



The Ayr Clinic Ayr

Low secure
psychiatric facilities
for men and women

Central Referrals 0800 218 2398
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Partnerships in care
Changing lives for the better

The Ayr Clinic



The Ayr Clinic, with 34 beds, offers low secure psychiatric facilities for men and women with a mental illness, mild learning difficulty, personality disorder or acquired brain injury.

The Ayr Clinic is 40 minutes from Glasgow, close to the centre of the seaside town of Ayr.

Service Aims and Objectives

At the Ayr Clinic treatment is based on our belief that recovery is possible. We work with patients providing care, treatment and support to allow them to reach their potential, regain life skills and have the confidence and self esteem to build their own futures. We work closely with family, friends and representatives in treatment and care, if patients wish us to do so. We place a high priority on physical health and wellbeing encouraging positive lifestyle choices.

Treatment Programmes

The treatment programmes comprise a comprehensive assessment, in which a clear treatment pathway and an individual daily programme, tailored to meet specific needs, are developed.

A wide range of care and treatment is offered, including:

- A range of alternative therapies
- Cognitive Behavioural Therapy (CBT)
- Dialectical Behavioural Therapy (DBT)
- Lifestyle coaching and health improvement

- Solution focussed therapy
- Human occupation model
- Person-centred approaches
- Eye Movement Desensitisation and Reprocessing (EMDR) in the treatment of post-traumatic stress disorder
- Wellness recovery action planning
- Anger management
- Person-centred counselling
- Self-harm reduction programmes
- Psychological intervention.

These programmes are delivered by the multidisciplinary team headed by the consultant psychiatrist, providing high quality, 24 hour therapeutic care with dignity, security and privacy.

Initial focus is on achieving stability and treating symptoms.

Care progresses to rehabilitative therapies and development of skills in preparation for building a home and a life in the community.

Facilities

All patients have their own en-suite bedrooms. A large lounge, on site gym, rehabilitation kitchens, and a garden area create a comfortable environment. We have dedicated vehicles to make extensive use of local leisure, recreational, educational, training and employment services providing experiences and opportunities any of us would recognise and appreciate.

Admission Criteria

- Men and women over the age of 18 years
- The patient may be detained under the Mental Health Act or Criminal Procedures Act
- Admissions are accepted from Scottish NHS Boards, including patients placed within low secure services in England who require repatriation to more localised services, secure hospitals, psychiatric intensive care units and the community
- Patients progressing along their recovery journey who require a low secure provision as a planned step towards community living
- Patients who require continuing care, treatment and support within a flexible environment that can adjust to rapidly changing needs and circumstances.

Further information and referrals

If you require more information or would like to discuss a possible referral, please call:

Elaine Forbes, Referrals Manager,
eforbes@partnershipsinicare.co.uk,

Hugh Hill, Unit Manager,
hhill@partnershipsinicare.co.uk

Tel: 01292 886666 or by contacting the PiC 24 hour referrals helpline on 0800 218 2398.