

BROCKFIELD HOUSE

Carers Matter Newsletter - October 2024

MEET THE TEAM



Social worker

Advocate and support
Financial issues
Social benefits
Interventions and planning
Goal setting.



Nurse

Patient support
Care giver
Educator
Advocate
Offer support.



Psychologist

Assessment & intervention
Assist in decision making
Counselling & copy strategies
Prevention and planning
Goal setting.



Ward Doctor

Medical support
Medical interventions
Health monitoring
Education



OT Occupational therapist

Organise & run activities
Improve well-being
Build routine
Encourage socialising
Quality of life



Psychiatrist

Assessment & diagnosis.
Treatment plans.
Treatment review
Leave arrangements
Hospital referrals

Pharmacy

Prescribing information/advice to
doctors
Medicine review
Education and provide information to
carers

Please go to this link for advice and information <http://www.choiceandmedication.org/eput>

Social Work Team

We have a full complement of staff within team and would like to welcome our new Social Worker, [I/S] who has taken over from [I/S] caseload.

What is a Carer?

“A carer is anyone who looks after, or is involved in the care/treatment of a family member or friend who has a disability, mental or physical illness, addiction, or who needs extra help as they grow older. Caring for someone can impact on all aspects of life, from relationships and health to finances and work, and this impact can be significant. Whilst many feel that caring is one of the most important things they do, its challenges should not be underestimated. Caring without the right information and support can be tough. It is vitally important that we recognize the contribution carers make to their families, local communities, workplaces and society, and that they get the support they need.”

Please contact the social work team if you have any queries in regards to additional resources you feel could help you to continue to support your loved one.

Our Carers link worker is [I/S] Forensic Support worker

T: [I/S]

E: [I/S]



Carers and Families online virtual Sessions

Our Carers and Family virtual sessions are facilitated by the social work team and are held every eight weeks via Microsoft Teams. Each session we invite a different guest speaker from various teams and groups to share information about their role/team and how they work within the community team if applicable, and how they work with forensic patients and their families/Carers in the community and in secure services.

Your support and views are very welcome within this one hour informal virtual session. We love to hear your feedback, suggestions and ideas for future meetings.

Please contact the allocated the social work team with your ideas.

If you would like to attend by your phone/laptop/ipad – please supply us with an e-mail address and a link will be sent out for you to join (if you're not already on our mailing list)



Service User forums – Patients do have a voice

Service user forums are held monthly at Brockfield House. Each ward has a patient representative who attends to raise issues of concern and/or suggestions and ideas, on behalf of the whole ward, to improve services for the unit and patient's welfare. Feedback and any agreed actions that are identified during the forum are documented and shared with staff and patients participating in the forum. This has led to some positive changes where patients feel they have had the opportunity to voice their opinion in a safe and supported environment and know they can effect change, where appropriate or necessary, within the unit. It also promotes self-confidence and skills in for example: delegation, public speaking, organisational skills - for the individual Service User Ward Representative.

Activities and Events



Secure Services Recovery College

FRESH is the Secure Services Recovery College which stands for (Future - Recovery - Education – Skills - Hope)



The Recovery College works with service users, carers and staff;

- To provide the tools for a brighter Future
- To support Recovery through learning, socialising and fun
- To enhance knowledge and understanding through Education
- To broaden opportunities for hobbies and past times with new Skills
- To deepen spirit and self-awareness and promote Hope

Service User Reps from each ward and members of the MDT meet monthly to discuss available courses. Service users have a major say in choosing and determining courses offered that will aid in their recovery journey. The courses are not compulsory but aim to provide life skills, knowledge, information, increase confidence and support service user's mental health recovery.

Voluntary Positions



Some of our service users have been given the opportunity to start voluntary positions with Mind, Sport for Confidence and Newlife wood.

Current volunteers have successfully passed an informal interview and completed travel training with their Occupational Therapist to enable them to travel independently to their volunteering position.



The aim for attending voluntary positions is to empower people to overcome barriers that prevent them from doing the activities or occupations that matter to them and to develop skills that are transferrable once discharged.

Moving on drop in sessions – Preparing for discharge

Facilitator: [I/S] Social Work Support Worker.

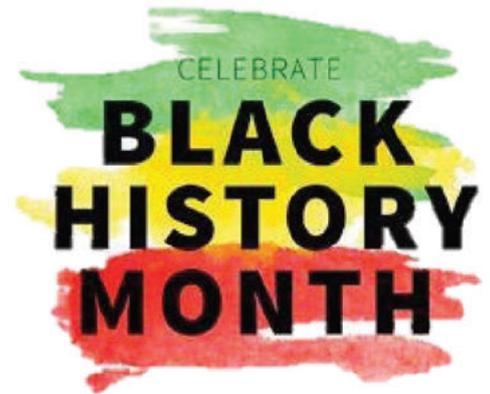
This is a drop in sessions that are being held fortnightly, supporting patients to prepare for discharge, i.e. exploring what identification they might require when in the community, such as birth certificate, a form of photo Identification, providing support to open a bank account, applying for a bus pass and obtaining a CitiZenCard.

These sessions have been a good success supporting the patients to gain back some form of identity for themselves, ready for when they get back into the community.

Ward Themes & Days out

Each ward have been holding different events weekly/monthly such as;

- Bingo every week, prizes given for the winners.
- Karaoke
- Takeaways have been increased to two takeaways each month. There is a rota in place for each ward for this second takeaway
- For those patients whose treatment has progressed to community leave, the ward facilitates ward trip to the cinema, theatre, bowling, shopping centres, trips to the seaside and walking groups.



Ward events

Although we were unable to have this year's summer party, each individual wards have held their own ward events such as following the Olympics and Euro championship and the England football matches.

Wards are currently in the process of decorating the wards for Halloween & getting ready for the festive season.

Improving Safety at Brockfield House

As part of the ongoing safety improvements at Brockfield House there are major works that are nearing completion, which include;

Kingsway Doors:

These doors are being installed on all bedrooms and bathrooms on the Unit and are comprised of a Door Top Alarm (DTA) System. This system is designed to raise an alarm within the ward when a bedroom or bathroom door is used as a ligature anchor point. Once triggered, an alarm will sound, alerting staff and enabling them to respond quickly.

These doors are also of an anti-barricade design to support the safe and effective care of all patients and allow staff to gain access to bedrooms in an emergency situation.

Oxehealth, Oxevision and Oxevision Observations:

Oxevision has been installed in all bedrooms to enhance and improve care and safety and uses vital signs software. This allows staff to undertake readings of patient's pulse and breathing rates when in their bedroom without entering the room to do so. This will not replace physical health monitoring but is to be used in addition to manual monitoring of patients health.

The system uses an infrared camera that links to the nurse's station and hand held tablets, informing staff when patients have left their bedrooms, are in their ensuite shower-rooms or there are multiple people in the bedroom.

Oxevision Observations has been designed to support levels of engagement reporting. It provides a clear record of observations in a digital format which is sent directly to individual electronic patient records. The system will support in the identification of trends and allow for oversight of the quality of engagement and observation activity.

Visits

There are a range of options to support patients in having regular contact with family and friends and as we know, social networks are important in supporting a patient's recovery. If there are any outbreaks of COVID on the wards at Brockfield House, we will have to continue to follow Infection Control Procedures.

We are able to offer 'virtual visits' for families/friends where it might be difficult to access the hospital for face to face visiting. This can be done via video link through your phone/computer/laptop by using software such as Microsoft Teams or AccuRX. This can also include child virtual visits, whilst adhering to our Child Visiting Policy.

For patients who currently have perimeter leave, some visits can take place just in front of the hospital (within the perimeter) where there are some table benches, weather permitting. This will need to be pre-arranged and discussed within ward round. This is to ensure appropriate planning, support and safety measures are in place.



Please contact the relevant ward or social worker to discuss your plans for visiting. **All First visits must be screened by the Social Work Team, including child visits.**



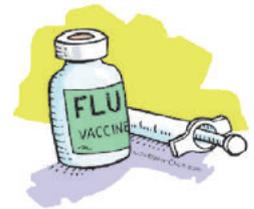
It is important that as a secure service, we are asking for Families/Carers to **provide your feedback to staff when visiting your loved ones**, particularly if you believe there has been any difficult conversations held during any visits. This can enable staff to provide any additional support where necessary, undertake an individual risk assessment. You should inform staff on the day and/or make contact with the ward allocated social worker as soon as possible.



Flu/Covid Vaccinations

All patients are supported/encouraged to have the flu Jab and Covid Booster

Patient are being offered Covid and flu jabs on a 1:1 Basis for October



Whilst you can always reach out to the social work team at Brockfield House and other members of the multi-disciplinary team, the following organisations also offer valuable resources, information and guidance.



www.essexwellbeingservice.co.uk



www.carersfirst.org.uk/home
03000 3031555



Action for Family Carers

www.affc.org.uk
01621 851640



www.mind-blmk.org.uk
carers@mind-blmk.org.uk
01582 380002



www.southend.gov.uk/help-advice-carers



www.salvationarmy.org.uk
01702 552963



Citizen's Advice Jersey
0800 735 0249
Email: advice@cab.org.je