

## **Cwm Seren Low Secure Unit – Expectations of the ward**

### ***Mission Statement:***

We endeavour to provide you with:

- care in an environment that is safe and secure for all
- an effective range of care and treatment interventions, where we will work with you, to support you, to move through an integrated pathway of care, as quickly as possible
- offer opportunities for psychological and occupational support and give you necessary advice on what support is available
- recovery focused care and treatment, focused on you setting and achieving your goals
- support moving on from the low secure unit

### **Participation in care**

We recognise that your participation in all therapies and activities will help you get the most out of your experience on the Low Secure Unit. We will support you with this and notify you of the times/dates of these activities. We will also provide you with a planner, helping you to develop your own schedule of activity.

Morning meetings are held every morning from 9.30am. These will help you know what activities you have for the day and enable you to utilise your Section 17 leave (other than therapeutic leave). We strongly recommend you attend these meetings so as to plan your day effectively.

### **Community Meeting**

This is your opportunity to have your say and discuss any ward based issues. We want to hear from you and so the community meeting occurs weekly, on a Tuesday at 09:30am (after the morning meeting) and the expectation is that all patients attend in order that the views of patients be equally heard.

Please be aware that if you want to raise a complaint or discuss a specific, individual member of staff, that you speak to the Ward Manager or deputies about this.

### **Dignity and Respect**

We ask that all patients be respectful of each other and of staff. By respectful, we mean respectful of difference and respectful of needs. Others may want a quiet environment, so we ask that you respect the wishes of others i.e. listening to Music and TV's at an acceptable volume.

Lending and selling between patients is discouraged and staff reserve the right to intervene on behalf of the clinical and managerial team, in order to protect patients.

### **Behaviour**

Staff will not tolerate any abusive behaviour, whether it be physical or verbal. If you display any behaviour that is violent and/or aggressive, as a consequence of such behaviour, Section 17 leaves will be revoked for a period of 24 hours and then reviewed at this point.

Section 17 leaves may also be revoked for your safety, should you engage in significant self-harming behaviour.

You will be supported to talk to a member of staff about any incidences of violence, aggression or self-harm to enable you to develop your own resources/skills to managing these behaviours.

### **Bullying**

Bullying will not be tolerated at any level and patients are encouraged to discuss any concerns with a member of staff.

### **Section 17 leave**

Any leave from the ward will only be facilitated when agreed by your Psychiatrist and/or the Ministry of Justice. All leave granted will be at the discretion of the nurse in charge. Staff will explain to you if leave cannot be facilitated.

### **Alcohol and Illicit Substances**

There is to be no consumption of alcohol or illicit substances on the ward. Staff are available to provide support and advice about the use of alcohol and illicit substances and the potential impact this can have on your mental health along with possible interactions with prescribed medication.

### **Drug/ Alcohol Testing**

Drug screens are compulsory to all patients on arrival to the ward and you will be asked to complete drug screens randomly, throughout your admission. Urinalysis will also be requested following periods of unescorted Section 17 leave as well as breathalyser test.

### **Contraband Items**

Whilst on the ward, there are items you will not be allowed to have on your person or in your room, due to the risks these could pose to yourself, staff and others. These items include but not restricted to:

- All sharps, including razors
- Aerosols
- Lighters/matches
- Cameras
- Recording devices
- Ornamental glass
- Any other items deemed as posing a risk to yourself, staff or others

### **Mobile phones and electronic devices:**

Mobile phones will be kept with restricted items and are not allowed on your person or in your room. Mobile phones will only be permissible when on leaves if discussed and agreed by the Multidisciplinary Team (MDT).

Access to any electronic devices including laptops, Ipads etc will be discussed within the MDT review and will need to be agreed by Management and the ward Consultant and reviewed regularly. Illegal downloading, sexualised material, dark web material or any harmful websites is strictly prohibited throughout admission. If this is not adhered to staff reserves the right to confiscate any devices.

### **Valuable Items**

As a ward, we promote normalisation and understand that you will want, on occasions, to buy some luxury items for your bedroom such as TV's, games consoles etc. Prior to doing this, you will need to discuss the purchase with the Multidisciplinary team and Ward Manager who will make a decision with you about the items appropriateness.

It is important for you to have some money, in order to purchase essential items such as toiletries and cigarettes, however large amounts of money (in excess of £50) will not be allowed on the ward and is at the discretion of the nurse in charge. Any large sums of money should be placed in a bank or postal account or Patients Welfare or temporarily the ward safe. Staff can assist you with this.

### **Smoking**

As of the 1<sup>st</sup> of September 2022, the ward, grounds and St David's Park are a no smoking areas in line with Welsh Government and health board policy. E-cigarettes and nicotine replacement therapy (NRT) products are permitted. On admission, this will be discussed with you by one of the qualified nurses and NRT products are available on prescription. Smoking E-cigarettes in the garden will not be allowed between the hours of midnight to 7am.

### **Beverages**

You will have access to beverages (decaffeinated tea and coffee) throughout the day from 7am to 12:00am in the beverage bay. It is all patients' responsibilities to keep the area clean and tidy and there is a rota for this. Keeping to this will enable the tea bay to remain open. You can buy caffeinated drinks but these will be kept in the food preparation room and can be used when requested up to 7pm.

There are no caffeinated drinks to be consumed on the ward after 7pm. Any caffeinated drinks found will be confiscated until the following day. ENERGY DRINKS are **not** permitted.

### **Storage Facilities for food and drinks**

There are designated boxes in the preparation area for you to store food and drinks. Perishable items are **not** to be kept in your bedroom. Please ensure that you keep the stock to the limit of the box. There is also fridge/freezer space available.

### **Room searches**

To maintain a safe and secure environment, we reserve the right to conduct regular and random room searches, as directed by the nurse in charge or multidisciplinary team. This may include the Police if deemed appropriate.

### **Personal searches**

On return following periods of unescorted Section 17 leave, you will be subject to a search by the nursing team. We ask that you consume or dispose of any bottles (unsealed or open), can of drinks or food before returning. These will be confiscated or disposed of by staff should you bring them onto the ward following unescorted leave.

### **Relationship between patients**

Whilst the team understand that supportive relationships and friendships may develop between patients, relationships of a physical nature will be discouraged. Patients should not enter other patients bedrooms at any time.

### **Visitors**

All visits will need to be planned 24 hours in advance and agreed by the nurse in charge or Multidisciplinary Team. On arrival, visitor's bags may be searched if they are bringing in items for patients. All visits will be monitored by nursing staff at all times without exception.

Thank you for your co-operation

Ward Staff