



The Eastbourne Clinic

(Independent Hospital)





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The Eastbourne Clinic

The Eastbourne Clinic

The Eastbourne Clinic is a leading UK independent provider of specialist mental health services. Situated at the foot of the South Downs in a quiet residential area of Eastbourne, the clinic is conveniently placed for public transport, in easy reach of local amenities and a few minutes walk from the picturesque seafront.

Within easy reach of London by train, we enjoy all the tranquillity of the Sussex Countryside.

Set in a converted 19th Century Vicarage, still with many period features, the Eastbourne Clinic offers a charming, friendly and warm environment conducive to recovery.

The building is set in attractive gardens bringing a sense of calm and relaxation whilst the separate patio area allows patients and relatives to sit outside in comfort.

The Clinic has developed an excellent reputation for high quality care and first class treatment with a dedicated team comprising of trained nursing staff, nursing assistants, nursery nurses, liaison health visitor and psychotherapists, all with a wealth of experience in our specialist areas.

We are registered under the service category of independent hospital to provide care for up to 27 patients of both genders.

Our consultants each have their own special interest including liaison psychiatry, perinatal illness, substance misuse and old age psychiatry, as well as, general psychiatry. We have a very experienced team of mental Health Nurses and a number of Specialist Therapists offering cognitive behavioural therapy, psychotherapy and person centred counselling.

We also promote the value of complementary therapists such as Tai Chi, sound therapy, massage and Shiatsu. Within the clinic is an excellent therapy centre accessible to both inpatients and day patients.

When patients are discharged from inpatient care, we can offer ongoing support at the therapy centre or at home with a qualified nurse if preferred.

Our Approach



Our Approach

We believe that client care comes first. Our team pride themselves on offering you the highest professional standards, aiming to make your stay at the clinic as comfortable and as pleasant as possible and we seek to restore full health and well being as quickly as possible.

Every client will receive treatment tailored to his/her individual needs and be under the care of a consultant psychiatrist. On admission each client will be allocated a key worker, who will be responsible for coordinating the care. Our team of doctors, nurses and therapists work together in a multi disciplinary manner and believe that client participation in planning treatment is vital if they are to take an active role in their own recovery.

Every client will be seen by an admitting doctor and will undergo a full psychiatric and medical screening prior to being seen by their assigned consultant psychiatrist. We have access to our local GP surgery where general health needs of clients are met.

We have access to additional expert services as required and our in house psychotherapy team provide individual and group therapy. We utilise a wide variety of psychotherapeutic models including integrative and psychodynamic therapy, interpersonal therapy, brief solution focused therapy and cognitive behavioural therapy. We have our own therapy centre where clients undertake psycho-educational sessions.

Clients staying at the clinic enjoy individual bedrooms and have access to all of the amenities.

All aspects of care can be negotiated and agreed prior to admission and personalised according to the clients needs. Treatment decisions will be based on the maximum and optimum level of therapeutic intervention for the client.

Mission Statement

Mission Statement

To be a mainstream provider of good quality specialist mental health services, to be totally committed to providing a high quality service, aiming to become a centre of excellence, where clinical effectiveness, best practice and service user involvement are at the centre of the care delivered. We also have a specialist Mother & Baby unit where a mother can be admitted with her baby for the treatment of perinatal illness.

Aims and Objectives

The Eastbourne Clinic is committed to maintaining the highest standards of healthcare. This is achieved through the quality and variety of treatments available to patients, investment in its employees and a commitment to acting, at all times, in accordance with the Mental Health Act legislation.

We specialise in the provision of quality mental health services to both the public and private sector. A comprehensive range of treatment options is available, where high quality care is offered to individuals. The needs of patients, benefits and choices are identified and acknowledged through assessment, treatment and a mixture of therapeutic activities. Development of self-awareness forms the basis of the therapy offered.

A Consultant Psychiatrist and Primary Nurse are allocated to each patient to facilitate the formulation of an individualised treatment plan.

The Eastbourne Clinic is committed to maintaining the highest standards of occupational health and safety in all of its facilities. We consider eliminating or minimising risks to staff, those in our care and our visitors is inseparable from all other objectives. Our safety management and training programmes are continually under review to ensure that a safe and healthy environment is maintained for the benefit of everyone. We ensure that all policies and procedures are regularly reviewed and that they comply with the appropriate statute, regulation and relevant code of practice. A commitment to multi-disciplinary working practices is integral to this end.

We believe in a partnership of the entire workforce and aim to create an environment where employees enjoy their work and are encouraged to contribute to the direction of the business. We aim to invest in all our employees through training, supervision and education opportunities with continued professional development.

The Facilities



The Facilities

Bedrooms

All bedrooms are tastefully furnished and each bedroom is single with most having a bath or shower and WC en-suite.

Each room has it's own nurse call, remote controlled colour television and telephone.

Cuisine

Our skilled chefs prepare all meals using fresh, local ingredients. We can cater for any individual requirements or special diets. Guest meals are also provided for a nominal charge and should be ordered in advance.

Visiting

Visiting can take place at the discretion of the nurse in charge during the week at any time between 4.30pm – 10.00pm, and anytime during weekends.

Smoking

The clinic reminds you of the health hazards and the dangers of smoking. Patients are requested only to smoke in the designated areas.

Clergy

Ministers are available on request to make visits.

Transport

Patients are discouraged from bringing their own cars; ideally a relative or friend should bring you to the clinic and arrange to take you home, however, if this is not available to you we can sometimes arrange transport.

Activities

There is a full programme of therapeutic activities throughout the day and communal areas for entertaining guests or enjoying the company of fellow patients.

The Treatment Team



Psychiatrists

All our consultants are recognised and registered with all major private health insurance companies.

Dr Declan Fitzpatrick M.B., B.Ch., B.A.O., MRCPsych.

Dr Declan Fitzpatrick graduated from Trinity College, Dublin University's Medical School. His post graduate psychiatric training was completed in Dublin and London. His specialist Registrar training was completed in the Maudsley and Bethlem Hospitals in London and the Institute of Psychiatry, following which he worked as a Consultant before moving to Sussex.

He is consultant Liaison Psychiatrist and also holds an academic appointment as Senior Lecturer in Guy's Hospital London. He is also an external examiner in neuro-pharmacology for Brighton University and has been a tutor and examiner on DPP courses for universities in India, Pakistan and Egypt. For the past ten years he has been a tutor for the Royal College of Psychiatrists and also holds the post of Lead Psychiatrist in the N.H.S.

He is a frequent speaker at national and international meetings on liaison and neuropsychiatry, as well as general adult psychiatry.

Dr S K Ahmed MRCPsych, FRCPsych

After studying medicine and psychiatry in Baghdad, Iraq, Dr Ahmed was employed as Registrar in Adult Psychiatry at the Yarmouk Teaching Hospital in Baghdad.

He came to the United Kingdom in 1979 and took a full time postgraduate course in Clinical Neurology at the National Hospital for Nervous Diseases in London.

His first post was trainee Clinical Assistant at the Maudsley Hospital, London.

After a wide and varied career, which has included general psychiatry, liaison psychiatry, rehabilitation, teaching and research, Dr Ahmed now works as Consultant in general adult psychiatry within our local NHS Trust. He is the trusts lead Consultant in ECT, which involves responsibility for training, supervision, auditing and developing operational policies on ECT.

He has worked as a visiting Consultant Psychiatrist at the Eastbourne Clinic for a number of years.

Dr Sayeed Ahmed

Having completed his training at Hellingly Hospital, Dr Ahmed has been involved in the provision of Mental Health Services in East Sussex since the late 70's. He has worked in the Independent Sector, initially practising from the Colville Clinic and subsequently from the Eastbourne Clinic of which he was Clinical Director.

Besides being a general psychiatrist, he has special interest in PTSD, family therapy and medico legal work. He has retired from the NHS but remains in active clinical practice as a locum Consultant Psychiatrist with the Sussex Partnership Trust.

The Treatment Team & Senior Personnel

Dr Hamid Naliyawala MBBS, MCPS, MRCPsych

Dr Naliyawala is a Consultant General Adult Psychiatrist who is based in Eastbourne and has been employed by the Sussex Partnership Trust since 2000.

His special interests are in Stress Management, Perinatal Psychiatry, Adult Attention Deficit Hyperactivity Disorder (ADHD), Post Traumatic Stress Disorder (PTSD), Treatment Resistant Depression and Medico legal work including court reports. Languages spoken are English, Urdu, Hindi, Punjabi and Gujrati.

Dr M Isaac MBBCH, MRCPsych, PGCert in Medical Education

Dr Isaac has completed his postgraduate psychiatric training at Guy's scheme in various psychiatric specialities. His specialist training in Old Age and General Adult Psychiatry was through South London and the Maudsley NHS, Guy's Scheme and he is in the Specialist Register for General Adult Psychiatry.

He is a Consultant in Old Age Psychiatry at Sussex Partnership and has had a long experience in general Adult Psychiatry. He also holds an academic appointment as an honorary Clinical Senior Lecturer in Brighton and Sussex Medical School (BSMS).

Dr Isaac has a special interest in Adult and Old Age mood disorder, Alcohol and Drug addiction and suicide prevention. He is also interested in cognitive impairment and dementia's management and research.

Senior Personnel

Lesley Dimond (Registered Manager)

Lesley is a qualified Mental Health Nurse. After gaining invaluable experience in the NHS she moved into the independent sector and worked as a nurse therapist for the Altrincham Priory. Following re-location, Lesley joined the Eastbourne Clinic in 1997. She successfully developed the clinic's therapeutic programme and became the Registered Manager in 2005.

Jean Thompson (Deputy Manager)

Jean has over 20 years experience in mental health nursing, in a number of settings. Over the years, Jean developed an interest in teaching and is an accomplished NVQ assessor. She commenced her employment at the Eastbourne Clinic in 1998. Her current role encompasses a lead in clinical governance and responsibility for planning staff training.

Julia Ryder (Day Hospital Manager)

Julia qualified as a mental health nurse over 10 years ago and has worked in a number of settings including acute inpatient care, prison service and the independent sector. She continues to maintain the therapeutic milieu of the Eastbourne Clinic and puts great emphasis on patient empowerment.

Counselling and Psychotherapy

The service is led by Steve Clifford, Counsellor and Psychotherapist, who has worked in the field of Mental Health for over 25 years. He provides group and individual psychotherapy and is recognised by major insurance companies. Since 1992 he has supplied employee counselling to many national as well as local organisations including Sussex Police Authority, East Sussex Fire and Rescue and the Sussex Ambulance NHS Trust.

With an extensive background in Trauma, he is a Critical Incident De-briefer and is trained in the specialist treatment technique known as Eye Movement Desensitisation and Reprocessing (E.M.D.R.) The Eastbourne Clinic is committed to providing high quality counselling and psychotherapy services. We are widely used by General practitioners, Psychiatrists, Corporate Bodies and other agencies. We also accept self-referrals and are covered by most medical insurance schemes. The service operates to high professional standards with British Association for counselling and psychotherapy accredited practitioners who receive regular and ongoing clinical

Supervision. We adhere to BACP ethics and code of practice. With all referrals where other professionals are involved, we, with clients consent, liaise closely and aim to provide a collaborative care approach, which we believe, is in the best interest of the clients. This is particularly beneficial where there may be concerns or risk factors to consider, or in matters

pertaining to medication or similar. We can also provide stand-alone assessment consultation, offering a comprehensive report to the referring agency. Our team can offer both individual as well as couple counselling.

As we see clients with a very wide range of difficulties, it may be that you will want to contact us in the first instance by telephone to discuss a referral, when we can advise about the suitability of a possible case scenario. Counselling and psychotherapy can be very helpful for individuals with depression, anxiety and other mood related disorders. Also, for other life difficulties such as stress, bereavement, grief, low self-esteem and relationship difficulties. It is also of value for physical conditions with a psychological component e.g. eating disorders. Our service offers specific help for individuals who have suffered trauma or may be having difficulties as a consequence of sexual abuse, or other long-term problems. The kind of therapy we offer looks at both people's present situation and their past history and, in particular, explores the link between the two.

We aim to offer an initial assessment appointment within 7 working days, with the option of regular appointments thereafter. Every effort is made to offer appointment times that are convenient and flexible including early evening, if required.

Cognitive Behavioural Therapy (CBT)

Generic Mental Health Services

Cognitive Behavioural Therapy (CBT)

The Eastbourne Clinic is able to offer Cognitive Behavioural Therapy for patients with a wide range of mental health problems. Our CBT therapists are accredited by the British Association of Behavioural and Cognitive Psychotherapies and are recognised by all major insurance companies. Practising privileges at the Eastbourne Clinic allow for minimal waiting list unlike the NHS where average waiting for CBT can be anything from 6 months to 2-3 years.

Our therapists have a wealth of experience from practitioner, lecturer, writer and researcher in the field of CBT.

All cognitive behavioural (CB) interventions rest on the assumption that any of us may develop mental health difficulties if the meanings we give to specific events are sufficiently upsetting.

The CB approach provides an empowering, person-centred and structured framework for collaborative working between practitioners and clients. The approach aims to enable clients to make better sense of their difficulties through a journey of personal discovery, and consider more useful ways of dealing with those difficulties.

Generic Mental Health Services

The Eastbourne clinic provides inpatient, day care and outpatient treatment across the full spectrum of psychiatric conditions, including psychotic conditions, affective disorders, trauma and addictive behaviours. Our programmes cover a comprehensive range of conditions including:

- Depression and anxiety
- Stress
- Obsessive compulsive disorder
- Phobias
- Post traumatic stress disorders
- Life skills including anger management, assertiveness and self-esteem
- Loss and bereavement
- Addictions: alcohol, drugs, exercise, gambling, shopping and relationship.
- Neuroses
- Psychoses
- Schizophrenia

Mother and Baby Unit



Mother and Baby Unit

The mother and baby unit can accommodate and treat mothers who suffer from perinatal illness including puerperal psychosis and birth trauma.

Within the mother and baby unit is a fully equipped nursery with kitchen, play area with sofas, laundry room and large bathroom for changing and bathing babies. Adjacent to this is a separate quiet room with cots, rocking cribs and Moses baskets, enabling babies to sleep peacefully whilst still close to staff and mothers. In addition to this there is a separate lounge, which enables relatives to visit and have private time with the mother and baby.

Aims and Objectives of the Mother and Baby Unit:

- To provide an inpatient facility to enable mothers to be admitted with their baby and receive appropriate specialist treatment.
- To maintain the safety of both mother and baby whilst enabling the bonding process to take place between them and other significant family members, where needs are required.
- To offer support and include key family members into the treatment programme. This will apply both within the clinic, at home during leave periods and will also be handed over to the relevant community support services in the mother's home area.

Referral to Mother and Baby Unit

The clinic takes referrals from the NHS, GP's and individuals. Mother and babies may be admitted privately by self-funding or private health insurance cover or through the NHS pending funding agreement. For more information on referring to our mother and baby unit please contact Lesley Dimond, the clinic manager, on **01323 430831** or email us at **admin@eastbourneclinic.com**

If you would like to visit our unit or would like more comprehensive information, please contact us on the above telephone number or write to us at:

The Eastbourne Clinic
21 Grange Road
Eastbourne
East Sussex.
BN21 4HE

Treatment Programme for Addiction

Treatment Programme for Addiction

Addictions are now increasingly common and can affect all of us in some way. The Eastbourne Clinic addiction programme is consultant led and provides intensive treatment, education and support to help individuals face the reality of their dependency and promote the restoration of physical and emotional health. We aim to minimise the psychological and physical distress of withdrawal by encouraging abstinence in a safe and supportive environment.

Working from a combined approach utilising Prochaska & DiClemente's (1986) Cycle of Change and Oscher & Kofoed's (1989) Staged Treatment Model the team will ascertain the motivational level of the client and work towards realistic goals agreed between all relevant parties.

- A full CPA assessment will be made either prior to or on admission.
- A contract will be agreed and documented into the client's Care Plan that includes: agreement to total abstinence for the duration of the treatment, consent to random drug/alcohol screening as deemed necessary, visiting arrangements and restrictions, duration of the client's stay, escorted and unescorted periods of leave, levels of close family/friends involvement as deemed therapeutic.

Our treatment programme is geared towards minimising the discomfort and associated stresses caused by the withdrawal process. Safe detoxification, health education/promotion, and relapse prevention strategies form an integral part of the overall process.

The Clinic will endeavour to involve local nonstatutory alcohol support groups either by the client attending their meetings or a one to one consultation provided by a member of the organisation. In addition the Clinic runs it's own follow up day clinic programme, which includes a managing addictions group.

If a follow on rehabilitation programme needs to be provided following the client's detox treatment the Clinic can provide this providing funding allows. Additionally we can liase with statutory or non-statutory services that provide this.

Discharge plans are discussed and agreed at the earliest stage of the treatment with all necessary after care arrangements in place prior to discharge.

The Eastbourne Clinic also offers other treatment programmes, which can be negotiated separately.

Family Involvement



Family Involvement

Involvement of family members in the therapeutic process is an important element in optimising the ongoing effectiveness of treatment as this promotes a greater understanding of the addiction and can be central to the patient's recovery.

We can offer family support and provide information to:

- Help improve the quality of family life;
- Help families understand some of the facts and dispel some of the myths about addiction;
- Allow family members to learn from the strength and experiences of others.

Message from the Manager

Thank you for the interest you have shown in our services. We aim to provide effective, quality, specialist mental health services for a variety of conditions. We strive to make your stay with us a comfortable, positive, therapeutic and empowering experience.

We look forward to assisting you in your recovery.





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Recognised by, and listed with   and all the major insurance companies.