



Cumbria, Northumberland,  
Tyne and Wear  
NHS Foundation Trust

# Alnwood

NHS England commissions Alnwood as part of the secure forensic mental health service for young people. It is one of a small number of centres nationally providing highly specialist multidisciplinary care for young people requiring treatment under the Mental Health Act 1983.



Caring | Discovering | Growing | **Together**

Alnwood provides medium secure inpatient assessment and treatment for young people up to 18 years who have complex mental health needs, including those with a learning disability.

Extensively refurbished with the involvement of service users, the 14-bedded mixed gender inpatient facility offers young people a calm and therapeutic environment in a medium secure forensic setting, together with an outpatient service.

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Alnwood is part of Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust, one of the largest mental health and disability Trusts in the UK. As such the Trust uses its expertise across many specialist areas to support care pathways, allowing a full range of complex needs to be met. These extended services include drug and alcohol services, and specialist neurodevelopmental disorder services.

Alnwood provides the following therapeutic, educational, social and recreational activities:

## Therapeutic

- Creative therapies including music, drama and art
- Speech and language therapy
- Occupational therapy
- Family therapy
- Spiritual care
- Cognitive and Behavioural Therapies (CBT) delivered in group formats for clinical problems including:
  - Drug and alcohol work
  - Dialectical Behavioural Therapy (DBT) informed skills training
- Cognitive and Behavioural Therapies (CBT) delivered in group formats for forensic issues including:
  - Prosocial problem solving skills training (The Ross R+R2 Programme)
  - Violence reduction and anger management (eg. Violence is not the only choice)
  - General offending Programmes (eg. Offending is not the only choice)
  - Therapy for sexually harmful behaviour (The Rockwood Programme)
- Intensive individual Cognitive Behavioural Therapy for a range of clinical and forensic problems including:
  - Problems associated with complex neuro-developmental disorders and Autism Spectrum Disorder
    - Post Traumatic Stress Disorder
    - Psychosis
    - Emerging personality difficulties
- Positive Behavioural Support
- Complex medication management
- Hospital social work – which supports young people and their families with all aspects of contact, funding and ongoing support from local services, actively involve carers in the care and treatment and play a vital role in the transition process.

## Educational

- Education based upon the National Curriculum and provided by Ofsted-rated Newcastle Bridges School
- Education tailored to individual needs and delivered in 'bespoke' learning packages
- Education timetable provides 25 taught sessions weekly as part of the structured day, providing up to 25 hours of education per patient per week depending on a range of factors including Multidisciplinary Team (MDT) Interventions
- Broad and extensive range of accreditation from unit awards up to and including GCSE's
- Accredited vocational training courses
- English
- Maths
- Science
- Information and Communications Technology (ICT)
- Art and Textiles
- Food Technology
- Physical Education (indoor and outdoor)
- Design and Technology
- Horticulture
- Media Studies
- Health and Social Care
- Personal Social Health Education (PSHE) including Sexual Health Education
- Music
- Drama
- Registered Exam Centre

## Social and recreational

- Sport and leisure activities including access to gym and fitness programmes
- Access to indoor and outdoor sport and recreational areas including football and racket sports
- Extensive range of visiting activities such as art, design and drama groups
- Access to dedicated activities team including exercise therapist

**For further information please contact:**

Alnwood  
St Nicholas Hospital  
Jubilee Road  
Gosforth  
Newcastle upon Tyne  
NE3 3XT

**Tel:** 0191 246 6900

**Email:** [Alnwood@cntw.nhs.uk](mailto:Alnwood@cntw.nhs.uk)

**Web:** [www.cntw.nhs.uk/alnwood](http://www.cntw.nhs.uk/alnwood)



# Our inpatient unit

Alnwood provides medium secure inpatient assessment and treatment for young people up to 18 years with complex mental health needs, including those with a learning disability. Our wards provide comprehensive specialist multidisciplinary care for young people requiring treatment under the Mental Health Act 1983. In addition, young people aged over 18 years who require ongoing care are supported with appropriate transition into adult care services.

**Alnwood consists of two units:**



# Ashby

Ashby is a seven-bed unit providing comprehensive assessment and treatment for young people aged 12-18 with complex mental health disorders and a requirement of a high level of supervision in a medium secure environment.

Telephone: 0191 245 6601

Lennox is a seven-bed unit providing comprehensive assessment and treatment for young people aged 12-18 with complex mild to moderate learning disability and a requirement of a high level of supervision in a medium secure environment.

Telephone: 0191 245 6866

# Lennox



# Facilities at Alnwood

Young people have access to:

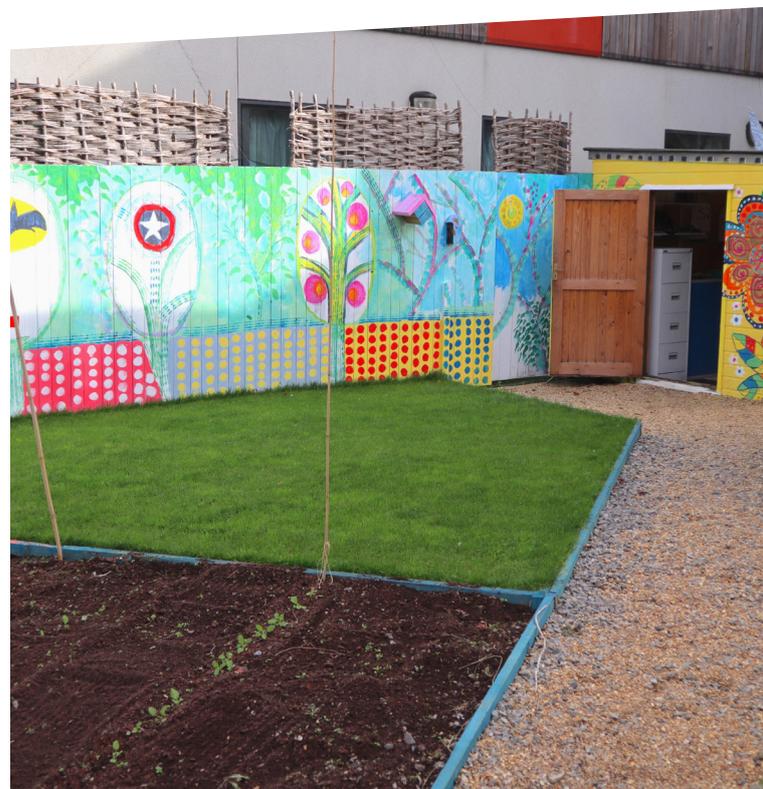
- Activity and recreation room
- Music room including mixing table and keyboard
- Educational facilities
- IT suite
- Interview room
- Meeting room
- Family visiting room
- Dining room
- Fitness centre and gym
- Art room



- Workshop offering classes such as horticulture and woodwork
- Horticultural area
- Secure outdoor activities area
- Spacious lounge and sitting area with flexible provision for female only room
- Large individual bedrooms all ensuite
- Seclusion and de-escalation facilities on each ward
- Quiet area
- Training and therapeutic kitchen
- Self catering facilities

**Additional facilities on the St. Nicholas hospital site include:**

- St. Nicholas cafe and lounge area
- Hospital shop
- Patients bank



# Referral process

All referrals will be considered by multi- disciplinary team and an assessment will take place prior to admission. We are happy to discuss and offer advice prior to a referral.

## Who can refer

Referrals are accepted from specialist mental health teams regionally, nationally and internationally. Staff will advise on the most appropriate and effective way of meeting the young person's needs in Alnwood.

## Who to refer

- Young people aged up to 18 years
- Young people requiring medium secure inpatient forensic care
- Young people across the full spectrum of mental health and learning disabilities
- Formal patients
- Males and females

## **Referral Criteria**

Young people with forensic risk in need of assessment and treatment in a medium secure setting.

## **How to refer**

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

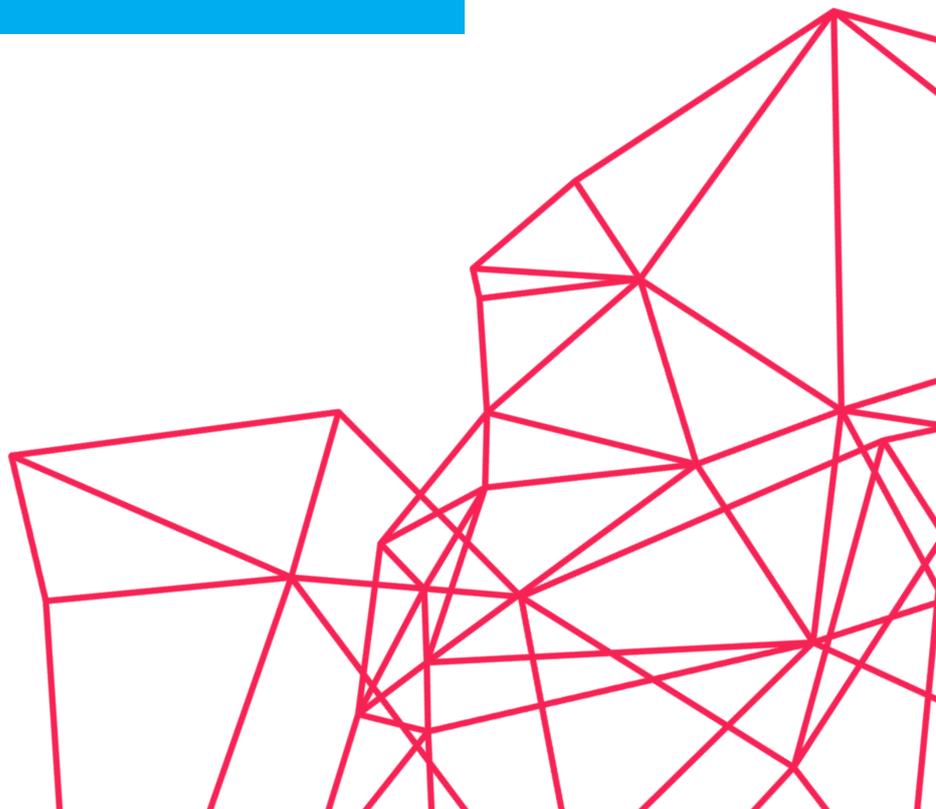
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# Meet the multidisciplinary team

**Jill Stewart**

Associate Director

**Morag McLean**

Specialist Clinical Lead

**Dr. Ruth Andrews**

Consultant Clinical Psychologist BSc,  
Clin Psy D, AFBPsS, HCPC  
Registered Clinical Psychologist

**Jackie Mills**

Ashby Ward Manager

**Angela Thompson**

Lennox Acting Ward Manager

**Dr. Gillian Bell**

Consultant for Young People with  
a Learning Disability, BChB, DROG,  
MRCPsych

**Yvette Redwood**

Occupational Therapist  
and Children and Young People's  
Allied Health Professional  
(AHP) Lead

**Dr. Tim Diggle**

Consultant Clinical Psychologist,  
BSc, MSc, D.Clin. Psychol, PG Dip  
(CT), HCPC Registered Clinical  
Psychologist

**Stephen Moody**

Clinical Manager

**Dr Parag Shah**

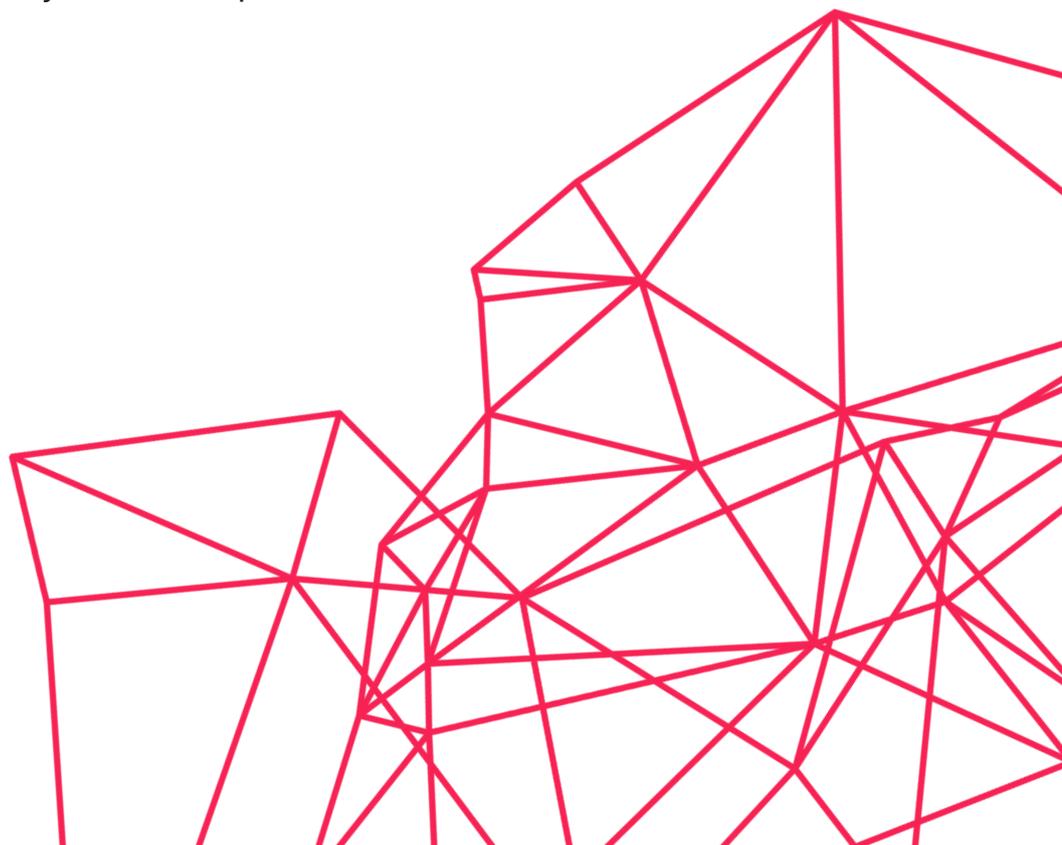
MbChB, MRCPsych, Dip MHL,  
Consultant Child and Adolescent  
Psychiatrist



The multidisciplinary team are highly skilled and experienced in the treatment of young people with complex mental health needs and have up to date training to ensure patients receive treatment tailored to their particular needs.

**The team offers a range of evidence-based treatment options and have clinical skills, expertise and training which include:**

- Cognitive Behavioural Therapy (CBT)
- Dialectical Behavioural Therapy (DBT)
- Management of Violence and Aggression, Self Harm and Anti-social behaviour
- Occupational Therapy
- Extensive Pharmacological expertise
- Positive Behavioural Support
- Family therapy
- Therapeutic group work
- Healthy living and eating
- Speech and language therapy
- Creative and psychodynamic therapies
- Safeguarding



# Former patients' comments



To all the nursing staff, **thank you** for all the help and support you have given me.



On behalf of my client she would like to pass on her sincere **thanks to the whole team** for all the support she has been given. She feels the unit has assisted and supported her, given her skills she feels she would not have received anywhere else.



**Thank you to all the staff** who nursed and looked after my son during his time on the ward.



# What our patients say...



## Paul's Story

Paul was a 16 year old boy who came to Alnwood via the courts for an assessment due to his aggressive and chaotic behaviour.

Paul had a diagnosis of a moderate learning disability and at first found the move to Alnwood difficult, he struggled with the change in routine and also struggled with relationships.

As part of Paul's assessment it was confirmed that he also had a diagnosis of Autism. Psychologists,

Speech and Language Therapists and Occupational Therapists were able to work with Paul to enhance his understanding of the world around him. Staff were able to identify Paul's needs and then devise plans to meet them. After a while, Paul became much more settled because he knew what was happening in his environment, and the people in it became more predictable to him.

Paul was able to join in with education sessions provided by the hospital school and this helped him to improve his reading, writing and maths. He also enjoyed the art lessons and this helped him improve his self-esteem. Staff worked with Paul to help him learn to develop his independence and he can now, with help, cook a simple meal and take care of his own clothes.

The assessments that were made for the court meant Paul received the treatment and care he needed whilst staff helped provide a smooth transition for him. Paul now has a placement which is able to take care of him and he is looking forward to moving forward into adulthood.

# Service location

Alnwood is located at St. Nicholas Hospital, Gosforth, Newcastle upon Tyne NE3 3XT. Staff will be happy you help plan journeys but the following offers guidance on how to get to St. Nicholas Hospital.

Newcastle upon Tyne is a vibrant, cultural city with excellent transport links. The surrounding area of Northumberland has beautiful coastal areas combined with the busy city centre makes Newcastle unique with a wealth of activities and fascinating areas to explore.



### **By car**

Alnwood, St. Nicholas Hospital is easily accessible from both the A19 and A1 and located just off the A191.

### **Car parking**

Car parking is available on site. Please note car parking is chargeable.

### **Satellite navigation**

Use postcode NE3 3XT when using a satellite navigation system.

### **By bus**

The service is easily accessed by bus, a bus stop is located near to the entrance to St. Nicholas Hospital which is approximately a 5 minute walk. For more information and timetables see [www.nexus.org.uk](http://www.nexus.org.uk)

### **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. Alnwood is a short taxi ride from the station, approximate cost £6.50.

### **By metro**

The nearest Metro station is located at Regent Centre, Newcastle upon Tyne. It is approximately a 15 minute walk to St. Nicholas Hospital.

### **By air**

Newcastle's International Airport is just 25 minutes from Alnwood and is easily accessible by car or taxi. Direct flights are available in less than an hour from many parts of the UK. Go to [www.newcastleairport.com](http://www.newcastleairport.com) for more information.

### **Accommodation**

A range of hotel accommodation is available nearby.

Visit [www.visitnorthumberland.com](http://www.visitnorthumberland.com) to contact the Northumberland Tourist Information Centre for more information.



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