

The Acorn Centre

Rehabilitation Services



Happier | Healthier | Hopeful

Outline of Service

We are a 16 bedded male only unit and we accept referrals nationwide. Our service helps people to recover from the difficulties of longer-term mental health problems. We help and support people who still find it difficult to cope with everyday life or interact with other people. It will aim to help you deal with problems, to get your confidence back, and to help you to live as independently as possible.

Aims of Rehabilitation

- To learn or re-learn life skills.
- To rebuild your confidence.
- To cope better without so much help.
- To achieve the things you want to, like living in your own flat, getting a job or maintaining family links.
- To feel independent and comfortable with your life.

What treatments and support are provided?

- Medication.
- Talking therapies (e.g. cognitive behaviour therapy and specific work with families and carers).
- Person centred recovery and rehabilitation.
- Guidance on healthy living (e.g. diet, exercise and stopping smoking).
- Help to reduce or stop alcohol and street drug use.
- Support to manage everyday activities such as personal hygiene, laundry and more complex living skills such as budgeting, shopping and cooking.
- As you get better, you will spend more time in the community. You might do some sport, go to the cinema, do a course, learn some skills for work, or start to get a job.
- Help with accommodation and social security benefits.

Admission Criteria

- Male patients aged 18 years and over.
- Diagnosed with a complex mental health problem requiring rehabilitation.

The service will provide support for you if you are recovering from a mental health condition and need some extra time and support in hospital. Rehabilitation can help you live life to the full.

Care Planning

Goals within our initial assessment are considered in terms of recovery domains, goals and strengths. From each of these goals, a preliminary care plan is developed which will support the individual in their ongoing recovery journey.

The recovery domains we have therefore considered are:

- Valued Activities, social and Relational Goals
- Functional Skills
- Clinical Treatment and Relapse Prevention
- Personal Development



- Positive Risk Management
- Physical Health

Environment

We are located in North Cumbria on the edge of the Lake District, and are surrounded by lakes and mountains. Our centre offers a very calm and peaceful environment that allows more time gets out and enjoys activities.

We have open plan communal areas for socialising and group activities as well as lounges ideal for relaxing, reading or watching TV. Our service users have access to kitchen, laundry and also a safe and secure area for valuables.

Patients have their own en-suite bedrooms each bedroom also has storage space for personal belongings. Individuals will be supported to be responsible for their own room, and to develop the skills necessary to maintain a clean environment, for example changing bedding once a week and attending to their laundry.

Contact us [if not included elsewhere]

This factsheet has been produced by the service.

Your team is based at

Telephone:

Confidentiality

‘The Trust’s vision is to keep your information safe in our hands.’

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the Information Governance Team on 01228 608998 or email Information.Governance@cumbria.nhs.uk

Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: PET@cumbria.nhs.uk Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call: **01228 603890**
E: communications.helpdesk@cumbria.nhs.uk

Or write to Engagement and Communications
Voreda House | Portland Place | Penrith | CA11 7QQ



Happier | Healthier | Hopeful