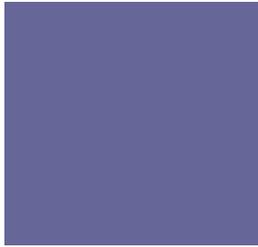


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Mayfield



This book tells you about Mayfield Unit,
Lynebank Hospital, Dunfermline



What is in this book?

What is Mayfield?

Who stays in Mayfield?

Who works in Mayfield?

What happens in Mayfield: Assessment, treatment, discharge.

What is in Mayfield?

What do I need to bring to mayfield

Contacting Mayfield

Contacting Mayfield

Other things to know about Mayfield



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What is Mayfield?

People come to Mayfield for lots of reasons

Mayfield is a unit for people who are finding things difficult in the community

People come to Mayfield for extra help



Who stays in Mayfield?



Men and women stay in Mayfield



Sometimes people who stay in Mayfield might feel upset



Sometimes people who stay in Mayfield might feel angry



Some people need a lot of help when they stay in Mayfield They might have a nurse with them all the time.



Some people do not need a lot of help when they stay at Mayfield. They will have more time to do things on their own.



Who Works in Mayfield?



Lots of people work in Mayfield.



Nurses are at Mayfield all the time.



You will have a named nurse.



There is a senior charge nurse. This is the nurse in charge of the unit.



There is a Consultant Psychiatrist. This is the doctor in charge of the unit.



Who Works in Mayfield?

There are other people who might visit Mayfield to help you.



- Doctor
- Clinical Psychologist
- Pharmacist
- Occupational therapist
- Speech and Language therapist
- Physiotherapist
- Dietician
- Art therapist
- Music therapist
- Advocates
- Social Worker
- Mental health officer
- Podiatrist

If you want to know what any of these people do, please ask the staff.



What happens in Mayfield?



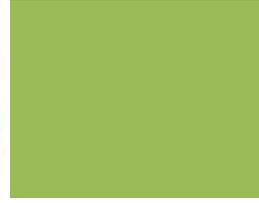
When you come into Mayfield, staff will come to speak to you.



Staff will show you to your room.



You will find out the name of your nurse.



What is assessment?



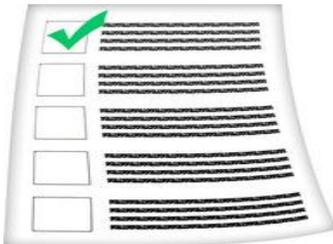
Staff will ask you questions. This is part of the assessment.

You might see different staff for assessment.



Assessment is a way for people to find out how to help you in the best way.

Assessment can take some time.



When you have finished the assessment, you will move onto the treatment stage of your care pathway.



What is treatment?



You will be given treatment, if you need it.

Treatment means that staff will try to help you feel better.

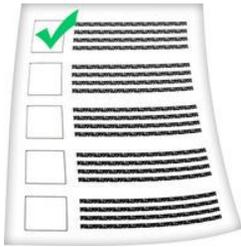
Treatment might be different medicines

Treatment might be doing activities with staff.

Treatment might be talking to staff about your feelings.



What is treatment?



You will have a treatment plan. This is called a care plan.

Your care plan tells staff what help you need.



The staff will talk to you, your family and carers when they make the care plan.



There will be meetings every week to talk about your care plan.



Discharge

When staff think you are better, you can be discharged.



You might go back home

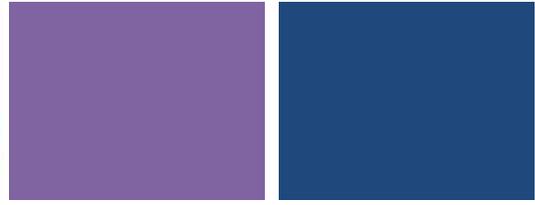


You might go somewhere in the community



Staff will make sure that you have the right support and help in the community





What is in Mayfield?

There are lots of different rooms in Mayfield.



You will have your own bedroom in Mayfield.



You will have your own shower room in Mayfield.



You will have a wardrobe where you can keep your clothes and other things.



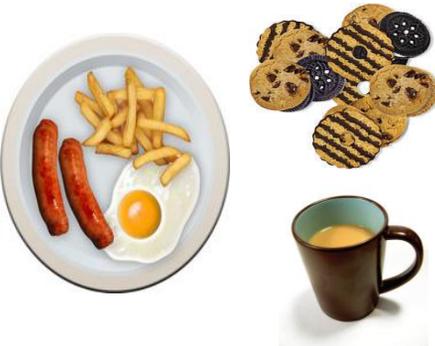
This wardrobe can be locked to keep your things safe.



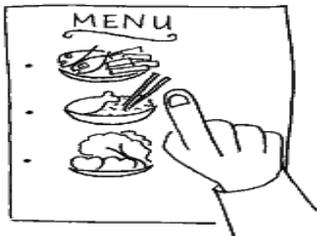
What is in Mayfield?



This is the dining room.



You can have your meals, snacks and drinks in the dining room.



There is a menu. You can look at the menu and choose your meals.



You can have drinks at any time during the day.



What is in Mayfield?



This is the large group room.



You can use the large group room for meetings to talk about things



You can do activities in the large group room



What is in Mayfield?



Staff work in the office.



If you need someone who is in the office,
please knock on the door and wait.



What is in Mayfield?



This is the courtyard . There is a door in day room 1 to get to the courtyard.



There is a garden in Mayfield.



There are benches to sit on in the garden.



What is in Mayfield?



There are 2 day rooms in Mayfield.

This is day room 1



This is day room 2



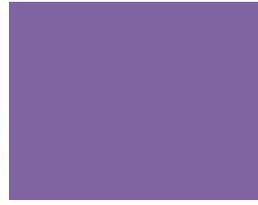
There is a TV and DVD player in the day rooms



You can listen to music on the stereo in the day rooms



There are games to play in the day rooms.



What is in Mayfield?



O.T. kitchen means it is an Occupational Therapy kitchen.



You can cook in the O.T. kitchen with staff/



Staff might help you get better at doing things in the kitchen.



What is in Mayfield?



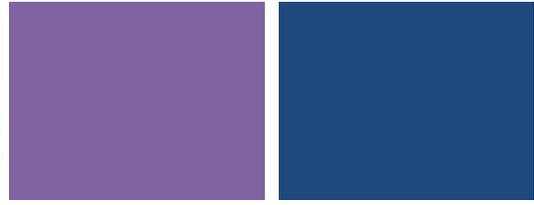
If you would like to have a bath, there is a bath in the bathroom



There is also a shower in the bathroom



You can use a shower chair if you need to.



What is in Mayfield?



There is a TV in your bedroom



You can have your own games console or stereo in your room



Staff will need to check your electrical things to make sure they are safe



We ask you to keep your room clean and tidy



What is in Mayfield?



There is a laundry room in Mayfield



You can wash some of your clothes in the laundry room



There are washing machines and a sink in the laundry room



Staff will talk to you about how to do your laundry.



What do I need to bring to Mayfield?



Clothes



Shoes



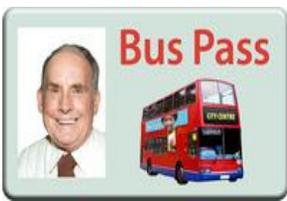
Pyjamas



Toiletries – no aerosols



Money



Bus pass



What do I need to bring to Mayfield?

My Appointment Card designed by generate® 020 8879 6333

 Time: _____

 Date: _____

 Where: _____

 To see: _____



Appointment cards

Hearing aid

Support plan

Walking aid

Glasses



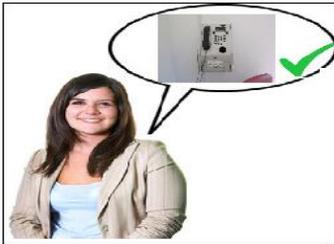
Phoning Mayfield?



There is a payphone at Mayfield



It is in the visitor's room



Staff will let you know if you can use the payphone



People can call you back on the payphone



The payphone number is **01383 721074**



Visiting Mayfield?



People can come and visit you at Mayfield.



This is the visitor's room. Visitors can not go into patient areas.



Staff will let your family and friends know if they can visit you.



Visitors should phone Mayfield before they come to visit you.



Our phone number is **01383 565204**



What can you do in Mayfield?



There are lots of things to do in Mayfield

TV



Wii



Board games



Cooking/Baking



Drawing



DVD's



Art



What can you do in Mayfield?



Staff will talk to you about activities



You will have a picture timetable of the things you do each day.



Your timetable will be kept in your room.



The nurses will keep your timetable up to date.



What is in Mayfield?



Things that might hurt you will be locked away so that you are safe.



Your money, bankcards and bus pass will be kept in the safe.



The safe is in the resource room



What is in Mayfield?



If you have any questions about Mayfield, please contact us or talk to us.



You can write to us at this address.



Our phone number is **01383 565204**