the nurse will explain your rights as a sectioned/informal patient and answer any questions you may have.

If you are a parent/carer or visitor and wish to leave the ward please just ask a member of staff to let you out.
Rules of the Unit

1. Young people have their own bedroom on the unit. It is encouraged that this is their personal space. If they wish to invite a peer into their bedroom the door must remain open, and if found to be behaving inappropriately the nurse in charge has the right to ask the peer to leave the bedroom.

2. Every young person should attend the Darwin Learning Centre, programme meetings and mealtimes as part of their therapeutic treatment plan.

3. On return from leave staff will request to check any belongings brought back by the young person. This may include their pockets etc. This will be conducted in line with trust policy: the purpose being to maintain a safe environment.

4. Everybody on the ward should show respect towards each other and their environment.

5. Individuals will be expected to pay for any non-accidental damage caused to Darwin Centre property or belongings.

6. Do not take anything if it does not belong to you, unless the owner has given you permission.

7. No alcohol or drugs are to be used or brought onto the unit. No one should arrive or return to the ward intoxicated with either of these substances. If staff suspect a young person to be intoxicated, they will request to do a drug screen and/or breathalyse the young person. The police may be required to be informed.

8. No name calling or bullying.

9. CPFT take a zero tolerance approach to violence or aggression towards staff, and this includes verbal abuse.

10. Phone calls made using the unit phone should be negotiated in meetings.

11. Time off unit must be negotiated and if it is agreed then walks etc. should go ahead unless exceptional circumstances arise.

12. Young peoples’ parents/carers have access to visit on the ward and should follow the visiting guidelines.

13. All young people to be supervised by staff when using the kitchen facilities.

14. The kitchen is locked when not in use.

15. As a general rule, CPFT is a no smoking site. At the Darwin Centre there are specific rules relating to smoking. Please read the Darwin Smoking Protocol. You can request a copy from any member of staff. Rolling tobacco is not permitted under any circumstances.

16. Young people have a duty to inform a member of staff if they are worried about another young person’s safety or wellbeing.

17. Young people must use the internet appropriately.

18. Young people must use mobile phones and other devices with camera/recording capabilities appropriately.

The young people helped to write most of these rules.
Your involvement

As we are sure you’ll agree, where possible we believe that involving you in your treatment is hugely important and beneficial in helping to aid your recovery and improve the service we provide for you. We encourage you to take every available opportunity to be involved in your treatment and care planning. This will be explained more to you by your Primary Nurse or Consultant.

If you have any questions about any aspect of your treatment, please ask your primary nurse or Consultant, who will happily answer them for you.

You will meet with the Head of Patient and Parent Involvement fortnightly as a group of young people, where you will be able to give feedback on your experience, raise worries, concerns or ideas about how to improve the service, and be informed of involvement opportunities.

You will also have the opportunity to complete a short anonymous ipad survey, where you can give honest feedback about your experience at The Darwin Centre. The Head of Patient and Parent Involvement will explain this survey and answer any questions you have.

From time to time there will be involvement projects/activities that you may like to take part in. For example, we encourage young people to help us interview new members of staff and design leaflets. Some of these are paid activities. The Head of Patient and Parent Involvement will let you know about these opportunities as and when they come up.
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<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Sharron Boltwood</td>
<td>Health Care Assistant</td>
<td>Nicole Livesey</td>
<td>Staff Nurse</td>
<td>Kailash Ludhor</td>
<td>Charge Nurse/Ward Manager</td>
</tr>
<tr>
<td>Jocelyne Boston</td>
<td>Health Care Assistant</td>
<td>Kailash Ludhor</td>
<td>Charge Nurse/Ward Manager</td>
<td>Sharron Boltwood</td>
<td>Health Care Assistant</td>
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<tr>
<td>Leanne Busby</td>
<td>Health Care Assistant</td>
<td>Silvia Martino</td>
<td>Staff Nurse</td>
<td>Leanne Busby</td>
<td>Health Care Assistant</td>
</tr>
<tr>
<td>Kate Camps</td>
<td>Staff Nurse (maternity leave)</td>
<td>Leanne March</td>
<td>Health Care Assistant</td>
<td>Kate Camps</td>
<td>Health Care Assistant</td>
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<tr>
<td>Nicola Chrisp</td>
<td>Social Worker</td>
<td>Louise Marks</td>
<td>Staff Nurse</td>
<td>Nicola Chrisp</td>
<td>Social Worker</td>
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<tr>
<td>Ginny Chung</td>
<td>Deputy Charge Nurse</td>
<td>Simone Midwinter</td>
<td>Health Care Assistant</td>
<td>Ginny Chung</td>
<td>Deputy Charge Nurse</td>
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<tr>
<td>Sally Clutterham</td>
<td>Health Care Assistant</td>
<td>Paul Millard</td>
<td>Consultant Child and Adolescent Psychiatrist</td>
<td>Sally Clutterham</td>
<td>Health Care Assistant</td>
</tr>
<tr>
<td>Lesley Cousins</td>
<td>Ward Doctor</td>
<td>Amanda Morris-Drake</td>
<td>Head of Pilgrim PRU</td>
<td>Lesley Cousins</td>
<td>Ward Doctor</td>
</tr>
<tr>
<td>Richard Cragg</td>
<td>Teacher</td>
<td>Sorcha Morrell</td>
<td>Clinical Nurse Specialist</td>
<td>Richard Cragg</td>
<td>Teacher</td>
</tr>
<tr>
<td>Philippa Donald</td>
<td>Family Therapist</td>
<td>Mike Moyo</td>
<td>Health Care Assistant</td>
<td>Philippa Donald</td>
<td>Family Therapist</td>
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<tr>
<td>James Fairbairn</td>
<td>Psychologist</td>
<td>Julie Murray</td>
<td>Art Therapist</td>
<td>James Fairbairn</td>
<td>Psychologist</td>
</tr>
<tr>
<td>Sheila Ferguson</td>
<td>Administration Team</td>
<td>Ian Parsonage</td>
<td>Teacher in Charge</td>
<td>Sheila Ferguson</td>
<td>Administration Team</td>
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<tr>
<td>Catherine Fraser-Andrews</td>
<td>Teacher</td>
<td>Debbie Pettit</td>
<td>Housekeeper</td>
<td>Catherine Fraser-Andrews</td>
<td>Teacher</td>
</tr>
<tr>
<td>Carole Green</td>
<td>Head of Patient/Parent Involvement</td>
<td>Maroudia-Varvara Ralli</td>
<td>Ward Doctor</td>
<td>Carole Green</td>
<td>Head of Patient/Parent Involvement</td>
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<tr>
<td>Julie Grimes</td>
<td>Teaching Assistant</td>
<td>Henry Shepherd</td>
<td>Activities Co ordinator</td>
<td>Julie Grimes</td>
<td>Teaching Assistant</td>
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<tr>
<td>Laura Hannah</td>
<td>Health Care Assistant</td>
<td>Suneetha Siddabattuni</td>
<td>Ward Doctor</td>
<td>Laura Hannah</td>
<td>Health Care Assistant</td>
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<tr>
<td>Stef Hayden</td>
<td>Reception</td>
<td>Sophie Simmons</td>
<td>Occupational Therapist</td>
<td>Stef Hayden</td>
<td>Reception</td>
</tr>
<tr>
<td>Sara Head</td>
<td>Health Care Assistant</td>
<td>Jasmine Smith</td>
<td>Teaching Assistant</td>
<td>Sara Head</td>
<td>Health Care Assistant</td>
</tr>
<tr>
<td>Megan Healer</td>
<td>Band 6 Nurse/Outreach</td>
<td>Nathalie Stewart</td>
<td>Staff Nurse</td>
<td>Megan Healer</td>
<td>Band 6 Nurse/Outreach</td>
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<tr>
<td>Trixie Howard</td>
<td>Health Care Assistant</td>
<td>Hannah Place</td>
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<td>Trixie Howard</td>
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<tr>
<td>Georgie Holloway</td>
<td>Staff Nurse</td>
<td>Jan Thulbourn</td>
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<td>Georgie Holloway</td>
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<tr>
<td>Emily Hudson</td>
<td>Staff Nurse</td>
<td>Laura Van Asselt</td>
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Who’s Who?

There are many members of staff at the Darwin Centre, who together form a multi-disciplinary team, ensuring that you receive the best care and treatment possible. We realise that some of the roles of staff here will be unfamiliar to you and so we have provided a brief overview of each member of Staff’s role so that you have a clearer understanding of how they fit into the multi-disciplinary team.

Consultant psychiatrist

The Consultant psychiatrist will make decisions about care and treatment together with you, your family and other involved professionals. They have overall responsibility for your care.

Ward doctor

There are usually two other speciality training doctors on rotation at the Darwin Centre, generally referred to as Ward Doctors. They are fully qualified and work alongside the Consultants and Multi-Disciplinary Team members. They are responsible for looking after your physical health, such as taking ECG's, blood tests etc. as well as monitoring your mental well-being on a daily basis.

Psychologist

One role of the clinical psychologist is to provide psychological assessment: This means spending time meeting with you, to get to know you, in order to try and understand how your difficulties have developed. Another role of the clinical psychologist is to provide a range of psychological therapies for young people at the centre.

Ward Manager

The Ward manager is responsible for the overall management of the Darwin Centre, in consultation with senior colleagues.

Nursing team

The Nursing team consists of Nurses and Health care assistants, who together form the largest staff group at the Darwin Centre. They provide much of the day to day care for you, and it is this team who you have most contact with during your stay.

Family therapist.

The role of the Family Therapist is to support you and your family by offering group family therapy (if appropriate), often known as systemic psychotherapy.

Art therapist

The Darwin Centre Art therapist can offer individual of group Art therapy. Art therapy can offer another way to express or manage difficult thoughts and feelings.
Teachers

The Teaching staff at the Darwin Centre are committed to reengaging you with your education and keeping you up to date with your mainstream school work as far as possible.

Occupational therapist

The Darwin Centre Occupational therapist will usually work with you if your level of functioning in ‘activities of daily living’ (self-care, leisure and other productive roles, i.e. student) has been reduced by mental health difficulties.

Research assistant

The Research assistant is involved in implementing and collecting outcome data which enables us to monitor and evaluate the unit. They also works on research projects relevant to adolescent mental health.

Head of patient and parent involvement

One of the Head of Patient and Parent Involvement’s (HOPPI) main responsibilities is to feedback to staff about parent/carer and patient experience. You may also request information from the HOPPI. The HOPPI will notify you of any involvement opportunities as and when they arise, in a fortnightly ‘Have your say’ group.

Administrative team

Our Administrative Team consists of various administrators, co-ordinators and PAs. Together this team play a pivotal role in helping the effective and smooth running of the service.

Advocate

The role of the NYAS advocate is to listen to the views being expressed by all young people attending the Darwin Centre to make sure that important issues are raised with the staff team at the Darwin Centre. The NYAS is not part of the NHS. The advocate visits weekly.

Social Worker

Our Social worker works with our young people in thinking about transitions, in particular discharge planning and what additional support might help at home for both the young person and parent/carer. Her role often involves working with other services for additional support/advice

Outreach nurse

Our outreach nurses are able to support young people with restarting aspects of ‘normal’ life in their communities. They can support young people to attend appointments, recreational activities and help them to re-establish/establish links with those who will be supporting them once discharged from the unit.
# Young Person’s Weekly Programme

Below is the weekly programme that you will be asked to follow whilst at the Darwin Centre. Activities at weekends vary. Please see the printed out programmes around the ward for more details.

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>07:00-07:30</td>
<td>Getting Up</td>
<td>Breakfast</td>
<td>Community Meeting</td>
<td>Breakfast</td>
<td>Breakfast</td>
</tr>
<tr>
<td>07:30-07:50</td>
<td>Room Unit tidy</td>
<td>School</td>
<td>School</td>
<td>School</td>
<td>Horse Riding (62 YP)</td>
</tr>
<tr>
<td>07:50-08:15</td>
<td>Breakfast</td>
<td>School</td>
<td>School</td>
<td>School</td>
<td>Lunch</td>
</tr>
<tr>
<td>08:15-08:30</td>
<td>Community Meeting</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
</tr>
<tr>
<td>08:30-09:00</td>
<td>School</td>
<td>Free Time/Walks</td>
<td>Free Time/Walks</td>
<td>Free Time/Walks</td>
<td>Free Time/Walks</td>
</tr>
<tr>
<td>09:00-09:30</td>
<td>School</td>
<td>School</td>
<td>School</td>
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</tr>
<tr>
<td>09:30-10:00</td>
<td>School</td>
<td>School</td>
<td>School</td>
<td>School</td>
<td>School</td>
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<tr>
<td>10:00-10:15</td>
<td>Breakfast</td>
<td>School</td>
<td>School</td>
<td>School</td>
<td>School</td>
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<tr>
<td>10:15-10:30</td>
<td>Community Meeting</td>
<td>School</td>
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<td>School</td>
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<tr>
<td>10:30-10:55</td>
<td>School</td>
<td>School</td>
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<td>School</td>
<td>School</td>
</tr>
<tr>
<td>10:55-11:15</td>
<td>School</td>
<td>School</td>
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<td>School</td>
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<tr>
<td>11:15-11:30</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
</tr>
<tr>
<td>11:30-12:00</td>
<td>Free Time/Walks</td>
<td>Free Time/Walks</td>
<td>Free Time/Walks</td>
<td>Free Time/Walks</td>
<td>Free Time/Walks</td>
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<tr>
<td>12:00-12:30</td>
<td>School</td>
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<tr>
<td>12:30-13:00</td>
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<tr>
<td>13:00-13:30</td>
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<tr>
<td>13:30-14:00</td>
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<td>14:00-14:30</td>
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<td>14:30-15:00</td>
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<td>15:00-15:30</td>
<td>School</td>
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<tr>
<td>15:30-16:00</td>
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<tr>
<td>16:00-16:30</td>
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<tr>
<td>16:30-17:00</td>
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<tr>
<td>17:00-17:30</td>
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<tr>
<td>17:30-18:00</td>
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<tr>
<td>18:00-18:30</td>
<td>School</td>
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<td>School</td>
<td>School</td>
</tr>
<tr>
<td>18:30-19:00</td>
<td>School</td>
<td>School</td>
<td>School</td>
<td>School</td>
<td>School</td>
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<tr>
<td>19:00-20:00</td>
<td>School</td>
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<td>School</td>
</tr>
<tr>
<td>20:00-21:00</td>
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<td>School</td>
<td>School</td>
<td>School</td>
<td>School</td>
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<tr>
<td>21:00-22:00</td>
<td>School</td>
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<td>School</td>
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<tr>
<td>22:00-23:00</td>
<td>School</td>
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<td>School</td>
</tr>
<tr>
<td>23:00-06:00</td>
<td>School</td>
<td>School</td>
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<td>School</td>
</tr>
</tbody>
</table>

**Note:** Times are approximate and may vary. Activities at weekends may differ. Please check the printed programmes for more details.
Education – The Darwin Learning Centre

The Darwin Learning Centre caters for the educational needs of the students currently living as inpatients at the Darwin Centre for Young people. We are also a provision for any day patients that may need to attend the Learning Centre before returning to their own mainstream schools. We work under the umbrella organisation called the Pilgrim PRU which includes the schools at the Phoenix Centre, the Croft and Addenbrooke’s Hospital. The Pilgrim PRU is maintained by Cambridgeshire education authority.

The Learning Centre provides a friendly environment at a time when many things are new and can feel strange. It is a chance to work with others and means you are less likely to become anxious about losing touch with school. The Learning Centre operates with the flexibility to acknowledge your interests and build on previous successes as well as taking in to consideration your health on any given day. The staff work closely with you to build self esteem, confidence and improve academic achievement.

On arrival we will make contact with your mainstream school or college and ask staff to send work to be continued with support from the staff at the Darwin Learning Centre. We cater for an age range of between twelve and eighteen years. The Learning Centre is staffed by the teacher in charge, two other teachers and a part time teaching assistant. You will be engaged in an individual programme/timetable as we believe that in order to re engage in education you should be given the opportunity to work to your strengths. If you are engaged in examinations, you will have the opportunity to work with a teacher on controlled assessments/ coursework and exam preparation. We are a recognised exam centre so you have the opportunity to take GSCE, A’Levels or other accreditations with us.

You will attend the Learning Centre daily from 10:00am until 12:00 and then 1.15 until 3.00pm apart from Friday afternoons. If you are a Key Stage 3 or 4 student, we offer the core subjects of English, Maths and Science along with Art, PSHE and PE. You will also have the opportunity to study individually other subjects you may be working on at school. If you are a Post 16 student, we will work alongside your mainstream school or College to continue with the courses you are studying.

When you are ready to return to school or college, we work closely with the outreach team to set up meetings and arrange gradual reintegration.

*Our aim is to develop within each of you the desire to achieve by meeting your needs in a safe and caring environment. We foster in all our students a sense of self esteem, confidence and the ability to make informed choices. We ensure that the process of learning is a challenging and positive experience.*
The Centre and its Facilities

If you are staying at the centre as an inpatient you will have your own room, which we encourage you to personalise and keep tidy. Below are images of a room before admission and after being personalised.

There are several bathrooms on the unit, with a choice of showers or baths

You are able to use the kitchen and dining room in a communal context.
You have two lounge areas and a communal area which you are free to use and socialise in when not involved in treatment. We are able to make one lounge area a single sex facility if necessary.

You have access to a utility room where you are able to wash your clothes.

You may enjoy using the outside courtyard and garden space for socialising and playing games in.
What does that mean?

There are a number of acronyms and terms used by staff at The Darwin Centre and we realise that these can sometimes be confusing. Below are explanations of those most commonly used at the Darwin Centre.

<table>
<thead>
<tr>
<th>Term / Acronym</th>
<th>Stands for</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Admission</td>
<td></td>
<td>The formal acceptance of a young person into the Darwin Centre</td>
</tr>
<tr>
<td>Care Co-ordinator</td>
<td></td>
<td>A health or social care practitioner who is responsible for co-ordinating the care of you</td>
</tr>
<tr>
<td>CPA</td>
<td>Care Plan Approach</td>
<td>The CPA is the process that staff use to manage and co-ordinate your care, treatment and support, from which a care plan is created. The CPA is reviewed regularly</td>
</tr>
<tr>
<td>CBT</td>
<td>Cognitive Behavioural Therapy</td>
<td>This is a type of talking therapy offered by our Psychologist if deemed appropriate</td>
</tr>
<tr>
<td>CPFT</td>
<td>Cambridgeshire and Peterborough Foundation Trust</td>
<td>A National Health Service Trust provides services on behalf of the National Health Service in England and Wales. The Darwin Centre is a service within the CPFT</td>
</tr>
<tr>
<td>Discharge</td>
<td></td>
<td>The point at which you leave the centre to return home or be transferred to another service or place of residence. It is the formal conclusion of the service we provide to you</td>
</tr>
<tr>
<td>Escort</td>
<td></td>
<td>When you are accompanied by a member of staff</td>
</tr>
<tr>
<td>Escorted Walks</td>
<td></td>
<td>You may be allowed to have supervised walks at various times of the day agreed by the Consultant and Nursing team</td>
</tr>
<tr>
<td>General OBS</td>
<td>General Observations</td>
<td>You will be observed by various members of staff at various intervals throughout the day to ensure your safety</td>
</tr>
<tr>
<td>HCA</td>
<td>Health Care Assistant</td>
<td>Health Care Assistants are part of the Nursing Team</td>
</tr>
<tr>
<td>Planned Leave</td>
<td></td>
<td>Period of time where the centre allows you to leave the centre and stay with family/carers</td>
</tr>
<tr>
<td>OBS</td>
<td>Observations</td>
<td>You will be placed on a level of</td>
</tr>
<tr>
<td><strong>Observations according to trust policy</strong></td>
<td><strong>Physical OBS</strong></td>
<td>Blood pressure, pulse and temperature are checked</td>
</tr>
<tr>
<td>------------------------------------------</td>
<td>----------------</td>
<td>--------------------------------------------------</td>
</tr>
<tr>
<td><strong>Outreach</strong></td>
<td>The Outreach team provide support to you and your family during times of transition. They also support you when going on visits and trips away from the centre</td>
<td></td>
</tr>
<tr>
<td><strong>PALS</strong></td>
<td>Patient advice and Liaison service</td>
<td>If you or your parents/carers have concerns with CPFT services or just wish to request information, this is the service to contact. Please find a leaflet enclosed in this pack</td>
</tr>
<tr>
<td><strong>Peer Walks</strong></td>
<td>You may be allowed to walk with one or more peers at various times throughout the day, as agreed by the Consultant and Nursing team</td>
<td></td>
</tr>
<tr>
<td><strong>Protected Time</strong></td>
<td>Time where the Nursing team are able to provide you with uninterrupted 1:1 care/supervision</td>
<td></td>
</tr>
<tr>
<td><strong>Referral</strong></td>
<td>This is the action whereby an appropriate professional will refer you to the Darwin centre</td>
<td></td>
</tr>
<tr>
<td><strong>Service User</strong></td>
<td>Any person who receives services provided by the Trust</td>
<td></td>
</tr>
<tr>
<td><strong>Tier 4</strong></td>
<td>The Darwin Centre is a Tier 4 service. Tier 4 services are generally services for the small number of people who are deemed to be at greatest risk (of rapidly declining mental health or serious self harm) and/or who require a period of intensive input for the purposes of assessment and/or treatment</td>
<td></td>
</tr>
<tr>
<td><strong>Unescorted Walks</strong></td>
<td>You may be allowed to take unsupervised walks at various times throughout the day, as agreed by the Consultant and Nursing team</td>
<td></td>
</tr>
<tr>
<td><strong>INA</strong></td>
<td>Intensive Nursing Area</td>
<td>A low stimulus room in which nursing staff can manage a young person who is in need of intensive support.</td>
</tr>
</tbody>
</table>
Capacity

Consent to treatment according to age

If you are 16 or 17:

Adults, and anyone aged 16 and 17 must agree (give consent) to be medically treated, unless the person is detained under the Mental Health Act or they do not have the capacity to consent and emergency treatment is necessary. Anyone aged 16 and 17 can also be treated if there is a court order authorising the treatment or it is an emergency.

An adult or someone aged 16 or 17 who lacks the capacity to consent to being treated may be treated under the Mental Capacity Act if it is felt to be in their best interests.

If you are under 16 years old:

Young people under the age of 16 can consent to medical treatment if they have sufficient maturity and judgement (are Gillick competent) to enable them fully to understand what is proposed.

In some situations if a young person aged under 16 refuses treatment (does not consent) then this decision could be overruled by their doctor if they are detained, or if a court orders it. However, unless the young person is detained, they can only do this if it is felt that ignoring the young person’s refusal to consent would be in the best interest of the young person. The decision to overrule the young person would need to take into account the psychological effect of having the decision overruled, as well as the physical effect of having the treatment. It may be necessary for the matter to go before a court for a decision.

Being detained under the Mental Health Act

The main ways you can be admitted to, or treated in, hospital under the Mental Health Act are described below.

Section 2: ‘Detention for assessment’

You can be made to go into a hospital for an assessment under the law called Section 2 of the Mental Health Act 1983. The assessment can last for up to 28 days. It normally needs two doctors and an approved mental health professional to decide this, although in an emergency situation only one doctor is required. They must believe that you are suffering from a mental disorder and that it is in the interests of their health, safety or that of others to make you go into hospital for an assessment. A section 2 can be transferred to a section 3 during or at the end of the 28 days.

Section 3: ‘Detention for treatment’

You can be made to go into a hospital for treatment under the law called Section 3 of the Mental Health Act 1983. The treatment can last for up to 6 months, after which it can be renewed. It also needs two doctors and an approved mental health professional who again must believe that you are suffering from a mental disorder and that it is in the interests of your health, safety or that of others to make you go into hospital for treatment.
Temporary Holding Power
If you are already in hospital and receiving treatment voluntarily and decide that you are going to leave then the doctor or approved clinician in charge of your treatment may detain you for up to 72 hours if they think that it may be necessary to attempt to use Section 2 or 3 to get you to stay longer. During this time they will usually attempt to get you to stay as an informal patient.

Nurse’s Holding Power
If you are already in hospital and receiving treatment voluntarily and decide that you are going to leave then a nurse can detain you for up to 6 hours if they believe you are suffering from a mental illness and that it is in the interest of your safety or that of others to make you stay in hospital. This is so that the doctor or approved clinician in charge of your treatment can decide if they need to use their own holding power.

Key Points regarding the Mental Health Act

• The Mental Health Act is the law under which someone can be admitted, detained and treated in hospital against their wishes

• To be detained or ‘sectioned’ someone must be suffering from a mental disorder which requires assessment or treatment and this needs to be given in hospital in the interests of their own health or safety or to protect other people

• There are different sections of the Mental Health Act that have different powers

• Anyone detained must be told their rights, including the right to appeal and the right to the assistance of an advocate

• Someone can be given treatment such as medication, against their will whilst under section

• When someone is discharged from hospital having been detained under the Mental Health Act, they should receive aftercare. For some people this might be free aftercare under section 117.

The Darwin Centre staff are happy to explain any of the above in further detail. Please ask if you are uncertain. You can also find a copy of Headspace Toolkit on the Patient Notice Board. This is a information and toolkit specifically designed for young people who are inpatients on adolescent wards. If you would like your own copy please ask a member of staff or The Head of Patient & Parent Involvement Carole Crook.
FAQs

**Will I have my own bedroom?**

Yes. Every young person who is admitted to the Darwin Centre is given their own bedroom which we encourage they keep tidy and personalise.

**Will my family be able to visit regularly?**

Yes. You can read information about visits on page 7 of this information pack.

**Will I be involved in my treatment?**

Definitely. You will be invited to your CPA and subsequent reviews, where the Consultant and other involved clinicians, together with you, make decisions about the treatment that you should receive.

The Multi family group will run on a fortnightly basis on a Monday from 3:45pm until 5:30pm. This is an opportunity to meet with other families, together with members of the multi disciplinary team. Please see page 19 for more details.

In addition to these opportunities, meetings may be arranged individually between you and members of the multi-disciplinary team as and when necessary.

There will be many other opportunities to be involved with the service and our Head of Patient and Parent Involvement will notify you of these opportunities as and when they arise.

**Will I continue with my education?**

Yes. All young people of school/college age are required to attend the Darwin Learning Centre during term time and the teachers are committed to reengaging young people with their school work and helping them to keep up to date with work from their mainstream school wherever possible.

**Can I ring my parents?**

Yes. If you are able to contact your parents and wish to ring them, you may either speak to them on your mobile phone, or use a unit phone to ring them. Please ask a member of staff if you wish to speak to your family at any point.

**Will I be allowed home?**

It is usual for all young people to stay on the unit for the initial week or so following admission, so that staff can monitor and ensure your needs are being met. However, it is common for most young people to start to go on home leave soon after this point, providing your home environment is suitable. Planned leave will usually start off with an initial one or two days at home, slowly building to three or four days at a time.
If you have any other questions please do ask any member of the Darwin Centre multi-disciplinary team.
Confidentiality & Sharing Information

Young people live and function in complex contexts (settings), some of which will play an important part to their discharge, treatment and recovery. During an admission to the Darwin, it is likely that other agencies, networks and systems will be both influential on, and involved in, your care and wellbeing.

Evidence tells us that working together with the key people involved in your day-to-day life produces better outcomes than focusing just on work with you in a hospital setting. We therefore share information often, between ourselves as a team and with other key people involved in the your care unless there is reason not to (see on).

We appreciate, however, that you and your family may share with us very personal information which you may not feel comfortable to share with a wider audience.

We seek to work with respect for both confidentiality and the importance of collaborative working. For example, if we feel it is important to share specific details that may be difficult or traumatic we would always try to discuss with the young person or family involved first.

Confidentiality between the Darwin Centre, you and your family

You have certain rights and your parents/carers have certain responsibilities to support you as best they can. Legally you are entitled to have confidential conversations with adults who provide you with medical or psychological treatments (e.g. doctors, nurses, therapists). However, because most young people at the Darwin Centre continue to live at home and are under the age of 18, we believe that it is helpful for your parents/carers to have an understanding of your treatment and the problems you might be facing.

You may find it difficult to share complex issues with your family. If you insist that you do not wish your family to be told information that you have discussed with somebody, we will uphold your right to confidentiality. However, we are most likely to encourage you to share information with your family and we are always willing to discuss with you how we can support you in doing so. The exception to upholding the right to your confidentiality would be if you were in danger in some way and in need of protection. In cases such as these, we may have to tell your parents/carers the information you have disclosed but we would discuss that with you.

What is written and said about you

As part of our work we obtain and store information. This includes basic administrative information such as you and your parents/carers address, name of GP etc. It also includes clinical information on your difficulties and treatment. We look after all this information in accordance with the Data Protection Act 1998. As we are a specialist service, we have our own database so that we can review our practice and audit how well our service is working. As above, some information about you and your family will be stored on this database and will be used for auditing our work. This database has the potential to be used for research, though we would always seek your consent for any such use.
Through meetings, phone calls and letters your parents/carers will be aware of how we are handling your difficulties and problems but if you require, you are most welcome to ask for access to the written information we keep both on paper and on the computer. In order for you or your family to see this information, you will need to apply in writing for access. This process would then need to be discussed with the Consultant or Clinical Nurse Manager. Occasionally there is information we are unable to share for reasons of safety or protecting the confidentiality of information on other people. The Advocate can help you with applying for access to your mental health records. There is also information on how to access them on the Patient Notice Board on the ward.

Please do not hesitate to ask the Clinical nurse manager in the first instance if you would like to discuss any of the above in further detail.

Please let a member of staff know immediately if there are people that you do not want information shared with and then we can discuss this with you as soon as possible.
Accessing your medical Records

As there are lots of forms to fill out, this can be a tricky process and so the Advocate Sian supports lots of young people to apply to see their medical records.

If you decide you would like to have access to your medical records, then tell a member of staff who will ask the Advocate to support you with this process. You can also ask the Advocate directly.

The Advocate will either help you to fill out the relevant application forms, or she can fill them out for you.

Sian will take your request to Medical Records

Medical Records will then send this request to the Consultant Dr Millard for authorisation.

Once authorised, any 3rd party information or information that may cause you harm is removed from your notes

Medical records have 40 days to get your notes ready

Once they are ready, you can make a request with a staff member to view your records. A staff member has to be present as they are the most appropriate to answer any questions you may have from reading your records.

The Advocate can also be present to support you during this time as well.

If there are any issues that arise from reading your records, the Advocate can support you to pursue/resolve these.
Chaplaincy/ Spirituality

Being in hospital may cause a lot of different feelings. The chaplaincy team offers spiritual and pastoral support to people of all faiths, as well as people who do not have particular beliefs but who would like someone to talk to. The chaplaincy team is supported by community faith leaders and by volunteers. The hospital chaplains are available to everyone - whether you are a patient, relative, friend, member of staff, and whatever your faith. Please ask a member of staff to contact a member of the Chaplaincy team or, if you prefer, contact them directly using the details below. We aim, together with the Chaplaincy team, to ensure that your religious needs are met.

**Cambridge**

*John Nicholson*
Elizabeth House, Fulbourn Hospital, Cambridge CB21 5EF
T 01223 218598
john.nicholson@cpft.nhs.uk

**Peterborough and Huntingdon**

*Rowena Bass*
The Cavell Centre, Edith Cavell Healthcare Campus, Bretton Gate, Peterborough
PE3 6GZ
T 01733 776000
rowena.bass@cpft.nhs.uk

*Mary Hanna*
The Cavell Centre, Edith Cavell Healthcare Campus, Bretton Gate, Peterborough
PE3 6GZ
T 01733 776000
mary.hanna@cpft.nhs.ukCambridge
Hi

My name is Sian Williams and I am your National Youth Advocacy Service (NYAS) Advocate.

There are many adults around you who work at The Phoenix Centre, and they are there to help and support you. However, sometimes it helps to have someone who is independent to talk to. That person is an Advocate. An Advocate can help you 'have your say'. We listen in confidence to anything you want to discuss and then help you tell the people around you what you want to say. It may not mean that all of your requests are granted but it does mean that you are able to have your voice heard.

I can help you by

- Attending meetings with you such as CPA reviews or ward round
- Speaking to the staff either for you or with you regarding any matter concerning your care, treatment or medication
- Supporting you in making a formal complaint
- Accessing and explaining information
- Supporting you to be examined by a second opinion appointed doctor
- Supporting you to access your medical or social care records
- Supporting you in accessing other services

Also if you are detained under the Mental Health Act

- Supporting you to access Section 17 leave
- Explaining your rights in relation to your nearest relative including changing the nearest relative if you are detained.
- Supporting you to explore options and raise concerns about appropriate after care (Section 117).
- Supporting you if you are being considered for supervised community treatment
- Supporting you to appeal to the Tribunal or Hospital Managers
- If you have a guardian supporting you to talk about requirements that they are imposing on you

I am on your unit every Wednesday from 12.15 until 13.15 and alternate Mondays and Thursdays from 12.30 until 13.30. There are also occasional group meetings. You can also phone me on 07768 793185 or email me on sian.Williams@nyas.net.

I look forward to meeting you.
Recommended Reading and websites

Adoption

How it feels to be adopted, Jill Krementz ISBN 0575034254, Knopf

19 boys and girls, from age 8 - 16 and from every social background, confide their feelings about this crucial fact.

ADHD

Putting on the brakes: young people's guide to understanding Attention Deficit Hyperactivity Disorder, Patricia Quinn and Judith Stern ISBN 1557988323, Magination Press

When young people learn they have attention deficit hyperactivity disorder (ADHD), they often have many questions, doubts, and fears. Written from both a paediatric and an educational perspective, this book attempts to address these questions and needs.

You mean I’m not lazy, stupid or crazy? A self-help book for adults with Attention Deficit Disorder, Kate Kelly, Peggy Ramundo and Larry Silver ISBN 0684815311, Simon & Schuster

Provides practical advice on controlling adult ADD. A straightforward guide explains how to get along in groups, become organized, improve memory, and pursue professional help.

Autism and Asperger's Syndrome


Have you ever been called a freak or a geek? Have you ever felt like one? Luke Jackson is 13 years old and has Asperger Syndrome. Over the years Luke has learned to laugh at such names but there are other aspects of life which are more difficult. Adolescence and the teenage years are a minefield of emotions, transitions and decisions and when a child has Asperger Syndrome, the result is often explosive. Luke writes briefly about his younger autistic and AD/HD brothers, providing amusing insights into the antics of his younger years and advice for parents, carers and teachers of younger AS children.

The Curious Incident of the Dog in the Night-Time, Mark Haddon ISBN 0099450259, Vintage

A murder mystery novel like no other. The detective, and narrator, is Christopher Boone, who is fifteen and has Asperger's, a form of autism. He knows a very great deal about maths and very little about human beings. He loves lists, patterns and the truth. He hates the colours yellow and brown and being touched. He has never gone further than the end of the road on his own, but when he finds a neighbour's dog murdered he sets out on a terrifying journey which will turn his whole world upside down.

Depression

Depression is the pits, but I’m getting better: a guide for adolescents, E Jane Garland ISBN 1557984581, Magination Press
A clear and user-friendly guide that will be helpful to anyone suffering from depression.

Disability & Chronic Illness

**Easy for you to say: Q & As for teens living with chronic illness or disability**, Miriam Kaufman ISBN 1554070783, *Firefly Books*

A straightforward and non-judgemental book of advice for teenagers with a wide range of illnesses.

Eating Disorders

**Girls under pressure**, Jacqueline Wilson ISBN 0552548324, *Corgi*

Feeling like she doesn't measure up to her "drop-dead gorgeous" friends, Ellie tries to take control of her weight, and ends up battling with bulimia.

Growing Up and Sex


Illustrated throughout with examples from a study of school and university students' adolescent memories and dreams, it weaves together telling vignettes from fiction and film with the author's own work as a therapist.

Learning Disabilities


For 8-14 years. This book is written for children with learning disabilities. It describes the different kinds of learning disabilities while reassuring children without overwhelming them. Gives practical suggestions about how children can reach their goals.

Self-Esteem


For teenagers to help them take charge of their life.

Studying


Designed to empower the reader to develop the necessary skills to survive as an informed, independent and versatile student.
http://www.rcpsych.ac.uk/mentalhealthinfo

The Royal College of Psychiatrists series of leaflets were first published on the web over three years ago and have been read by tens of thousands of people. The leaflets can be printed out from this site. This site provides comprehensive information about mental health.

http://www.bullying.co.uk/

This site offers a range of resources centred around the topic of bullying. On-line help and advice is provided for parents and children, including legal advice and problem pages for both parents and children. In addition, further reading and details of the bullying guidelines issued by the National Association of Head Teachers are also provided.

http://www.childline.org.uk/Pages/Home.aspx

Childline is a registered UK charity that aims to help children and young people in trouble or danger. Resources are provided for both adults and children. A variety of comprehensive factsheets are available on varying aspects of child well being for example bereavement, bullying, child abuse, eating disorders, exam stress and stepfamilies. Information is also provided on how to obtain help for these various problems.

http://www.gosh.nhs.uk/

Aimed at teenagers, this website acts as a one-stop educational resource, signposting users to further sources of specialist help and information. The content, which has all been clinically approved by Great Ormond Street Hospital, in collaboration with other organisations, covers many aspects of mental health related conditions, treatments and therapies

http://www.thesite.org/

A health guidance site for young adults, offering factsheets and information on aspects of health that concern young people. It includes basic information about mental health, as well as advice and discussion forums.

http://www.teenagehealthfreak.org/

Website primarily aimed at younger teens. Has a large question and answer section that users can write in to. The main focuses are alcohol and drugs, weight issues, and teenage body changes. There is also a blog from a teenager that kids may be able to relate to.

http://www.youngminds.org.uk/

YoungMinds is a national charity that promotes the mental health of children and young people. Resources available include on-line leaflets, resource sheets, YoungMinds publications, including details of the contents of the YoungMinds magazine and links to other relevant Internet sites.

http://www.choiceandmedication.org/cambridgeshire-and-peterborough

The Cambridgeshire and Peterborough NHS Foundation Trust (CPFT) Pharmacy Service exist to proactively support staff, service users and carers in achieving safe and effective medicines management, optimising the use of medicines by providing a high quality and friendly service