



**Northumbria Healthcare**  
NHS Foundation Trust

# Your Guide to the Hartford Unit

Issued by the Physiotherapy Department



**Your named  
physiotherapist is:**.....

**Class**.....

**Days**.....

**Time**.....



## **Welcome to the Hartford Unit**

The purpose of this leaflet is to give you information about the Hartford Unit.

### **What is the Hartford Unit?**

The Hartford Unit is part of the physiotherapy service for Northumbria Healthcare NHS Foundation Trust.

We offer intensive rehabilitation in the form of group exercise classes for patients with musculoskeletal or orthopaedic problems.

Patients are referred to the classes at the Hartford Unit following an assessment. This is either by physiotherapists at the Hartford Unit or one of the outpatient departments across the trust.

### **Where is the Hartford Unit?**

The Hartford Unit is located next to the Physiotherapy outpatient department in Wansbeck General Hospital.

It can be found at the South Entrance to the hospital.

### **What are the benefits of attending for intensive physiotherapy at the Hartford Unit?**

The aims of the classes are to help you regain mobility and strength following your injury, operation or illness.

At the same time we aim to improve your general fitness, functional confidence and ability to return to your normal activities.

# What do classes at the Hartford Unit involve?

All patients referred to the Hartford Unit attend an introductory session.

During your induction you will be given specific information about the class you will be attending. You will also be shown how to use the exercise equipment in the fitness room safely and effectively.

The following sessions may be included in your class depending on your injury and stage of rehabilitation:

## **Fitness room**

Our fitness room includes a range of cardiovascular machines and exercise equipment.

## **Specific exercise session**

This class includes range of movement, strengthening or stability exercises specific to your injury and stage of rehabilitation.

## **Circuit**

The circuits contain a range of more functional exercises. They are designed to enable you to return to your normal activities including work, hobbies and/or sport.

The exercises in the circuit will depend on your injury and stage of rehabilitation.

In the interest of safety do not use any equipment without instruction and supervision.

## **How often do I attend the Hartford Unit?**

The Hartford Unit provides intensive rehabilitation. You will be expected to attend 2-3 times per week depending on the class you are referred into. Each class lasts 2 hours.

Your progress to a large extent depends on your commitment to the classes.

**You must inform your physiotherapist or unit secretary if you are unable to attend any of the sessions.**

**Patients failing to attend for a total of 2 sessions will be discharged.**

## **What are the risks if I don't attend the classes regularly?**

You may take longer to return to your normal activities. You may even find you are unable to return to certain activities due to inadequate movement, strength, balance and co-ordination or functional confidence.

## **What are the alternatives to attending the Hartford Unit?**

If you are unable to attend the unit you may be able to continue to see your initial physiotherapist. This will be on an individual basis where you will be assessed and given a home exercise programme to follow.

## **Do I still have to do my home exercises even if I attend the classes?**

You will be given a home exercise programme by your physiotherapist. This will be updated, as necessary, each time you are assessed at the unit.

It is important you continue with these exercises, even when attending the classes, to enable you to progress through your rehabilitation and maximise your recovery.

## **What do I need to bring with me?**

You need to wear loose and comfortable clothing to enable you to exercise freely. Tracksuit bottoms, shorts or leggings and a t-shirt are ideal. Appropriate footwear e.g. trainers should also be worn.

In the interests of safety jewellery should be kept to a minimum.

We advise you bring a drink with you as you can become quickly dehydrated when exercising.

For hygiene reasons we request you wipe down equipment after use. Therefore you may wish to bring a towel, however paper towels will be available.

Changing rooms are available which include a shower, toilet and lockers. Lockers require a one pound coin which is returnable.

We request you use the lockers provided as we do not allow bags, coats and mobile phones to be brought into the gym areas. We advise you do not bring valuables with you.

Mobile phones must be switched off in the hospital building as they affect the performance of important monitoring and life support systems.

## **Car parking**

There is car parking opposite the south entrance or in the main hospital car park. There is a charge, please use the coin operated machines.

## **Smoke free environment**

Northumbria Healthcare NHS Foundation Trust is a smoke free environment.

Smoking is not permitted at all within the hospital grounds. Anyone wishing to smoke must leave the hospital site.

Contact your local stop smoking service. If you live in:

Northumberland telephone: 01670 813135

North Tyneside telephone: 0345 2000 101 and say 'NO SMOKE' or text 'NO SMOKE' and your postcode to 80800.

## **Infection control**

Patients attending the Hartford Unit should wash their hands and / or use the alcohol gel dispensers provided before entering and on leaving the department.

## **Fire awareness**

Please make yourself familiar with the fire exits and meeting point for the unit.

If you hear an intermittent alarm it means that the suspected fire is not in our area. If the alarm is an unbroken sound then it is in our area and the evacuation procedure must be followed.

The fire alarm is tested every Wednesday afternoon.

## Comments

We always welcome any comments you wish to make. These comments help us improve our service for patients in the future.

These can be made to your physiotherapist or written down and placed in the comments box in the unit.

## Contact information

If you are unable to attend for any of the sessions or need to contact the unit for any other reason please use the telephone number given below.

Remember failing to attend the unit on 2 occasions will result in your discharge.

**The Hartford Unit,  
Wansbeck General Hospital,  
Woodhorn Lane,  
Ashington,  
NE63 9JJ  
Tel: (01670) 564016**







## **Alternative Formats**

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

## **Other sources of information**

### **NHS 111**

### **NHS Choices**

[www.nhs.uk/pages/homepage.aspx](http://www.nhs.uk/pages/homepage.aspx)

### **NICE (National Institute for Health and Clinical Excellence)**

[www.nice.org.uk](http://www.nice.org.uk)

### **Patient Advice and Liaison Service (PALS)**

Freephone: **0800 032 0202**

Text: 01670 511098

Email: [northoftynepals@nhct.nhs.uk](mailto:northoftynepals@nhct.nhs.uk)

### **Northumbria Healthcare NHS Foundation Trust**

General Enquiries **03 44 811 8111**

[www.northumbria.nhs.uk](http://www.northumbria.nhs.uk)

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