

INFORMATION FOR PATIENTS AND VISITORS

Fernwood Community Unit - information for visitors

Welcome to the Fernwood Community Unit.

We are a 12 bedded unit specifically for people who require a short period of rehabilitation.

Rehabilitation is a specialist area of healthcare that aims to maximise independence and quality of life for people following a hospital admission or for those unable to cope in the community.

The maximum stay on the unit is 21 days, but we aim to bring about the highest possible level of independence and get people home before this if possible.

Everyone on the unit is under the care of a GP but they will not visit unless a consultation is required.

Visiting times are 10.30am until 8pm, but certain times during this period are restricted.

Therapy

Sessions take place throughout the day from Monday to Friday between 8am and 4pm. **Visitors may be asked to wait in another area during therapy.**

Therapy groups take place daily from 11am to 12pm and all patients are expected to attend even if they have visitors. **If possible it is advisable to visit in the evening when there are less activities going on.**

Meal times

Lunch and dinner times are classed as protected mealtimes. This means all activities on the ward stop, allowing patients to eat their meals in a calm and relaxing environment without unnecessary interruption. This time also allows nursing staff to monitor and help patients to meet their nutritional needs.

Protected meal times are 12pm to 1pm, and 5pm to 6pm.

Visitors are asked to plan their visits to avoid mealtimes.

Special circumstances will be considered but this must be a prior agreement with a member of the team.

Contact details

Fernwood Community Unit
Newark Hospital
Boundary Road
Newark
NG24 4DE

Telephone number: 01636 685713 or
01636 685842

Further sources of information

NHS Choices: www.nhs.uk/conditions
Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222
Newark Hospital: 01636 685692
Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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