

Bluebell Court St George's Park – A visual guide

This is a guide to Bluebell Court at St George's Park Hospital in Morpeth. It will tell you more about the unit so you know what it will be like when you come here.

Bluebell Court is a small unit which supports people who have mental health difficulties. It has 14 standard individual flats and one accessible flat in the grounds of St Georges Park Hospital for patients over the age of 18 years.

The flats all consist of one bedroom, a fully equipped kitchen, bathroom and living room. All furnishings are supplied and each flat has a tv and a telephone to contact the main staff office.

The care team supporting you at Bluebell Court is made of different types of mental health care professionals, including:

- Nurse Consultant, Staff Nurses and Clinical Lead Nurses
- Consultant Psychiatrist
- Medical Support
- Occupational Therapists
- Support and Activity Workers
- Exercise Therapists
- Psychologist
- Physiotherapists
- Speech and Language Therapists

We also work closely with Advocates, Housing Agencies, Social Workers, Care Co-ordinators and Community Psychiatric Nurses.

Friends, family or carers are welcome to visit you at Bluebell Court, however no visitors are allowed to stay overnight in your flat. There's a 'family room' which can be used for visits.

There is also a 'Community Hub' at Bluebell Court where patients can get together to socialise and join in with activities.

Activities are usually supported by Activity Workers, Support Workers and Occupational Therapists. Activities include crafts, cooking, music sessions and relaxation. Or general hobbies, physical exercise and wellbeing.

Bluebell Court has a quiet room which is accessible at all times. In this room you will find a multi faith box, reading books and games. There is also a computer with internet connection available in the quiet room. Staff will provide you with individual log in details.

There is a shared kitchen space at Bluebell Court which can be used, with staff support, to hold cooking groups. Essential food items for individual flats, such as bread and milk, are available from the shared kitchen.

However patients usually have their main meals together in the community centre.

The medication clinic is situated within the main staff building (no 17). The clinic is also a space for physical health monitoring where required.

There's an outdoor courtyard with tables, chairs and benches where you can sit and relax.

We hope this has helped answer some of the questions you may have before joining us.

If you have any other questions then you can get in touch with us at

Bluebell Court

St. George's Park

Morpeth

Northumberland

NE61 2NY

Telephone: 01670 501 871