

INFORMATION FOR PATIENTS

Welcome to Fernwood Community Unit

Fernwood Community Unit provides a short period of rehabilitation for people after a hospital admission or for those unable to cope in the community.

The unit is a 12 bed ward providing services to people from the Newark and Sherwood area who are registered with a GP.

The service provides assessment and rehabilitation treatment to help improve a patient's ability to carry out normal daily activity and also to prevent any further decline. Where possible we aim to get people back home within 21 days.

The team

The team caring for you includes a registered nurse, healthcare assistants, a physiotherapist and occupational therapist, a housekeeper, receptionist and a domestic. The team will ensure your stay is as safe and as comfortable as possible.

Admission

On admission to the unit a multidisciplinary assessment identifies with you what your short and long term goals are.

These goals largely relate to returning home and therefore are centred around mobility, personal care, domestic activities, hobbies and social activities.

The unit attempts to replicate a normal daily routine, and we encourage social interaction and mutual support during our activities.

A typical day consists of:

- Getting washed and dressed into day clothes.
- Attending breakfast group to prepare your own breakfast three days a week (if this is what you do at home).
- Preparing a meal or sandwich if you are identified to do this.
- Taking part in the daily group exercise, which includes a seated exercise group, a relaxation group, standing exercises and craft or baking groups.
- Individual exercises throughout the day.

All meals and drinks are taken together in the dining room.

Taking your own medications and managing your own continence are also issues addressed on the unit.

Therapy sessions

These take place throughout the day, Monday to Friday, between 8am and 4pm.

Therapy groups take place daily, Monday to Friday, from 11am to 12pm.

Visiting times

These are between 10.30am and 8pm, however, it is advisable for visits to take place outside of therapy session and group hours.

Please see information below regarding visits during meal times.

Meal times

Breakfast is between 8am and 9pm, lunch is between 12pm and 1pm and dinner between 5pm and 6pm.

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.

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.

To be completed by the Communications office
Leaflet code: PIL202009-04-WFCU
Created: March 2017 /Revised: September 2020 /
Review Date: September 2022