

# Welcome to Leasowes Intermediate Care Centre

Information and advice for patients

Leasowes Intermediate Care Centre offers short-term, individual and holistic rehabilitation programmes to help people improve their independence with everyday tasks such as washing, dressing, walking and eating.

## **How can a stay at Leasowes Intermediate Care Centre help me?**

We will work with you and your family to help you set personal and realistic goals to achieve before you leave the centre. For example, one of your goals may be to increase your ability to stand from a chair without help, by learning a new technique or using equipment to help.

To help us decide on the best way to help you achieve your goals we may need to assess your abilities for when you go home, in the kitchen and/or using the stairs. We will encourage you to come to the dining room and to take part in group activities to help with your recovery.

## **How can I access the service?**

You can access our service by calling ICARES (Integrated care services) on 0121 507 2664 (option 5).

## **How long will I need to stay at Leasowes?**

In your first week at the centre we will discuss with you and your family/friends (if you wish) how long you are likely to need to stay with us. This is usually for 2 - 4 weeks and depends on how you meet your goals.

The Leasowes team is made up of:

- GPs – Monday, Wednesday & Fridays
- A consultant – Thursday pm
- Nursing staff
- Health care assistants
- Occupational therapists
- Physiotherapists
- Pharmacists

We also have access to a range of other community services such as dieticians and speech and language therapists.

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## During your stay with us

You will need to bring day and night clothes, and toiletries as we will encourage you to get dressed to come to the dining room for your meals and other activities.

While you are with us, we will encourage you to be as independent as possible and be involved in making decisions about your goals and progress.

We actively encourage you to be up and dressed, to participate in activities and take on as much of your care as possible such as taking your medications. Staff will always be on hand to help if you need support in being independent.

We have a hairdresser who visits once a week and also plant potting/gardening activities every Wednesday.

## Meals at the centre

Meal times at the centre are as follows (a choice of meals is available):

Breakfast: 8.00am - 10.00am

Lunch: 12.30pm - 1.30pm

Dinner: 5pm - 6pm

Snacks and hot/cold drinks are available when you need them, day or night. Please ask staff on duty. Meal times are protected therefore no visiting during the above times.

## Visiting

Visitors can come to the centre any time other than during mealtimes. They can contact the centre on 0121 612 3444 to see how you are or talk to a member of staff.

## Your comments

If you or your family and friends have any comments or questions please do not hesitate to speak to a member of the team at the centre or via telephone.

The management team are always happy to discuss any concerns you may have, please ask staff on duty if you wish to speak to Leasowes Manager Palwinder Grewal or Matron Marian Long.

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## How to find us

Leasowes Intermediate Care Centre  
Oldbury Road  
Smethwick  
B66 1JE

**By Road** – We are situated on the A457 near The Independent Living Centre

**By Bus** – No 87, 80

**By Rail** – Exit Galton Bridge Railway Station; turn right, we are on the left hand side

Further public transport information can be found on  
[www.travelinemidlands.co.uk](http://www.travelinemidlands.co.uk) or by calling Traveline on 0871 200 22 33.

## How to contact us

You can contact the centre any time on 0121 612 3444 and speak to a member of staff.

For more information about our hospitals and services please see our websites  
[www.swbh.nhs.uk](http://www.swbh.nhs.uk) and [www.swbhengage.com](http://www.swbhengage.com), follow us on Twitter @SWBHnhs and like us  
on Facebook [www.facebook.com/SWBHnhs](http://www.facebook.com/SWBHnhs).

If you would like to suggest any amendments or improvements to this leaflet please contact the  
communications department on 0121 507 5495 or email: [swb-tr.swbh-gm-patient-information@nhs.net](mailto:swb-tr.swbh-gm-patient-information@nhs.net)



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