

Riding at Ferndene



A young person's guide

Welcome

Staff and some of young people at The Riding have put together this information. We hope this will give you an idea of what to expect when you arrive.

What is The Riding?

The Riding is an integrated, inpatient, assessment and treatment service for young people with complex mental health, behavioural and emotional needs, including those with a learning disability.

The Riding offers both Psychiatric Intensive Care and Low Secure Inpatient admissions.

It is designed to offer high levels of care and treatment to young people who require intensive levels of support to help them recover from an acute mental health disorder. The environment is designed to be safe and aims to provide individualised care to all service users.

It is part of the services offered at Ferndene; an inpatient assessment and treatment service for young people with complex needs requiring inpatient treatment.



Where is it?

The Riding is based within Ferndene and is located in the town of Prudhoe which is near Newcastle upon Tyne.

Who is it for?

There are a total of 10 beds on The Riding, providing comprehensive assessment and treatment for young people between the ages of 13-18 years old. Four beds are for young people with psychiatric intensive care needs and six beds are for low secure environmental needs of young people. The latter of which has three beds for young people on the 'Learning Disability Pathway' and three beds on the 'Mental Health Pathway'.

Who are the staff on The Riding?

It can be confusing at first knowing what different people do because each member of staff is trained to help you in different ways.

All the staff work as a team to help you work things out. You will have named nurses and key workers – a small group of specific staff who will be your main team, who you can turn to if you have any needs or requests.

Other staff involved in your care could be

There are many other people who are there to help you: Psychiatrists, Psychologists, Family Therapists, Clinical Case Managers, Social Workers, Teachers, Creative Art Therapists, the Day Unit, Occupational Therapists, Advocates, Nurses and Nursing Assistants, Allied Health Professional Assistant Practitioners and an Activity Lead.

If you have religious or cultural needs the Chaplaincy staff will help to support you or you can access the onsite multi-faith room.

Why do I need to be here?

A doctor has decided that it is the best place for you to offer support, assess your needs and provide any possible treatment. Staff at The Riding will support you to get the right treatment to help you. You may have a number of worries and questions about what it will be like. Here are some feelings that you may recognise.

Pleased! Things might start to change.

Helpless... like you have no control.

Angry... you don't want to go in to the unit.

Alone... no-one understands what you're going through.

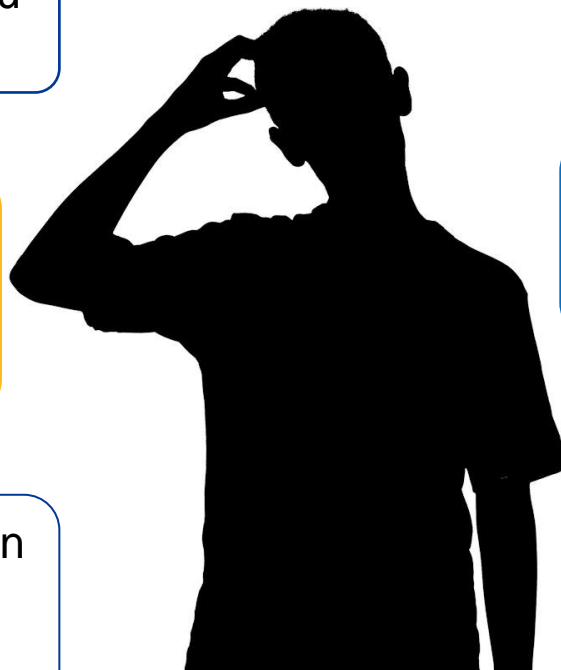
Hurt... that someone else thinks you need to get better.

Embarrassed... in case people think you're mad.

Depressed... things are never going well.

Scared... to go to a new place, where you don't know what to expect.

Upset... that you have to leave your friends and your family for a while.



What help is available?

There are several ways in which we help young people depending on what they need. You will have a period of assessment at the beginning of your stay after which you might be offered some of the following:

- Group therapy sessions
- Individual therapy (1:1)
- Family Therapy

Getting young voices heard

We have skilled independent advocates who are trained to help children and young people in care express their views. This could be when they:

- Want support at reviews and other meetings
- Disagree about plans that have been made
- Have concerns about their care
- Need to make a complaint

Coram Voice Tel: 0808 800 5792 provides support to young people with mental health difficulties. They provide individual advocacy through the visiting advocacy services. Coram Voice also provides Independent Mental Health Advocates (IMHA's) trained specifically to work with young people, as required in the Mental Health Act 2008.

Education

Newcastle Bridges School (NBS) deliver the education to the young people on the Riding ward; you will be supported to attend your lessons as part of your structured day.

If you are following a Mental Health pathway then Newcastle Bridge School teaching staff will help you to access your school or college work and if that is not appropriate then they will offer you alternative lessons. Your learning will take place one to one with your teacher or sometimes in small groups. Our lessons are delivered in classrooms situated in Pods 1 and 2, if you

cannot access the classroom then your teacher will deliver your lesson on the ward.

If you are following the Learning Disability pathway then you can have your lesson one to one with your teacher or sometimes in small groups. Our ward teacher and classroom assistant are very experienced and use Makaton to support you and your learning.

The Structured Day

Young people on the Learning Disability Pathway will be offered a bespoke structured weekly timetable that includes a balance of self-care, daily activities, therapy, education social and rest.

The Day Unit

The Day Unit is open to young people on the Mental Health Pathway. The Day Unit is open daily during week days and provides a daily structured programme of life and community skills that are meaningful to you and your needs. Activities are often fun and help to break up the day.

Will I be able to see my family?

Family visits are encouraged and this can be fully discussed with you and your family when you arrive on the unit. Family are encouraged to visit after the structured day, but are free to attend at anytime.



What is there to do at The Riding?

You will be given a weekly timetable which will identify which educational sessions or therapeutic groups you are expected to attend. This will be given at the beginning of each week and when you are not at the pods when the school day has finished or on a weekend you can keep your-self busy by:

- Watching TV or films
- Playing games, for example sports hall or board games
- Playing pool
- Listening to music or playing musical instruments
- Playing on the games consoles
- Ward based activities in the art room
- Themed events, especially during school holidays
- Cooking and baking
- Gym
- Access to wi-fi

We also have quiet areas where you can be alone if you choose.



Within Ferndene there is also access to a gym, a youth club, trampolining, yogalates and a sports hall where you can play all kinds of sports.

How long will I be here?

Everyone's needs are different. The length of your stay will be dependent on your care pathway. If this is the 'Psychiatric Intensive Care Pathway' it will be a six week assessment but you may need further assessment following this. If this is the 'Learning Disability Pathway' or 'Mental Health Pathway' this will be for an initial six week assessment which will be followed by an inpatient stay of up to three months which is then reviewed. Our aim is to ensure that you do not stay in hospital for longer than necessary and the whole team will work with you to ensure that your stay is as short as possible.

What will the other young people be like?

You will be one of a small group of young people, who may be experiencing different mental health problems, emotional difficulties or behaviours that challenge.

A lot of young people feel worried when they hear the words **mental health** or **learning disability**, often because they don't understand what it means, or because they have heard stories about it that aren't true. When you learn more about mental health and learning disabilities you should find out that it's not as frightening as you think.

Here are some things other young people have found helpful about staying at The Riding:

I spent my birthday in hospital which made me unhappy as I missed my family. The staff and other young people made a real effort so I could enjoy my day.

Mark 14

Knowing other people have similar problems to you and you are not alone.

Jo 16

I have enjoyed some of the groups at the Arc and having my lunch at Cafe Amelia with staff. The outside area was really nice and we had a picnic.

Emma 15

The most helpful part was having a key worker. They teach you stuff, like life skills, how to deal with illness and how to cope so it doesn't happen again.

Sarah 18

If you have a problem there are always staff to talk to and try and help you move on with your life.

Adam 14

If you want to use the wi-fi its ok to ask for the password.

Alice 14

What can I bring with me?

You should bring changes of clothes appropriate to the time of year. You can wash your clothes on the unit. Remember to bring indoor and outdoor clothing and footwear.

Make sure you bring:

- Toothbrush and toothpaste
- Things to wash or shower with
- Any other toiletries that you like to use.

Please give any medicines or tablets to the nurse in charge.

What should I not bring?

Do not bring anything that is valuable or special, as things can get lost or broken. Electrical items will need to be checked before you use them. There are items that may not be safe to have on the ward, the nursing team will discuss this with you on your arrival to the ward.

You may choose to bring your own phone, which must be used responsibly as directed by the nursing team.

Other questions you may have about The Riding:

Will I have to share a room?

Each young person has their own bedroom. You can decorate your room with posters as long as they are not offensive to others.

Will I be able to go out or visit home?

That depends on your individual needs and what is agreed with your doctor. Most young people will be able to have leave at some point, including overnight stays at home. If we are concerned about your safety, you may need to be accompanied out of the unit with staff.

How much are my parents or carers involved?

Everyone's needs are different. Staff may want to involve your parents or carers to help them understand you better. What you say to staff is confidential and will usually only be told to your parents with your permission. You will have an external review every four weeks to see how you are getting on. You and your parents or carers will be invited to attend and we will discuss if anything else should be done to help you.

Problems, complaints or suggestions

Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust have a complaints policy and the staff will support and advise you if you need to make a complaint.

If you think that we could improve our service or you have any comments please let a member of staff know or use the suggestions box located on the ward.

Contact details

The Riding at Ferndene
Children and Young People's Service
Ferndene Hospital
Moor Road
Prudhoe
Northumberland, NE42 5PB
Telephone: 01661 838 513



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