

Visiting times

Visitors are welcome to the ward during the following visiting periods:

- Monday-Friday 17:30 - 20:30
- Saturday-Sunday 10:00 - 20:30

Please alert a member of staff on the ward if you are not able to attend during these visiting hours and other arrangements can be discussed. Children are not permitted on the ward. If you will be attending with children please inform a member of staff in advance who will make the family room available to you.

Mulberry 1, Fulbourn Hospital, Fulbourn, Cambridge CB21 5EF

T 01223 219580
T 01223 219579

Patient Advice and Liaison Service (PALS)

If you have any concerns about any of CPFT’s services, or would like more information please contact: Patient Advice and Liaison Service (PALS) on freephone 0800 376 0775 or e-mail pals@cpft.nhs.uk

If you require this information in another format such as braille, large print or another language, please let us know.

Out-of-hours’ service for CPFT service users

Please call **NHS 111** for health advice and support.

Leaflet updated: July 2019
Leaflet review date: July 2020

HQ Elizabeth House, Fulbourn Hospital, Cambridge CB21 5EF.
T 01223 219400
F 01480 398501

www.cpft.nhs.uk

CPFT supports the **HeadtoToe Charity** – visit www.HeadToToeCharity.org for details on how you can help



Mulberry 1

Acute Assessment Unit



Pride in our adult and specialist mental health services

A member of Cambridge University Health Partners

Welcome to Mulberry 1

When you arrive on the assessment unit a member of staff will greet you, show you around and introduce you to other people on the assessment unit. They will also explain to you about a typical stay on the ward, they will complete some initial paperwork with you and begin to discuss your hopes from admission to hospital.

You will be asked to remain on the assessment unit for the first 72 hours of your stay and to agree to your belongings being searched with you, the intention of this is to remove any items which may potentially cause harm to yourself or others, any items removed will be recorded with you and stored in a locked room, items will be returned to you when you are leaving hospital.

We encourage you to bring your own medication in with you and your consent will be requested to use these whilst on the unit.

You have been invited to stay on Mulberry 1 for assessment. The usual assessment period is 72 hours. Leave can be considered after the first 24 hours after medical and nursing review. This is so that a further assessment of your strengths and needs can take place. You can expect to be reviewed daily by members of team, which include, doctors, nurses, OT and social workers or psychologists. You will be invited to collaborate in every aspect of your care and the development of your care plan, which will focus on your journey to recovery.

For security reasons, the door to the ward is locked. Patients and visitors need to ask staff to open it for them. You will be informed of your Mental Health Act status on admission and of what this means – please ask nursing staff if you have questions. If you wish to leave the ward please speak to a member of staff who will discuss leave arrangements with you.

You will only need to bring with you a small bag of clothing, enough for a weekend stay and we recommend that you do not bring any valuable items in at all. You will be supplied with clean towels daily and linen when requested.

All rooms are cleaned prior to your arrival. Staff will spend time talking to you about expected behaviours from yourself and what you can expect from the team in return.

The use of alcohol or illicit substances whilst an inpatient is prohibited and if you decide to use these substances whilst an inpatient you will be assessed by a doctor for possible discharge as per policy. Your family or carer will be contacted with your consent to assist you and the service in the development and planning of your recovery journey.

Your family or carer will also be asked about any needs they may have and the team will work with them to assess this further. We will ensure that your information remains confidential and that it is only shared with professionals involved in your care. You can give consent to share with other carer's and professionals such as lawyers or the advocacy service. If you wish to have access to your medical records staff can assist you with an application for this.

Your allocated nurse is.....

Your consultant is.....

Useful ward information

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Meal times

All meal times are protected meaning that they are not interrupted by staff or visitors.

Smoking

The site is currently smoke free. E-cigarettes and vapes are allowed to be used in the ward garden.

Laundry facilities

You can access laundry facilities at your request, we have a washing machine/dryer and ironing facilities.

Mobiles

The use of mobile phones is permitted on Mulberry 1. However, using such items to make audio/video recordings or to take pictures is not allowed, due to confidentiality and consent issues. The use of Facetime and Skype, for example, are also not permitted in communal areas.

Internet access

We have access to free wireless internet on Mulberry 1. Staff can provide you with the password for this.

Electrical items

Any electrical items you bring in will require testing before they can be used. Staff will request this for you.