

Ferndene



Ferndene provides inpatient assessment and treatment for young people with complex mental health, behavioural and emotional needs, including those with a learning disability.

Opened in autumn 2011, the 40 bed purpose-built centre provides a range of therapeutic educational, social and recreational facilities and at the time of opening was the first such integrated mental health and learning disability service in the UK.

Ferndene was designed with the involvement of service users, their carers and children from the local community. Design features enable the integration of internal and external space using a woodland theme. The ethos of Ferndene is to offer a calm and therapeutic environment, ensuring young people experience an ordinary routine during their stay by separating living and educational space.

Maximising the therapeutic and social benefits experienced by young people during their stay is a priority at Ferndene. A central social space forms the heart of the unit, with a number of informal spaces enhancing the concept of listening that is promoted throughout Ferndene.

Shining a light on the future



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

- **Therapeutic**

- » Creative therapies including music, drama and art
- » Individual therapy including Cognitive Behavioural Therapy and Dialectical Behavioural Therapy
- » Range of play therapies
- » Psychodynamic therapy including interactive stimuli
- » Speech and language
- » Spiritual care
- » Cognitive Behavioural therapy
- » Occupational therapy
- » Family therapy
- » Systemic therapy
- » Complex medication management



Gypsy Caravan





- **Educational**

- » Education based upon the National Curriculum and provided by Ofsted-rated Newcastle Bridges School
- » Registered exam centre
- » Accredited vocational training courses
- » Art
- » Cookery
- » Conservation projects such as the Riverwatch Group, which helps a local charity, the Tyne Rivers Trust, with practical and scientific work on two local burns
- » Duke of Edinburgh Awards Scheme – Bronze, Silver and Gold
- » Horticulture and Woodwork
- » National Navigation Award Scheme – Children’s navigation award offered at three levels, Bronze, Silver and Gold



- **Social and recreational**

- » Cycling (indoor and outdoor)
- » Horse riding
- » Social activities including shopping and visits to local attractions
- » Sport and leisure activities including full range of racket sports, indoor and outdoor 5-a-side football and volleyball
- » Swimming
- » Walking



For further information please contact:

Ferndene

Moor Road

Prudhoe

Northumberland, NE42 5NT

Tel: 01661 838 400

Fax: 01661 838 401

Email: ferndene@ntw.nhs.uk

Web: www.ntw.nhs.uk

Inpatient Units



Riding



Redburn



Fraser



Stephenson

Ferndene provides inpatient assessment and treatment for young people with complex mental health, behavioural and emotional needs, including those with a learning disability. All units provide a high level of nursing care for young people often requiring treatment under the Mental Health Act 1983 or under parental consent.

Ferndene consists of the following units:

Riding

Six bed unit providing comprehensive assessment and treatment for patients aged from 4 to 18 years with:

- Mild to moderate learning disability (4 to 12 year olds)
- Moderate to severe learning disability (13 to 18 year olds)



Shining a light on the future





Fraser

Twelve bed unit providing comprehensive assessment and treatment for patients aged from 12 to 18 years with:

- Mental health and developmental needs
- Mild to moderate learning disability



Redburn

Fourteen bed unit providing comprehensive assessment and treatment for patients under the age of 18 with:

- Early onset psychosis
- Complex mental health disorders e.g. obsessive compulsive order, post traumatic stress disorder

Accommodation on Redburn consists of:

- 8 open beds and 4 intensive care beds for 13 to 18 year olds
- 2 beds that can be used for patients under the age of 12



Stephenson

Eight bed low secure unit providing comprehensive assessment and treatment for patients aged from 14 to 18 years with:

- Mild to moderate learning disability
- A requirement for high levels of supervision in a safe environment

For further information please contact:

Ferndene

Moor Road

Prudhoe

Northumberland, NE42 5NT

Tel: 01661 838 400

Fax: 01661 838 401

Email: ferndene@ntw.nhs.uk

Web: www.ntw.nhs.uk

Facilities at Ferndene

Young people have access to:

- Activities and recreation centre
- Art room
- Café
- Educational / IT suite
- Flower meadow
- Group rooms
- Interview rooms
- 'Listening posts' providing young peoples' poetry
- Meeting rooms

Café



Listening Post

Shining a light on the future





Youth Club

- Multi-faith room
- Outdoor classrooms
- Outdoor play areas
- Sports hall and gym (accessible to local schools and groups)
- Training kitchen
- Youth club
- Workshop offering classes such as horticulture and woodwork

Garden





Typical Lounge



Typical Bedroom

In addition, facilities on all units include:

- Large individual bedrooms (en-suite on all units except Riding where facilities are shared)
- Female only sitting room
- Spacious lounge and sitting area
- Dining room
- Courtyard area
- Self management kitchen
- Family visiting rooms
- Parent/carer overnight accommodation
- Education room
- Therapy rooms
- Games room
- Outdoor play area (secure on Stephenson)

Additional facilities on Riding include:

- Flat to support families establish night time routine prior to discharge
- Garden
- 'Safe' space
- Sensory courtyard
- 'Snoezelen'



Additional facilities on Fraser include:

- Music room including mixing table and keyboard

Sensory Courtyard



For further information please contact:

*Ferndene
Moor Road
Prudhoe
Northumberland, NE42 5NT*

*Tel: 01661 838 400
Fax: 01661 838 401
Email: ferndene@ntw.nhs.uk
Web: www.ntw.nhs.uk*

Referral process



Services at Ferndene are part of a care pathway which is delivered alongside Child and Adolescent Mental Health Services and with multi-agency partners.

Who can refer

Referrals are accepted from anywhere in the UK and are through a single point of access system. Staff will then advise on the most appropriate and effective way of meeting the patient's needs in Ferndene. Referrals are accepted from Early Intervention in Psychosis (EIP) teams, Child and Adolescent Mental Health Services, Consultant Paediatricians or by other inpatient services.

Who to refer

- Children and young people under 18 years of age
- Young people with full spectrum of mental health and learning disabilities
- Males and females
- Formal and informal patients
- Young people requiring an enhanced level of inpatient care not available within community services

Shining a light on the future



Referral Criteria

Young people who have undergone a full mental health assessment and have a diagnosis of severe acute and/or complex mental health, behavioural and emotional needs.

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. Staff are trained to design packages of care that maximise the therapeutic and social benefits experienced by all young people during their stay at Ferndene.



For further information please contact:

*Ferndene
Moor Road
Prudhoe
Northumberland, NE42 5NT*

*Tel: 01661 838 400
Fax: 01661 838 401
Email: ferndene@ntw.nhs.uk
Web: www.ntw.nhs.uk*

Biographies of team members

The team are highly skilled and experienced in the treatment of children and young people and is led by:



Dr Barry Chipchase, Consultant Adolescent Psychiatrist, MB, ChB, MRCPsych, MBA

- Clinical Director for Child and Adolescent Mental Health Services
- Dual accreditation in forensic psychiatry and in child and adolescent psychiatry
- Special interest in PbR and Care Pathway and Packages in CAMHS
- Psychiatric Member of the Parole Board for England and Wales
- Partner in the development of forensic services for young people in the North East



Dr Janis Smith, Consultant Clinical Psychologist, BA (Hons), MSc, DCLin Psychol, CPsychol, CSci, AFBPsS

- Chartered Clinical Psychologist
- Associate Fellow of the British Psychological Society
- Honorary Associate Teacher in the School of Psychology at Newcastle University
- Special interest in the development of care pathways
- Member of the International Society for Psychological Treatments of the Schizophrenias and Other Psychoses



Dr Lisa Rippon, MBBS, FRCPsych

- Inpatient consultant for Children and Young People with Learning Disabilities
- Special interest in Autistic Spectrum Disorders
- Trust's Named Doctor for Safeguarding

Shining a light on the future



The multidisciplinary team provides a wide range of intervention and therapy and includes:

- Psychiatrists
- Psychologists
- Nurses
- Occupational therapists
- Physiotherapists
- Speech and language therapists
- Creative arts therapists
- Play therapists
- Access to GP services
- Pharmacist
- Dietician
- Teachers
- Social workers
- Chaplain
- Welcome team
- Support staff
- Activity and education co-ordinators



Team Profile



- The team have up to date and relevant training which will ensure that the patient will receive treatment tailored to their needs.
- The team offers a range of evidence-based treatment options and have clinical skills and training which include:
 - » Cognitive Behavioural Therapy (CBT)
 - » Dialectical Behavioural Therapy (DBT)
 - » Occupational therapy
 - » Extensive pharmacological expertise
 - » Family therapy
 - » Systemic therapy
 - » Therapeutic group work
 - » Healthy living and eating
 - » Speech and language therapy
 - » Creative and psychodynamic therapies
 - » Safeguarding



Former patients' comments...

“ Thank you so much for helping me over the years; I've had some fantastic times, all the walks, the Metrocentre and the beach. I've got some good memories. Thank you all so much!”

“ Doctors and staff were always great, always helpful if you needed to talk. They always had time to hear any concerns, always happy and cheerful even when I bet their jobs are stressful. Would not have made it without everyone's help. Thank you”

“ The most helpful aspect of in-patient care for me was having a key worker. I was able to build up a relationship based on support and empathy because they had got to know me. They knew my concerns and understood how I was feeling”

“ I will miss friends and staff, I enjoyed the gardening here and will miss the trips. I'm upset to leave”

For further information please contact:

*Ferndene
Moor Road
Prudhoe
Northumberland, NE42 5NT*

*Tel: 01661 838 400
Fax: 01661 838 401
Email: ferndene@ntw.nhs.uk
Web: www.ntw.nhs.uk*

What our patients say...

Stephen's story *



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

Stephen was a 16 year old who had severe depression and problems with alcohol and drugs. Following an unsuccessful admission to his local hospital he was transferred to Ferndene.

Initially, Stephen found being away from home to be very unsettling and nerve-racking but with the support of the staff he quickly settled in.

He received regular psychology sessions which were of huge benefit to him by teaching him how to cope with his feelings of anger and lack of confidence.

Stephen also attended education sessions run by the hospital that have

improved his reading and writing skills and allowed him to learn pottery and woodwork. With the help of staff, Stephen is now able to cook, clean, wash and iron for himself.

By spending time at Ferndene, Stephen has reconnected with his family and is now able to travel home independently and successfully spend weekends with them. He also visits the Metrocentre by himself. Stephen's time at the unit made him feel ready to move on and seek a placement nearer his home.

The help provided at Ferndene made him confident in succeeding as an independent 16 year old once again.

Shining a light on the future



Alison's story *



Alison had a traumatic home life; her sister had a drug problem and died. Following her sister's death, Alison was bullied at school and struggled to cope with everyday life, she wanted to be with her sister so tried to commit suicide.

Her social worker suggested admission to Ferndene, Alison was relieved that she was going to receive some help. On her first day she felt scared and lonely so thought of trying to run away. However, Alison quickly bonded with the staff and felt there was several staff that she could talk to and who cared about her. She struggled with her feelings during her psychology sessions but, in time, started to benefit from these.

Alison found that, prior to her admission; she had issues with her personal hygiene and regularly ate junk food. During her time in the unit, she has learnt how to keep clean and tidy, wash and iron her clothes, how to clean the house and tend to the garden. Alison has also enjoyed learning how to cook healthy meals.

During her time at Ferndene, Alison successfully completed an independent travel programme and began travelling home to spend weekends with her family. Alison began to feel better equipped to cope with some problems that still existed at home and now realises the benefit of keeping herself busy and talking about problems as and when they occur.

For further information please contact:

*Ferndene
Moor Road
Prudhoe
Northumberland, NE42 5NT*

*Tel: 01661 838 400
Fax: 01661 838 401
Email: ferndene@ntw.nhs.uk
Web: www.ntw.nhs.uk*

Service location

Ferndene is located off Moor Road in Prudhoe, Northumberland, about 12 miles west of Newcastle. Staff will be happy to help plan journeys but the following offers guidance on how to get to Ferndene.

Prudhoe is a historic castle town and the gateway to beautiful and historic Tynedale. It is a thriving town surrounded by attractive countryside and offers a variety of shops and good eating venues.



By car – Ferndene is easily accessible from both the A69 and A1. Turn off on the A695 and follow the signs to Prudhoe. From Prudhoe Front Street (B6395) turn left onto South Road then right onto Moor Road, from where Ferndene can be accessed on the left after 1 mile.

Car parking – Car parking is available on site

Satellite navigation – Use postcode NE42 5NT when using a satellite navigation system

By bus – Prudhoe is easily accessible by main bus routes. A local bus service then operates from Prudhoe to Moor Road, from where Ferndene can be accessed; see www.nexus.org.uk for further information and timetables

By train – Prudhoe is on the Newcastle – Carlisle line. Access to Ferndene is then via the local bus service running from Prudhoe town centre to Moor Road or by a short taxi ride from the station

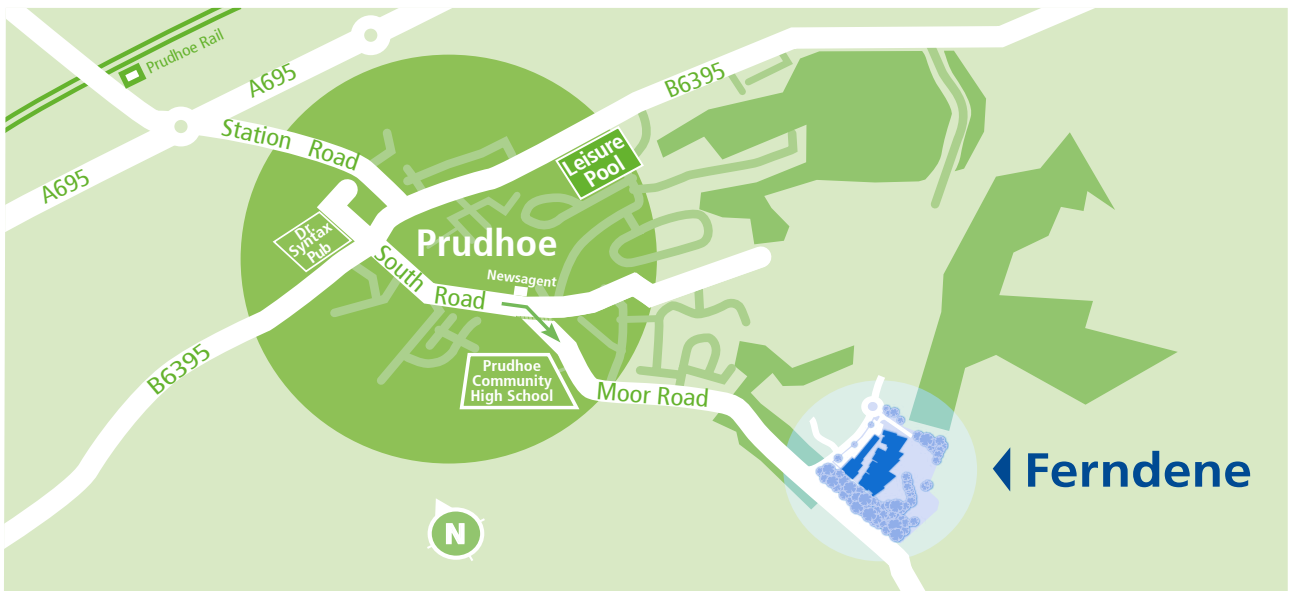
By air – Newcastle's International Airport is just 25 minutes from Ferndene and is easily accessible by car or taxi. Direct flights are available in less than an hour from many parts of the UK. Go to www.newcastleairport.com for more information

Accommodation – A range of hotel accommodation is available nearby.

Visit www.visitnorthumberland.com to contact the Northumberland Tourist Information Centre for more information

Shining a light on the future





For further information please contact:

*Ferndene
Moor Road
Prudhoe
Northumberland, NE42 5NT*

*Tel: 01661 838 400
Fax: 01661 838 401
Email: ferndene@ntw.nhs.uk
Web: www.ntw.nhs.uk*

About the Trust

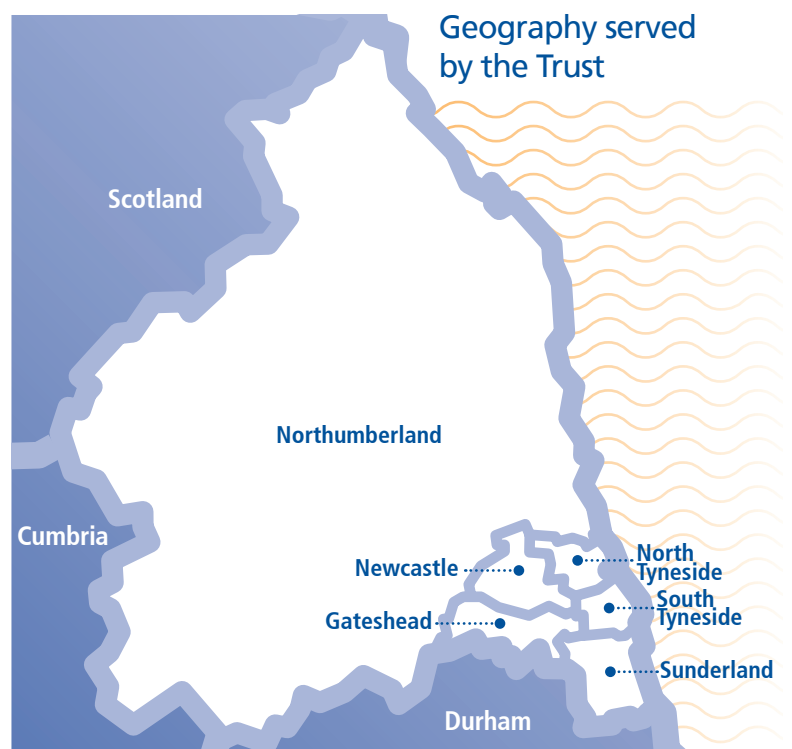
Northumberland, Tyne and Wear NHS Foundation Trust provides mental health, learning disability and neuro-rehabilitation services to a population of 1.4 million people in the North East of England across the six geographical areas of Northumberland, Newcastle, North Tyneside, South Tyneside, Gateshead and Sunderland.

The Foundation Trust was authorised on the 1st December 2009.

We are one of the largest mental health and disability organisations in the country with an income of circa £300 million and circa 6,000 staff. We operate from over 130 sites and provide a range of comprehensive services including regional and national specialist services.

The Trust has an impressive history of successfully managing complex change and modernisation in a changing environment. It is responsive, innovative, forward thinking in delivering excellent services and has many award winning services and facilities.

We are proud of our successes and will always strive to continually improve and ensure that our services are not only excellent, but also consistently highly performing across all the areas we serve.



Shining a light on the future



Our vision for the future:

' We will improve the wellbeing of everyone we serve through delivering services that match the best in the world '

Our vision is underpinned by core values that ensure that we will:

- Place service users and carers at the centre of everything we do
- Treat service users and carers with respect and dignity
- Support and show respect towards our staff, encourage their personal development, acknowledge their expertise and professionalism and value the role they fulfil
- Always look to do things better encouraging and acknowledging improvement and innovation
- Provide effective team and partnership working
- Be honest, show trust, have integrity and be open and transparent in our work
- Embrace diversity
- Listen to the views of others

The Trust provides a range of primary, secondary and tertiary services on local, regional and national basis:

Local

- Working Age Adults
- Older People's Mental Health
- Learning Disabilities
- Addictions Services
- Children and Young People
- Specialist and Neuro Rehabilitation
- Forensic

Regional

- Adult Forensic Mental Health – Medium and Low Secure and Community
- Adult Forensic Personality Disorder – Medium Secure and Community
- Affective Disorders Service
- Mother and Baby Service
- Cognitive Therapy
- Psychotherapy
- Cognitive Analytic Therapy
- Neuropsychiatry
- Neurological Rehabilitation
- Complex Neurodevelopmental Disorders Services
- Services for the Deaf
- Gender Dysphoria

National

- Richardson Eating Disorders Service – Adults
- Adult Forensic Learning Disability – Medium and Low Secure and Rehabilitation
- Adult Autism – Learning Disability only
- Child and Adolescent Learning Disability
- Adolescent Mental Health – Medium Secure
- Adolescent Learning Disability – Medium Secure

Northumberland, Tyne and Wear NHS Foundation Trust Key Facts

- One of the largest mental health and disability NHS Trust's in England.
- Over 6,000 members of staff.
- Serves a population of 1.4 million people.
- Covers a geographical area of 2,200 square miles.
- Budget of £300 million.
- Sees on average between 60,000 – 70,000 patients every year.

Mental Health Key Facts

- 1 in 4 adults will experience some kind of mental health problem at some point each year, and 1 in 6 experiences this at any one time.
- 1 in 10 children and young people under the age of 15 suffer from mental disorder.
- Mixed anxiety and depression is the most common mental health problem in Britain, with around 1 in 6 affected.
- Depression affects 1 in 5 older people living in the community and 2 in 5 in care homes.
- Dementia affects around 5% of people over the age of 65.
- More severe mental health conditions such as schizophrenia and bi-polar disorder are much less common, affecting around 1 in 200 adults each year.
- An estimated 13.5 million working days are lost to stress related sickness absences and stress related conditions are now the commonest reported cause of sickness absence.
- People are more likely to experience common mental health problems if they are unemployed, have a chronic physical health condition or have experienced adverse life events such as relationship breakdown or bereavement.
- People can, and do, recover from mental health problems. About half of people who experience common mental health problems are no longer affected by them after 18 months.

Shining a light on the future



Learning Disability Key Facts

- About 985,000 people in England have a learning disability (about 2% of the population). 796,000 of them are aged 20 and over.
- There are 55,000 – 75,000 children with a moderate or severe learning disability in England.
- There are an estimated 210,000 people with severe and profound learning disabilities in England: around 65,000 children and young people, 120,000 adults of working age and 25,000 older people.
- Only 20% of adults with learning disabilities are known to learning disability services.
- The number of adults with learning disabilities is expected to increase by 11% between 2001 and 2021. This would raise the number of people in England aged 15 and above with learning disabilities to over one million in 2021.
- About 60% of adults with learning disabilities live with their families.
- About 39,500 people with learning disabilities live in care homes and hospital. This is about a third of all the people in touch with learning disability services. About 11,000 of these people live 'out of area', that is away from their home area.
- 17% of people with learning disabilities who are of working age have a paid job. About 1 in 20 people with learning disabilities have an unpaid job.
- People with learning disabilities are 2.5 times more likely to have health problems than other people.
- Four times as many people with learning disabilities die of preventable causes as people in the general population.
- Children and young people with learning disabilities are 6 times more likely to have mental health problems than other young people.

Neuro Rehabilitation Key Facts

- Traumatic Brain Injury. Each year an estimated 1 million people attend hospital A&E in the UK following head injury.
- Common causes of severe head injuries are road traffic accidents, falls and assault. Severe head injuries kill more than one person in every ten thousand in the UK every year. They are the commonest cause of death in young men.
- Neuro Rehabilitation – The greatest visible progress occurs in the first 6 months, after which improvement is often more subtle and less obvious. But it is important to bear in mind that progress does not stop after 2 years, as has been suggested in the past. Rather people continue to improve even 5, 10 or more years after a head injury.
- Acquired Brain Injury is the largest cause of disability amongst the working age population.
- The majority of impairments are not visible, less than 8% of disabled people use wheelchairs.
- Brain injury is the largest cause of acquired disability in the UK today in the working age population. It is 30 times more prevalent than spinal cord injury.
- There are over 500,000 people of working age living with permanent disabilities as a result of head injury living across the UK.