Rainbow

Mother & Baby Unit
Having a baby can be a time of great joy but it is also a time of huge change for both body and mind. All parents experience these changes to their emotions which can affect their relationships and everyday living. This can also lead to increasing feelings of stress.

The Rainbow Mother and Baby Unit is a specialist 5 bedded unit. The unit provides mental health care and treatment for women during the late stages of pregnancy and up to one year after the birth of their baby.

The Rainbow Unit aims to:

• Deliver the highest quality of care to mothers and their babies in a safe, friendly and supportive environment
• Maintain the safety of all mothers and their babies whilst treating the mother’s mental illness.
• Offer support to the families and carers involved in the mother’s and/or baby’s care.
• Help sustain the developing relationship between mother, baby and other family members.

On the Rainbow Unit we recognise the importance of delivering care for the whole person. It is important to promote privacy and dignity in a safe and secure environment.

This service is family focused and designed around the needs of mothers and their babies. We encourage partners to spend as much time on the ward as they wish.

We work to ensure privacy and dignity on all our wards and units. We treat all information as confidential. However, if we are concerned about the safety of any of our patients, we may share relevant information with outside professionals.

All patients will be allocated a Keyworker within 24hrs of admission. The Keyworker will take the lead in your care and agree with you a Care Programme Approach (CPA) Care Plan which is a record of what is agreed with you about your care and treatment.

Care plans are reviewed at least once a week. Your partner or carer is welcome to attend, this depends on your mental health and if you want your partner or carer to be there.

We understand that the impact of mental illness can cause great emotional and physical stress to other family members and loved ones. They may experience feelings of confusion and helplessness. Therefore we are also here to support partners and carers to the best of their ability and your Keyworker would be happy to talk to them.
Support for partners or carers:

Carers and partners are able to access a Carer’s Assessment. Please speak to a member of staff if they would like further information about this.

We run a partners or carers support group every second Wednesday of the month 11.00 am – 12.00 noon at The Linden Centre site. The group is offered to all partners or carers of mothers who are currently on the unit or had been discharged during the last 12 months. This is a safe place to speak to a member of staff and other people who may have been in a similar situation.

Visitors:

Partners of mothers who are at the Rainbow Unit are welcome at all times. However, we ask that they respect the needs of all mothers on the unit and the importance of resting well during the night. Visits from your partner may depend on how well you are feeling. If you are not feeling too well, we may ask your partner to come again at another time. Close family are also welcome out of the normal visiting times provided it has been arranged in advance with the Nurse in Charge.

All other visitors are welcome during visiting hours
Monday – Friday 4pm – 8pm
Saturday, Sunday and Public Holidays 10am – 8pm

If you are not familiar with the area or are planning to stay nearby and need assistance in finding local facilities, please speak to a member of the team who will be happy to provide you with a list of local B&Bs or hotels.

The Rainbow Unit is a 24hr, 7 days a week service, if you have any queries or concerns please do not hesitate to contact us.

Contact details

Rainbow Mother and Baby unit
The Linden Centre
Puddingwood Drive
Broomfield
Chelmsford
Essex
CM1 7LF

Nursing office number: 01245 318629 or 01245 318630
Fax number: 01245 318631
Other sources of support

Below are some Web links to useful sites covering mental health issues that you may find helpful.

www.pandasfoundation.org.uk/help-and-information/carers-information.html

www.pandasfoundation.org.uk/how-we-can-help/support-groups.html

www.apni.org/advice-for-carers/

www.fatherhoodinstitute.org/

www.nct.org.uk/parenting/dads-view-parenting

www.familylives.org.uk/

www.home-start.org.uk/

www.puerperalpsychosis.org.uk/site/help/partners.html
Other languages

If you wish to receive this leaflet in other languages, please email: nepuft.enquiries@nhs.net