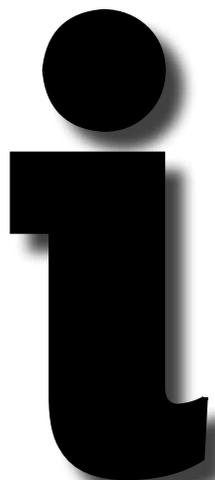


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If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

Please read this carefully and bring it with you when you come to the Centre.

The Wessex Rehabilitation Centre offers an intensive rehabilitation programme for adults, following injury or disease, such as long-standing back pain and later stage hand injuries. The unit consists of occupational therapy and physiotherapy areas. You will be given a programme that includes time in some or all of the areas, either full or part-time, depending on your therapeutic needs and/or stage of recovery. In all departments you will be given advice, information, and support to enable you to achieve your maximum potential.

The centre is open for intensive rehabilitation from Monday to Thursday 9.30am to 4.45pm with a morning, lunch, and afternoon break. Weekend leave is from 4.45pm on Thursday until 9.30am on Monday (days and times vary for patients attending part-time).

Your treatment needs and your rate of progress will determine the length of your stay. You will be actively involved in setting treatment goals to meet your own expectations. An average length of a course is 4 weeks.

Therapy areas

Your treatment may take place in any of the 5 therapy areas, depending on your needs. In the treatment areas you will see occupational therapists and physiotherapists. The therapy areas are:

- Physiotherapy gymnasium
- Industrial workshop
- Light workshop
- Therapy kitchen
- ADL therapy room.

During your course you may also see the clinical psychologist and/or nurse if it is required.

Physiotherapy

The aims of your treatment are to improve fitness, stamina, range of movement, strength, balance and function, as well as building up your confidence to do your normal tasks. Managing pain and stress are often a part of this process, as well as understanding your condition.

Wessex Rehabilitation Centre
01722 336262 ext. 2370/1

Light workshop

Here you will do practical tasks to work towards improving your level of everyday function again, for example, using your hand in craft activities, playing lower limb games to improve your strength and mobility, desensitisation work.

Industrial workshop

You will often have therapy here in the later stages of your programme when you are preparing to return to work or your other regular daily activities. You will be supported by both therapy and technical staff. The aims of this treatment area are to improve your fitness, stamina, strength, and function, as well as building up your confidence again to do your normal tasks. Here we can also provide practical advice and support on future employment and training.

Therapy kitchen and ADL therapy room

These areas are used for assessing personal independence. Their aim is to simulate the home surroundings and to solve any specific functional problems you are having in your activities of daily living (ADLs).

Psychology

A clinical psychologist is available if required to:

- Help you to identify how your injury/pain affects your daily life.
- Look at methods of relaxation and pain management.
- Set personal goals which compliment the other goals set by you and your physio/OT.

Timetable

You will be given your own timetable at the start of each week. If you have specific requests for time off, they must be discussed with the relevant therapists.

Breaks

You will have morning, lunch, and afternoon breaks. Your breaks are your own time and can be used as you wish. There is a cafe opposite the Wessex Rehabilitation Centre called Hedgerows, or alternatively you can go to Costa (Level 3) or Springs restaurant (level 2). You are also welcome to bring a packed lunch and a hot drink flask if you wish.

Accommodation

If you live out of the hospital area, or have difficulties getting transport to the WRC, there is the option of staying in the League of Friends bungalow. The bungalow offers shared rooms (2 person) with en suite shower room, a communal lounge and a kitchen containing a microwave oven, fridge freezer and kettle for your use. There are no cooking facilities other than a microwave.

During your stay, breakfast is provided in the form of cereals, bread, and milk. Supper may be taken in the main hospital in Springs Restaurant. This is on Level 2, a ten-minute walk from the bungalow. It is a self-service restaurant offering a selection of hot and cold meals. You may also eat out, get a take-away or cook your own microwavable meals. Breakfast is only provided for patients staying at the centre.

Extras to bring

- Packed lunch
- Money for lunch if you don't bring a packed lunch
- Comfortable day clothes - shorts and tracksuits are practical
- Trainers or something similar (sandals are not permitted for health and safety reasons)
- Swim wear and a towel – if you are to attend hydrotherapy
- Nightclothes if required and toilet bag
- Personal items, such as hearing aid (and a spare battery), mobility aids etc
- Any food you particularly enjoy eating. There is a freezer available
- If you have any special dietary needs you should bring your own food with you and tell the nurse in the Centre.

Additional information

Please ask staff in the reception area for help with travel claims and reduced car parking rates if you are attending regularly.

Please bring all your current medication with you. You will be responsible for your own medication, as if you were at home.

There are payphones around the hospital for any personal calls you may wish to make. There is an internal telephone in the League of Friends Bungalow and in the Daily Living Bungalow for your use in case of an emergency. If there is an emergency during the time the Wessex Rehabilitation Centre is closed, help is available by dialling switchboard on 0 (zero).

During your free time you can spend your evenings as you choose. The hospital does not provide leisure activities for patients.

You are free to go out in the evenings. There is a regular bus service from the hospital into Salisbury - timetables are available. Salisbury has a cinema, theatre, swimming pool, and many restaurants. If you do go out, you are expected to sign yourself in and out of the bungalow for security and fire regulation purposes. Please respect the privacy of others and be considerate with noise levels.

During your stay you will be living with other people who will have different levels of ability. You will be responsible for day-to-day routine tasks such as making hot drinks, clearing up after meals, washing up and keeping the accommodation clean and tidy, for the benefit of everyone.

In line with Government legislation, smoking is prohibited throughout the Salisbury NHS Foundation Trust buildings and grounds, except in designated smoking shelters. Please ask Wessex Rehabilitation Centre staff for directions to the smoking centres.

Anyone found in possession of illegal substances will be reported to the police immediately and discharged from treatment.

No alcohol is allowed. Drunkenness will not be tolerated and will also result in discharge from treatment.