

**Visiting times**

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

- Monday-Friday 18:00 - 20:30
- Saturday-Sunday 10:00 - 20:30
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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 phone:** 01223 219582

**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](mailto: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](http://www.cpft.nhs.uk)

CPFT supports the **HeadtoToe Charity** – visit [www.HeadToToeCharity.org](http://www.HeadToToeCharity.org) for details on how you can help



# Mulberry 1

## Acute Assessment Unit

Visitors’ information leaflet



Pride in our adult and specialist mental health services

A member of Cambridge University Health Partners

## Mulberry 1

Mulberry 1 is a 14-bed mental health assessment unit. Admissions to Mulberry 1 are usually facilitated by the Crisis Resolution and Home Treatment team and a typical stay is between 24 -72 hours.

Medical reviews take place daily on Mulberry 1 between Monday and Friday and you will be invited to attend if we have been given consent to do so and a request for you to be present is made.

The Mulberry 1 team consists of doctors, nurses, occupational therapists and a peer support worker. We have a duty to ensure that all information remains confidential and can share information only if consent has been provided by the patient. Provided we have been given consent and the patient wishes for you to be involved, you will be invited to collaborate in the development of a care plan, which will focus on the journey to recovery.

Patients will only need to bring/have a small bag of clothing, enough for a weekend stay and we recommend that they do not bring any valuable items in at all. Clean towels and linen are available at request throughout the admission to hospital.

All rooms are cleaned prior to admission to Mulberry 1. All patients on Mulberry 1 are allocated a named nurse, this nurse acts a central point of contact throughout the admission and will be the lead in developing care plans and assisting throughout admission.

For security reasons, the door to the ward is locked. Patients and visitors need to ask staff to open it for them.

All patients are informed of their Mental Health Act status on admission and of what this means – please ask nursing staff if you have questions.

On Mulberry 1 we encourage patients to remain on the ward during the first 72 hours of admission and this is discussed prior to coming into hospital. However, if leave is requested then this can be discussed with the nursing staff on the ward.

The use of alcohol or illicit substances whilst an inpatient is prohibited and we would ask that you do not bring such items into the ward. Some items are prohibited from the ward due to patient safety. A member of the team will discuss with you any items that you may wish to bring into hospital and if these are suitable.

Mulberry 1 operates 24 hours a day and you may contact staff at any time to discuss any queries you have. If you have caring responsibilities for the patient, please speak with a member of the team who can advise you on the support options available to carers.

## Useful ward information

### 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 are allowed on the ward. Vapes are not permitted.

### Laundry facilities

Laundry facilities can be used at 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.

### Protected meal times

Breakfast: 08:00-10:00

Lunch 12:00-13:00

Dinner: 17:00-18:00.