NHS
Northumberland,
Tyne and Wear
NHS Foundation Trust

Newton

Patient Information Leaflet

Caring | Discovering | Growing | **Together**

Introduction
This leaflet provides you with information that you will find useful during your stay. If you are not sure about anything in this leaflet please ask a member of staff.

What is Newton?
Newton is a High Dependency Rehabilitation Unit based at St George's Park in Morpeth.

Who is it for?
The service is for men over the age of 18 years who require a safe and therapeutic environment to help with rebuilding living skills.

Why do I need to be here?
So we can support you in developing your recovery goals enabling you to return to living a more independent life within the community. We aim to provide a safe, supportive and therapeutic rehabilitation environment that helps you to move forward and achieve your recovery goals.

Arriving on Newton
When you arrive you will be welcomed by a member of the care team. They will explain what will happen during your stay and give you information which will include who your named nurse will be. You will be shown around the ward and given plenty of support with settling in.

How long will I be here?
The length of stay very much depends upon your personal needs. The care team will discuss this with you.

What sort of things can I do at Newton?
Our activities and interventions are matched according to your individual needs. We actively encourage patients, family and carers to be as involved as possible in the planning and reviewing of the care and treatment provided.

We will support you with:
- daily living skills
- developing social skills and interests
- improving self esteem and self confidence

- maintaining contact with family and significant others
- managing problems with alcohol and/or drugs
- joining education and vocational programmes
- finding move on accommodation.

Some of the activities we include are:

- cooking
- pool
- fishing group
- walking groups
- cinema visits
- arts and crafts
- shopping
- football
- attending college
- trips to visit local places of interest
- gym

Interpreters

Staff can arrange an interpreter if you need one.

Travel information

Contact Nexus Traveline Tel: 0871 200 22 33
Website: www.traveline.info/

What if I have a comment, suggestion, compliment or complaint about the service?

If you want to make a comment, suggestion, compliment or complaint you can:

- talk to the people directly involved in your care
- ask a member of staff for a feedback form, or complete a form on the Trust website www.ntw.nhs.uk (click on the 'Contact Us' tab)
- telephone the Complaints Department Tel: 0191 245 6672
- email complaints@ntw.nhs.uk Please note that information sent to the Trust via email is sent at your own risk
- We are always looking at ways to improve services. Your feedback allows us to monitor the quality of our services and act upon issues that you bring to our attention.
  You can provide feedback in the following ways:
  - the quickest way for you to do this is to complete our short online survey at www.ntw.nhs.uk/poy
  - complete a Points of You survey, available on wards, reception areas or from staff.

Useful contacts

- Northumberland, Tyne and Wear NHS Foundation Trust
  Tel: 0191 246 6800
- Patient and Carer Engagement Team Tel: 01670 501 816
- Patient Advice and Liaison Service (PALS) Tel: 0800 032 0202

For further information contact

Newton Ward
St George's Park
Morpeth
Northumberland
NE61 2NU
Tel: 01670 501 868

Health & care information you can trust
The Information Standard Certified Member

Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, easy read, BSL or other languages). Please contact the Patient Information Centre
Tel: 0191 246 7288

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