

PURPOSE BUILT SKYE CENTRE FOR PATIENT ACTIVITY

Overview

The State Hospital provides all patients with access to a structured programme of meaningful, therapeutic activity. These activities support identified needs for physical activity, creative expression, social interaction, and engagement, learning and development, and vocational activity.

Spiritual and pastoral care activities are also facilitated within this environment.

Activities are delivered in a planned, timetabled format which enables patients to benefit from a variety of interventions dependent on patient need and session availability. Activities which support delivery of the patient's treatment plan, health, and wellbeing include:

- Crafts including Creative Expression.
- Education & Learning.
- Life Skills.
- Physical Health & Fitness.
- Recreation.
- Mental Health & Recovery.
- Vocational Rehabilitation.
- Animal Assisted Therapy.

Within the dedicated centre for patient therapy and activity there are a number of discrete patient activity centres:

- Atrium – cafe, bank, library, shop, social activities.
- Craft & Design.
- Gardens & Animal Assisted Therapy.
- Patient Learning.
- Sports & Fitness.
- Tinto Health Centre.
- Vocational Activity Room.

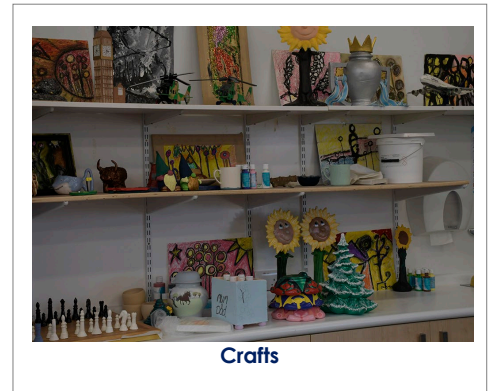


In the Atrium patients are supported and encouraged to participate in a range of social activities and these are also available at weekends.

The Health Centre aims to meet and support most primary patient healthcare requirements. In addition to the GP service, there are a range of clinics including Dentistry, Podiatry, Ophthalmology, Surgical, Diabetic, ENT (ear, nose, and throat), Urology, Physiotherapy, and Wellbeing. There are also nurse led clinics in clozapine monitoring, chronic disease management in respect of diabetes, respiratory disease, chronic heart disease, chronic musculoskeletal disorders, and Blood Borne Virus (BBV).



The Craft & Design Centre offers a wide range of craft related activities including painting, picture framing, needlecraft, clay, and model work. Patients can enter their work into the Koestler Awards Scheme, which encourages and rewards creative endeavours from people in UK prisons, young offenders' institutions, secure units, and special hospitals. State Hospital patients have achieved platinum awards in this highly acclaimed scheme.



The Spiritual Pastoral Care Team facilitates denominational services of worship, and the Christian Fellowship Group meets weekly.

A range of support services are also based within the Skye Centre including the Patients' Advocacy Service, Clinical Quality and Risk, Pharmacy, and Social Work.

Activities overview

Within each activity area a wide range of interventions are available including:

Physical Health & Wellbeing

- Fitness assessment.
- Cardio workouts and interval training.
- Sports including football, racquet sports, volleyball, and cycling.
- Weight management groups.

Social Activities

- Café and library facilities.
- Reading group.
- Chess club / film shows.
- Walking group.
- Book club.



Crafts & Creative Expression

- Clay sculpture.
- Painting.
- Model making.
- Creative writing.

Education & Learning

- Core Skills: Communication, Information Technology (IT), Numeracy, Problem Solving, and Working with Others.
- European Computer Driving Licence (ECDL).
- Open and distance learning.
- Vocational qualifications.

Vocational & Work Activities

- Gardening.
- Animal care.
- Patient library volunteering.
- Picture framing.



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