



Cumbria, Northumberland,
Tyne and Wear
NHS Foundation Trust

Tweed low secure unit

Patient and carer information

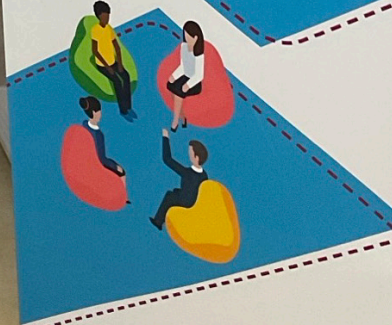


Tweed LS

FIRE
EXIT

HAVE YOU
SIGNED
YOUR KEYS
OUT/IN?

Tweed would like to
welcome all friends,
family and carers



carerstrust
action · help · advice



A member of staff or a carer can support you to read this booklet. They will be able to answer any questions that you have.

Welcome



Before you arrive on the unit you will be sent a welcome guide.

The guide will tell you about your care and treatment while you are in hospital.

It will also tell you about the care team.

Tweed Unit



Tweed Unit is at Northgate Park in Northumberland. This hospital is very safe and secure.

Tweed is for men who have a learning disability. It helps them feel better and get the right care.

There are two flats at Tweed. Each flat has seven beds. This means 14 people can stay there.

Why do I need to be here?



A doctor or the courts have decided that you should stay at Tweed.

They think it is the best place for you to get care and treatment.

When you arrive on Tweed



When you arrive, a member of staff will welcome you. They will tell you what will happen during your stay.

You will have time to settle in. You can have a look around and get used to the place.

How long will I stay here?



This will depend on what care and treatment you need. The care team will talk to you about this.

A member of staff will explain why you are staying under the mental health act and what this means.

What sort of things can I do at Tweed Unit?



You will have your own bedroom. There are shared spaces like a dayroom with a TV and music, a kitchen, a quiet room, and courtyards. You can use these spaces with staff watching.



There are groups at Tweed you need to join. The staff will tell you more about these groups when you get there.



During your physical health check-up, you will work with your care team. They will learn about what you are good at and what help you need. After this, they will make a plan just for you.

Recovery Star Secure



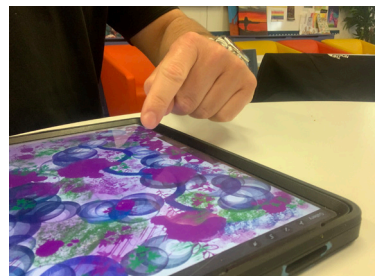
Secure services help keep people safe and make their lives better. They support people with mental health problems. Some people might have been in trouble with the police or courts.



These services help people understand themselves and their past. They teach new skills and ways to handle hard situations. This helps people leave secure places and have more freedom and choices.



The focus is on mental health, strong feelings, and addictions. They also look at risks to others, physical health, social skills, and relationships. They encourage trust, hope, and doing meaningful activities.



Model of care



Sometimes, we have strong feelings that are hard to handle. It's important to find ways to feel better and stay safe. Talking to someone you trust can help you manage these feelings and stay calm. Trust and hope are also important. All these things help people live better and safer lives.



Some people might do things too much, like playing games or eating sweets. This can be a problem if it stops them from doing other things. It's good to have a balance and try different activities.



Being healthy is important for everyone. We should try to eat well, move our bodies, and make friends. Doing fun things with others can make us happy and help us feel hopeful about the future.

Activities you can be involved with



You will have day activities as part of your treatment. These can include learning to read and write, gardening, art, and gym sessions. These activities help you learn new skills and have fun.



You can join in social activities too. You might play sports like badminton or football, use the gym, or visit the multi-faith room. There are also regular social events. Staff can help with your hobbies.



Students might help with your care. They will ask you first if they can help. If you do not want them to help, tell your nurse or key worker. They will listen to you.

Problems, complaints or suggestions



If you are unhappy about your support you should tell a member of staff. They will help you to make a complaint.



NHS
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Tyne and Wear
NHS Foundation Trust

Have your say

Problems, Complaints or Suggestions
Easy read information leaflet



With YOU in mind

Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust has a complaints policy. We will give you a leaflet about how to make a complaint.

If you think that we could improve our service then please let a nurse know your idea.

Or you can call the Patient Advice and Liaison Service (PALS)

South of Tyne
0800 328 4397

North of Tyne
0800 032 0202







Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, BSL or other languages). Please contact the Patient Information Centre Tel: 0191 246 7288

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