

Vocational Rehabilitation Garden (Horticulture) Project

Patient Information Leaflet



Introduction

This leaflet provides you with information that you will find useful during your stay. If you are not sure about anything in this leaflet please ask a member of staff.

What is Vocational Rehabilitation Garden (Horticulture) Project?

Vocational Rehabilitation Garden Project is based within the grounds of Hopewood Park, Ryhope, Sunderland. The project uses horticulture in a therapeutic way to support recovery and maintain mental well-being and provides opportunities for a balanced lifestyle.

Who is it for?

The service is for men and women over the age of 18 years who are receiving care from the Trust. It offers a meaningful activity as part of rehabilitation needs.

Why do I need to be here?

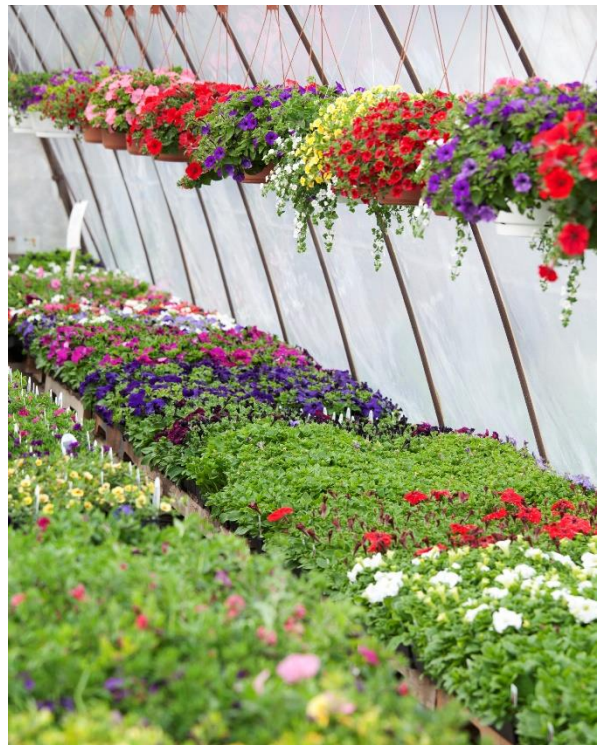
To help you get better by looking at your recovery, lifestyle and staying well. The staff will help you to agree what you are working towards.

Arriving at the Vocational Rehabilitation Garden (Horticulture) Project

When you arrive you will be welcomed by a member of the care team. They will explain what will happen during your time at the project and also show you around. You will have an opportunity to meet other service users who attend the scheme, and talk to volunteers who support the project.

How long will I be here?

The length of stay depends upon your personal needs and engagement within the project, usually up to a maximum of 12 weeks. At six weeks a review, and an opportunity to discuss progress, will take place to ensure that the service is beneficial to your needs. The care team will discuss this with you and organise the amount of sessions per week you will be offered to attend.



What sort of things can I do at Vocational Rehabilitation Garden (Horticulture) Project?

The activities will depend on what support you need for your recovery. Activities may include both social and recreational and will focus on developing new skills to manage your mental health. This may include education, training, woodwork and horticultural work experience.

The education and employment link worker can help you identify future goals, potential 'community follow on' horticulture projects and work related opportunities that could develop following completion of the course.



Interpreters

Staff can arrange an interpreter if you need one.

Useful contact

- Patient and Carer Engagement Team
Telephone 01670 501 816

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
- ask a member of staff for a feedback form, or complete a form on the Trust website
www.cntw.nhs.uk/contact/complaints/
- telephone the Complaints Department on 0191 245 6672
- email complaints@cntw.nhs.uk Please note that information sent to the Trust via email is sent at your own risk

We are always looking at ways to improve services. Your feedback allows us to monitor the quality of our services and act upon issues that you bring to our attention.

You can provide feedback in the following ways:

- the quickest way for you to do this is to complete our short online survey at www.cntw.nhs.uk/yourvoice
- complete a Your Voice survey, available on wards, reception areas or from staff
- other options for sharing your feedback and experience www.cntw.nhs.uk/yourfeedback

Patient Advice and Liaison Service (PALS)

PALS provide confidential advice and support, helping you to sort out any concerns that you may have about any aspect of your or your loved ones care.

We act independently when handling patient and family concerns, liaising with staff, managers and, where appropriate, relevant organisations, to negotiate prompt solutions. If necessary, we can also refer patients and families to specific local or national-based support agencies.

South of Tyne

Tel: 0800 328 4397

Text: 07825 061 035

Email: pals@cntw.nhs.uk

Post: Patient Advice and Liaison Service, Garden Lodge,
Hopewood Park, Ryhope, Sunderland, SR2 0NB

9am – 4.30 pm, Monday to Friday

An answerphone is available at all times for you to leave a message. A member of the PALS team will aim to return your call as soon as possible.

For further information contact

Vocational Rehabilitation Garden (Horticulture) Project, Garden Lodge, Hopewood Park, Ryhope, Sunderland, SR2 0NB

Telephone: 0191 566 7065.



Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (Braille, audio, larger print, easy read, BSL or other languages). Please contact the Patient Information Centre on 0191 246 7288.

Published by the Patient Information Centre

2024 Copyright: Cumbria, Northumberland, Tyne and Wear
NHS Foundation Trust

Ref: PIC/472/1224 December 2024 V8

Website: www.cntw.nhs.uk Telephone: 0191 246 7288

Review date 2027

Find us on social media, search for CNTW