Elysium Healthcare

Ruby Frost Ward
The Farndon Unit

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Ruby Frost Ward is a Level 2 mental health inpatient rehabilitation service that provides care and treatment for women with identified mental health rehabilitation needs.

We offer inclusive support for individuals experiencing a range of mental health challenges, including mental illness, complex trauma, learning disabilities, neurodevelopmental conditions like attention deficit hyperactivity disorder (ADHD) have a diagnosis of autism or Personality Disorder (PD) and other complex needs.

Reasonable individualised adjustments will be made to accommodate the specific needs of each patient where required.

Service at a glance:

- 2 **Level 2** service
- **12** beds total
- Service for **women**
- 18+ Age **18** and over

Who we support

- We support women Age 18 years and over
- Who have an identified mental health rehabilitation need. This includes people who may also have a learning disability, who have a diagnosis of autism or PD
- Who have behaviours that challenge or are perceived to challenge services
- Who may have a history of trauma, abuse or attachment issues
- People identifying as women, whether they are transitioning or not, and those identifying as nonbinary, gender fluid, gender non-conforming or gender queer
- Detained under the Mental Health Act 1983 (amended 2007)
- Aiming for a return to community or community-based care

What we do

Ruby Frost Ward provides humane and compassionate care through the following approaches:

Care plans are co-produced to ensure the individual's voice is heard and their needs are supported. Upon admission, patients are encouraged to create their own positive behaviour support plan, so staff understand how to support them in a way the patient finds helpful.

Compassion focus therapy (CFT) is key, encompassing compassion for self, compassion for others, and accepting compassion from others. Patients are encouraged to personalise their rooms, supporting individualisation and expression of their personality to build their sense of self. Reducing restrictive practices is discussed in the ward's co-production meetings that are fed into local governance meetings that are attended by patient representatives.

What support we offer

Ruby Frost Ward uses a psychologically informed approach, CFT and trauma-sensitive care, to help individuals develop the skills needed for successful discharge. Given the trauma experienced by many of the individuals we support, we focus on maintaining the least restrictive environment where they feel safe, supported, and understood during times of crisis.

Once stabilised, patients are supported to develop emotional management skills, progress towards greater self-reliance, and cultivate self-compassion and self-efficacy. Individual treatment plans are co-produced, psychologically informed, and based on a holistic formulation.

Ruby Frost Ward offers a range of psychological interventions based on the patients' individual needs, including:

- Eye Movement Desensitisation and Reprocessing Therapy (EMDR)
- Trauma Focused Cognitive Behavioural Therapy
- Compassion focused therapy
- Dialectical Behaviour Therapy Skills
- Relapse Prevention
- Acceptance and Commitment Therapy Skills

The team

Our Multidisciplinary Team at Ruby Frost Ward includes:

Medical: Consultant Psychiatrist and Associate Specialist

Psychology: Psychologists and Assistant Psychologists

Occupational Therapy: Occupational Therapists and Occupational Therapy Assistants

Social Work: Social Worker and Social Work Assistant

Nursing: Qualified Nurses, Preceptor Nurses, Student Nurses and Healthcare Assistants

Support Services: Administration, Catering, Housekeeping and Maintenance

Enabling individuals to reach full potential

This collaborative effort extends to connecting patients with relevant community resources to address any needs related to employment, education, or housing. Additionally, we will support the patient's transition to any necessary specialised services.

The Occupational Therapy (OT) Team provides individual sessions and therapeutic groups to identify each person's occupational strengths and needs. The sessions aim to develop and enhance the individual's tolerance, confidence, and interpersonal skills - equipping them to progress to more demanding psychology and skills-based groups. People are encouraged to explore leisure interests, and develop independent living skills and self-direction. This allows them to better self-structure their personal time, access community resources, and continue their progress after discharge.

Our surroundings

The Farndon Unit is situated in Newark, Nottinghamshire within easy access to the town centre. There are a variety of shops, a large park, cinema, library, leisure centre, castle, bowling alley and a good choice of places to eat. There is significant emphasis on accessing mainstream community resources to help patients build up solid social networks outside of the service.

Ruby Frost Ward is a 12-bed ward that features open communal areas, with access to a de-escalation suite and an internal courtyard. Patients have 24/7 access to an on-ward kitchen depending up on risk, a multi-purpose room for dining and activities. In addition to its own treadmill, the ward provides patients access to an off-ward gym, activities hall, arts and crafts room, meeting room, and visitors room.

How to make a referral:

24h referral line
0800 218 2398

Send an email to:
referrals@elysiumhealthcare.co.uk

To view our video tour, please visit
elysiumhealthcare.co.uk

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

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