



Your guide to Cedar Vale

A Danshell Service



About Cedar Vale



Cedar Vale

93 Kneeton Road

East Bridgford

Nottingham

NG13 8PJ



01949 829378

Danshell runs Cedar Vale.

Cedar Vale is near Nottingham.

Nottingham has



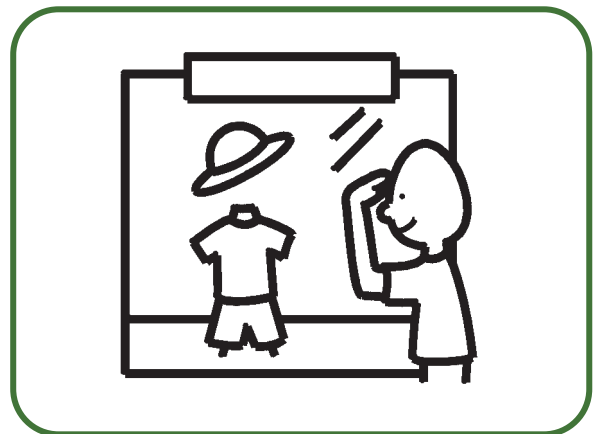
the river Trent



the council house



churches



shops

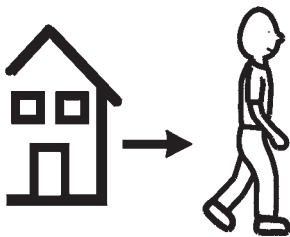
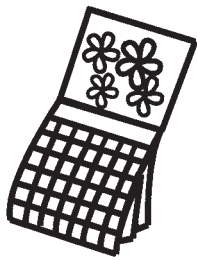


Staying at Cedar Vale



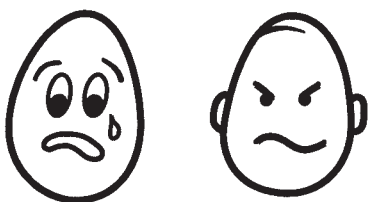
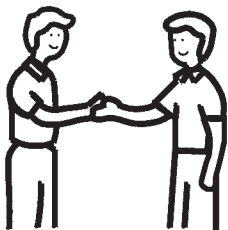
Cedar Vale is a hospital.

We have doctors, nurses and therapists who can help you to feel better.



You will only stay with us as long as you need to. We will give you the support and treatment you need while you are with us.

When you feel better we will help you find somewhere else to live.



If you have these things we can give you the support you need

- autism
 - mental health problems
- which means you get really stressed or unhappy.

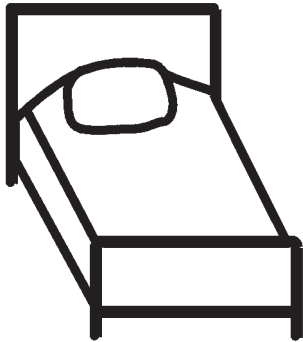


If you are

- a man
- over 18 years old you can stay at Cedar Vale.



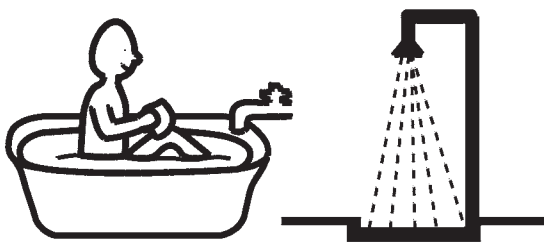
Your friends and family can visit you at Cedar Vale.



Cedar Vale has 14 bedrooms.

You will have your own room.

You can bring things like pictures or ornaments to decorate your room.



You will have your own bathroom or shower room too.

You will not have to share your bathroom or shower room with anyone else.

Cedar Vale also has



lounges



a garden



a computer room



an activity room



a reception



a meeting room



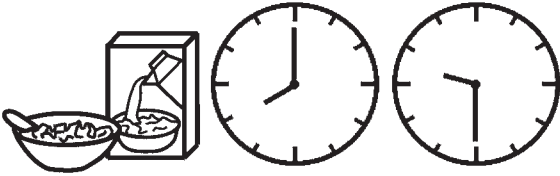
kitchens



dining rooms



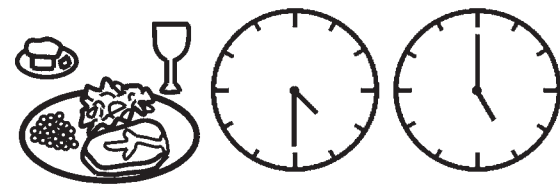
Food and drink



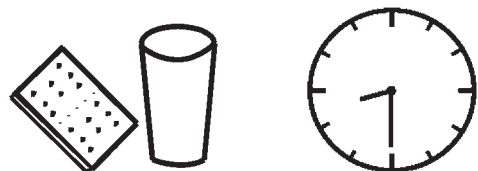
Breakfast is from 8 until 9.30 in the morning.



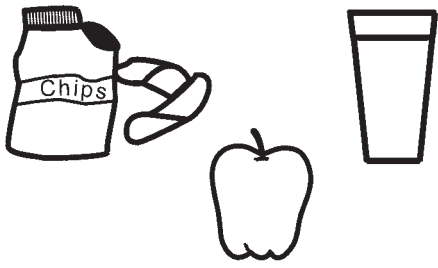
Lunch is between 12 and 1 in the afternoon.



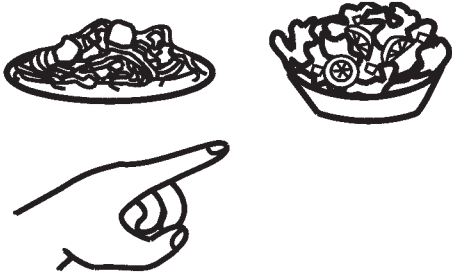
Dinner is between 4.30 and 6 in the afternoon.



Supper is at 8.30 in the evening.

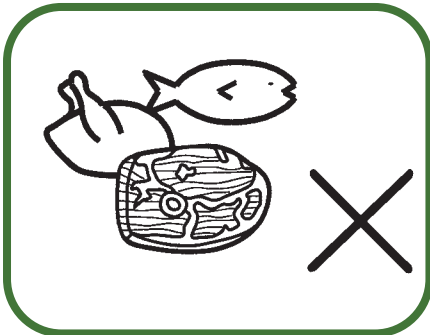


You can get snacks and drinks too.

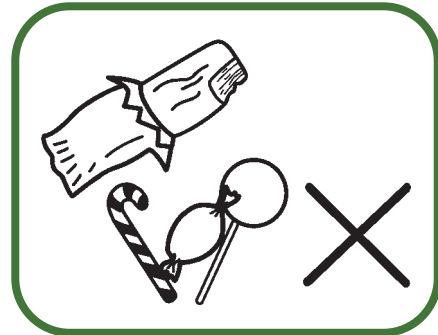


You can choose different things to eat.

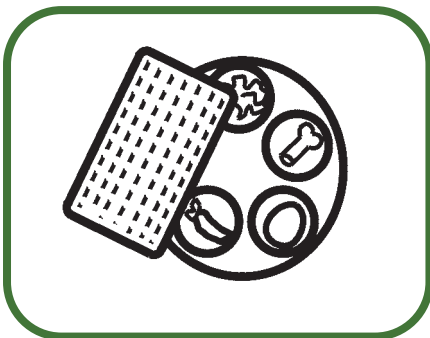
If you need special food you can get that too.
This could be things like



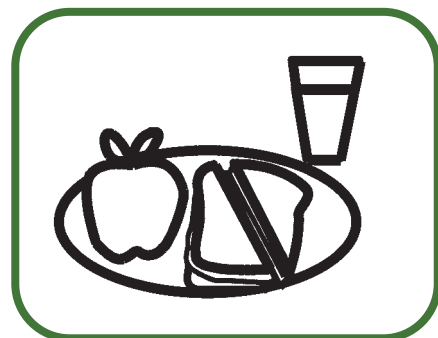
Vegetarian food with no meat



Diabetic food with less sugar



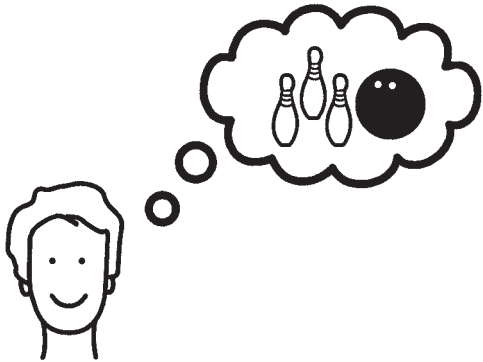
Kosher or halal food



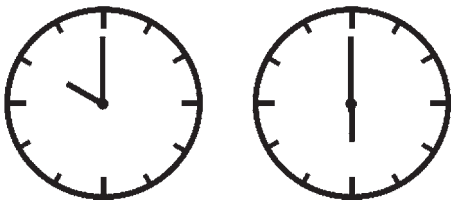
Healthy food with less fat and sugar



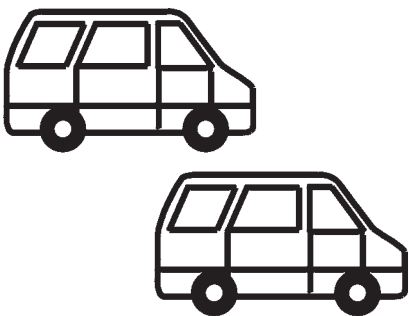
Things to do



The activity coordinator plans activities and things for you to do.



There are activities every day.



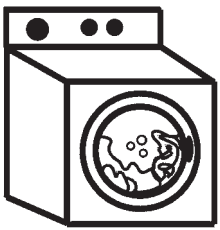
We have 2 vans we can use to take you on outings.

You can do activities like this



- arts and crafts

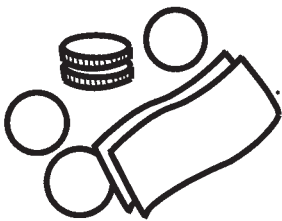
- gardening



- washing your clothes



- cleaning your room



- looking after your money



- keeping healthy



- cooking



- keeping safe when you are out and about

- IT / computers

You might go out for activities



● like this bowling

● cinema



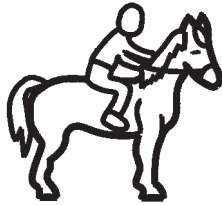
● swimming



● shopping



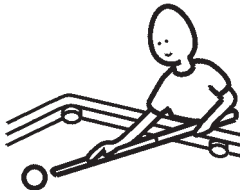
● gym



● horse riding

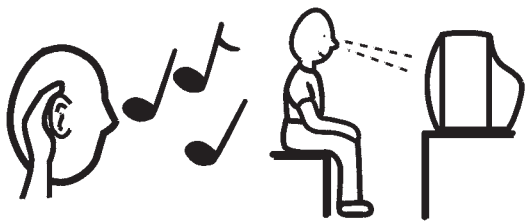


● library



● snooker club

You will have leisure time too.



In your leisure time you can

● listen to music

● watch tv

● read

● play computer games

● phone your friends and family

● other things.



People who support you



The people who support you at Cedar Vale have good training and know how to help.



Nurses and other carers are here to support you all day and all night.

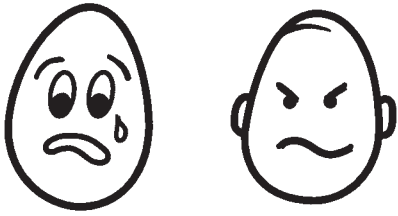


You will have a named nurse.

This is a nurse who knows you really well and knows the best way to support you.



You will also have a named key worker. This is a carer who knows you really well.



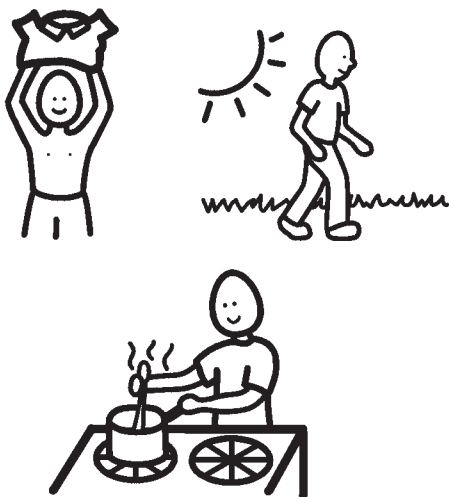
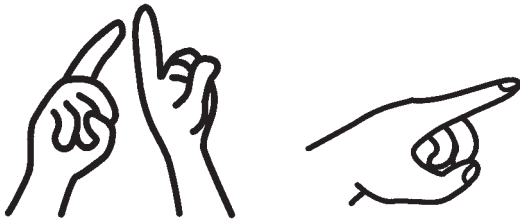
Your psychiatrist is a doctor who helps you with mental health problems.



bak	lute	tloe
blom	ctea	vam
letm	oktr	levt

This could be

- talking
- using pictures or symbols
- signing
- other ways that you communicate.



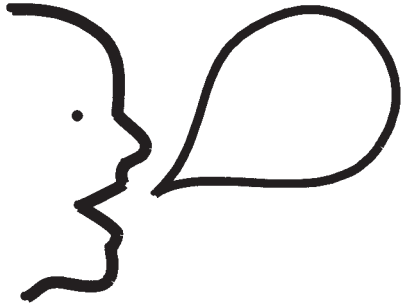
Your occupational therapist helps you to be more independent.

This could be things like

- getting dressed
- getting out and about
- making your own meals.



What happens before you come here

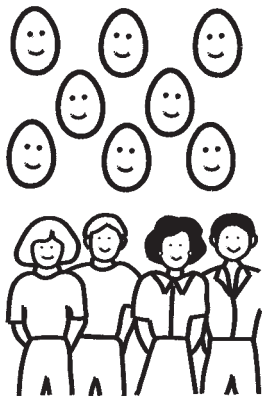


If your social worker thinks you should come to stay at Cedar Vale they will tell us.

This is called a referral.



We want to make sure that Cedar Vale is right for you.



You can come and stay at Cedar Vale for a day to see if you like it.

You can meet

- the people who stay here
- the people who will support you

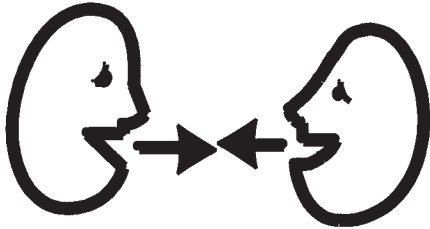


You can try the food.



What happens when you come to stay here

Assessment



When you first arrive the doctor will talk to you to find out what support you need.

This is called an assessment.



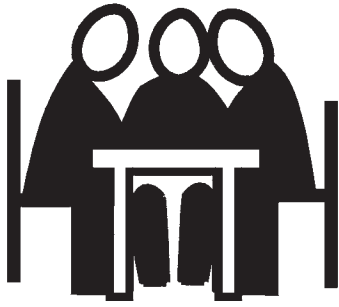
We need to know about

- support you already get
- other support that might help you.

Every month we will have a meeting with you and these people



- the nurses at Cedar Vale
- the doctor at Cedar Vale
- other people who support you at Cedar Vale.



Every 3 or 6 months we will have a meeting with you and these people



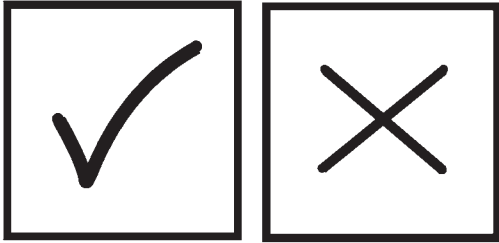
- your family
- your social worker
- the nurses at Cedar Vale
- the doctor at Cedar Vale
- other people who support you at Cedar Vale.



We will talk about your treatment and support.

We will make sure you are getting the right treatment and support.

Consent

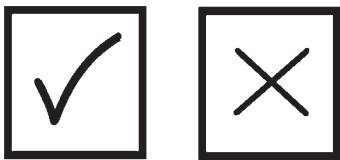


Before you can get treatment you need to give consent.

This means we tell you all about your treatment and you say if it is ok to do those things.



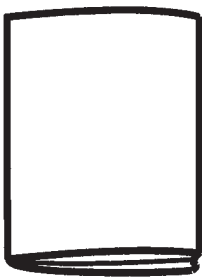
If you cannot give consent we will ask someone else who knows you well.



They can say if they think the treatment is the best thing for you.



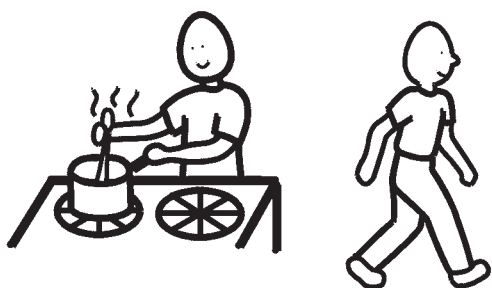
We will still involve you as much as we can in making choices about your treatment.



You can find out more about consent in a leaflet called Let's talk about making decisions.

Treatment

Treatment means all the things you get at Cedar Vale to help you feel better.



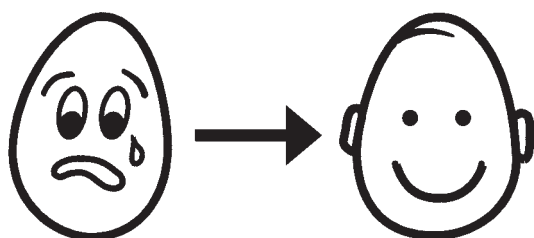
Positive behaviour support

This means helping you to feel better and learn new things.

This could be cooking a meal or getting out and about.

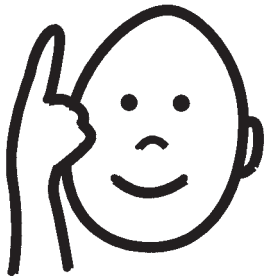


We will talk to you and find out what things you want to do. We will help you to do these things.



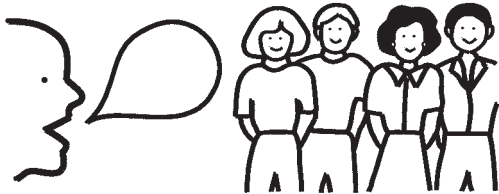
Behavioural therapy

This is learning new ways to behave when something makes you stressed or unhappy. For example learning how to calm down when you get upset.



Cognitive therapy

This means helping you to understand why you feel stressed or unhappy. This can help you to change how you think so that you can feel better.



Psychology input

A psychologist can help you find out why you feel stressed or upset. They can teach other people who support you the best ways to help.



Medication

This is medicine or tablets to help you feel better.



We will help if you need to see

- a dentist about your teeth
- an optician about your eyes
- a doctor or a GP
- anyone else about your health.



If you want to smoke you must go to the outside smoking area.



Ask a nurse for a lighter or matches.



If you want to stop smoking the nurses and carers can support you.



Care planning



We help you do a person centred care plan.

Someone will spend time with you, to find out what is important to you. This will help us plan support that is right for you.



We have integrated care pathways. This means that everyone involved with your support or treatment works well together.

We have meetings and share information to find the best ways to support you.

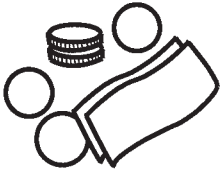


We keep any information about you private.

We will only show the information to the people who need to see it.



Paying for your support



Danshell gets money to pay for you to stay at Cedar Vale.

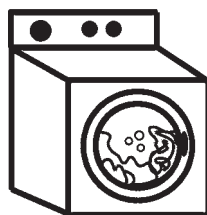
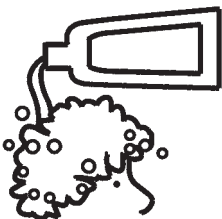
The money we get pays for these things



- your food and drink
- people to support you

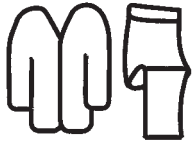
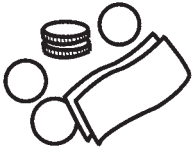


- heating
- lights



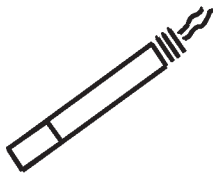
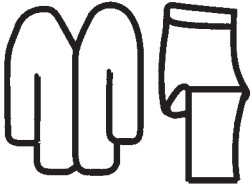
- washing your clothes
- things to do every day.



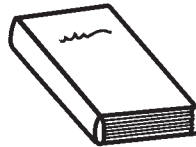


Paying for other things

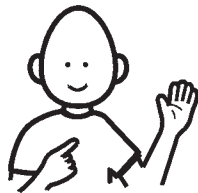
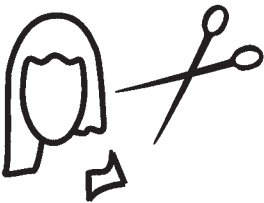
You have to use your own money to pay for these things



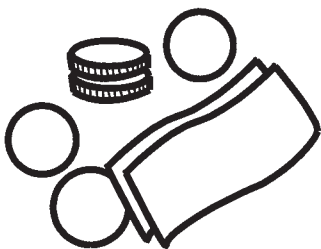
- clothes
- cigarettes



- newspapers
- books

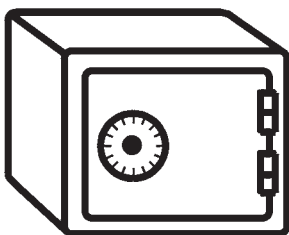


- toiletries, shampoo
- getting your hair cut
- extra activities you want to do.



We will help you to keep your money safe.

You can lock up your money in your room.



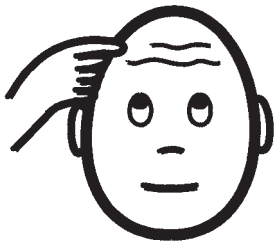
If you want us to we can take care of your money until you need it.



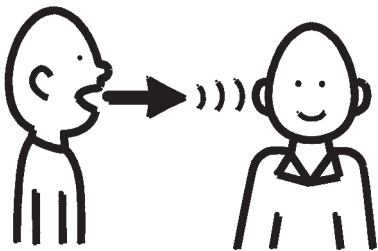
Having your say



We have a service user meeting every week at Cedar Vale.



You can tell us what you think about Cedar Vale.

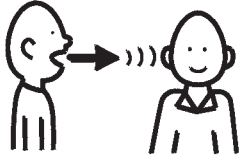


You can talk to an advocate too.

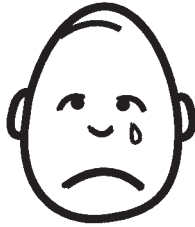
Advocates are people who help you have your say about what you need and what you want.



Your advocate works for Voiceability.

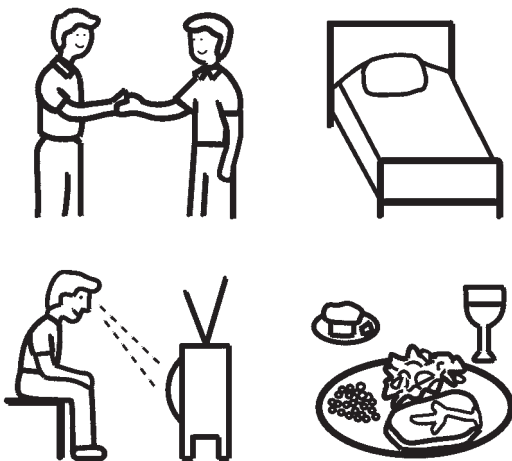


Your right to complain



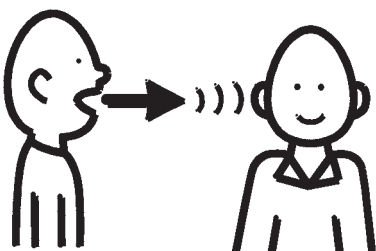
We want you to tell us about anything you are unhappy about at Cedar Vale. We will try to sort it out. This is called complaining. Complaining helps us to make things better.

You can complain about anything at Cedar Vale.



This could be

- people who support you
- your room
- things you do during the day
- food
- anything else.



You can find out more in a leaflet called Let's think about making a complaint.



Easy words and design by Clear

www.clearforall.co.uk



Symbols by Mayer Johnson

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Thank you to Insignia, Smashman and Palmiped for photographs of Nottingham.



Danshell

Gateway 1, Holgate Park Drive

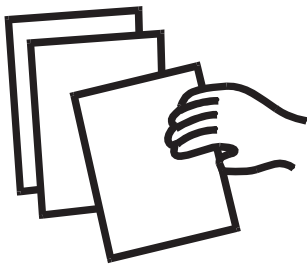
York

YO26 4GL

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info@danshell.co.uk

www.danshell.co.uk



You can get more information in these leaflets

- Let's think about making a complaint
- Let's talk about making decisions
- Let's talk about how you feel if you see a restraint
- Let's think about safe holding
- Let's think about your rights
- Let's think about advocates
- Let's think about bullying
- Let's think about door alarms
- Let's think about key workers