

Vocational Rehabilitation Garden (Horticulture) Project



Patient Information Leaflet

Introduction

This leaflet provides you with information that you will find useful during your stay. If you are not sure about anything in this leaflet please ask a member of staff.

What is Vocational Rehabilitation Garden (Horticulture) Project?

Vocational Rehabilitation Garden Project is based within the grounds of Hopewood Park, Ryhope, Sunderland. The project uses horticulture in a therapeutic way to support recovery and maintain mental well-being and provides opportunities for a balanced lifestyle.

Who is it for?

The service is for men and women over the age of 18 years who are receiving care from the Trust. It offers a meaningful activity as part of rehabilitation needs.

Why do I need to be here?

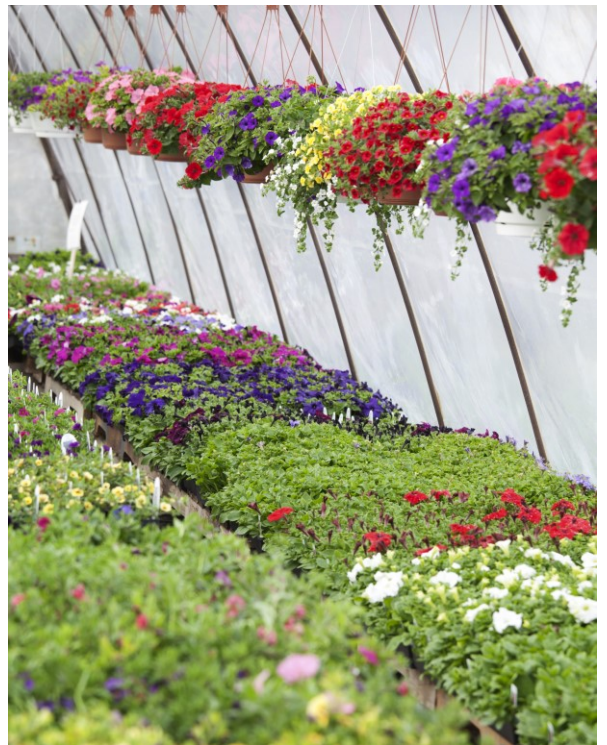
To help you get better by looking at your recovery, lifestyle and staying well. The staff will help you to agree what you are working towards.

Arriving at the Vocational Rehabilitation Garden (Horticulture) Project

When you arrive you will be welcomed by a member of the care team. They will explain what will happen during your time at the project and also show you around. You will have an opportunity to meet other service users who attend the scheme, and talk to volunteers who support the project.

How long will I be here?

The length of stay depends upon your personal needs and engagement within the project, usually up to a maximum of 12 weeks. At six weeks a review, and an opportunity to discuss progress, will take place to ensure that the service is beneficial to your needs. The care team will discuss this with you and organise the amount of sessions per week you will be offered to attend.



What sort of things can I do at Vocational Rehabilitation Garden (Horticulture) Project?

The activities will depend on what support you need for your recovery. Activities may include both social and recreational and will focus on developing new skills to manage your mental health. This may include education, training, woodwork and horticultural work experience.

The education and employment link worker can help you identify future goals, potential 'community follow on' horticulture projects and work related opportunities that could develop following completion of the course.



Interpreters

Staff can arrange an interpreter if you need one.

Travel information

Contact Nexus Traveline Tel: 0871 200 22 33

Website: www.traveline.info/

Useful contacts

- Patient Advice and Liaison Service (PALS) South of Tyne
Tel: 0191 566 7074 or Freephone 0800 328 4397
- Patient and Carer Engagement Team Tel: 01670 501 816

What if I have a comment, suggestion, compliment or complaint about the service?

If you want to make a comment, suggestion, compliment or complaint you can:

- talk to the people directly involved in your care
- ask a member of staff for a feedback form, or complete a form on the Trust website www.cntw.nhs.uk (click on the 'Contact Us' tab)
- telephone the Complaints Department Tel: 0191 245 6672
- email complaints@cntw.nhs.uk Please note that information sent to the Trust via email is sent at your own risk
- We are always looking at ways to improve services. Your feedback allows us to monitor the quality of our services and act upon issues that you bring to our attention.

You can provide feedback in the following ways:

- the quickest way for you to do this is to complete our short online survey at www.cntw.nhs.uk/poy
- complete a Points of You survey, available on wards, reception areas or from staff.

For further information contact

Vocational Rehabilitation Garden (Horticulture) Project

Garden Lodge

Hopewood Park

Ryhope

Sunderland

SR2 0NB

Tel: 0191 566 7065



Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, easy read, BSL or other languages). Please contact the Patient Information Centre
Tel: 0191 246 7288

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