



Gartnavel Royal Hospital
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Delivering better health

www.nhsggc.org.uk



The new
Gartnavel Royal Hospital

Modernising mental health services

The development of the groundbreaking new Gartnavel Royal Hospital is part of a much wider plan to improve and modernise mental health facilities and services across Greater Glasgow and Clyde. This innovative plan has seen many of our older inpatient wards replaced with modern purpose-built facilities. A range of specialist inpatient mental health facilities have been developed to meet the needs of a wide range of service users. These include the Mother and Baby Mental Health

Unit on the Southern General site, Eriskay House on the Stobhill site, which provides dedicated support and treatment for people with drug and alcohol problems and Skye House, a new purpose-built facility for young people currently under construction on the Stobhill site. Work to develop and improve many community-based facilities such as mental health day hospitals, resource centres and outpatient clinics has also been taken forward. Although high quality mental

health accommodation and facilities are important, being able to access a comprehensive range of services and support is also vital. For this reason record levels of funding have been invested to develop and improve a wide range of new mental health services. These include a new crisis service which provides additional intensive support for people with a serious mental illness during evenings and weekends and primary care mental health services to improve the care and

treatment of people with mild to moderate mental illness including stress, anxiety and mild depression. New services have also been developed for young people who are experiencing mental illness for the first time and for adults with eating disorders. Gartnavel Royal Hospital has a long and distinguished history and this leaflet provides an insight into the hospital's past and describes how the state-of-the-art new facility will contribute to transforming patient care.



"Much of the success of the new Gartnavel Royal Hospital is due to the dedication, expertise and commitment of its staff."

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In six years, Gartnavel Royal Hospital will celebrate its 200th anniversary.

Gartnavel Royal Hospital can trace its roots back to the former Glasgow “Lunatic Asylum” which opened in 1814 on a site now covered by Buchanan Bus Station. Ten years later the asylum gained a Royal Charter and was renamed Glasgow Royal Asylum. In 1843 the asylum relocated to the Gartnavel site in the west of the City to escape the noise and pollution of the growing city.



By the 1900s Gartnavel Royal was one of four asylums developed near rural areas on the outskirts of Glasgow. The other asylums included: Gartloch Asylum, the Barony Parochial Asylum, which was renamed Woodilee Hospital during the 1930s in order to remove public stigma and Hawkhead Asylum which was renamed Leverndale Hospital in 1964 and is still in use today. Provision and treatment at these asylums was regarded as being advanced for the time and they offered a quiet and peaceful environment to facilitate the patients’ recovery.

In many ways these former asylums resembled small villages. They had their own farms, which produced fresh fruit and vegetables, poultry, dairy produce and animal feed – Gartnavel Royal even had its own piggery! They also had their own laundry service, church, joinery, health and dental services. The patients and staff lived together in a community; the farms and gardens made them as self sufficient as possible. In addition, asylums had “market gardens” and some had greenhouses. This encouraged patients to work outdoors which was seen to be therapeutic and assist in the recovery process. The patients would also assist with tasks like plumbing and joinery to help maintain the buildings. Leisure activities such as football and choir singing were offered to patients and staff who often lived and trained onsite.

In 1922, Gartnavel Royal Asylum was one of the first in Scotland to provide an occupational therapy unit. Later, in 1958 the Henderson House building opened for psychiatric patients on the Gartnavel Campus.

It attracted a great deal of attention, as it was the first new mental health inpatient facility in Scotland, since the creation of the NHS 10 years earlier. In 1963 Glasgow Royal Asylum was renamed as Gartnavel Royal Hospital.

Gartloch and Woodilee hospitals closed in the latter part of the 1990s. This was the result of more people being offered treatment in their own home and the development of comprehensive community based mental health services. Gartnavel Royal Hospital has continually adapted to keep pace with the changing needs of patients and staff. Additional ward buildings such as Timbury, Cuthbertson and Tate were built on the hospital grounds. Over the last 30 years these have enabled patients to transfer out of the original Victorian hospital buildings (known as East and West House) into more modern, purpose-built facilities.



The New Gartnavel Hospital

"The new Gartnavel Royal Hospital has much in common with the original institution from 1814 in its creative use of space and light to provide a therapeutic environment. I am delighted to see the tradition of enlightened inpatient mental health care at Gartnavel find such a worthy new home."

Dr. Iain D. Smith
Consultant Psychiatrist GRH



The new Gartnavel Royal Hospital is one of the most modern and innovative mental health hospitals in the UK.

The hospital has created something special which has radically improved the environment for patients and staff as well as breaking down barriers and removing some of the stigma associated with mental health hospitals.

See for yourself – take a virtual tour of the new hospital by visiting:

www.nhsggc.org.uk/gartnavelroyal

Factfile

- Number of wards – six – three adult, two elderly and one intensive psychiatric care unit
- Number of beds – 117 (all single bedrooms with en-suite facilities)
- Staff – 280
- Investment – £19m
- Area served – West Glasgow
- Key features – ground-breaking design and layout, 100% en-suite single bedrooms, community café, gym, family room and multi-faith centre

The New Gartnavel Hospital



An essential skill of mental health care is the ability to recognise the uniqueness of the individual.

The overarching aim of the new hospital is to improve the user and carer experience of mental health care. Care is provided in an environment which promotes recovery and reduces stigma.

Central to this is the relationship formed between patients, carers and staff. Staff put great effort into ensuring that all patients and their relatives are treated with dignity and respect. Individuals are encouraged to play a full part in decisions about their own care.

The aim is to help the person overcome or adapt to challenges in their lives.

"The right hospital environment can play an important part in helping people on their journey to recovery. The new Gartnavel Royal Hospital is the latest example of NHS Greater Glasgow and Clyde's commitment to providing high quality inpatient services."

Jenny Graydon, Chief Executive
Glasgow Association for Mental Health (GAMH)



A combination of one-to-one sessions and group-based interventions play a significant part in the individual's recovery. These activities help the person recognise changes and progress, share experiences, learn from the experience of others, increase self esteem and gain maximum support to maintain good health and well being. Patient care involves not only the individual's mental health issues but functional ability, physical care, emotional well being, spiritual and cultural beliefs, family and social well being along with plans, hopes and wishes for the future.

Layout and design

The new Gartnavel Royal building has created a bright modern environment which will aid the recovery of patients and provide an attractive working environment for staff. This purpose-built facility provides comfort, dignity and privacy for people who use our service.

Patients and their families have been involved in shaping the layout and design of the building right from the beginning and staff also visited mental health hospitals in other parts of the UK. Through listening to patients and learning from the experience elsewhere a revolutionary new hospital fit for the 21st century and beyond has been created.

In addition the planning of the building gave consideration to current areas of priorities for health care facilities including Hospital Acquired Infection and the equalities agenda.

"Gartnavel Royal has always made a significant contribution to the development and delivery of psychiatric services and the new hospital will provide an appropriate setting in which to continue that tradition."

Eileen Ross
Voluntary Services Organiser
Mental Health Partnership – West



Key features include:

100% en-suite single rooms – all 117 beds are provided in individual rooms with en-suite shower and toilet facilities. Each ward has rooms that offer accessible accommodation. These rooms have been specially adapted to meet the needs of individuals with a physical disability.

Imaginative use of light and landscaping – the hospital has been designed to be as light, airy and spacious as possible. Creative use of windows and landscaping help to connect the inside of the building with attractive external garden and courtyard areas.

Hub and spoke model – all administrative, therapy and counselling services are located in a two-storey central 'hub', with

single storey adult and elderly wards extending in 'spokes' from either side.

Modern clinical and therapeutic areas – including a patient gym, therapy kitchen, facilities for group and individual therapy, on-site advocacy service, multi-faith facility (where service users can have quiet reflective time) and a family-friendly room for service users with children.

Mental health care design standards – in recognising the significant impact that the physical environment has on the quality of treatment, rehabilitation and recovery of patients, the hospital meets design standards which have been researched and developed specifically for mental health care facilities. Every effort has been

made to provide an atmosphere that promotes a feeling of comfort, privacy, security and self-esteem among patients.

The hospital provides a welcoming environment for everyone who comes through its doors, never more evident than in its community café.

The café situated in the reception area is open to patients, staff and the general public. It is helping to remove some of the stigma associated with mental health care by encouraging links with the local community.

Layout and design



Innovative facilities

Gartnavel Royal Hospital has a number of innovative services and facilities for patients and their families. These include:

Physiotherapy gym

The new state-of-the-art-gym is a bright and well-equipped facility located in the hub of the hospital. Patients are able to access the service easily and staff are able to offer a wide range of physical activity programmes aimed at health improvement.

Evidence now suggests that taking part in regular exercise and physical activity can improve both physical and mental health including anxiety and depression.



Innovative facilities

Supporting families

Gartnavel Royal Hospital gives the highest priority to the welfare and protection of children whilst fully recognising the importance of parents maintaining contact with their children, friends and relatives.

The family-friendly room provides a venue away from the main wards to ensure that visits by children to their parent or relation in the hospital are as comfortable and beneficial as possible.

This room is equipped with toys, child-friendly furniture, with access to nearby refreshments and snacks as well as nappy changing facilities.

A team to be proud of



"Staff were closely involved in the development of the new hospital and have been enthusiastic from the outset. Feedback has been extremely positive and our staff are proud to provide hospital care in a first-class facility as part of a fully comprehensive mental health service."

A team to be proud of

"Those working in the new hospital are also seeing first hand the difference the improved environment and facilities makes to service users and their families. They are fully committed to driving forward further improvements in the months and years ahead."

Anne Hawkins
Director, Mental Health Partnership