

A Guide To **LITTLE WOODHOUSE HALL**



By inpatients- for you!

What is Little Woodhouse Hall?

Little Woodhouse Hall is a CAMHS inpatient unit for young people who have a variety of mental health issues, including depression, anxiety and eating disorders. The inpatients here are both boys and girls, and range from 12-18 years old. Inpatients are taken care of by an array of different people, like healthcare support workers and staff nurses. All of these people will ensure that you're safe and that your life as an inpatient is as enjoyable as possible.

Recovery is the aim of your journey as an inpatient and, although it may be hard, you will have everyone's support all the way, from the staff the other inpatients in the unit.

The admission into Little Woodhouse Hall can be frightening, but we aim to make it as easy as possible for you. Remember, this is written by inpatients and we know exactly what you're going through, but you'll be fine here, you'll make friends and come out of this experience as a changed person!

ADMISSION

On your first day at Little Woodhouse Hall, you will be introduced to LWH by some of the staff members. Usually amongst these people will be your Named Nurse; all inpatients have one. They're going to be part of your care team— a group of three that are basically in charge of how people care for you on the unit. You will also have an associate nurse and a health care support worker. They'll organise your care plan. You will more than likely sit with them and discuss everything that's been going on leading up to your admission into LWH. This can be quite tough, but the staff are there for you from the word 'go', so don't worry.

Next up is a tour of LWH. The staff will show you all of the different rooms including your bedroom, which you can decorate to your heart's content. We want this place to feel like a home whilst you're here, so bringing in your own duvet covers, posters and photos can certainly help to make the experience more bearable.

Upon admission, you will also have a general check-up. This is just to make sure you're feeling okay before you start with your recovery process.



What is a typical day like?

- **7:30AM**– It's time to wake up and get ready for the day ahead. You have half an hour to get dressed, brush your teeth, comb your hair and maybe have a shower before breakfast.
- **8:00AM**– Breakfast. This lasts for 40 minutes.
- **8:50AM until 9:50AM** is the first session at school, followed by the second from **9:50AM until 10:50AM**. Make sure you check the weekly timetable to see what lessons you're in.
- Morning break time! This lasts for 20 minutes– come down to the dining room and grab a snack from the Inpatients' cupboard!.
- 16 or over and in education? The **11:10AM-12:10PM** slot at school is for you! Check the timetable to see if you're involved.
- Lunchtime! This lasts between **12:15PM and 12:55PM**. Make sure you fill in your menu choices at the start of the week!
- Sessions 4 and 5 at school are now in action! These run from **1PM-2PM, then 2PM-3PM**. Again, you may not be in all sessions, but keep a check on that timetable.
- The end of school needs some brain fuel! Afternoon break at **3.00PM** is the perfect time to have a snack!
- Other activities and groups such as 1:1 sessions also take place each day.



- Feel free to relax! The school day is over. Relax in the TV Lounge, play some board games, do some art... it's up to you! Or perhaps you would like someone to come in and visit– well they can from this time onwards!



- Teatime begins at **5:00PM** and lasts until **5:40PM**. Free time!
- **8:30PM** signals supper time and time to get something to eat before bed.
- Bed time soon lurks up on us! The times are:

10.00PM for 12-13 year olds

10:30PM for 14-15 year olds

11:00pm for people 16 and over
- On Friday and Saturday you can go to bed 30 minutes later than your agreed time. On the weekend you get an extra 30 minutes in bed as breakfast isn't until 8.30.

Menus are agreed at the start of the week. If you have an eating difficulty you will be given a meal plan. Staff are around to support you with menu choices and at meal times.

Activities at LWH

Since there's no school on the weekend and in the holidays, our activities co-ordinator will create a lot of new ideas for things you can do. Here are some activities that we've done before...

- ◆ Cinema trips
- ◆ Trips to Tropical World, the RSPCA, even IKEA!
- ◆ Arts and crafts sessions
- ◆ Baking
- ◆ Mindfulness
- ◆ Relaxation group
- ◆ Community Meeting– this is the time for you to air your concerns about your stay at Little Woodhouse Hall. It is also a time for us all to come together– staff and young people– to congratulate each other on our achievements for this week and set goals for ourselves.

For some people, during the early stages of admission, some of these activities won't be possible, but as you progress through your admission, you will find that more activities are there for you to do!



Staff at LWH

Here's what some of our staff do— told by our staff...

Consultant Psychiatrist - Your psychiatrist has overall responsibility for your care. They will also have some particular responsibilities if you are involved with the Mental Health Act- leave may need to be agreed by them. Our psychiatrist holds a clinic every Monday morning where you can discuss your care, make changes to your care plan, and make requests for leave.

Social worker- Your social worker works with the young people at the unit and their families. They offer support when there are difficulties at home or when young people or parents need a bit more support with issues related to home life, including a young person not feeling listened to by their parents or they may even be being harmed in some way, parents arguing or fighting, financial difficulties, and parents needing their own emotional support. Sometimes they contact other agencies to ask them to help the family when more support is needed at home.

Teacher – If your care team feel you are well enough you will be referred to the schoolroom. One of the teachers will meet with you and have a conversation about school/college to find out what subjects you are studying, any learning needs you may have and how you feel about school/college. You will be given your own timetable that is individual to you. They will liaise with your head of year during your admission to LWH and when you are ready to return to school they will meet with you to arrange a transition plan. If you are post 16 and not attending college or year 11 and exploring post 16 options they can support you with applying to college.

Clinical Psychologist - They work at the unit for three days each week. their role is mainly to help staff and young people to develop a greater understanding of what is difficult for young people, how come this has happened and think about the best way to help young people to move forward. For some young people, individual therapeutic work is not what they need right now, and the focus of their admission is to improve other aspects of their difficulties. For other young people, this sort of approach is not recommended. Other young people have therapists they already work with in their community teams and where possible we try to support these therapeutic relationships during their admission so they can continue with one worker through their admission and once they are discharged home.

Occupational therapist—The occupational therapist is interested in how people go about their day to day lives and whether they feel they have the skills to do the activities they both want and need to do. This work may take place on an individual or a group basis.

Mental Health Nurse - You will have a named nurse and an associate nurse as part of your care team, who will be responsible for arranging your care planning meeting. The nurses on the unit will administer your medication (if this is appropriate for you), offer 1-1 time and support you during your admission. They will liaise with your community team and ensure you have support in place when you are discharged.

Health Support Worker -There will be a HSW allocated to your care team. They will be able to offer you support during the day, organise unit activities and speak to the nurses on your behalf.

Activities Coordinator - Their role is to organise activities on the unit. They are usually on the unit after school and during weekends. They can support young people maintaining their interests whilst an inpatient.

A HISTORY OF LWH

1740- Christopher Thompson rebuilt the property.

1741- The house was to let with land.

1793- Thomas Coupland, a distiller, purchased LWH.

1822- Thomas went bankrupt and the property was bought by John Atkinson, a Leeds Solicitor.

1833- John died and his two sons inherited the house.

1855- William Hey surgeon (descendant of the William Hey who was instrumental in founding Leeds Infirmary) sold the house to Leeds Council, to be used as the Judges Lodging, as well as the gardens of Woodhouse square.

1963- Child Guidance Bureau was operated from here, with temporary classrooms.

Later on, until 1973, it was used as part of the Art College.

Then, it was divided into 6 apartments to be used by medical staff.

Now it has been renovated and is used for mental health care and a community facility for children and young people!



LWH Schoolroom

Many of the inpatients at Little Woodhouse Hall are in some of the most crucial points of their lives so far: GCSE and A-Levels. In order to ensure that they don't get left behind with work whilst on the unit, we have a unit school. This means you can carry on with your studies whilst being here.



There is a main teacher who will liaise with your school. There is an English teacher, alongside her are a Maths specialist, a Science teacher and a Learning mentor. These will be the people who can help you carry on achieving whilst on the unit.

The unit school works in liaison with the schools of the inpatients so you can be doing the work that your peers are doing in class. Each young person will get their own timetable, listing the different lessons that they can attend. These sessions can last for one hour or maybe two hours. There are also opportunities to do some yoga and creative sessions, depending on your care plan.



Creative Therapies

You may be referred for drama therapy if your care team think that this is the right therapy for you.

We have taken the following information from LWH's Drama Therapy leaflet.

Drama & Art Psychotherapy uses playing as a foundation to the work. People of any age can reclaim their playfulness and begin to discover their identity, social roles and power. In the Art or Drama Psychotherapy work it feels as if we are just having fun but the positive personal changes can be significant and lasting.

Drama and Art psychotherapy is an active, psychodynamic form of therapy which uses the elements of the expressive and visual arts to help young people who often can't find the words, to find a way of communicating and to find a voice.

Drama and Art psychotherapy is embodied and relational work—in other words we do things and we do them together! Importantly, we do not make any one do anything they do not want to do!

Drama and Art psychotherapy uses stories, poetry, music, drawing and other ways of making landscapes and characters to make new stories and new characters created by the group. A narrative can help to shape experience and young people can learn to master and author their own stories.



FAQs

How long will I be here for?

This all depends on what progress you make and what is agreed by your care team. Your discharge is arranged by your care team and community CAMHS team when they think you're ready.

Will I have my own bedroom?

Yes! Every inpatient has their own bedroom that they can decorate to their heart's content. You can even bring in your own duvet covers from home to make it seem more like your own.



Can I bring my phone?

All mobile phones or other devices will be agreed on admission, generally you can bring your device but there are guidelines around using them. We ask that you don't take photos or videos on the unit for the internet and that you don't take images of staff or other patients. If you do these things, you may be asked to send your phone home. You can also request to use our cordless phone at any times to make calls.

Is there Wi-Fi?

Yes there is, and you will be given your password upon admission.

What is that alarm?

There are two alarm systems here, one for the fire alarm, which is tested every Wednesday at around 2:00PM. The other is for staff

assistance. Don't panic– staff will guide you. We are situated near to the LGI so you may hear the odd siren or Air Ambulance.

What can't I bring?

There are people with different issues at Little Woodhouse Hall, so some items can not be kept in your room. If you bring these, they will be put into a patient store box and stored safely . These items are:

- ⇒ Things made of glass which– if broken– could be sharp
- ⇒ Mirrors, including compact makeup kits
- ⇒ Tweezers, scissors and other sharp objects
- ⇒ Small electrical devices such as hairdryers or straighteners
- ⇒ Chemical agents such as nail polish remover or hair removal cream
- ⇒ Headphones (chargers are taken from you as well, but kept in the night office with your name on for whenever you need to charge your devices)
- ⇒ Jewellery and accessories.

These items are not allowed on the unit. These are:

- ⇒ Alcohol and non-prescription drugs
- ⇒ Disposable razors
- ⇒ Wire coat hangers
- ⇒ Spiral-bound pads and books
- ⇒ Any illegally copied or certificate 18 DVDs, games etc.

FAQs

Do boys and girls mix?

If there aren't any patients that have issues being with different genders then yes, we do mix. Boys can come into the girls' lounge; we tend to call it the TV lounge instead because of this.



What if I have an issue with mixing with the opposite gender?

This is no problem. There are two lounges: one at the top of the girls' corridor and one at the top of the boys' corridor. We will make sure that anyone of the opposite gender doesn't come into the lounge that is allocated to your gender.

When can I go on leave?

Leave is decided in review meetings. During the early stages of your admission, this will more than likely not happen. However, request it on your review feedback sheet that you fill in every Sunday,.

What is a CPA meeting?

CPA stands for Care Programme Approach. You will have a CPA Meeting every 4-6 weeks, and it will involve everyone who takes part in your care. This includes you, your parents, your named nurse, any therapists or psychologists you may work with on the unit, your care co-ordinator from your community CAMHS, the doctor, the school teacher here and possibly your teacher from your own school. Here, you'll talk about your progress, how you're doing and make plans for the coming weeks.

Photos of LWH

Schoolroom



Art Room



Family Room



Photos of LWH

Top Lounge



Bedroom



Boys' Lounge





Gardens

Waiting Room



Dining Room



Visitors

- We understand that, for many young people, this will be the first time they've ever been away from family; visiting times are flexible because of this. Staff understand that inpatients will feel homesick because of the distance apart from their families.
- During a school week, visitors are allowed from 3:00PM when school is over. You can stay for as long as you like – just as long as it isn't too late. Most families leave at supper time if they're visiting.
- During the weekends and the holidays however, you are able to visit any time of the day (as long as it isn't too early or late).
- All visitors need to be agreed by staff. If someone under the age of 18 visits you, you will have to be supervised by an adult. If a boyfriend/girlfriend comes to visit then these visits take place in a communal area.



How do I get here?

**Little Woodhouse Hall,
18 Clarendon Road,
Leeds,
LS2 9NT**

We are situated near the Leeds Dental Institute (it is best to use their post code if using a Sat Nav LS2 9LU), when you pull into the car park you will be able to see our entrance on the far side ...





Contact us:
0113 305 7200

“To all who cared for my daughter,

I wanted to give you a bit of history and update with regard to my daughter.....

One of the first memories I have with my daughter before she had been accepted as an inpatient at Little Woodhouse Hall was a member of staff from the Outreach Team telling me about a noticeboard in an office that had Thank You cards pinned up from patients that had left (funny what you remember when you're in certain situations). I clung to this miniscule bit of information and never forgot it.

I'm not going to go into all of her history because that isn't my purpose of this, my goal is to let other parents know that there is hope, there is a future for our kids fighting this awful illness even though at times we break down, feel helpless and question our strength...

So, where is she now?

When her 1 year anniversary away from being an inpatient approached I asked her if she'd like to celebrate and she asked that we all go out for a meal, we were overjoyed to hear that, who'd have ever imagined that those words would come out of her mouth...

She's in her 2nd year at College studying to be a Mental Health Nurse, doing fantastic in her 3 sciences and Student of the Month in her Health & Social class, she went to Leeds Fest with her boyfriend and friends and flew to Malta all by herself for a holiday with her boyfriend and family, there's even been talk about her taking her driving test.....

The staff that helped her during and after her recovery are a fantastic mix of people, always ready to listen to my worries no matter how many times I raised them and always full of reassuring advice

She has just turned 18 and has her whole life ahead of her and we couldn't be prouder of her.

So from one Mum to another Mum, never ever give up hope.”

From a previous inpatient to you, . . .

I was admitted into Little Woodhouse Hall due to my eating difficulties. Going in, like many others, I was frightened of what I was to partake in and anxious about the new environment and people that I had to adapt to. I spent a lot of time in my bedroom during the first two weeks, before venturing out into the communal areas. Honestly, you make friends here and I have so many memories with all of the inpatients that were in here at the same time as me. We've laughed together, cried together and faced all of our problems as a team. If you're motivated to recover, the staff use all of their might to empower you as you progress. They're kind, supportive and always there when you need a hug or a shoulder to cry on. To make my experience easier I was allowed to go on trips- I will always reminisce about our RSPCA visit where I played with all of the cats! Being referred into the schoolroom was amazing too- you may just see some of my displays in there. It also gave me a chance to be involved with developing the unit by writing this very leaflet with the help of one of my fellow inpatients and a great friend (yes, we're giving ourselves credit!).

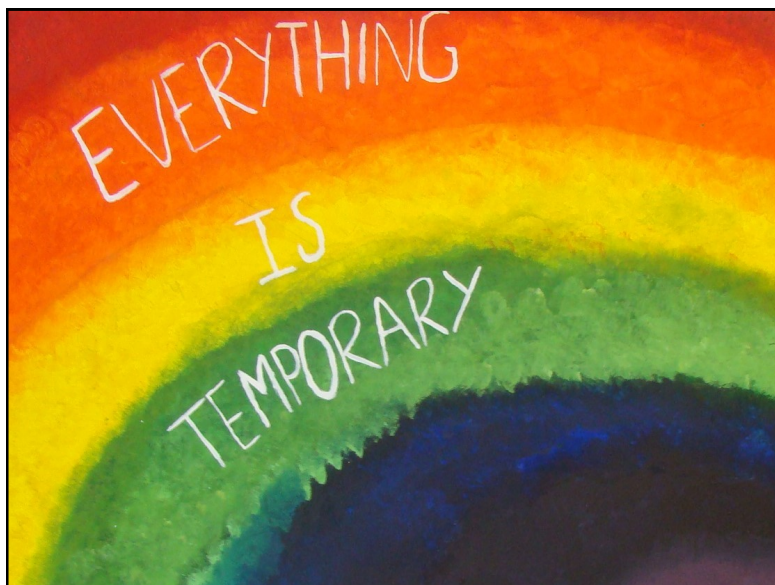
I went into that unit with an NG tube and a vast fear of food. I progressed in there, having my tube taken out and confronting the thing I was most scared of. My progress was rewarded by home leave. I carried on, and yes, I had my ups and downs. I questioned "why am I doing this?" quite a bit, but I got there. Forward to now and I'm discharged! I'm edging my way towards being healthy again and doing all of the things my disorder took away from me.

LWH is crammed full of amazing staff who will always be there for you and equally amazing and inspirational young people who would surprise me everyday with their achievements and success.

This place has changed me thoroughly as an individual- inspiring me to be myself and to put myself out there, not being afraid of what society says is right and wrong, going down my own path. I now value life again like I did before my disorder and truly appreciate the people around me and the time I'm spending- I'm never wasting a second again.

So, if you're sat there wondering "is recovery worth it?" the answer from me is yes. You have to work so hard and when you're discharged it is bittersweet. You form bonds with a lot of people and leaving them is tough, but walking out of those doors for the last time is basically shutting out that part of your life and beginning the new chapter.

That in itself is so damn worth it!





Written and produced by inpatients in Summer 2017

We wish you good luck with your recovery