

Walkergate Park

Centre for Neuro Rehabilitation and Neuro Psychiatry



Walkergate Park is a Neuro Rehabilitation and Neuro Psychiatry centre located in Newcastle upon Tyne. The 65 bed purpose-built centre provides rehabilitation and assessment services on an inpatient, outpatient, day patient or community basis, for people with a disability caused by injury or disease affecting the brain, spinal cord or muscles. Walkergate Park is home to the only specialist tertiary care neuropsychiatry service in the Northern Region and, at the time of opening, was the first centre of its kind in the UK to provide such integrated service delivery of specialist services.

The philosophy at Walkergate Park is to work in partnership with service users, their families, carers and other stakeholders to optimise quality of life and enable individuals to re-learn skills and achieve maximum independence and facilitating their move back into the most appropriate setting within the community.



Walkergate Park provides care for people who experience the following consequences of neurological disease:

- Major physical disability affecting mobility, self-care and everyday activities
- Disturbance of cognition or behaviour
- Psychiatric sequelae of neurological disease

Walkergate Park provides:

Inpatient services:

- Neurobehaviour
- Neuropsychiatry
- Neuro-rehabilitation

Outpatient services:

- Continence
- Dystonia
- Medical and neuro-rehabilitation
- Neuropsychiatry
- Sex and relationships
- Spasticity

Community treatment services:

- Community Multiple Sclerosis Team
- Regional Huntington's disease service
- Northumberland Head Injury Service
- Community Neuro Rehabilitation Service

Community assessment services:

- Neuropsychiatry Community Team
- North-East Drive Mobility
- Regional Communication Aid Service
- Regional Environmental Control Systems Service

For further information please contact:

Walkergate Park
Centre for Neuro Rehabilitation and
Neuro Psychiatry
Benfield Road
Newcastle upon Tyne
NE6 4QD

Tel: 0191 287 5000
Web: www.cntw.nhs.uk



Inpatient Units

Walkergate Park provides inpatient assessment and intensive rehabilitation for individuals over the age of 18 years with an acquired brain injury or other neurological condition that is unable to be treated in the community

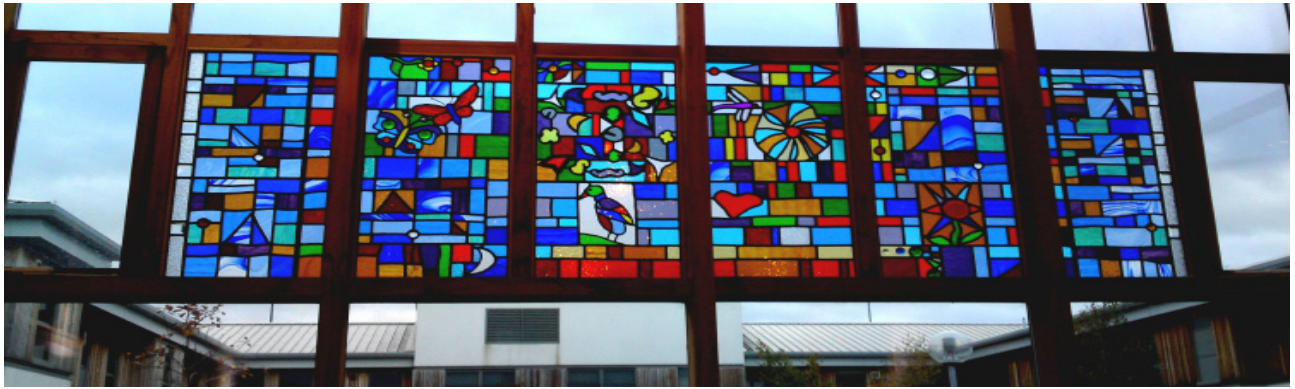
Inpatient provision at Walkergate Park consists of the following wards:

Neuro Behavioural - Ward 1

Neuro Psychiatry - Ward 2

Neuro Rehabilitation - Wards 3 and 4





Multi faith centre

The inpatient facilities include:

- Single en-suite bedrooms
- Specialist equipped gymnasiums
- Hydrotherapy pool
- Knowledge centre
- IT suite
- Multi-faith centre
- Training and research facilities
- Outpatient department
- Therapy garden
- Step-forward facilities (2 flats)
- Independent living bungalow
- 'Snoezelen' therapy room
- Family room
- Secure internal gardens
- Communal cafe

Cardio Gym

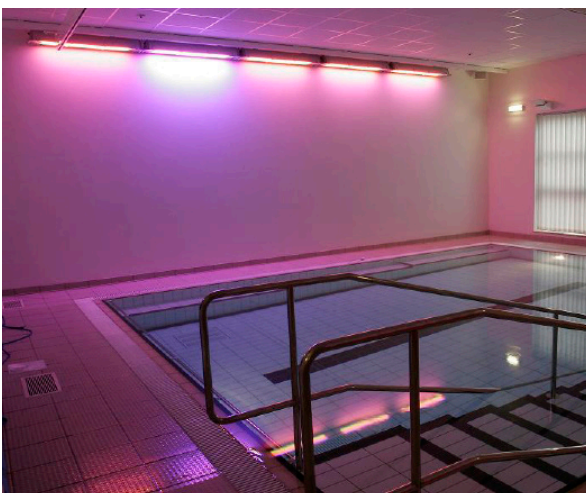


Knowledge Centre



For further information please contact:

Hydro Pool



Walkergate Park
Centre for Neuro Rehabilitation and
Neuro Psychiatry
Benfield Road
Newcastle upon Tyne
NE6 4QD

Tel: 0191 287 5000
Web: www.cntw.nhs.uk

Referral Process

Who can refer

Referrals are accepted from anywhere in the UK through a single point of access system. Referrals are usually made by Consultants, but can also be made by other health professionals. Staff will advise on the most appropriate management of the patient's needs at Walkergate Park.

Who to refer

- Adults aged 18 years and above who experience the following consequences of neurological disease:
 - » Major physical disability affecting mobility, self-care and everyday activities
 - » Disturbance of cognition or behaviour
 - » Psychiatric sequelae of neurological disease
- Neuro Rehabilitation services (Wards 3 and 4) will accept individuals from 16 years old
- Males and females
- Patients who are detained under the Mental Health Act can be admitted



How to refer

Referrals are accepted in writing, by hard copy, fax or email. Informal enquiries and advice are welcomed by telephone prior to referrals.

To discuss making a referral please telephone (0191) 2875101 or or email our Single Point of Access (SPA) on SPAWalkergatePark@cntw.nhs.uk



For further information please contact:

Walkergate Park
Centre for Neuro Rehabilitation and
Neuro Psychiatry
Benfield Road
Newcastle upon Tyne
NE6 4QD

Tel: 0191 287 5000

To make a referral: SPAWalkergatePark@cntw.nhs.uk

Web: www.cntw.nhs.uk

Team Profile

The multidisciplinary team have up to date and relevant training ensuring that patients will receive treatment tailored to their needs. The team provides a wide range of intervention and therapy and includes:

- Rehabilitation Consultants
- Neuropsychiatrists
- Psychologists
- Medical Staff
- Nurses
- Occupational Therapists
- Physiotherapists
- Speech and Language Therapists
- Social Therapeutic and Recreational Staff
- Counsellor
- Dietician
- Chaplain
- Administration Staff
- Support Staff

In addition a number of external professionals deliver their services into the centre from the Walkergate Park site as part of a complete package of care. These services include:

- Orthopaedic Surgeon
- Orthoptist
- Orthotist
- Podiatrist
- Social Worker

The team offers a range of evidence-based treatment options including:

- Neuropsychological assessment
- Cognitive rehabilitation
- Direct psychological treatment of mood/mental health and adjustment disorders integrating a range of therapy models including:
 - » Cognitive and Behavioural (e.g. Cognitive Behavioural Therapy)
 - » Relational (e.g. Cognitive Analytic Therapy)
 - » Systemic and brief therapy (e.g. Solution Focused Therapy)
- Indirect psychological support to the multidisciplinary team to enhance patient care e.g. development and revision of a psychological formulation to understand an individual's holistic needs and treatment plan
- Behavioural assessment and intervention (e.g. management of challenging behaviour)
- Use of LaVigna and Willis positive approaches to challenging behaviour model
- Normal movement approaches
- Therapeutic handling, exercise therapy, seating and positioning programmes, serial casting and hydrotherapy
- Facial oral tract therapy
- Mirror therapy
- Bespoke splinting, thermoplastic and neoprene
- Modified constraint induced therapy
- Spasticity management including the use of Botulinum toxin
- Sensory Modality Assessment and Rehabilitation Technique
- Management of dysphasia, dysarthria, apraxia of speech, cognitive communication and pragmatic disorders
- Dysphagia (swallowing) management including diagnostic assessment, compensatory management and treatment
- Pharmacology review around psychiatric disorder and disease
- Independent living training
- Complex discharge planning

For further information please contact:

Walkergate Park

Centre for Neuro Rehabilitation and

Neuro Psychiatry

Benfield Road

Newcastle upon Tyne

NE6 4QD

Tel: 0191 287 5000

Web: www.cntw.nhs.uk

Neurobehavioural Services - Ward 1

The Neurobehavioural Unit provides a service for patients who present with a range of physical, cognitive and emotional problems, and who are also exhibiting challenging behaviour that is either interfering with their ability to engage in rehabilitation, or is seriously limiting or denying access to ordinary community facilities.

Following a comprehensive period of assessment of between six and eight weeks, a behavioural rehabilitation programme will be drawn up by the clinical team, along with patients and their family as appropriate. This will include agreed goals and estimated length of stay.

Family, friends and professional carers are supported throughout the process to enable them to play a full part in the rehabilitation and ongoing care process.

Dining Room



Bedroom



The unit comprises:

- Six bedded high physical dependency unit
- Eight bedded unit for more physically able patients
- Flat providing step-forward facility



Referral Criteria:

- Individuals who have an acquired brain injury and who present with challenging behaviour that requires specialist management
- Priority will be given to patients whose challenging behaviour is of such intensity, frequency or duration that the physical safety of the person or others is placed in jeopardy
- Patients whose behaviour requires access to a neurobehavioural rehabilitation programme, without which discharge into the community would not be possible
- Patients whose level of cognitive impairment, for example from disorientation, results in a risk of wandering which makes access to mainstream neuro rehabilitation wards problematic
- Patients who have potential to improve in terms of physical independence, mobility, cognitive function, day-to-day functional ability or communication, and respond to a rehabilitation programme with appropriate specialist input
- Patients who may not show potential to improve in areas above may be admitted for a period of assessment to develop behavioural management strategies to assist their return to community living
- Patients can be admitted who are detained under the Mental Health Act

Neuro Psychiatry Services - Ward 2

The Neuropsychiatry unit is a sixteen bed unit providing a comprehensive resource for the assessment, investigation and treatment of specialist care for patients suffering from psychiatric, cognitive and emotional problems as a result of acquired brain injury or due to other organic neurological disorders including:

- Epilepsy
- Toxic and metabolic conditions leading to brain injury
- Neurodegenerative conditions
- Movement disorders
- Huntington's disease
- Post traumatic amnesia

Referral Criteria:

Assessment, intervention and treatment is dependant on patients' needs.

Neuro Rehabilitation Services - Wards 3 and 4

The Neuro-rehabilitation service has 35 beds for patients who have an acquired brain injury or another neurological condition.

There are three programmes of assessment and treatment available depending on the patient's individual clinical needs and goals are negotiated at an early stage with patients and families to address specific areas of function:



- **Neuro-rehabilitation**

- » Programme for patients with physical, communication and cognitive problems that impact on function and prevents participation
- » Initial three week interdisciplinary assessment is followed by an individualised rehabilitation programme and structured discharge process that is agreed and continuously reviewed with patient and family
- » Length of admission can range from weeks up to several months

- **Cognitive Assessment Beds**

- » Two to four week period of admission
- » Programme providing a comprehensive measure of the impact of cognitive difficulties on an individual's own lifestyle e.g. attention and memory, executive functioning, information processing, impulse control, communication difficulties and self awareness
- » Detailed neuropsychological, functional and communication assessment undertaken for the patient, their family and community services

- **Assessment of patients in a low state of arousal/awareness**

- » Programme delivered over an eight week period
- » Provides assessment, diagnosis and management of people who are in a vegetative and minimally conscious state
- » Trained and accredited Sensory Modality Assessment and Rehabilitation Technique (SMART) assessors/therapists assess levels of wakefulness, awareness and communication potential



Lounge

Referral Criteria:

- Patients may be referred directly following injury or diagnosis or at any stage in their pathway where functional goals are identified that may be achieved through rehabilitation intervention.
- Patients who present with physical and/or cognitive problems that would respond to a structured interdisciplinary neurological rehabilitation programme on either a short or long term basis
- For patients who are identified as being in low state of arousal, a specialised twelve week assessment is provided which includes the use of the Sensory Modality Assessment Rehabilitation Technique (SMART)

For further information please contact:

Bedroom



Walkergate Park
Centre for Neuro Rehabilitation and
Neuro Psychiatry
Benfield Road
Newcastle upon Tyne
NE6 4QD

Tel: 0191 287 5000

Web: www.cntw.nhs.uk

Outpatient Services

All patients will receive individualised holistic care, acknowledging dignity and privacy at all times. We offer a patient-centred approach from all staff involved with the day to day running of these clinics to the highly trained multidisciplinary clinical team who is responsible for the delivery of care and treatment.

Neuropsychiatry

Consultant-led weekly clinics for assessment of new referrals and follow up after the initial assessment

Spasticity Clinic

The spasticity service provides a consultant-led, multi-disciplinary assessment and management of patients with spasticity. The service delivers education and training to fellow professionals, participates in ongoing audit and research, and has rolled out a number of satellite clinics across the region.

MS Clinic

Consultant-led clinic offering holistic assessment and symptom management for people with MS across the region. The service works closely with acute neurology, regional MS nurses, the community MS team and the continence clinic. There are also satellite clinics in Alnwick, Berwick and Sacriston.

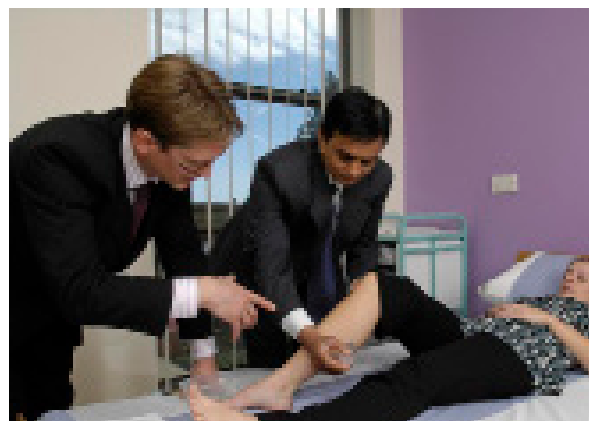
Sex and Relationship Clinic

The clinic is open to anyone with a neurological problem and/or their partners. Clinics offered are a nurse-led erectile dysfunction clinic, and a Consultant psycho-sexual medicine and relationship therapy clinic.



Orthotics Clinic

The clinic offers a multidisciplinary assessment for lower limb orthotic appliances. Assessment is focused on lower limbs including bespoke footwear. This clinic is linked with the community Regional Disability Team, inpatient services and the spasticity clinic.



Continence Clinic

Experienced rehabilitation nurses lead this service for patients with multiple sclerosis. The clinic provides intervention on three levels: primary, which involves prevention, secondary which involves assessment, planning and intervention and tertiary which involves advice and support to those with intractable continence difficulties and to promote social continence.

Splinting Clinic

Weekly clinic run by an Advanced Occupational Therapy Practitioner for the assessment, provision and review of thermoplastic splints. These bespoke splints are made to supplement the ongoing spasticity management plan agreed by the patient and the team. Splinting provides a low load stretch to the hand to assist in enabling greater access to the hand for hygiene and prevention of contractures and can be made to assist in functional activities where movement exists. An outreach service is provided within the region for patients who are unable to attend the clinic.

Rehabilitation Clinics

These Consultant-led clinics include screening for new referral and review patients with neurological conditions and assessment and management of complex long term neurological conditions. They also provide follow up for patients who have been inpatients at Walkergate Park.

Dystonia Clinic

Dystonia clinics provide botulinum toxin injections that are administered by a medical and nursing team. This clinic has monthly attendance from a neurologist. An evening and Saturday clinic is offered once a month and we also provide outreach clinics and domiciliary visits across the region.

Referral to all Outpatient Services is through a single point of access system. Please contact (0191) 2875101 for further information or email Stephanie.maher1@nhs.net

Community Treatment Services

Walkergate Park offers a comprehensive range of community treatment services including:

The Regional Huntington's Disease Service

The Regional Huntington's Disease Service (RHDS) is provided jointly by the Trust and the Northern Regional Genetics Service. It covers the North of England and provides a comprehensive and multidisciplinary service for all aspects of Huntington's disease.

Services offered include:

- Genetic counseling including predictive and prenatal genetic testing
- Confirmatory genetic testing
- Diagnostic clinical assessment
- Management and treatment
- A dedicated community team

Community Neuro Rehabilitation Service (formerly Regional Disability Team)

The Community Neuro Rehabilitation Service is a specialised community based, multidisciplinary rehabilitation team for adults with long term, and complex neurological conditions. The service provides assessment, treatment, information, advice and support to individuals and their families and carers.

Community Multiple Sclerosis Team

A multidisciplinary team working with patients, their families and carers who have been diagnosed with Multiple Sclerosis (MS). The service provides therapy, information, advice and continued support from diagnosis to end of life. People with MS can be referred to the team for specialist MS rehabilitation from anywhere in the northern region and the team work in partnership with local rehabilitation services where possible

Referral to all Community Treatment Services is through a single point of access system. Please contact (0191) 2875101 for further information.



Northumberland Head Injuries Service

The Northumberland Head Injuries Service is a joint health and social care service providing community based rehabilitation and care management for adults with traumatic brain injury living in Northumberland.

Traumatic brain injury can be classified as mild, moderate or severe and as such the service offers an individual needs led assessment on receipt of referral.

The scope of intervention is considerable, ranging from advice and guidance for those with mild injuries to multidisciplinary assessment, therapy and treatment for those with moderate to severe injuries. This can also include the setting up, monitoring and reviewing of complex care packages for those with health and social care needs.

Referral to the service is through a single point of access system. Please contact the service using the details below for further information:

Northumberland Head Injuries Service

Northgate Hospital

Morpeth

Northumberland

NE61 3BP

Tel: 01670 394150

E-mail: nhis@cntw.nhs.uk

Please note that information sent to the Trust via email is sent at your own risk.



Community Assessment Services

Walkergate Park offers a comprehensive range of community assessment services which include:

Regional Environmental Control Systems Service

This dedicated community service provides specialist electronic assistive devices (commonly known as Environmental Control Systems) that can allow people to remotely operate a wide range of equipment and appliances in their chosen location. The service provides assessment, demonstration, trial, life long loan, review, maintenance/service and system installation to those deemed appropriate and eligible.

The specialist equipment can enable the user to maintain, or have increased, independence in domestic premises, educational establishments or health/social care accommodation and may be portable and/or wheelchair mounted.

Main uses of the system include:

- Security (alarms, door locks, intercoms etc)
- Communication (hands free telephones)
- Comfort (lights and heaters)
- Entertainment (TV, video, DVD, HiFi etc)
- Home control (door and windows)

Please contact (01434) 655752 to discuss making a referral or for further information.

Regional Communication Aid Service

The Regional Communication Aid Service is a specialist Electronic Assistive Technology service that assists people who have a severe speech impairment or experience communication difficulties, with the main emphasis being placed upon face to face communication. The service matches a person's abilities and environment with technology, to improve communication and thus increase or maintain independence.

Please contact (0191) 2875240 to discuss making a referral or for further information.

North East Drive Mobility

North East Drive Mobility offers assessment, information and independent advice to people who have a medical condition, disability or are recovering from an accident or injury, which may affect their ability to drive or use a vehicle as a passenger.

The assessment team considers all aspects of a person's driving, including medical fitness, vision, awareness, reactions and decision making, as well as the physical ability to operate vehicle controls.

The centre has a fleet of assessment vehicles with a wide range of driver and passenger adaptations, including a drive from wheelchair assessment vehicle for clients with more complex disabilities.

Assessments take place on the specially designed driving track at Walkergate Park, as well as on the public highway. Specialist driving tuition is offered, primarily for clients who require familiarisation with a different method of control.

North East Drive Mobility is part of a national network of Mobility Centres and is accredited by the Forum of Mobility Centres. The service is supported by grant funding from the Department for Transport and covers the whole of the North of England. An outreach service operates in Penrith on a limited basis.

Clients may self-refer directly to the service for assessment, information or advice, or be referred by their doctor, therapist, DVLA, Motability or other agencies.

Please contact (0191) 2875090 to discuss making a referral or for further information.



What our patients say...

David's Story.....



* All names have been changed and library photos used to protect identity.

David was a 26 year old who was recovering from a minor illness when he was diagnosed with Guillain-Barre Syndrome. The syndrome is a rare debilitating condition that causes the body's immune system to attack itself, damaging the nerves and leaving no feeling in the limbs.

David became totally paralysed within 12 hours of diagnosis and was admitted to Newcastle General Hospital where he spent 3 months receiving treatment to boost his immune system.

Following his stay in hospital David was transferred to Walkergate Park where he spent time in a wheelchair and underwent a rigorous 5 month programme of physiotherapy and rehabilitation. David's hard work, coupled with the expertise of staff at Walkergate Park, has enabled him to make a full recovery and return to life as it was before the illness struck.



Damien's Story.....

Damien was a 18 year old who was involved in a car accident which left him with injuries including shattered kneecap, multiple fractures in both legs, compressed spinal fracture, two collapsed lungs, head injuries, two blood clots on the brain and a severed main nerve in one leg.

He spent 3½ months in Newcastle General Hospital and upon discharge was referred to Walkergate Park as an outpatient. He attended Walkergate Park on a daily basis to undergo physiotherapy, occupational therapy and speech therapy. The specialist intervention provided by the team at Walkergate enabled Damien to learn to walk, talk, read and write again and helped him return his life to the way it was before the accident.

Liz's Story.....

Liz was a 32 year old who was involved in a car accident that left her suffering from post-traumatic amnesia (PTA). Her head injuries were severe and such that she was left in a state of confusion, unable to remember parts of her life and she regressed into being a 12 year old girl.

Over time, Liz successfully battled to begin coming out of PTA and was admitted to the specialist neuroscience ward at Walkergate Park. Liz worked hard with the professionals at Walkergate Park, undergoing occupational therapy and slowly but successfully regaining her memory.

Margaret's Story.....

Margaret was a 56 year old who suffered a cardiac arrest resulting in her heart stopping for 30 minutes. Following a stay in hospital she was transferred in a minimally conscious state to Walkergate Park to begin the process of rehabilitation.

A comprehensive programme of rehabilitation followed including physiotherapy, occupational therapy and speech therapy. This specialist treatment enabled Margaret to learn to walk, dress, do everything for herself again and return to a normal life.

Kelly's Story.....



Kelly was a 19 year old who suffered a stroke while studying for her exams. She was left with left-sided paralysis and right-sided facial palsy and had to be transferred to Newcastle General Hospital for delicate surgery to stem bleeding.

The surgery was a success and Kelly was then admitted to Walkergate Park where she worked with staff on a comprehensive programme of rehabilitation. Following months of gruelling work Kelly was able to wash herself, make a cup of tea and go for walks.

Kelly has now made an almost full recovery; she is pregnant and looking forward to a new life as a mother. She is also soon due to take the exams that were delayed by her stroke.

Service Users' Forum

The Service Users' Forum brings together the experiences and opinions of all those who have used, or still use, Walkergate Park services. The independent Forum works in close partnership with staff, acting as their "critical friends", and helping to monitor the quality of the services provided. The Forum's representative views are informed and kept up-to-date from exit interviews carried out on all inpatients as they leave, as well as from members' reports, talks given by clinical leads and regular dialogue with Walkergate Park management.

What former patients have to say about the units:

“The management of my care here at Walkergate Park has made a huge impact on my life and has given me back the quality and confidence I lost. I am now able to go about my home and work life with increased confidence and happiness. I would like to thank all the staff for their kindness and concern and the fact that all the services I required were under one roof made it all the more easy for me.”
(Outpatient Clinics)

“We are compelled to highlight what we can only describe as a first class service from Walkergate Park. We had a very difficult time leading up to our introduction to your facility but from our first appointment things began to improve. The level of care we have received has been second to none and, whilst his recovery is still ongoing, without the help of the team my husband would not be where he is today. Each and every member of staff that we have come into contact with has given time, patience and support to us both, ensuring we have fully understood the rehabilitation process. The time we spent at Walkergate Park has helped us both understand the impact of the brain injury and more importantly how to deal with and improve it.”
(Neuro Rehabilitation service)

“Thank you for the friendly, courteous and professional manner when carrying out my driving assessment. You will understand that I was quite unsure and a bit nervous but you made sure that I understood everything clearly. Another ‘goal’ in my life has been achieved following my stroke.”
(North-East Drive Mobility)

“I was kept well informed throughout my husband's admission and the professionals within the team made themselves available if I had any queries regarding his care.”
(Neurobehavioural service)

For further information please contact:

Walkergate Park
Centre for Neuro Rehabilitation and
Neuro Psychiatry
Benfield Road
Newcastle upon Tyne
NE6 4QD

Tel: 0191 287 5000
Web: www.cntw.nhs.uk

Service location

Walkergate Park is located on Benfield Road in Newcastle, about 3 miles east of the city centre.

How to get there

By car – Walkergate Park is easily accessible from both the A19 and A1. Follow the A193 and follow the signs to Walkergate Park Hospitals.

Car parking – Car parking available on site (please note car parking is chargeable)

Satellite navigation – use postcode NE6 4QD when using a satellite navigation system.

By bus – The service is easily accessed by bus see www.nexus.org.uk for further information and timetables.

By train – Newcastle Central Station is located in the centre of Newcastle and easily accessed from London, Scotland and all other areas of the UK. Walkergate Park is a short taxi or bus journey from the station. See www.eastcoast.co.uk or www.virgintrains.co.uk for further information and timetables.

By Metro – The nearest metro station is located at Walkergate. Turn left out of the station and proceed along Benfield Road where Walkergate Park is about a 5 minute walk on the left hand side.

By air – Newcastle International Airport is just 20 minutes away from the city centre which is easily accessible by the local Metro system, car or taxi. Direct flights are available in less than an hour from many parts of the UK. Go to Newcastle International Airport's website for more information - www.newcastleairport.com

Accommodation – A range of hotel accommodation is available nearby. See www.newcastlegateshead.com for more information





For further information please contact:

Walkergate Park
 Centre for Neuro Rehabilitation and
 Neuro Psychiatry
 Benfield Road
 Newcastle upon Tyne, NE6 4QD

Tel: 0191 287 5000
 Web: www.cntw.nhs.uk