

How can you get into Ward 5?

For residents of North Ayrshire, access and referrals to Ward 5 is through North Ayrshire Drug & Alcohol Recovery Service **(NADARS)**. For residents of East and South Ayrshire this is through East and South Ayrshire NHS Addiction Services.

Contact details

Ward 5
Woodland View
Ayrshire Central Hospital
Kilwinning Road, Irvine KA12 8SS
Telephone: 01294 322377

North locality/NADARS: 01294 476000
East locality: 01563 574237
South locality: 01292 559800

Smoke-free grounds

Smoking is not permitted anywhere on NHS Ayrshire & Arran Grounds. If you would like help to stop smoking, Ward 5 staff can arrange to refer you to the smoking cessation service **Quit Your Way**, who visit Woodland View on a weekly basis.



Our publications are available in different languages, larger print, braille (English only), audio tape or another format of your choice.

Wszystkie nasze publikacje są dostępne w różnych językach, dużym drukiem, brajlem (tylko w wersji angielskiej), na taśmie dźwiękowej lub w innym formacie Twojego wyboru.

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Tha gach sgrìobhainn againn rim faotainn ann an diofar chànanan, clò nas motha, Braille (Beurla a-mhàin), teip claidinn no riochd eile a tha sibh airson a thaghadh.

हमारे सब प्रकाशन अनेक भाषाओं, बड़े अक्षरों की छपाई, ब्रेल (केवल अंग्रेज़ी), सुनने वाली कसेट या आपकी पसंदनुसार किसी अन्य फॉरमेट (आरप) में भी उपलब्ध हैं।

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ہماری تمام مطبوعات مختلف زبانوں، بڑے حروف کی چھپائی، بریل (صرف انگریزی)، سننے والی کاسٹ یا آپ کی پسند کے مطابق کسی دیگر صورت (فارمیٹ) میں بھی دستیاب ہیں۔

ਸਾਡੇ ਸਾਰੇ ਪਰਚੇ ਅਤੇ ਕਿਤਾਬਚੇ ਵਗੈਰਾ ਵੱਖ ਵੱਖ ਭਾਸ਼ਾਵਾਂ ਵਿਚ, ਵੱਡੇ ਅੱਖਰਾਂ ਅਤੇ ਬੋਲ (ਸਿਰਫ ਅੰਗਰੇਜ਼ੀ) ਵਿਚ, ਆਡੀਓ ਟੇਪ 'ਤੇ ਜਾਂ ਤੁਹਾਡੀ ਮਰਜ਼ੀ ਅਨੁਸਾਰ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ ਵੀ ਮਿਲ ਸਕਦੇ ਹਨ।

Tell us what you think ...

If you would like to comment on any issues raised by this document, please send to:
North Ayrshire Health and Social Care Partnership,
Cunninghame House, Irvine KA12 8EE

You can also email us at:
whatmatterstoyou@north-ayrshire.co.uk

Name:

Address:



Woodland View

Ward 5 Information for you



EAST AYRSHIRE
Health & Social Care
Partnership



Ward 5

Ward 5 is a residential unit which provides a specialist service for residents of Ayrshire and Arran over the age of 16, who have an alcohol and/or drug problem and mental health issues.

The ward has 10 beds for residential care; five for rehabilitation and five for detoxification, plus eight day care places are available.

Ward 5 is situated within Woodland View, Ayrshire Central Hospital.

The team of health professionals within **Ward 5** provide a flexible service based on the needs of each individual person. The main treatment is through 1-to-1 support and group work.

Treatments available:

- A detoxification programme
- Assessment and treatment of alcohol and drug use
- Assessment and promotion of mental health and wellbeing
- A structured day attendance programme



How can Ward 5 help?

Substance use can affect your physical and mental health, your relationships, your employment as well as your ability to cope with everyday life. Factors such as age, family support, lifestyle, personality and personal belief may also determine how drugs or alcohol affect you.

Recovery means different things to different people and no two people will have the same recovery journey. Your named nurse will use a number of methods to help you move towards promoting and supporting your recovery from problematic substance use.

We know that your recovery can be helped by giving you the tools to become active in your own health and social care. It is about having the belief, drive and commitment to know that you can and will recover control of your life.

Clearly, there are many factors which may help in your personal recovery. Our staff will work with you to bring together your thoughts and ideas to help us gain an insight into what help you may require to support your recovery journey.

What does a stay include?

The length of stay depends on the support you require.

For detoxification support you may only need to stay in Ward 5 for up to one week.



The residential programme usually lasts for four weeks. This is flexible, based upon the needs of each individual. We promote a positive therapeutic environment that allows individuals to engage in treatment.

The group programme aims to promote positive coping skills to help individuals remain free from alcohol or drug use.

Structured group workshops include

- Normalising dependency
- Effects of substances on mental health
- Self awareness
- Coping with high risk situations
- Relapse issues
- Blood Borne Virus awareness
- Time management
- Cues to substance use
- Anger management
- Anxiety management
- Process of personal change
- Assertive skills
- Relaxation therapy
- Sleep promotion

Individuals can have access to a range of different professions while in Ward 5:

Physiotherapist, dietician, advocacy services, social work, podiatrist, pharmacist and psychiatrist.

We work closely with voluntary sector organisations and support clients to link in with peer support groups and activities.

