Elysium
Mental Health
and Wellbeing

Wellesley Hospital

Specialist medium and low secure services for men and women

Part of Ramsay Health Care

elysiumhealthcare.co.uk

Overview

Since opening in 2017, Wellesley Hospital, a purpose built 73 bed hospital in the South West, has worked in collaboration with NHS England and the South West Provider Collaborative to provide specialist medium and low secure services to men and women who are detained under the Mental Health Act 1983 (amended 2007).

Working alongside secure mental health units across the whole of the South West region, from Cornwall and Devon to Gloucestershire, they deliver the best possible environments in which to provide pathways for positive change and successful outcomes for people living with a mental health diagnosis, risk behaviours and/or a forensic background.

The environment is integral to the health and wellbeing of the patients and includes spacious en-suite bedrooms, lounges and dining facilities, creative spaces, an external and internal gym, a café, occupational therapy kitchens, a library and education space. The hospital is set within beautiful landscaped gardens with space for people to enjoy the therapeutic and health giving benefits of gardening and growing produce. The new BBQ area provides a focal point for patients to engage with both peers and staff.

Wellesley provides safe, secure environments in which to deliver recovery focused services in the least restrictive approach within the following five settings:

Quantock | Male
Medium Secure Ward (MSU)
15 Beds

Mendip | Male
Low Secure Ward (LSU)
15 Beds

Selworthy | Male
Low Secure Ward (LSU)
15 Beds

Blackdown | Female
Medium Secure Ward (MSU)
13 Beds

Polden | Female
Low Secure Ward (LSU)
15 Beds

Referrals come directly from NHS England through the South West Provider Collaborative.

MH Pathway

Patients are admitted to a ward appropriate for them at the time of admission, and may step down or step up between Medium Secure (MSU) and Low Secure (LSU) wards during their time at the hospital.

Quantock ward (MSU)

is for adult males and meets the needs of a wide range of patients. People can be admitted to this ward if they are being repatriated from other MSU wards around the country to the South West region, as part of South West Provider Collaborative. They may also come to this ward if they are a new referral into secure care, if they are stepping down from a high security hospital, transferring from prison or stepping up from a low security setting, due to a deterioration in their presentation.

Mendip ward (LSU)

provides male patients with positive and proactive care pathways in preparation for their journey back to the community. They can attend the Service User Council where they are invited to review policies, practices and therapeutic programmes. Together with access to real paid work opportunities within the hospital, patients recognise and value the environment as a meaningful step down from their previous medium secure setting. The ward also accepts new referrals into secure care from other hospitals or prisons.

Selworthy ward (LSU)

is primarily geared for working with people who are not acutely unwell but may require a longer period of care within a low secure setting due to complex clinical or risk management needs. The ward is a suitable environment for older patients with significant physical frailty/co-morbidity reflected in the ward layout, provision of physical health care, and patient mix. Patients are supported by both the nursing staff and the occupational therapy team to be as independent as possible and to access the Assisted Daily Living (ADL) kitchen, the laundry and ward garden as well as other facilities within the hospital.

Blackdown ward (MSU)

for adult females opened in April 2019 and is implementing a trauma informed approach to meet the needs of a wide range of women with complex needs. People are admitted to this ward if they are being repatriated from other MSU wards around the country to the South West region as part of South West Provider collaborative. They may also come to this ward if they are a new referral into secure care, if they are stepping down from a high security or enhanced medium secure hospital, transferring from prison or stepping up from a low security setting, due to a deterioration in their presentation

Polden ward (LSU)

is for adult females who may be using this as their last inpatient placement before discharge to the community. Staff work closely with patients and the occupational therapy team to identify opportunities in the local area to access education and voluntary work placements. Staff also liaise and work in partnership with Care Coordinators to ensure that agreed pathways are being followed to promote the best possible outcome for these women. The ward also accepts new referrals into secure care from other hospitals or prisons.

The two women's wards are moving towards an integrated needs led model of care to better meet the secure care needs of the South West female cohort

Models of Care

We deliver patient centred, recovery focused models of care designed to meet individual need. Treatment pathways and plans are identified as early as practicable at the start of the pre-assessment process, and are based upon a formulation of the person's need. As the service aims to reduce length of stay where possible, discharge planning and work starts at the time of admission and will include the setting of goals with timescales. This supports individuals to be aware of what they need to do in order to achieve their goals for recovery which they have identified in collaboration with the wider team.

All care pathways, led by the MDT, are holistically focused to ensure that all aspects of health are catered for, including both physical and mental health. Treatment and progress is monitored through the Care Programme Approach (CPA) where the value and importance of input from patients and families (where appropriate) is recognised and promoted.

Recovery factors include:

- Good therapeutic relationships
- Meaningful engagement in individual and group treatment programmes offered by psychology and occupational therapy
- Mental health recovery and relapse prevention
- Setting clear goals for recovery and making future plans
- Overcoming problems and risk behaviours
- Recovery from substance misuse
- Developing and enhancing coping strategies
- Improvements in identity and self-worth
- Preparation for successful community living
- Building trust and hope
- Maximising potential of every patient and raising self-esteem through real work and educational opportunities
- Improved quality of life
- Maintaining and developing new life skills
- Three monthly planning reviews with patients

Outcome and Risk Measures Used:

Offending behaviour and related risk are regularly reviewed through the use of specific, evidence based assessment tools including:

- Historical Clinical Risk Management (HCR20-V3)
- Short Term Assessment of Risk and Treatability (START)
- Structured Assessment of Protective Factors for Violence (SAROF)
- Risk for Sexual Violence Protocol (RSVP)
- Stalking and Assessment Management (SAM)

Risk assessments relating to offending behaviours are reviewed on a regular basis in a collaborative approach between the patient and the multidisciplinary team; change can often be further evidenced at these reviews.

Our outcome measures link in with the My Shared Pathway recovery journey, and include:

- Health of the Nation Outcomes Scales (HoNOS – secure)
- Commissioning for Quality and Innovations (CQUINS)
- Patient Reported Outcome Measures (PROMs)

Together with the outcomes measures above, psychology interventions may involve patients completing pre and post psychometric measures to further demonstrate change.

Therapy and Therapeutic Activities Programme:

Our MDT works with patients to identify treatment options and pathways, ensuring that programmes are tailored to meet their individual need. The therapy offer is eclectic with both individual and group programmes. Therapy options include:

Dialectical Behavioural Therapy (DBT)

Cognitive Behavioural Therapy (CBT)

Schema Focused Therapy (SFT)

Substance misuse

Trauma-focussed individual psychotherapy

Good lives group

The Multidisciplinary Team (MDT)

Wellesley has a full MDT which includes Consultant Forensic Psychiatrists, Consultant Psychiatrists, Forensic Psychologists, Psychologists, Lead Nurse, Clinical Services Manager, Occupational Therapists and Social Workers in addition to a full qualified nursing team with extensive experience in mental health and forensic services.

The MDT are fully supported by a wide range of other professionals including Healthcare Workers and the compliance & audit team. Together, with other departments they work to drive standards to deliver the highest quality of care and support to all patients. All staff are supported by the wellbeing and practice development teams who enhance staff resilience and wellness to give staff a positive experience.

A contracted General Practitioner, supported by a full time Practice Nurse and assistant, provides an on-site enhanced service for physical healthcare which is reinforced through our dietician and fitness instructor to promote healthy lifestyles.

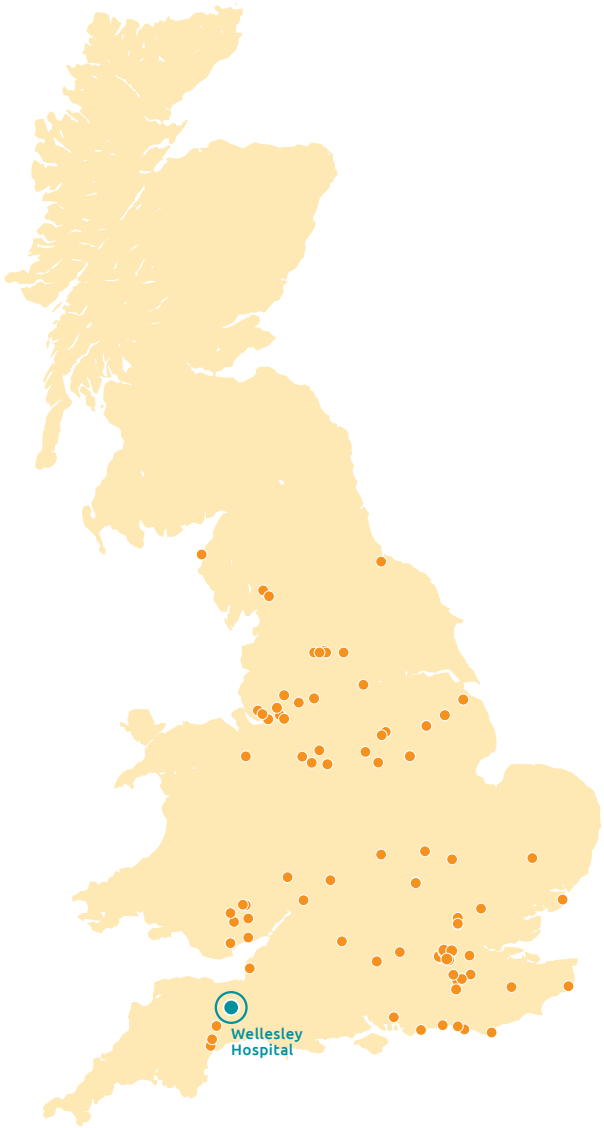
Environment

Wellesley Hospital is situated in the county of Somerset a few minutes from the M5, (Junction 26 northbound or Junction 26 southbound), with excellent national rail links from the mainline station in nearby Taunton.

Each patient has a spacious private en-suite bedroom, which they can personalise and every ward has an extensive lounge area and dining room. A wide range of recreational and vocational facilities are available including: the library and education centre, an IT suite, the fully equipped gym where Mission Fit sessions are popular with patients and delivered by Wellesley's fitness instructor. There is also a café and shop, creative spaces, a multi faith setting, occupational therapy kitchens and activity rooms, beautiful extensive gardens with BBQ and horticultural areas.

Patients are encouraged to take an active role where possible in the day to day working of the hospital through participating in key meetings, real work and voluntary opportunities. The Service User Council, peer support and social inclusion activities, all help prepare people for their ongoing recovery, rehabilitation and discharge to a community placement.

Our Locations



Get in touch

For further information, to arrange a visit, or make a referral, please call our 24 hour referral line on **0800 218 2398** or email **referrals@elysiumhealthcare.co.uk**

This information is available in different languages, Braille, Easy Read and BSL on request

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