

NATIONAL AUDIT OF VIOLENCE

THE MEADOWS

ADULT MENTAL HEALTH ACUTE UNIT
HAMPSHIRE PARTNERSHIP NHS TRUST

PRESENTED BY:

Julie Cooper, Modern Matron

and

Jo Roberts, Clinical Ward Manager

An area of good practice which was highlighted by the audit

- The Meadows offers opportunities every day for Service Users to take part in group interaction and / or recreation.
- Local Findings – YES 21 / NO 1

Why is meaningful activity so important?

- Provides Therapeutic Activity
- Reduces risk of violent incidents and behaviour
- Provides structure
- Actively facilitates appropriate engagement

COMPONENTS OF DAILY ACTIVITIES

- Health Promotion / Education
- Physical Activity
- Socialisation / Recreation
- Therapies
- Spirituality

Health Promotion / Education

- Healthy Living Group
- Smoking Cessation Advice
- Physical Health Monitoring
- Medication Awareness
- Sleep Promotion
- IT Groups
- Women's Group

Physical Activity

- Pilates
- Gym sessions
- Leisure Centre Trips
- Walking Group

Socialisation / Recreation

- Open Café
- Discussion Groups
- Open Art Group
- Pottery
- Fishing Group
- Gardening Group
- Quizzes

Therapies

- Aromatherapy
- Psychosis Group
- 1 – 1 Work
- Relaxation

Spirituality

- Soul and Mind Group
- Chaplaincy Service
- Quiet Room
- Church Service

Any Questions?