



# Regional Affective Disorders Service

## Inpatient Unit

### Patient Information Leaflet

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, easy read, BSL or other languages). Please contact the Patient Information Centre  
Tel: 0191 246 7288

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## Introduction

We hope this leaflet will provide you with information that you need whilst being in the Regional Affective Disorders Service inpatient unit at Gibside. If you are not sure about anything in this leaflet please ask a member of staff.

## What is the Regional Affective Disorders Service?

The Regional Affective Disorders Service provide a specialist service to people with difficult to treat mood disorders eg. bipolar or depressive illness. The inpatient unit is based at Gibside, St Nicholas Hospital, Gosforth.

## Who is it for?

The Regional Affective Disorders Service is for men and women over the age of 18 who have a mood disorder.

## Why do I need to be here?

You have been referred to the unit by a Consultant who thinks that a period of treatment in hospital would be helpful.

## Arriving at the inpatient unit

When you arrive you will be welcomed by a member of the care team. They will explain what will happen during your stay and give you information. You will have time to settle in and have a look around your environment.

## How long will I be here?

The length of stay depends upon your personal needs. The care team will involve you fully in discussion about this. All admissions are planned in a pre-admission visit to the ward.

## What sort of things can I do on the inpatient unit?

There are a variety of social and recreational activities, such as healthy eating programme, relaxation, discharge planning, anxiety management, art groups and gardening.

## Interpreters

If you would like an interpreter, staff will be able to help you to get one.

## Travel information

Contact Nexus Traveline Tel: 0871 200 22 33  
Website: [www.traveline.info/](http://www.traveline.info/)

## What if I have a comment, suggestion, compliment or complaint about the service?

If you want to make a comment, suggestion, compliment or complaint you can:

- talk to the people directly involved in your care
- ask a member of staff for a feedback form, or complete a form on the Trust website [www.ntw.nhs.uk](http://www.ntw.nhs.uk) (click on the 'Contact Us' tab)
- telephone the Complaints Department Tel: 0191 245 6672
- email [complaints@ntw.nhs.uk](mailto:complaints@ntw.nhs.uk) Please note that information sent to the Trust via email is sent at your own risk
- We are always looking at ways to improve services. Your feedback allows us to monitor the quality of our services and act upon issues that you bring to our attention. You can provide feedback in the following ways:
  - the quickest way for you to do this is to complete our short online survey at [www.ntw.nhs.uk/poy](http://www.ntw.nhs.uk/poy)
  - complete a Points of You survey, available on wards, reception areas or from staff.
  - some areas of the Trust have electronic feedback touch screens, staff can help you to use these.

## For further information contact

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St Nicholas Hospital, Jubilee Road  
Gosforth, Newcastle upon Tyne, NE3 3XT  
Tel: 0191 245 6830/6831