

Therapeutic Activities

Bamburgh Clinic and Bede Ward

Patient Information Leaflet

Shining a light on the future



Introduction

This leaflet provides you with information about the therapeutic activities and groups that will form part of your treatment plan. If you have any questions about anything in this leaflet please ask a member of staff.

Groups and activities – what's the point?

Everybody has to take part in tasks and activities from when they get up in the morning right through to when they go to bed at night.

Therapeutic activities are an important part of your care and treatment because they:

- Make sure you have the skills and opportunities to practice what you need to do, what you have to do and what you want to do.
- Encourage you to meet people on a social basis.
- Help you to think about issues to do with your illness and/or behaviour and develop new ways to deal with this as part of a supportive group.
- Give you the opportunity to do the things you enjoy and explore new interests.

What will they help me do?

You will have your own treatment plan with prescribed activities and groups to meet your needs. This will be individual to you with personalised goals on what the activity/group will help you develop.

For example, reasons to attend a Football Group may include:

- Develop your fitness levels
- Work as part of a team
- Practice dealing with frustration and conflict

Reasons to attend a Psychosis Awareness Group may include:

- Learn about your condition and how it affects you
- Learn ways to cope and how to deal with your situation
- Get support from others in a similar position

What are the activities?

The things we do from when we get up right through to bedtime can be divided into three areas:

- **Activities of daily living** – e.g. cooking, getting dressed, using the bus
- **Productive activities** – e.g. work, learning, therapy sessions, maintaining important roles (e.g. father)
- **Leisure activities** – e.g. pool, games

In order to be healthy you need to take part in the three different activity types and maintain a balance of these. Your treatment plan will help you do this.

What are the aims of the groups?

Groups can be divided into the following areas depending on their main aim:

- **Task** – e.g. improve concentration, develop stamina, learn a new skill
- **Social** – e.g. participate in things with others, develop interests
- **Communication** – e.g. support others, share experiences
- **Psychotherapy** – e.g. express and explore feelings.

The timetable has a combination of these groups available at any one time.

How are they decided upon and evaluated?

There is a Therapy Co-ordination Group with representatives from Nursing, Occupational Therapy, Activity, Sports, Patients and Psychology. This group has responsibility for:

- Ensuring all groups and activities are up to date and based on evidence
- Timetabling
- Staffing the sessions
- Consulting with the patients
- Generating new groups and activities to meet your needs
- Evaluating the therapy programme regularly

Where do they take place?

Anywhere from the ward to the community! However, the clinic has two multipurpose built Shared Therapy Spaces where the majority of groups and activities take place.

The Shared Therapy Spaces have:

- art facilities
- woodwork rooms
- interview rooms
- class rooms
- group rooms
- kitchens
- gyms
- courtyards
- a sports barn
- a number of games and activities such as pool, Wii and chess in them.

Bede also has a therapy area with kitchens, activity rooms and a garden.

Who runs them?

Psychologists, Occupational Therapists, Nurses, Sports Instructors, Teachers, Support Workers, Social Workers, Activity Workers and Technical Instructors.

How do I access them?

A Nurse and Occupational Therapist will sit down with you once a week and plan out your week. Some groups are closed and you will need to be referred to them; this will happen at your care co-ordination review.

Some groups are in the community and you will need leave to attend – ask your primary nurse or Occupational Therapist about these.

But above all, if there is anything you are interested in – just ask!

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
- complete a Points of You card, available on wards. Some areas of the Trust have electronic feedback touch screens, staff can help you to use these. Your feedback allows us to monitor the quality of our services and act upon issues that you or your carers bring to our attention.
- ask a member of staff for a feedback form, or complete a form on the Trust website www.nth.nhs.uk (click on the 'Contact Us' tab)
- telephone the Complaints Department Tel: 0191 245 6672

References

- Linda Finlay (2001) The practice of psychosocial occupational therapy. Nelson Thorne
- Jennifer Creek (2006) Occupational Therapy and Mental Health. Churchill Livingstone

For further information contact

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Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre.

This information can be made available in a range of formats on request (eg Braille, audio, easy read, BSL or other languages). Please contact the Patient Information Centre Tel: 0191 223 2545

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