

Welcome

Hope (Dòchas) House is a six bedded unit within the community village of Bellsdyke Hospital. The unit provides treatment, support and rehabilitation for women with more complex mental health care needs who require greater levels of support and supervision.

On arrival to Hope House, you will be welcomed by a member of the clinical team. They will show you around the unit and your allocated bedroom. A member of staff will help you unpack and make a list of your personal belongings for future reference.

During your first 48 hours you will have the opportunity to meet with your consultant psychiatrist and a staff nurse to discuss your background, personal details and current care issues. This will allow a comprehensive plan of care to be developed in partnership with you. Physical observations will also be recorded at this time (e.g. height, blood pressure etc).

Visiting

At Hope House, we encourage visitors to attend the unit in the afternoons however we do request that visitors contact the ward to confirm their visit 24 hours in advance.

Visitors are welcome to use the visiting room available in Hope House however we respectfully ask that visitors do not access resident's bedrooms.

Smoking

In accordance with NHS Forth Valley policy, smoking is not permitted within any of the buildings. Allocated smoking times are available within a designated area of Hope House's garden. It is the responsibility of all users of that area to ensure that this area is kept tidy and free from waste and cigarette ends.

Meals

Hope House promotes a 'homestyle' model where staff and patients prepare, cook and eat together.

Meal times are protected to enable you to eat in a relaxed environment at the following times:-

Breakfast	8.30am – 9.00am
Lunch	12.00noon – 1.30pm
Dinner	4.30pm– 6.00pm
Supper	9.4pm – 10.15pm

Meal planning is completed by residents each Friday.

Medication

Staff will continue to dispense your medication in accordance with NHS policies, however, you will be encouraged to take greater ownership of your medication and attend the treatment room/dispensary to collect your medication during mealtimes.

Groups and Therapies

Psychology informed therapies and groups are scheduled regularly, informed by individual care plans.

Groups, which are run by nursing and occupational therapy staff, include:–

- Mindfulness
- Safety and stabilisation
- Behavioural activation
- Trauma informed sessions

Participation

During your time at Hope House, you will attend the morning meetings with staff and your peers where you will be allocated daily tasks and discuss any activities or appointments planned for the day. These meetings will be led by you and your peers.

Access to computers/Mobile devices

Camera facilities on mobile devices are not permitted within hospital grounds or units.

Patients may use their mobile device within their bedroom or out-with hospital grounds.

For internet or WiFi access please speak to a member of staff.

Please do not hesitate to contact us should you require further information.

**Hope House
Bellsdyke Hospital
Bellsdyke Road
Larbert
FK5 4SF**

Team office: 01324 572617
Nursing office: 01324 572612

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We are happy to consider requests for this publication in other languages or formats such as large print.
Please call **01324 590886** (24 hrs)
fax **01324 590867** or e-mail
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NHS Forth Valley

Hope House Bellsdyke Hospital

