

Food and drink at the Bradgate Unit



Patient information leaflet

**Bradgate Unit
Glenfield Hospital
Groby Road
Leicester
LE3 9DZ**

Introduction

Welcome to the Bradgate Mental Health Unit.

The following information tells you about the services for providing food and drink on this unit.

It is important that you have good healthy food to help you to keep well.

We provide food that is healthy and nutritionally well balanced, but we understand that some people have special needs or requests. For example:

- you may need different food because of your culture or religion
- you may need special food because you have a disability or other illness.

You will be asked about your dietary needs on admission and it is important that you tell us about any special needs you may have.

If you need any further information or have any questions about the meals or mealtimes, please speak to a member of the nursing or housekeeping staff who will be happy to help.

Where will I eat?

All meals are served on the ward and you will normally eat your meals in the dining area.

The Trust operates a protected mealtime policy so, wherever you eat, you will be able to relax, talk to other patients if you choose to and will not be disturbed unless it is very important.

Catering satisfaction questionnaire

During your stay with us you may be asked to complete a questionnaire about the food service provided and we welcome your comments. You can also discuss any concerns you may have with a member of the ward staff.

Drinks

Facilities to make hot drinks are available on some of our wards - please ask a member of the ward staff for details or see the 'Welcome to your ward' leaflet contained within this pack.

Snacks

There is a limited supply of snacks available such as biscuits, fresh fruit and cheese and biscuits - please ask a member of staff.

Mealtimes - please see your ward leaflet for times

Breakfast

Fruit juice is available, together with a selection of cereals, brown or white toast, butter or margarine and a selection of jams/marmalade.

Lunch and evening meal

There is a choice of two hot meals served with a choice of potatoes, rice and vegetables or salad. Vegetarian options are available. Please talk to the ward staff to pre-order your meal if you require a different meal because of your culture or religion. A limited selection of sandwiches is also available as an alternative to a hot meal. A selection of two hot sweets and yoghurt or fruit is served daily.

If, for any reason you miss a meal, please tell a member of the ward staff so that they can arrange one for you.

Other services

You can buy newspapers, magazines, sweets and snacks from the trolley service which visits the ward in the morning. Hot and cold drinks and snacks are available to buy from vending machines in the lobby of Ashby, Aston, Heather, Beaumont and Watermead Wards.

Facilities for visitors

The Bradgate Unit does not have catering facilities for visitors. However, the Involvement Centre has a small coffee shop where hot and cold drinks and snacks can be purchased. The Involvement Centre is located just off the main reception area of the Bradgate Unit and is open from 10am - 4pm Monday to Friday (except bank holidays). Visitors can use the restaurant at Glenfield Hospital which is open from 7.00am to 7.30pm

Bringing food into hospital

As part of our duty of care to you, we must make every effort to ensure that while you are in our care, any food you eat is fresh.

We have to comply with food hygiene regulations which govern the storage and serving of food at correct temperatures. Because of the difficulties with keeping food hot during the journey into hospital, and the lack of facilities at ward level for reheating food, **we ask that no hot food is brought into the Bradgate Unit by visitors.**

Due to the limited amount of space in the ward refrigerators, we ask that your visitors limit the amount of food brought in to one meal at a time. Any chilled goods will be labelled with your name and the date and will be kept for 24 hours only.

The list of foods that cannot be brought into the Unit are those that have to be stored and prepared under strict food hygiene regulations or they may cause a risk to the health of anyone eating them.

All food or drink items brought to hospital in a glass container must be handed in to the nurse in charge upon arrival. Arrangements will then be made for safe storage of these items.

Your co-operation in following the advice given is greatly appreciated.

Foods that can/cannot be brought in to the Unit

You or your visitors can bring in the following food:

- ✓ chocolate
- ✓ sweets
- ✓ biscuits (not home-made)
- ✓ cakes (not home-made)

Please do not bring the following foods into the Unit:

- ✗ hot food
- ✗ raw meat
- ✗ raw poultry
- ✗ raw fish
- ✗ raw eggs
- ✗ un-pasteurised milk
- ✗ shellfish
- ✗ unwashed salad/vegetables
- ✗ pâté
- ✗ soft cheese
- ✗ cooked meat
- ✗ meat products
- ✗ cooked fish or fish products
- ✗ cooked eggs or egg products
- ✗ sandwiches
- ✗ cooked rice

All food brought into the Unit is consumed at your own risk.

**If you need this information in another language
or format please telephone 0116 295 0994 or
email: Patient.Information@leicspart.nhs.uk**

Arabic

إذا كنت في حاجة إلى قراءة هذه المعلومات بلغة أخرى أو بتنسيق مختلف، يرجى الاتصال بهاتف رقم 0116 295 0994 أو إرسال بريد إلكتروني إلى: Patient.Information@leicspart.nhs.uk

Bengali

যদি এই তথ্য অন্য কোন ভাষায় বা ফরমেটে আপনার দরকার হয় তাহলে দয়া করে 0116 295 0994 নম্বরে ফোন করুন বা Patient.Information@leicspart.nhs.uk ঠিকানায় ই-মেইল করুন।

Traditional Chinese

如果您需要將本資訊翻譯為其他語言或用其他格式顯示，請致電 0116 295 0994 或發電子郵件至：Patient.Information@leicspart.nhs.uk

Gujarati

જો તમારે આ માહિતી અન્ય ભાષા અથવા ફોર્મેટમાં જોઈતી હોય તો 0116 295 0994 પર ટેલિફોન કરો અથવા Patient.Information@leicspart.nhs.uk પર ઇમેઇલ કરો.

Hindi

अगर आप यह जानकारी किसी अन्य भाषा या प्रारूप में चाहते हैं तो कृपया 0116 295 0994 पर हमें फोन करें या Patient.Information@leicspart.nhs.uk पर हमें ईमेल करें

Polish

Jeżeli są Państwo zainteresowani otrzymaniem niniejszych informacji w innym języku lub formie, prosimy skontaktować się z nami telefonicznie pod numerem 0116 295 0994 lub za pośrednictwem poczty elektronicznej na adres: Patient.Information@leicspart.nhs.uk

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵਿੱਚ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ 0116 295 0994 ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ ਜਾਂ ਇੱਥੇ ਈਮੇਲ ਕਰੋ: Patient.Information@leicspart.nhs.uk

Somali

Haddii aad rabto in aad warbixintan ku hesho luqad ama nuskhad kale fadlan soo wac lambarka 0116 295 0994 ama email u dir: Patient.Information@leicspart.nhs.uk

Urdu

اگر آپ کو یہ معلومات کسی اور زبان یا صورت میں درکار ہوں تو براہ کرم اس ٹیلی فون نمبر 0116 295 0994 یا ای میل پر رابطہ کریں Patient.Information@leicspart.nhs.uk