

Inside The Riverside Unit - Transcript

Young people:

I'm an inpatient here and I stay here overnight. Before I came I thought I was going to share with someone but everyone has their own space. Your bedroom is a kind of average size, there is lots of space to put things, and you have a little en suite bathroom, and I think it's just got everything you need. Sometimes the staff come in and make sure we're up and everything and then we go down to get our breakfast at 8 o'clock.

So in the dining room we all eat together. It's a place where you can socialise whilst you're eating. I think it's quite important cos it's got like the timetable for the day, and like motivation on the walls and I think that's quite important for people.

In the morning after breakfast not every day's the same.

Staff:

If you come up with me now, all right.....

Young person:

You might have therapy sessions or you might have groups, or you might have like lessons to catch up with your schoolwork. Today I've got an English lesson.

Staff:

And we decided that we'd study Of Mice and Men.

Young people:

The teachers are really good here. I think the purpose of having lessons is obviously to catch up with the work if you're not in school, and especially for me to not feel as stressed about missing it.

In my day I do quite a lot of playing pool with my friends in the activity room. Unless I have lessons or a session I spend most of my day in here.

We are having sandwiches for lunch which is really nice cos we get different fillings and there's a wide variety which I find is really yummy, so, yeah, it's more normal. But I find mealtimes are a time where everyone's there together and everyone is sitting across from each other and we can talk about our experiences. In the afternoon we often have therapeutic sessions, some individual but often in groups.

Staff:

'So each reflective group we invite staff and young people, if they feel there is an issues, or an elephant in the room, to take the elephant and place it in the centre of the room'.

Young people:

Today is reflective group and this group is things that you have problems with or you want to improve.

Staff:

'Well, as a warm up I'm going to take this ball and pass it to you each, at random, and I want you to say one word that comes to mind about other people at Riverside'...'friendly'...

Young people:

It's just a chance to talk to other people in the unit about what's going on and like how you're feeling and stuff. Everyone has their own opinion....'Approachable'...I enjoy all of the groups, I really like the groups.

This afternoon I am going to go on a walk in the grounds with my friend. 'Can we go on a walk'

Staff:

Yes, 20 minutes...

Young people:

I go on quite a lot of walks during the week. They're just really nice to get out of the unit, and spend just time either on your own or with a friend from the unit, and have your own conversation.

After the therapeutic day, cos I'm an inpatient I spend most of my time in here. I'm a day patient, my day is very similar except I go home at half four.

My main activity I like doing is probably playing games with the other patients. We play Bananagrams. I thought it would be a lot more like strict and regimented rather than the young people just being able to sit and chat and do whatever they choose to do really.

Staff:

Sorry guys, it's half ten, time for bed now.

Young people:

Got a lot more freedom.