

Newton Ward, St George's Park, A visual guide - video transcript

Newton is a rehabilitation ward. It provides a space for men over the age of 18 years who require a safe and therapeutic hospital environment. Staff here will help you to move forward and achieve your recovery goals.

Going somewhere new can be scary.

This is a guide to Newton Ward at St George's Park Hospital in Morpeth.

It will tell you more about the ward. So you know what it will be like when you come here.

This is the main corridor you will see when you arrive on Newton Ward.

The corridor leads to bedrooms, kitchens, offices and other rooms.

These are some of the other rooms on the ward.

The Ward Office.

This is where staff like nurses sit to write notes and make phone calls. Please come here if you have any questions or need help and support from staff.

MDT Office.

'MDT' stands for 'Multi-Disciplinary Team'. The MDT meeting room can be used as a private space when you have meetings with members of the team. It can also be used for your 'Care Plan Review' meetings.

There are lots of different professionals in the team on Newton. They include:

- Nurses
- Doctors
- Psychologists
- Occupational Therapists
- Activity Facilitators
- Support Workers
- Pharmacists
- Music Coach
- Art Psychotherapists
- Exercise Therapists
- Speech and Language Therapists

There is a pool table which you can use. And an Activity Room. This room is for arts and crafts and other activities like learning to play a musical instrument. There is a computer which you can use.

The Quiet Room

You can relax on your own in here. You can also talk to a member of staff in private. The room has some comfy chairs, beanbags and some sensory items such as soft lighting.

The Communal Area

This is a big space at the end of the main corridor. It is also used for activities like mutual help meetings and games nights. People on the ward sometimes like to sit here to eat their meals and have a chat.

There is a TV room with comfy chairs, TV and games consoles.

We have two gardens. This is the quiet garden. We also have a bigger/main garden. This is a place to relax, exercise or play football. Sometimes we have BBQs here when the weather is good.

We have 18 bedrooms on Newton ward.

Each bedroom has its own bathroom, wardrobes, safety deposit box (safe), desk and chair.

You will have your own bedroom key so that you can lock your bedroom when you are not in it.

At Newton, all meals are provided. However, some patients, with staff support, prepare their own meals in our kitchen. Our kitchen has:

- a cooker
- fridge-freezer
- microwave
- toaster

and many other items. The kitchen is also used for group activities such as our breakfast or smoothie making group.

We hope this has helped answer some of the questions you may have before joining us

If you have any other questions then you can get in touch with us at

Newton Ward
St George's Park
Morpeth
NE61 2NU

Telephone: 01670 501 868

We look forward to meeting you soon.