

MENTAL HEALTH SERVICES

AT ARBOUR LODGE INDEPENDENT HOSPITAL



BARCHESTER MENTAL HEALTH HOSPITALS

Arbour Lodge is a 13-bedded, purpose-designed independent hospital located in the green village, Marple, which is located a couple of miles from the Derbyshire border and the Peak District National Park.

We provide needs-led services for males who are 50 years of age and upwards with functional or organic diagnoses, admitted on an informal or detained basis. The main focus of the hospital is to offer support to people with challenging behaviours.

Our approach to care

Arbour Lodge has a constantly-evolving service which supports individuals to achieve their goals through shared work, helping them fulfil their potential based on care planning, key worker relationships and a focused therapeutic environment. An atmosphere of empowerment enables individuals to take control of their daily life and achieve their optimum level of independence. Staff support people by taking a person-centred approach, including the person at the heart of all that is going on within their own life.

We are flexible and adaptable to the needs of our patients and referrers enabling us to accept planned short-notice referrals as well as admissions transitions through our assessment processes in to our care. The main focus of our hospital is to support people with challenging behaviours.

Arbour Lodge Independent Hospital at a glance:

- We accept patients detained under the Mental Health Act 1983 and non-detained patients
- Organic mental health services
- Functional mental health services
- 13 male beds for 50+

At Arbour Lodge people enjoy excellent social links with our local community and utilise the facilities they have to offer, including local social outlets, cafés, leisure and retail facilities, which are within walking distance or easily accessible through public transport.

Everybody living here has their own bedroom, and the bedrooms all have en-suite shower rooms designed to anti-ligature specifications. Arbour Lodge also offers assisted bathrooms and disabled toilets.

Patients at Arbour Lodge are also encouraged to enjoy short residential breaks and holidays away from hospital, supported by a strong team of nurses and support workers. The hospital bases its approach on a belief in the individual's potential to recover.

For further information please visit our website or call **01614 278599**
www.barchestermentalhealth.com/arbours

Our staff

At Arbour Lodge our team of dedicated registered mental health nurses, support workers, occupational therapist and ancillary staff have embraced a team approach, working together to ensure everyone involved enjoys proactive and innovative partnerships.

We also have access to the local GP service, Speech and Language Therapies, a physiotherapist and a range of other health professionals in the community on a needs-led basis.

This dynamic approach has created a capable team that is forward-thinking and able to support individuals through a robust key worker system, where structure and spontaneity play equal roles in everyday life. Qualified occupational therapy is provided in our facility to support people in learning new skills and enhancing their abilities.

Our consultant psychiatrist structures one-to-one psychology sessions within MDT settings and are part of the daily therapeutic services. Based on informed choice, individuals can access therapies, activities or sessions that they feel would benefit them the most.

Functional mental health services at Arbour Lodge:

- Anxiety/neurosis disorders
- Behaviours that challenge
- Bi-polar disorder
- Depression
- Dual diagnosis
- Forensic history
- Other psychoses
- Psychotic depression
- Schizophrenia

Organic mental health services at Arbour Lodge:

- Alcohol-related dementia (Korsakoff's)
- Alzheimer's disease
- Behaviours that challenge
- Dual diagnosis
- Forensic history
- Pick's disease
- Vascular dementia
- Working-age dementia

Governance

Arbour Lodge uses the recovery model and a person-centred, holistic approach with patients. This encourages staff to re-examine their own values and attitudes to mental illness. It requires a continuously evolving joint process of patient and staff discovery. Arbour Lodge holds regular clinical governance amongst its multi-disciplinary team staff and consultant psychiatrist, reporting on progress towards outcomes to commissioners, Barchester Healthcare's Mental Health Governance Committee, and through a publicly-available Quality Account.

For further information please visit our website or call **01614 278599**

Visit: www.barchestermentalhealth.com/arbours

Buxton Lane, Marple, Stockport, Cheshire, SK6 7QL