

Priory Hospital East Midlands

Secure, and rehabilitation and recovery services

Priory Hospital East Midlands provides low secure, high dependency rehabilitation and recovery services for women with mental illnesses and personality disorders. We work with women who are stepping down from secure services, or stepping up from community or other inpatient rehabilitation care, to help them to recover and develop important life skills needed to reintegrate into the community, where possible.

We are located in Nottinghamshire and has specialist recreational facilities such as a gym, IT suite, and arts and crafts rooms that help the women in our care to develop skills in a therapeutic environment.



Service overview

Priory Hospital East Midlands is made up of three specialist wards for women:

- **Harris Ward** - a low secure continuing care ward
- **Littlemore Ward** - a high dependency ward. This ward supports patients who are of high risk to themselves and need more intensive care than is required in a standard inpatient rehabilitation unit
- **Barton ward** - a community-orientated inpatient rehabilitation ward

Patient profile

Priory Hospital East Midlands is suitable for:

- Women aged 18 years and over who are detained under the Mental Health Act
- Primary condition of mental illness and/or personality disorder
- Co-morbid diagnosis may include mental illness, personality disorder, and mild/borderline learning disability
- Complex and challenging behaviours relating to complex mental health disorders
- May have history of offending or self-harming behaviours
- May have history of an unsuccessful or difficult placement and would benefit from a period of rehabilitation in a patient-centred, recovery-focused environment
- Those requiring a bespoke treatment pathway
- Treatment-resistant mental health disorders
- Those requiring rehabilitation to acquire skills for independent or supported living in the community

Our team

Our multidisciplinary teams are led by consultant psychiatrists and include:

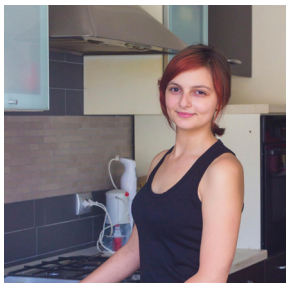
- Psychologists
- Occupational therapists and recovery workers
- Psychiatrists
- A nursing team
- Social workers
- A fitness instructor

Access to other specialist professionals as and when required.

The environment

We believe that the environment in which treatment takes place, is as important as the therapy itself. Priory Hospital East Midlands provides:

- On-site gym including fitness equipment
- Library
- Computer room
- Salon
- Gardens both within secure grounds and outside
- Tennis court
- Rehabilitation kitchens on and off the wards
- Multi-functional rooms for arts and crafts
- Therapy rooms
- Access to the local community



Treatment programme

Priory Hospital East Midlands provides individualised packages of care which include various psychological therapies and interventions such as dialectical behaviour therapy (DBT).

Patients are also offered a wide range of vocational and educational opportunities. These are delivered through a varied timetable which includes their choice of therapeutic and meaningful activities to suit individual needs and interests.

The Occupational Therapy Programmes focus on promoting independence in the community and the development of day-to-day living skills.

These include:

- Individual cooking practice
- Budgeting
- Creative writing
- Breakfast club
- Social club
- Occupational therapy 1:1s and group discussions provided as required
- Community dog walking
- Vocational card craft
- Relaxation
- Aqua aerobics
- Healthy lifestyle planning
- Vocational knitting

Our location

Priory Hospital East Midlands, Mansfield Road, Annesley, Nottinghamshire, NG15 0AR



Find out more

For more information or to discuss how we can help, please contact our admissions department by:

Telephone: **01623 727 900**

Email: **info@priorygroup.com**

Web: **www.priorygroup.com/east-midlands**