



Rainbow Mother and Baby Unit



Having a baby can be a time of great joy but it can also be a time of stress and huge change for both body and mind from daily living to relationships, which in all parents creates changes in feelings and emotions.

The Rainbow Mother and Baby Unit is a specialist 6 bedded unit providing mental health care and treatment to women during the third trimester of pregnancy and up to one year after delivery.

The aim of Rainbow unit is to:

Deliver the highest quality of care to Mother and baby in a safe, friendly and supportive environment.

Maintain the safety of Mother and baby whilst treating the Mother's mental illness.

Offer support to the families and carers involved in Mothers/baby's care.

Sustain and facilitate the developing relationship between Mother, baby and other family members.

On Rainbow unit we recognise the importance of delivering holistic care that promotes privacy and dignity in a safe and secure environment.



Family focused

The service is family focused and designed around you and your baby's needs. There is a ward routine but this has flexibility to fit around you and your baby's needs rather than the other way around.

We encourage Fathers/partners to spend as much time on the ward as they wish to support active involvement in both Mother and baby's recovery (dependant on Mothers mental health needs)

Visitors:

Partners are welcome at all times (dependant on Mothers mental health needs) however we ask that you respect the needs of all Mothers and the importance of resting well during the night.

Close family are also welcome out of the normal visiting times provided it has been prearranged with the nurse in charge.

Other adult visitors are welcome during visiting hours however this should be prearranged with the nurse in charge. It is not possible for children, other than your own to visit the unit.

Monday – Friday 4p.m – 8p.m

Saturday, Sunday & public holidays 10a.m – 8p.m

In line with local and government guidelines due to COVID 19 pandemic visiting is not currently supported as above. Please speak to the team to find out current practice and availability



Unit Environment



The unit comprises of six single inpatient beds all with en-suite facilities, each bedroom is fully equipped with a cot and baby changing facilities, allowing Mothers to continue caring for their babies during a vulnerable period whilst receiving specialist treatment and support from our dedicated team.

We have a fully equipped nursery and milk kitchen that can be used by all Mothers and family. Our dedicated nursery nurses are available to offer advice, support and education on baby's development and needs.

There is a fully equipped 'activities of daily living' kitchen which provides opportunities for Mothers to cook for themselves and their babies.





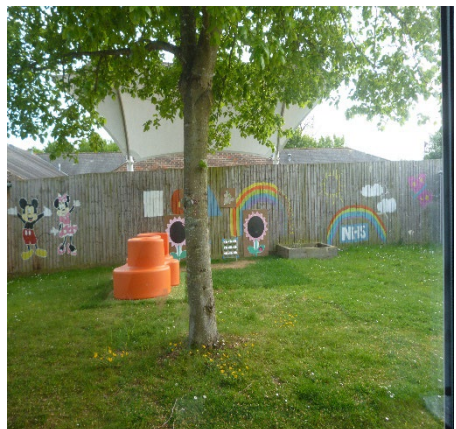
The lounge/diner provides a large, bright multi-purpose room where Mothers can relax, eat, watch some TV or engage in the ward activities.

We provide a range of toys and activities suitable for all stages of baby development.



There is an activities room which can be accessed from the lounge at any time. The activities room is used for some of the therapeutic groups, offers a private space for visiting and is where you will be invited to attend your care reviews.

We have a private enclosed garden that can be accessed throughout the day, allowing us to offer a safe and secure environment to carry out activities or just relax when the weather permits. For security the door is kept locked when the garden is not being used however, please speak to a member of staff any time you wish to access the garden





Our Team

The Rainbow Mother and Baby team includes

- ❖ Doctors
- ❖ Registered Mental Health Nurses
- ❖ Psychologists and other Therapists
- ❖ Associate Practitioners
- ❖ Nursery Nurses
- ❖ Support Workers
- ❖ Occupational Therapist
- ❖ Ward secretary

We also work closely with:

- ❖ Health Visitors
- ❖ Midwives (including a specialist midwife in mental health)
- ❖ The trust Safeguarding team
- ❖ Social services
- ❖ Paediatricians
- ❖ Advocacy services
- ❖ Chaplaincy



Your care

All patients will be allocated a Keyworker within 24hrs of admission, your Keyworker will agree with you a CPA Care Plan which is a record of what you agree together and an outline of your care, treatment and recovery goals. These care plans are reviewed regularly and will reflect what is agreed in your care review.



Activities offered can vary depending on need but may include:

- Baby yoga
- Art and Craft
- Walking group
- Cookery
- Art Therapy
- Indoor and outdoor sensory
- Messy play
- Rhyme and sign
- Baby development
- Coffee morning

This is not an exhaustive list



Confidentiality

The Rainbow team work to ensure all patients privacy is respected and treat information provided by you as confidential. When referring to confidentiality this means that information you provide will only be shared within the Rainbow team and your own extended professional team i.e your care coordinator, social worker. However, in the event that the team are concerned in regards to immediate safety of you or your baby they may share relevant information with outside professionals to ensure comprehensive cover of your care needs. The team will only share information about you with your family members after obtaining your consent, although will provide information in regards to baby to baby's second parent where appropriate. In the event of an emergency if it has not been possible to obtain consent the team may make a decision to share information based on your best interests, if this were to happen only information relevant to this would be disclosed.



Security

Any mains electrical appliances (e.g. hairdryers, steam sterilisers, hair straighteners) you bring in from home will need to be checked by the hospital electricians before use for safety checks.

To ensure safety on the unit some items may not be kept loose in bedspaces, you would be informed of any items that you are unable to keep on you and these would be locked away by staff who will be happy to assist if you need access to these items.

The unit is secure with entry only by a staff operated video intercom system. Each Mother is issued with a card to access her own room.

The use of cameras and video recording devices are not allowed on inpatient wards however, the use of these on Rainbow is permitted following discussion with ward staff.

Under no circumstances are you allowed to take photographs of other patients or their babies and staff may remove phones/cameras if used inappropriately.

The unit is a no smoking area and tobacco products are not permitted within the building. Staff will work with you to develop a personalised care plan to address support and products that may help you to manage any needs.



Parking and Transport

There is public parking on site, there is a public transport route to Broomfield general hospital which is the hospital site we are based on.

For more information about getting to Broomfield Hospital please visit.

www.meht.nhs.uk/new-hospital/getting-to-broomfield-hospital/

Disabled access

All our buildings and services are accessible for people with disabilities.



Compliments and Complaints

We hope you find your admission to us beneficial and strive to support you in your recovery. However, should you be unhappy with the care you receive or have a concern or complaint that you would like to raise please request to speak with the ward manager to discuss these issues or alternatively contact our patient experience, compliments and complaints team:

Epunft.complaints@nhs.net

01268 407817

Your rights to:

If you do not agree with decisions made by your allocated consultant you can request a second opinion by placing your request in writing to the attention of the ward manager, they will then make arrangements for you to see an alternative consultant.

If you wish to have access to your medical records please place your request in writing and pass to the ward manager who will then forward your request to the relevant team for action.



Thank you's from past Mums on Rainbow

"Thank you so much for all the support and peace that everyone gave me. I will never forget what you have done for me. Baby now has a stronger mummy".

"A big thank you for helping us, were grateful that the unit is there".

"Thank you so much for all your support and for helping me on my road to recovery".

"Thank you for your kind assistance, guidance and advice during my recent stay with you".

"You're a wonderful bunch of people! Thank you so much for all your support and encouragement especially on the bad days. Thank you for all the advice and constant positivity. It has helped me so much and put me on the path to recovery".

"I firmly believe that this unit has provided me with the best possible opportunity to move on in life. I have endless gratitude to all the staff for all the encouragement and support"



Rainbow Mother and Baby Unit

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