General information for patients
Patients typically stay with us for four weeks. However, your length of stay can vary depending on the difficulties you experience. We aim to work intensively with you during your stay. You are then transferred to your locality ward where any treatment plan can contribute towards your discharge, or your own home where you will have help through our Community Teams.

What should I bring?
Here are some suggestions of what you may wish to bring, to make your stay more comfortable:
• Clothes for day and night
• Shoes and slippers
• Toiletries e.g. toothpaste, soap, shampoo, shower gel etc
• Small amount of cash

Please also bring any current medication with you to the ward and hand in when you arrive.

What not to bring
• Large amounts of cash
• Sharp objects e.g. knives, razors, scissors etc are not allowed on the ward
• Aerosols, glass or weapons
• Any photographic or recording equipment e.g. cameras/videos/tape recorders
• Alcohol and any non prescribed or illegal drugs

Visiting Times
There are no specific visiting times however it is always helpful if visitors telephone prior to coming to Greyfriars to help avoid individual therapy sessions.

Please phone outside the following hours to help avoid nursing hand over periods and meal times:
7.00am - 7.20am, 12.00pm - 12.30pm, 1.45pm - 2.45pm, 5.00pm - 5.30pm and 9.10pm - 9.30pm

Any visit involving a person under the age of 16 will need to be arranged in advance as there is a separate visitor’s room which will need to be booked. We may sometimes supervise visits.

Contacting Greyfriars PICU
Greyfriars PICU Unit, Wotton Lawn Hospital, Horton Road, Gloucester GL1 3WL.
Tel : 01452 894012
Fax :01452 891585

Greyfriars Psychiatric Intensive Care Unit (PICU)
What is Greyfriars?
Greyfriars is a ten bed unit providing services to both men and women between the ages of 17 to 65 years old. It provides a safe environment providing expert, supportive and individualised care for the benefit of patient's health, well being and recovery.

How do people access our service?
Teams from Wotton Lawn locality wards will refer you to Greyfriars if the difficulties you are experiencing need a different environment or a greater degree of help. If you are from outside of Gloucestershire, referrals will come from other NHS/Private Hospitals.

Standards of Care
We provide care in a state of the art building in line with National Minimum Standards and lead practice through innovation in our involvement with the National Association of Psychiatric Intensive Care.

We continue to develop practice standards to improve the recovery of people with mental health problems, while delivering high quality care.

What can patients expect from staff?
- Staff enthusiasm to improve patients health and quality of life
- To be treated with dignity and respect
- To be available to provide support, activities and help meeting their needs
- To consider carefully any requests made by patients
- To be offered honesty of information

What can staff expect from patients?
- Respect, dignity and fairness towards others
- To take part in the activity/care programme
- To avoid acts of physical and verbal aggression
- To use self control when frustrated and angry
- To assist in the upkeep and cleanliness of the environment

Who will look after me?
Our team is made up of a variety of health professionals including:
- Nurses
- Medical staff
- Occupational/Sports Therapists
- Physiotherapists
- Psychologists
- Activity/ Physical health practitioners
- Other Allied Health Professionals

How are you assessed?
To accurately identify your needs a number of assessments will take place on admission and throughout your stay, ranging from:
- Nursing/Medical
- Physical health screens
- Occupational health
- A variety of mental health based screens

This will enable us to develop with you an individual care plan that will help address the issues that are affecting your daily life and develop strategies on how to restore the balance you need to live independently.

During your stay
We will ensure your needs are being met by reviewing your treatment plan regularly. You will also be supported on the ward daily, by an allocated member of staff.

Your nurse will work with you to decide a safe daily activity programme that will help reduce some of the difficulties you are experiencing.

By increased time spent with you, the skills and environment will be considered to reduce the impact of the difficulties discussed on admission. This is done by:

- Regular reviews of your treatment plan with your multi disciplinary team
- Contact with the Engagement, Activity and Physical Health Team (EAP). This team consists of Exercise Health Practitioners, Occupational Therapists and Physiotherapists
- A number of psychological therapies
- Leave from the unit which is graded according to a number of factors, but principally an assessment of risk is involved. As you get nearer to discharge your leave will increase in order to facilitate the many activities and links that are available within the unit and local community

You will also participate in relevant groups and activities designed to assist in your recovery.