

Cygnet Lodge Kenton

Female Locked Rehabilitation





Cygnets Lodge Kenton provides treatment for women experiencing complex mental illness, personality disorders or mild eating disorders.



Introduction

Cygnets Lodge Kenton, in North West London, is a female locked rehabilitation service which provides a care pathway for service users who are preparing to step down from more secure or intensive mental health services. Our service is particularly helpful for women who have been in hospital for some time and who require additional support as they continue along their pathway towards the least restrictive environment possible for them.

Cygnets Lodge Kenton provides treatment for women experiencing complex mental illness, personality disorder or mild eating disorders. The service helps them to re-establish and develop the skills they need to progress.

We are able to support up to 15 women who may have a range of mental health difficulties. Some service users may have been referred to us from personality disorder services, low secure services, or from acute wards.

The purpose of Cygnets Lodge Kenton is to bridge the gap between a hospital stay and the community.

Support and Outcomes

The main focus of Kenton is to help people develop the skills and confidence to enable them to function outside of hospital. The Occupational Therapy team is key in ensuring as many activities as possible are held outside of Cygnets Lodge Kenton, helping people re-integrate and prepare most effectively for discharge.

The service has strong links with local services with many service users taking part in work experience opportunities and educational and other courses which are run in the area.

Kenton also offers Dialectical Behavioural Therapy (DBT) for those service users who have a diagnosis of personality disorder.

We provide a range of individual care packages, which include Occupational Therapy, based on a minimum of 25 hours of meaningful therapy and a range of activities, every week. The focus is on life skills and helping people live independently. The service also offers sessional therapists for Cognitive Behavioural Therapy, Drama and Music Therapy and Yoga.

The team at the service work closely with NHS Home Team to ensure there is a good and effective transition from our service. Most people are able to move on effectively.

The whole team is focused on getting people out and about into the community, and work closely together to deliver this key goal.

Facilities

Cygnets Lodge Kenton offers single, en-suite rooms for all service users. There is social and recreational space within the service, but many activities are provided out-with the hospital.

Cygnets Lodge Kenton is part of a wider Cygnets care pathway of female services in London. We work closely with our sister hospital, Cygnets Hospital Ealing, a nationally recognised treatment centre for eating disorders and personality disorder and with Cygnets Hospital Beckton, which also offers a specialist personality disorder service.

Service User Involvement

Care and treatment at Cygnets Lodge Kenton is based on the recovery approach and places the service user at the centre of their treatment plan. Cygnets Lodge Kenton offers a therapeutic and homely environment which moves away from the historical ward experience. We encourage service user involvement by engaging and empowering the service user; they are fully involved in decisions regarding their treatment, the environment, activities, and also involved in staff recruitment.

To find out more contact **Cygnets** Lodge Kenton,
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