

Mental Health Acute Inpatient Services Ward Information

Information for relatives and carers



Royal Edinburgh Hospital

Your relative or friend has been admitted to an acute mental health ward and we very much welcome your involvement during their stay as an inpatient. The purpose of the ward is to keep people safe whilst providing assessment and treatment from the multidisciplinary team and to help people recover and return to their life outside hospital.

The senior clinical staff on the ward team caring for your friend or relative are:

Senior Charge Nurse:

Consultant:

Ward Number:

Should you have any immediate concerns about your relative or friend's safety or care, please phone the ward directly and ask to speak to the Nurse in Charge.

There are nurses on the ward who are Carer Champions. This means that they have been trained in supporting the carers of people who may have been admitted. When your relative/friend is admitted to the ward, you will be offered an appointment to meet with this nurse who will discuss any support you feel **you** may need.

You may not consider yourself to be a Carer however support could still be available to you because of the help you give to your relative/friend. We can discuss this with you more fully at your appointment.

Passes

As part of a treatment plan, your friend/relative may be allowed time out of the ward without staff. If this is the case, you may be able to accompany them.

In such instances we would ask that you let the staff know where you are going and when you will be expected back.

Visiting

We offer 'person-centred' visiting, which means we do not have set visiting times and are happy to have visitors when they can come. However due to COVID-19 restrictions, we would ask that you contact the ward before visiting. This will help wards ensure that they are complying with guidelines.

To ensure the safety and dignity of all on the ward, we ask that visiting takes place in the dining area. Children are welcome on the ward, but please contact us in advance so we can provide you with a suitable meeting space. There are family rooms available outwith the wards however these need to be booked in advance.

When you visit we would ask that you **do not** bring any alcohol, drugs, lighters, or matches on to the ward. These can have a serious effect on the safety of both patients and staff. Staff will ask that patients hand in lighters or matches for safekeeping.

We would also like to remind you that smoking is not permitted within the hospital or grounds.

Meal times

Breakfast:

Lunch:

Evening Meal:

Supper:


Meal times are protected and visiting is not available during these times.

Useful contact numbers



Edinburgh Carers Council:

A local Edinburgh charity that provides free, confidential and independent advocacy for carers supporting someone with mental or physical health difficulties.

 **0131 322 8480**



Edinburgh Carer Support Team:

This service can provide information and advice to help carers in their caring role. It also offers short term interventions to help carers to consider their own health and lifestyle needs and to link them to appropriate sources of support.

0131 536 3371



VOCAL:

Their Carer Support teams work with unpaid carers to help identify the issues affecting them and achieve the best possible outcome for carers.

📞 Edinburgh: 0131 622 6666

📞 Midlothian: 0131 663 6869



Carers of East Lothian (CoEL):

Focuses on supporting carers so that they can continue to care for others. They can provide anything from a bit of practical advice when needed or much more support for carers who are struggling to cope with the physical and emotional demands of caring for someone on a full time basis.

📞 0131 665 0135



Carers of West Lothian:

Provide information, advice and a listening ear whenever you want to talk. They offer one to one or group support. They can provide help with managing your caring role alongside your own life, work and interests along with help managing your finances, ensuring you are accessing all relevant benefits.

☎ 01506 448 000



MECOPP:

Support Black and Minority Ethnic carers to access supports and services appropriate to their caring situation.

They raise the profile of Black and Minority Ethnic carers and their needs at a national level. They also work with Gypsy/Traveller communities in rural and urban areas of Scotland.

☎ 0131 467 2994

EDINBURGH
**YOUNG
CARERS**



Young Carers Services in Lothian

A young carer is someone aged under 18 years old who cares for or is affected by someone else at home - usually a parent or sibling.

📞 Edinburgh: **0131 475 2322**

📞 East Lothian: **01620 826 558**

📞 West Lothian: **01506 448 009**

Further information

More information regarding the Carers (Scotland) Act and/or your rights to an Adult Carer Support Plan or Young Carer Statement can be found at:

- www.gov.scot/publications/carers-charter/pages/3/
- www.carersuk.org/scotland/help-and-advice/factsheets/carers-support-plans-and-statements

Contact us

Ward phone number:

How to get here

Parking is limited on the hospital site. Parking is available in nearby streets although this is metered.

Lothian Buses that serve the hospital:

5, 11, 15, 16, 23, 36, 38

