

Bronze field Health care unit

Developing the structure and access to meaningful activity

The health care unit at Bronze field currently has 15 beds (individual cells) and a 3 bed ward. During the week (0700-2000) there is 1 nurse and 1 HCA working with 1 SO and 2-3 officers. On the weekends (0700 – 1730) there is 1 nurse and 2-3 officers. There is a day room, access to the POD in the hallway and shared shower rooms. Currently there are no structured activities in place.

Proposed changes to the health care unit

The changes proposed are based on maintaining the same level of resources and staffing levels.

Welcome pack:

This should offer prisoners being admitted clear instruction on the rules and boundaries of the unit. Included should be a timetable to help orientate to the space, day and time. Also to include any relevant information that is different to normal location (i.e. process for canteen etc). This will help to contribute to structure that can be predictable and containing.

Personalised wellbeing schedule

A planned keywork style session that can be completed with staff. This will help them to produce a personalised schedule to build activity engagement, good sleep/ wake routine and in turn develop wellbeing and recovery.

Environment

- including a 'self expression' space to detract from unlawful graffiti.
- staffing board and large timetable to provide a visual indicator of structure on the unit
- communications board to convey changes or new information that may impact the day

Activity

Providing opportunities to engage in meaningful activity will increase wellbeing and has been shown to have a supportive effect on reducing risk both of aggression towards others and harm to self. By providing activities it is expected that outcomes will improve and length of stay will reduce.

Below is a timetable and details of proposed sessions. Each session is one hour. Due to the needs of the patient group the sessions are open (allowing people to come and stay for as long as they wish, without being obliged to stay for the duration) although it is encouraged that people stick to the time boundaries. If someone would want to leave then they are able to before the end however would be asked to respect other people in the group and leave quietly.

All activities will be accessible to all prisoners and provide a none threatening space where individuals can engaged in meaningful activity and share space with others. They will be pitched at a level where previous experience or skill is not needed to get a feeling of self worth and value through positive engagement. Whilst the structure has been set for the week day sessions, weekend sessions are a more open space, that can respond to the needs of the clinical mix.

Due to the number of beds on the unit the proposed timetable has been based on the whole cohort being split into two smaller groups. This timetable has been based on patients being assigned to either a morning or after noon session. This would mean that each patient would have access to 5 meaningful activities during the week and 1 social session on then weekend.

Proposed timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning planning meeting							
AM	Relax and refresh (salon/ unit staff)	Garden time (Unit staff)	Get active (Gym)	Get creative (Jail birds)	Faith space (Chapel)		
Lunch 1200-1330							
PM	Get creative (Jail birds)	Get active (Gym)	Garden time (Unit staff)	Relax and refresh (salon)		Social Space (Unit staff)	Social Space (unit staff)

Relax and refresh: self care involves doing things that preserve or improve your mental and physical health and the sessions focus on building wellbeing and self compassion. This could include rotating the following activities;

- Nails, homemade face scrubs with the salon.
- Guided relaxation with MHIR Assistant Psychology

Gardening: being close to nature and having access to fresh air has been shown to improve wellbeing and reduce aggression. These groups could focus on developing and maintaining

the courtyard space. This could also include using the garden space to listen to a story or do other outdoor activities.

Get active: Co facilitated by the gym staff to get physically active through a range of activities, within the limits of the environment.

Get creative: Giving an outlet for personal expression. There is great therapeutic value in engaging in activity that has a productive output (an end product) that people can feel pride for.

Faith Space: Dedicated time from the Chapel to provide ongoing support and connection to faith.

Social space:

This space can be offered to allow people to choose activity that they would like to engage in. Being offered the opportunity for choice is important in enabling change and supporting development. It can also be an opportunity to further develop working relationships and being around others. These sessions will include:

- Having a selection of newspapers to read
- Watching a DVD
- Table top games and puzzles (sudoku, scrabble etc)

Guidance and support

In order to ensure that the aims of the activity sessions are understood and the running of the group can be done in an effective way a simple operational guidance should be developed. This should include session plans that outline the running of the groups and reasoning for the choice of activity. The Lead OT (CNWL) would be able to oversee this.

Ongoing supervision would help to support the functioning of activity groups on the Health care unit. This can be provided by the Lead OT (CNWL) with a view to develop this into long term psychological support as the culture of group work is embedded. This could happen on a fortnightly basis, to be reviewed.