

WELCOME TO BRYNGOFAL WARD



**Bryngofal Ward
Caebryn
Prince Phillip Hospital
Llanelli
SA14 8QF**

**Ward office: 01554 745752
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**Ward Manager: Daniel Jones
Senior Practitioner: Gaynor Cooke & Laurie Cullen**



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Hywel Dda
University Health Board**

Introduction to Bryngofal Ward

Bryngofal ward is within the Grounds of Prince Philip Hospital in Llanelli.

Bryngofal ward is an acute mental health unit for adults.

The ward has 16 single rooms all with en-suite facilities.

Within the ward there is a communal lounge, a female lounge, male lounge, dining area, games area, laundry room and an enclosed garden area with seating available.

The staff on Bryngofal Ward are all part of a close team with a wide range of skills.

Our Aim is to provide a safe and supportive environment, to provide patients with a positive experience on the ward and to enable people to be as independent as possible.

All Health Board staff wear identity badges and Hospital / Ward Staff wear uniform as follows;

Navy blue uniform: Team leaders

Light blue uniform: Registered Staff Nurses

Green uniform: Health Care Support Workers

Burgundy uniform: Domestic staff

Purple uniform: Student Nurses

Care Arrangements

Patients are provided with a Named Nurse and nursing team to support individuals in assessment of care and treatment planning.

There will be weekly access to a Consultant Psychiatrist and the medical team. A pharmacist is available during ward review.

Psychology are based on the ward and you can engage with psychology service should you wish. Psychology provide individual sessions as required. Psychology hope to gain a good understanding of an individual's life experiences to consider which psychological therapy may be most effective in supporting their recovery.

An occupational therapy team work with individuals during their stay to support in the recovery process. Occupational therapy groups are run weekly.

Bryngofal ward team links in to work with other organisations including;
The West Wales Advocacy Service,
CDAT / DDAS - the Substance Misuse Teams,
Community Mental Health Services,
Crisis resolution and home treatment team
Social Services,
Voluntary Services (i.e.; MIND and HAFAL)

Care and Treatment Review Meeting's

Multidisciplinary meetings are held on a daily basis. This is an opportunity to meet the team involved & to discuss progress, assessment and Care & Treatment planning. An Appointment will be allocated to people prior to meeting days & Please take the opportunity to attend these meetings and invite a family member, friend, carer &/or IMHA.

The team usually consists of:

- Doctors
- Nurses
- Student nurses
- Psychology
- Occupational therapy staff
- Pharmacist
- Community nurses / care coordinators
- Social workers
- Independent Advocacy

This is your opportunity to ask your Doctor's anything you want to know. You can ask at the start of the week if the nursing team know what date and time you will be seen. There are Doctor's available at any time should you need urgent care.

Observation and Engagement

Staff have a duty of care to promote your safety within the ward environment and to be available to offer support with any concerns you may have. Staff duties involve observations, this means you will find staff checking on and/or noting down your location at regular intervals, this is to ensure safety and provide reassurance. This is an essential role and Staff make every effort to maintain dignity to all when performing observations. If you have any queries about observations – please ask staff.

House keeping

Meal Times

Breakfast: 8am

Lunch: 12pm

Dinner: 5:30pm

Supper: 9:30pm

There is a choice of menu which caters for all dietary requirements. Menus are completed a day in advance to ensure that requirements are met. Hot drinks & Snacks are available 24/7.

We have a laundry room with washing machine and tumble dryers. Please ask staff if you need assistance with this.

We have a large garden available between 6am and 12 midnight. Please help us keep the garden clean and tidy.

Visiting Times

Currently due to COVID19 we are not allowing families/relatives/friends on the ward as per Health Board Guidelines. However, when discussed within the team, outside visits are permitted in the OT garden and in the family room for those with young children. Visits for some patients will be allowed off the ward. Please ensure your relatives phone the ward as we have set visiting times. We do encourage families to phone the ward day or night should they have any concerns or worries.

COVID19

We advise that you continue to adhere to the government guidelines whilst on and off the ward. These guidelines are ever-changing so please keep up to date.

Ward Advisories

Please note that certain items are restricted from access within the unit for health and safety reason and access will be prohibited - including; sharps / metal (razors, blades, glass/ mirrors, scissors), energy drinks, cans / glass bottles, plastic bags, psychoactive substances, alcohol.

This list is not exhaustive and risk items can be assessed on an individual basis.

Advisories

Please note that whilst receiving treatment in hospital – It is advised to avoid using alcohol and / or un-prescribed substances that may affect your health, care and treatment.

Please be mindful that we are a mixed gender ward and in order to provide a comfortable & safe environment - we advise that appropriate dress / clothing be worn and appropriate language and behaviour be exhibited towards others at all times.

Patient property

Please keep your property to essentials only, we have very limited storage space. Please take note of the restricted items list when asking family to bring items in.

Reminders on admission

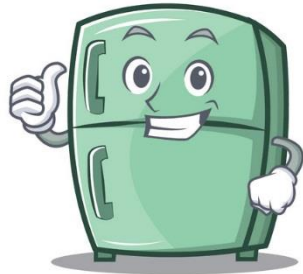
Please familiarise yourself with the restricted items list, this is to keep you, other patients and staff safe during your time on the ward.

Our visiting advice changes regularly in accordance with the COVID guidelines, please ask staff for more information on how we are currently facilitating visits.

Fridge guidance

We do not have the capacity to keep large amounts of food for each patient on the ward.

We provide 4 meals a day, drinks and snacks 24/7 hours a day.



Please keep items in the patient fridge to a minimum, you do not need to purchase basics like, bread, milk, butter as we can provide those.

We discourage the purchasing of large meals such as microwave meals, as meals are supplied by the hospital for all patients.

Please avoid buying large amounts of fruit and vegetables and items that perish quickly.

If you purchase fridge food or have food brought in by a relatives, it is your responsibility to ensure these are labelled with your name and that you check them daily to prevent them going off and becoming hazardous waste.

Food items are not to be kept in the 'old gym' in plastic bags, things like pop, crisps, sweets should be kept to a minimum and kept in your room

Social Media & Devices

We have a zero tolerance policy towards inappropriate use of mobile phones, laptops and any other devices in communal areas. We allow patients to use their phones appropriately within their own bedrooms. Please refrain from taking pictures/videos of any patients or staff or using face time etc. within communal areas.



IMHA

Whilst an Inpatient on the ward – you can receive Free, Confidential and Independent Advocacy representation and support through Advocacy West

Wales. Independent Mental Health Advocates
(IMHA);

Support you to get your voice heard,
Help you make informed choices,
Attend meetings and talk to services with you,
Help you to understand your rights.

Nursing Staff will offer referral for this support
service on your admission.

**To contact the advocacy service please call:
01267 223197**

Carer support

Definition of a Carer

“ Individuals irrespective of age who provide or supervise care on a regular basis for a child , partner or neighbour who is unable to manage on their own due to illness, disability, frailty , mental ill health , impairment or substance misuse’

Bryngofal ward aims to support carer's - ensuring they are recognised , signposted and referred appropriately to receive adequate support in order to continue fulfilling their vital caring role.

Please speak to staff, we would be happy to provide information as to the Investors in Carer's Initiative and to ensure that Carers Needs are recognised and respected.

Compliments / Comments / Complaints

Bryngofal Ward aims to provide the very best care and treatment and we welcome compliments, comments and complaints in order to learn from people's experience and to improve our service. If you have any comments to make – please speak directly to staff member on shift or contact ward manager /senior practitioner – whom will further be able to support and advise you.

Many Thanks, Bryngofal Ward.

