Welcome to Royal Leamington Spa Hospital

CERU – Heathcote Lane, Warwick, CV34 6SR

We hope to make your stay as pleasant and as comfortable as possible.

This book is designed to give you information about your stay with us.
Meet the Team

Doctors, Psychologists and Speech therapists DO NOT wear uniforms.
Porters, Domestic and Housekeeping staff wear dark blue and pale blue uniforms.
Catering staff wear black uniforms.
What to bring with you

CERU staff suggest you bring the following items to make your time with us as comfortable as possible:

• Casual loose fitting clothes for daytime
• Hairbrush, comb and shampoo
• Toothpaste, toothbrush, denture pot, denture cleaner
• Soap, face wash, shower gel, moisturiser and other toiletries
• Towels, face cloth, sponge
• Deodorant
• Sanitary care
• All the prescribed medicines you are already taken
• If you normally use an aid or appliance please bring this with you
• Change of nightwear and underwear, slippers and any comfortable shoes (as trainer or similar) for therapy use
• Tablets or Phone, MP3, DVD players are more than accepted in CERU. For more information please ask to any member of the staff the “Personal Electric Equipment’s List”
• In CERU we have our own Safe exclusively for inpatient use. We can keep in custody small amount of money, valuables or personal property
• **Flowers, plants or alcohol are not allowed in CERU. Please do not bring those items.**
The Rehabilitation

Who will work with me?
There may be many people involved in your care depending on your needs. We have Doctors, Nurses and Therapists (Dieticians, Occupational Therapists, Physiotherapists, Neuropsychologists and Speech and Language Therapists)

What will my day be like?
When you come to us you will be given a timetable to keep by your bed. Your therapists will give you a new one every week which will give you a guide to the times of your therapy sessions. There is a ward round once a week when you will also be reviewed by the Medics, there is also a Doctor available on the ward should you need them. 
We have various Voluntary groups such as art group and bingo which run on the ward which you are welcome to attend. We also have a lady to do hand massage, a PAT dog that comes on the ward and a hair dresser. There is also the opportunity for a buddy system to facilitate personal interests and social interaction which can be organised.

Will I stay in the same bed for the duration of my hospital stay?
We have a mixture of single rooms, double rooms and bedded bays on the Unit. Where people are is reviewed frequently. On occasion it might be necessary to move patients into different beds for a variety of reasons such as infection, sickness or individual circumstance.
Food and drink is important, especially during periods of illness. It provides the body with energy and nutrition, for healing, to help fight infection and cope with treatment. For this reason, we have number of initiatives to encourage patients to eat and drink.

Protected mealtimes
The Trust encourages a protected mealtime service where non-essential ward activities stop to enable staff to concentrate on the food service and giving assistance to patients where necessary. Patients will be encouraged to sit at a table to eat, or sit on the chair by their bed.

The timings for meals are:

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<tr>
<td><strong>Breakfast</strong></td>
<td>8.30-9.30am</td>
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<tr>
<td><strong>Lunch</strong></td>
<td>12.45-1.30pm</td>
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<tr>
<td><strong>Evening</strong></td>
<td>5-6pm</td>
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If you wish to go out for a meal with family or friends then please speak to a member of nursing staff or your key worker to arrange.
Other Services

- Interpreting Service
- Chaplains, spiritual and religious support
- Team Link
- Family involved in Meetings
- Hairdresser
- Non-Smoking Policy
- Weekends at home (if circumstances allow)
Useful Information for Visitors, Family & Friends

Leamington Spa Hospital houses the Central England Rehabilitation Unit (CERU - www.ceru.co.uk) and offers neuro rehabilitation to adults following acquired brain injury. There are two wards, Chadwick and Campion.

The hospital also runs various out-patients’ clinics on the ground floor. These include Physiotherapy, Occupational Therapy, Speech and Language, Wheelchair Services, Podiatry, Chiropody and Dentistry.

<table>
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<tr>
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<th>Telephone Number</th>
<th>Visiting Times</th>
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<tr>
<td>Campion Ward</td>
<td>(01926) 317719</td>
<td>11:30am - 7:30pm</td>
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<tr>
<td>Chadwick Ward</td>
<td>(01926) 317770</td>
<td>11:30am - 7:30pm</td>
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<tr>
<td>Main Switchboard</td>
<td>(01926) 317700</td>
<td>08.30am – 5pm</td>
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Sometimes we need to put restrictions on visiting times for clinical reasons. Please make sure that you check this or call the ward before visiting.

Please press the buzzer to gain access to each ward.
Useful Information for Visitors, Family & Friends

**Family and Friends are more then welcome to come and visit!**

We appreciate that visitors might like to bring in gifts for patients on the ward, like *Games, puzzle books* or *Family pictures*!

However, any visitor should keep in mind a few accoutrements:

You will need to rest as your therapy sessions can be very tiring. We therefore ask that visitors numbers are kept to a minimum and your visitors do not spend too long with you, as long visits could be stressful and tiring which could have an impact in therapy sessions.

We understand that family time is very important; however the hospital environment might be distressing for a *small child*. If you wish to bring children to visit please discuss with a member of staff. Their visits should be for very short periods and a quiet atmosphere should be maintained. Children remain the responsibility of the accompanying visitor.

In special circumstances it might be possible to arrange a private/quiet area for you and your family to spend time together. Please speak to either your key worker or a member of nursing staff to arrange. If your visitors wish to take you off the ward, please speak to a member of nursing staff.
Useful Information for Visitors, Family & Friends

**Car Parking**
Pay on exit

<table>
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<tr>
<th>Length of stay</th>
<th>Charge</th>
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<tr>
<td>0 – 30mins</td>
<td>Free</td>
</tr>
<tr>
<td>30mins to 1 hour</td>
<td>£2.60</td>
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<tr>
<td>1 – 2 hours</td>
<td>£3.10</td>
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<tr>
<td>2 – 4 hours</td>
<td>£4.70</td>
</tr>
<tr>
<td>4 – 6 hours</td>
<td>£5.20</td>
</tr>
<tr>
<td>6 – 24 hours</td>
<td>£6.20</td>
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<tr>
<td>Weekly ticket available</td>
<td>Ask at desk on wards</td>
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Please ensure you have your registration number to hand as it works via Automatic Number Plate Recognition. Cards, coins and notes accepted. Change is given.

For any car parking queries, please contact Hotel Services at Hotel.Services@swft.nhs.uk
Bus and Train Station

The nearest railway station is Leamington Spa; it is 1.5 miles from the hospital.
The **U1 (Stagecoach)** or **77/77A (Johnsons)** bus can be caught from outside the railway station direct to the hospital.

Bus services from many areas regularly come into Leamington town centre and connections from these services can be easily made at Upper Parade or the Parish Church on to the U1 or 77/77A.

Detailed timetables are available in main reception.

Local Taxi Numbers

**Easy Cabs**- 01926 425959
**Victoria**- 01926 881161
**Shire**- 01926 499222
**Home James**- 01926 888000
**Kenny The Runner (takes wheelchairs)**- 07949 093068
**Call Line Taxis (takes wheelchairs)**- 01926 512102
**Bal Taxis**- 07476 973126
**Stuart’s Taxis**- 07795 097467
**Local Cab (takes wheelchairs)**- 01926 888888/888846
Useful Information for Visitors, Family & Friends

**Local Accommodation**

Leamington Spa and Warwick both offer numerous hotels and bed and breakfast places.


Try [www.airbnb.com](http://www.airbnb.com) for alternate suggestions.

**Nearest Fuel Station?**

Sainsbury’s, Leamington Retail Park (Shires)

This site has a large Sainsbury’s, Next, Boots, Halfords, TK Maxx, Café Nero and more.

The 77/77A Johnsons bus (approximately once an hour) goes directly to the retail park.

By car, turn left out of the hospital. Take right turn at the first roundabout. It will be visible after a mile on the left- just past the Gurdwara Sahib (Sikhs Temple) on the right. Approximately 5 minutes journey.

About a mile by foot.
CERU is recognised as one of the top facilities for providing specialist rehabilitation. With our unique ethos, we offer goal focussed rehabilitation which is tailored to meet individual patient needs.