

Adferiad Ward

Acute Adult In-Patient Unit, St Cadoc's Hospital

FAQ and Introduction

What is Adferiad Ward?

Adferiad ward is a 22 bedded Unit based in Glen Usk Wing, St Cadoc's Hospital where volunteers will support in-patients with acute mental health issues. This support will include meeting and greeting patients on the unit, engaging in 1:1 interventions as well as facilitating activities and encouraging social activities.

Why does it take place?

To help support both patients and staff during their time on the unit. Volunteers provide friendship and company to the patients during their in-patient stay. The opportunity, in addition, enables volunteers to gain clinical mental health experience. The patients are encouraged to develop social skills and confidence, both can be affected by mental health difficulties. Volunteers provide stimulation, consistency and variety.

What are the patient group like?

Patients are aged between seventeen and seventy years with numerous mental health issues, diagnosed and undiagnosed conditions. There is a mixed male/female ratio. Some patients will be in hospital on an informal basis, others will be on a Section of the Mental Health Act.

What happens on Adferiad Ward and the volunteers' role?

The in-patient service provides experienced and specialist multi-disciplinary care in a safe and structured environment. Daily routine encourages patients to follow the structure of a typical day: wake up, get up, wash, dress, have breakfast and so on; but this structure is flexible and adaptable to the individual. This flexibility accommodates the poor motivation sometimes associated with mental ill-health and also adopts the person centeredness approach.

There is an active Occupational Therapy program which facilitates individual and group activities on the unit and using resources in the local community. OT groups are varied and include creative, self care, leisure, recreational and healthy lifestyle activities. In addition, there are Psychology sessions supporting psychological awareness and recovery. Group activities on the ward are successful however can often take long periods of time due to difficulties such as motivation, fatigue and attention demands. The staff members within the service appreciate and understand the difficulties that patients face and notice when it is appropriate to encourage a break from the activity. For example, a recreation type group may take all day to complete and may involve different patients at different times. The patients often need support from staff to organise and maintain participation. The team aim to present opportunities that create positive experience. The experience of doing these group activities aims to develop achievement, pleasure and closeness. As a volunteer you will support with aiding such experiences. It is also hoped that you plan and bring ideas e.g. arts and crafts to work with patients on a 1:1 basis.

When does it take place?

The pilot project will run over the summer for 5 weeks in August. Volunteer opportunities will be available on a Thursday afternoon 2-4:30pm, supported by OT. If successful, the project will then be offered out of hours, one evening per week and one session on weekend. Support from OT and/or in-patient staff will be provided.

Where does it take place and how do we get there?

Adferiad Ward is located in the grounds of St Cadoc's Hospital, Caerleon (Entrance 4). Volunteers can catch the train from Cardiff Central to Newport Train Station. Journey time is approximately 12 minutes with up to 168 trains per day travelling through the stations. It is then a short walk to the bus station.

There are also bus routes available. Both Cardiff Bus and Newport Bus operate services using several companies a copy of their timetables is available on line. The nearest bus stop to Adferiad ward is on Lodge road, near entrance 4. Bus nos 27 and 28 will take you to Lodge road. Again Newport Bus website shows route and time information.

During the pilot volunteers will have access to the SVC cars which can be used for transport.

N.B SVC will reimburse volunteers for the expenses. You just have to bring in your receipts. If you wish to drive you'll be required to show your insurance covers you to drive to a voluntary activity in order to claim back the mileage. Additionally, free visitors parking is available at Entrance 4, St Cadoc's Hospital.

How many volunteers are needed?

Volunteers on the in-patient ward will volunteer in pairs. This is due to the nature and complexity of the unit.

COMMITMENT is vital for this project. If you do not keep up with the scheduled visits then you will be letting the patients, staff and volunteers down. It is important to think about this before applying.

How do I apply for the Adferiad project?

You will need to fill in an SVC application form (which you should have completed already) and an **Adferiad Service additional application** which is carried out during an informal chat. This will assess your suitability for the role. You will also need to complete a DBS check with the SVC staff.

Will I be trained?

Yes. You will have an introduction and FAQ session as well as a tour of the hospital. Training is **COMPULSORY**.

What support will I get? Main contacts?

Charlotte Watson is the Project Coordinator for Adferiad Ward Volunteer Project and will be your main point of call. You can contact her on 07710086675/ 02921 676780 or via email at c.watson@svccardiff.org at any time to discuss anything project related. Within the unit Amanda Fitzsimmons and Victoria Coxson (Occupational Therapists) will be supervising the project. Other staff members will also be around the unit if you have any immediate questions. Charlotte and Amanda/Victoria will be in contact with you regularly to check in and see how everything is going.