

THE LODGE

- NOVEMBER 2022 -

Arnold Lodge's monthly newsletter



Welcome to our newsletter for November



Arnold Lodge has had a strong relationship with the national Koestler Awards for many years. The Koestler Awards celebrate their 60th anniversary this year and invite creative entries from people in secure hospitals and prisons across the country to submit creative work such as art and poetry across 52 different categories. This year the judging was carried out by over 70 artists, writers and musicians and we send our warmest congratulations to the patients at Arnold Lodge who received an award. A selection of winning entries will be curated by Chinese artist and activist Ai Weiwei and exhibited at the Southbank Centre in the Royal Festival Hall in London from 27 October to 18 December. No ticket is required and, having visited repeatedly over the past few years, I would strongly recommend visiting the exhibition if possible. Alternatively, the Awards have fantastic website at koestlerarts.org.uk where you can read about the awards and see some of the virtual exhibits.

Carers are a vital part of the Arnold Lodge community and I want to remind everyone that we offer individual time with carers to discuss concerns, family history and carers' own needs with our staff. Please contact a member of the care team if you would like to take up this offer. Also, a reminder that general information about the hospital, our service provision as well as education about mental health and recovery is available to all carers on the trust website at <https://www.nottinghamshirehealthcare.nhs.uk/families-and-carers-support-and-information> where an information booklet is available specifically for carers of people in secure hospital care.

With very best wishes as we prepare for Christmas

Nicholas Taylor, Clinical Director

Recovery College

We are co-producing 2 new courses. OT staff and patients will be working with Lyndsy Jones (Patient Involvement Lead) and Emily Binding (Trust Lead for Reducing Restrictive Practice) to plan these courses over the next few months.

Blanket Restrictive Practice – This course will aim to inform patients and staff what the rules are on wards, why they are in place, whether they impact on human rights and how are they reviewed. Patients will work towards producing a leaflet, booklet or poster to provide further information with the aim to be delivered in 2023.

Patient Panel Interview Training – This is another course that has been previously delivered at Arnold Lodge and now is being adapted to help ensure new patients participate fully on future Patient Panel Interviews. Patients who have previously attended these interviews are being supported to help co-produce the course and provide their input.

'Graffiti Lodge' Course – A patient from Cannock ward is currently in the process of co-producing a Graffiti Art course with OTAP Daniel Proud and OTAP Sima Umeria. The patient has a natural artistic talent and he is keen to share with others.

Tai Chi Course – Sports and Fitness staff are planning to deliver a short Tai Chi course to patients. Dates TBC.

Increasing Physical Activities at Arnold Lodge

As it is getting darker and colder, a lot of us will find it harder to feel excited and motivated to do exercise (even the sporty ones among us!). In the past few months, at Arnold Lodge, an exciting project has been going on. Staff and patients have been involved in this. This project is called IMPACT: Increasing Physical Activities in Medium Secure Services. The aim of the project is to hear from patients and staff, and together create an intervention that increases physical activities at Arnold Lodge and other medium secure services.

We have had patients from Foxton and Ridgeway come to speak to us about what helps increase physical activities at Arnold Lodge and what stops them from being active. We have also heard from the consultant doctors, psychologists, the sports and exercise team, the OT team, nurses and healthcare/structured day support workers.

In the New Year of 2023, we are hoping to start this intervention, to get everyone motivated and active again. If you want to be involved, whether you are a patient or a staff member, please get in contact with the Research Team at Arnold Lodge or tell your clinical team at ward round! Keep an eye out for the IMPACT project!

Gloria Liu, Research Associate

Coniston Co-Production Poster

Patients and staff on Coniston ward have been looking at how new patients can be welcomed to the women's pathway and have co-produced a ward orientation plan which is detailed on this poster. Thanks to everyone involved including Ben Hunt and Genna Jacobs.

Admission

- Rubdown & Metal detector Search
- Drug Screen
- Physical Observations & Weight Taken
- Photo Taken (Missing Persons Document)
- Medication & PRN Info Handed to Staff
- May be Asked to Isolate

Meet the Team

- Responsible Clinician
- Named Nurse
- Social Worker
- Occupational Therapist
- Psychologist
- Ward Manager

Bedroom access is broken down into four levels. Your level of access will be agreed with you prior to admission and will be reviewed at each ward round.

Property

- Log your Property
- Request Access Through Ward Round

Progress/ Ward Round

- Clinical Meeting, Putting YOU at the Centre of Your Care
- 1 Ward Round Per Week for 4 Weeks
- Every Fortnight Thereafter
- Discuss Access and Progress
- Discuss Important Dates, Such as CPAs

Observations

- Every Patient is Placed on minimum 60 Minute Observations
- More Enhanced level of Observations During the Transition period

Ward Orientation

- Ward Tour
- Patient introduction
- Shown Bedroom
- Assigned Buddy
- Shown ICU & Seclusion Suites

Finances

- Bank Account
- Transfer Monies
- Emergency Patient Loans Available for Essentials

Contact

- Social Worker to Organise Approved Contacts (Phone Calls, Skypes & Visits.)

Map of Coniston

Day Room, Courtyard Garden, Bedrooms, Medication, Staff Base, Seclusion, Laundry, Storage, Patient Kitchen, Quiet Room

Structured Day & OT

Monday-Friday we partake in meaningful activities with our peers, led by OT and our Structured Day Coordinator. They help us gain confidence, hobbies & new skills.

Activities may include:

- Therapeutic Groups
- Field Walks
- Arts & Crafts Sessions
- Healthy Eating Sessions
- Current Affairs Groups
- Seasonal Activities
- Sensory

Welcome to Coniston Ward

What to Expect in Your First 72 Hours: From a Patient's Perspective

Meet Your Buddy

An important part of your admission is introducing you to your buddy. Your buddy is a fellow Coniston patient (one of us!) who will help you get settled in and feel right at home! Your buddy may discuss the following with you...

- Ward Rules
- Meal Times
- Phone Calls
- Laundry Times
- Structured Day
- Free Time
- Internet Shopping
- Food Menus
- Takeaways
- Visits/Skype
- Negotiations
- Shop/Bank
- Allowances/Limits for Snacks & Drinks
- Community Meetings

Butterfly Model

The Women's Service uses a treatment model made of 5 stages:

- 1. Safety**
"The Delicate Egg"
- 2. Containment**
"The Hungry Caterpillar"
- 3. Control and Regulation**
"Making the Cocoon"
- 4. Exploration and Change**
"Inside the Cocoon"
- 5. Integration and Synthesis**
"Spread Your Wings and Fly"