Mental Health Rehabilitation and Recovery Services

- High Dependency Inpatient Rehabilitation
- Community Rehabilitation
Welcome

Cygnet Health Care was established in 1988. Since then we have developed a wide range of services for individuals with mental health needs and learning disabilities within the UK. We have built a reputation for delivering pioneering services and outstanding outcomes for the people in our care.

Our expert and highly dedicated care team of 8800 employees empower 2725 individuals across 140 services to consistently make a positive difference to their lives, through service user focused care and rehabilitation.

We maintain a good relationship with our quality regulators and undergo regular inspections, with 85% of our services rated ‘Good’ or ‘Outstanding’. We also operate an internal system of quality care, treatment and positive outcomes.

Contents

**Introduction** 3
**Our Model of Care** 6-7
**Our myPath Care Model** 8
**Our Service User Pathways** 9
**Our Discharge to Assess Programme** 10
**High Dependency Inpatient Rehabilitation**
- Cygnet Appletree, County Durham 11
- Cygnet Aspen House, South Yorkshire 12
- Cygnet Churchill, London 13
- Cygnet Delfryn House, North Wales 14
- Cygnet Delfryn Lodge, North Wales 15
- Cygnet Fountains, Lancashire 16
- Cygnet Hospital Bury, Lancashire 17
- Cygnet Hospital Colchester, Essex 18
- Cygnet Hospital Coventry, Coventry 19
- Cygnet Hospital Derby, Derbyshire 20
- Cygnet Hospital Maidstone, Kent 21
- Cygnet Hospital Woking, Surrey 22
- Cygnet Lodge Brighouse, West Yorkshire 23
- Cygnet Lodge Kenton, London 24
- Cygnet Lodge Kewstoke, Weston-super-Mare 25
- Cygnet Lodge Lewisham, London 26
- Cygnet Lodge Woking, Surrey 27
- Cygnet Oaks, South Yorkshire 28
- Cygnet Raglan House, Smethwick 29
- Cygnet Sedgley House &
  Cygnet Sedgley Lodge, Wolverhampton 30
- Cygnet Sherwood House, Nottinghamshire 31
- Cygnet St Augustine’s, Staffordshire 32
- Cygnet St Teilo House, South Wales 33
- Cygnet Storthfield House, Derbyshire 34

**Community Rehabilitation**
- 1 Vincent Court, Lancashire 35
- 7 The Sycamores, Derbyshire 36
- 12 Woodcross Street, Wolverhampton 37
- 20A & 20B Turls Hill Road, Dudley 38
- 45 Portland Road, Birmingham 39
- Malborn and Teroan, Nottinghamshire 40
- Rhyd Alyn, North Wales 41

**Case Study & Outcomes** 42-43
**Map** 44
**How to Make a Referral** 47
Introduction

The main aim within our mental health rehabilitation and recovery services is to make a positive difference to the lives of our service users by building essential community links and strategies that support re-integration into the wider community through working in partnership with each individual.

Our model of care is based on an integrated approach whereby family, service users, commissioners and carers are all involved in the rehabilitation and recovery of the individual.

Our services support those who are experiencing complex mental health difficulties and may require specialist treatment programmes for areas such as challenging behaviours, offending, self-harm, substance, drug and alcohol misuse, addiction, trauma and anger management. All our environments offer high staffing ratios, skill development opportunities and vocational development in a welcoming and nurturing environment, enabling each individual to flourish on their journey.

When the time is right, we also provide community rehabilitation, which provides increased independence, and a more outward-looking community based programme for those requiring additional support before full social reintegration.

Our service user profile:

- **Age Range:** 18+
- **Gender:** Male & Female
- **Mental Health Act Status:** Detained Informal
- **Primary diagnosis of mental illness with:**
  - Complex comorbidities
  - Substance, drug and alcohol abuse
  - Treatment resistance
  - Behaviours that challenge
- **Aiming for a return to community or community-based care**
- **History of sexual abuse or domestic violence**
- **Typical diagnoses:** schizophrenia, schizoaffective disorder, bipolar affective disorder or depression
- **May have secondary diagnoses of mild learning disability, autism spectrum disorder or personality disorder**
- **May have a forensic history and/or be stepping down from secure services**
- **May have a history of repeated acute admissions**
Our services at a glance:

- High staffing ratios
- Specialist treatment programmes:
  - Treatment for offenders including forensic psychology
  - Self-harm, addictions, personality disorder, anger and anxiety management
- Daily living skills
- Employment support and vocational/educational development
- Psychology and occupational therapy led
- In-house integrated multi-disciplinary teams

Our multi-disciplinary teams:

- Psychiatry
- Psychology
- Occupational therapy
- Nursing
- Specialist trained support workers
- Substance misuse workers
- Sessional therapists including art therapy, music therapy and holistic therapies

Our outcome measurement tools:

- START
- HCR20
- HoNOS
- GAP
- BPRS, LUNSERS
- Recovery Star
- MOHOST
- Self-harm risk assessment tool and immediate revision of START
- Improved communication and social understanding
- Acquisition of coping skills and self-regulations
- DLSOS
- PHATT
- Improvements in metabolic profile
- Vocational qualifications
- Family, social and community reintegration
- Medication management
- Assessments and measures are tailored to individual needs and selected to address change of specific difficulties, e.g.:
  - Beck inventories of anxiety and depression (BAI & BDI)
  - Clinical Outcomes in Routine Examination (CORE)
  - Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS)
  - Brief PSI Inventory (BSI)
Our approach:

- Encourages hope, empowerment and wellness
- Supports development of personal responsibility
- Is community focused
- Is person-centred
- Development of internal progression ethos through service
- Dovetailing with existing pathways
- Innovation around outreach
- Co-production culture: building engagement through meaningful activity
- Social inclusion
- Recovery
- Optimism

Our specialist interventions and approach:

In addition to our psychiatry and nursing interventions we offer:

### Occupational therapy-led interventions:

- Daily living skills
- Targeted occupational therapy sessions according to individual need
- Financial management training
- Education and vocational programmes
- Therapeutic earnings focusing on career and job skill development
- Development of social skills and interests
- Activities to improve self-esteem including self-image
- Creative activities
- Cultural and spiritual needs
- Social family integration (where appropriate)
- Community activities
- Sensory profiling and sensory strategies

### Psychology-led interventions:

- Cognitive Behavioural Therapy (CBT)
- Dialectical Behaviour Therapy (DBT) informed approach
- Schema informed approach
- Brief Solution Focused therapy
- Eye Movement Desensitisation and Reprocessing therapy (EMDR)
- The Wellness Recovery Action Plan (WRAP®)
- Mindfulness
- Alternatives to self-harm
- Behaviour analysis and problem-solving approaches
- Psychometric assessments
- Cognitive functioning assessments
- Psychoeducation
- Drug and alcohol awareness and relapse prevention
- Cognitive skills
- Mental Health relapse prevention
- Offence-focused interventions
- Emotional Management interventions including anxiety and anger
- Motivational enhancement
- Self-esteem enhancement
- Individual risk assessments including HCR-20, PCL-R and SARA

Average expected length of stay in our high dependency inpatient rehabilitation services is **12-18 months**
Our Model of Care

Assessment and Engagement

Consolidation

Recovery

Transition

NURSING

PSYCHIATRY

OCCUPATIONAL THERAPY

PSYCHOLOGY
1. Assessment and Engagement
- Baseline assessments
- Orientation to the unit
- Positive Behavioural Support
- Physical health screening & examination
- Religious needs
- Patient review meetings
- Capacity to treatment
- Comorbidity screening
- Sensory screening
- Case formulation
- Readiness for change (PBS) plan
- Leave review
- Family links
- Sleep Scales
- MOHOST
- DLSOS
- WRAP®

2. Consolidation
- Risk formulation
- Psychoeducation
- WRAP®
- Family support
- Self-management of physical health
- Relapse prevention work
- Skills testing and generalisation
- Re-administration of baseline assessments
- Review of capacity
- Review of detention
- Community focused activities
- Review of functional assessments
- Vocational activities
- Independent implementation of learnt skills
- Progression of unescorted leave
- Self-medication
- Final titration of medication
- Liaison with care coordinator
- Discharge liaison with family

3. Transition
- Risk formulation
- Psychoeducation
- WRAP®
- Family support
- Self-management of physical health
- Relapse prevention work
- Skills testing and generalisation
- Re-administration of baseline assessments
- Review of capacity
- Review of detention
- Community focused activities
- Review of functional assessments
- Vocational activities
- Independent implementation of learnt skills
- Progression of unescorted leave
- Self-medication
- Final titration of medication
- Liaison with care coordinator
- Discharge liaison with family

4. Recovery
- Risk formulation
- Psychoeducation
- WRAP®
- PBS plan review
- Physical health review
- Review of detention
- Clarifying diagnosis
- Pharmacological formulation
- Functional skill building
- Therapeutic programme
- Educational activities
- Vocational skills
- Social skills
- Cognitive Behavioural Therapy (CBT)
- Dialectical Behaviour Therapy (DBT) informed approach
- EMDR
- Narrative therapy
- Offence focused work
- Schema informed approach
Our myPath Care model

Therapeutic support within our services is provided by a specialist multi-disciplinary team who apply our care model, myPath.

myPath is our unique overarching care model that serves to monitor service user engagement levels, manage their records, assess individual progress and formulate a personalised and dynamic care plan with measurable targets. Within our mental health services, myPath supports collaborative care and treatment pathways from admission to discharge with a focus on relapse prevention and community based rehabilitation.

For each individual, a daily risk assessment is completed, which enables dynamic responses to individual presentation within any 24 hour period. Additionally it encourages positive risk-taking through robust management plans that focus on reducing restrictive practice, personalised risk assessment and self-directed coping strategies where possible. Each individual is offered a minimum of 25 hours meaningful activity in the categories of self-care, leisure and productivity. This is evidenced and documented within an individualised activity timetable based on rehabilitation needs, leisure pursuits, social training and personalised preferences. Everyone’s care pathway is reviewed in full by the multi-disciplinary team at least every 4 weeks and guided by a dynamic care plan. This is closely linked to our specialist outcome tool, the Global Assessment of Progress (GAP). In our mental health services, the GAP allows us to measure an individual’s progress throughout their placement, plot the positive developments, setbacks and changes in wellbeing but also identify warning signs of any possible deterioration, whilst informing care planning and being transparent about future risks. In applying myPath, the team around the individual is able to be proactive in their approach and use myPath to positively combine risk management and longer-term recovery. This enables each individual to live their life as independently as possible with the appropriate support, guidance and assistance.
Our service user pathways

Referral Route
- Acute or PICU Services
- Secure Services
- Transitional Services / CAMHS
- Prison Service
- Other Mental Health Services

Intensive Rehabilitation Services
- Cygnet High Dependency Inpatient Rehabilitation Services

Destination Outcomes
- Cygnet Community Rehabilitation Services
- Independent / Semi-independent Living

Community Services
- www.cygnethealth.co.uk
We offer a discharge to assess service for service users who no longer require acute care but who remain on acute wards as a delayed discharge due to not being able/ready to transition into the community. The expected length of stay is three months.

The service is offered at all of our high dependency inpatient rehabilitation services.

As the average length of stay for acutely unwell service users is usually 14 days, each individual who remains on an acute ward for 3 months blocks this bed for up to six other service users who do require acute care.

Our service user profile:

- Men or women, aged 18+
- Detained under the Mental Health Act
- Individuals who no longer require acute care but:
  - Require some support prior to discharge to the community
  - Do not require a long term rehabilitation placement
  - Need a period of assessment to identify their next placement
  - Have a placement identified with no agreed admission date
  - Have no fixed abode and require housing/benefit support

Our service at a glance:

- Access to a multidisciplinary team including mental health nurses, an art therapist, a music therapist, clinical and forensic psychologists, a substance misuse worker, an occupational therapist, social workers and psychiatrists
- An initial OT assessment and individualised plan
- Activities of daily living (ADLs) in preparation for discharge
- Engagement with ward social worker (address social issues e.g. benefits)
- Engagement in meaningful therapeutic activities of choice
- Psychological assessment, if required
- Support to access community services and transport
- Future planning regarding discharge
Cygnet Appletree, County Durham
Frederick Street, Meadowfield, County Durham, North-East, DH17 8NT

High Dependency Inpatient Rehabilitation

Cygnet Appletree is a 26 bed rehabilitation service for women who have severe and enduring mental illness and who may have been detained under the Mental Health Act.

Our person-centred service has been designed with wellness in mind, providing a safe and comfortable environment that promotes efficient rehabilitation and recovery. We are dedicated to understand, stabilise and break the traumatic cycles of relapse that can impact service users’ lives.

Our psychology and occupational therapy led interventions effectively tackle the challenges of mental health and alongside our clinical interventions we help women enhance their personal skills to rebuild their lives.

Our care embraces a balance approach to risk management and therapeutic optimism. Service users have access to a range of therapies and opportunities and care plans are individualised.

When the time is right, access to the local community is an essential step along the pathway to independence, for both leisure pursuits and for social training such as shopping and using public transport. External activities are tailored to individual needs and wishes.

Vocational support is provided to help service users prepare for employment and other vocational activities. The women are supported to create CVs, apply for jobs, practice for and attend interviews as well as develop other skills necessary in a work environment. We also offer a range of internal therapeutic earning positions within Cygnet Appletree where service users have the opportunity to apply for, be interviewed for and take on the responsibility of a suitable job. The women receive training by a staff member that is skilled in the particular job.

“My Mum has never understood her diagnosis before...She is getting better and I’m so pleased”
Service User’s Daughter

Our facilities:
- En-suite bedrooms
- Beauty salon with an on-site beauty therapist
- IT café for computer training
- Therapy kitchen
- Gym / dance studio
- Horticulture polytunnel
- Outdoor spaces including a netball court

Community Links:
- Learndirect
- New College Durham
- Leisure centres
- Sunderland FC – provides sports classes
- Arts and culture groups
- Waddington Street Centre – education and training group
Cygnet Aspen House is a 20 bed service specialising in high dependency inpatient rehabilitation for women who have severe and enduring mental illness.

The service has been designed to provide a safe and comfortable environment that promotes recovery for women with its focus on space, personal privacy and dignity. The women we support at Cygnet Aspen House may be detained under the Mental Health Act.

Dedicated clinical teams provide a multi-disciplinary input including occupational therapy, psychology, psychiatry and vocational training. Person-centred care plans are devised and determined on individual need.

Access to the local community is an essential step along the pathway to mental health rehabilitation. Located in a residential part of Mexborough, Aspen House has excellent shopping facilities available close to the hospital, where independence skills may be practised. Nearby is a leisure centre for swimming and sports activity. We use the local colleges for literacy and numeracy education and for NVQ courses. External activities are tailored to individual needs and wishes.

Vocational support is provided to help service users prepare for employment and other vocational activities. The women are supported to create CVs, apply for jobs, practice for and attend interviews as well as develop other skills necessary in a work environment. We also offer a range of internal therapeutic earning positions within Cygnet Aspen House where service users have the opportunity to apply for, be interviewed for and take on the responsibility of a suitable job. The women receive training by a staff member that is skilled in the particular job.

“Cygnet Aspen House has provided a safe therapeutic environment for the service user to progress and to begin to express her needs”

Care Coordinator

Our facilities:
- En-suite bedrooms
- Beauty salon
- Self-modulation room
- Therapy kitchen
- Horticulture polytunnel
- Spacious communal garden with outdoor seating

Community Links:
- Jamie Oliver’s ‘Ministry of Food’ – 10-week cookery course
- Doncaster College / Adult and Family Community Learning
- Leisure centre
- Art galleries and museums
- Riding for the Disabled – Volunteering
Cygnet Churchill, London
Barkham Terrace, Lambeth Road, London, SE1 7PW

High Dependency Inpatient Rehabilitation

18+ Male 40 beds in 3 wards

Cygnet Churchill is a 40 bed high dependency inpatient rehabilitation service for men who have severe and enduring mental illness and who may have been detained under the Mental Health Act. Men often come to this service following multiple placement breakdowns, failed treatment programmes or stepping down from secure settings.

By combining a collaborative, multi-disciplinary approach and state-of-the-art facilities, we deliver high-quality care within a community atmosphere, while focusing on discharge planning from the moment service users arrive.

Our recovery programme is delivered in a culture that balances risk management with therapeutic optimism, where men have the opportunity to learn and practice the skills they will need in a completely safe environment.

Cygnet Churchill is a service built on recovery principles around hope, empowerment, wellness, personal responsibility, community focus and connectedness. Throughout the many years that Cygnet Churchill has been open we have achieved excellent outcomes for service users, and we are committed to constantly improving their experience and clinical outcomes further.

We offer more than just specialists and treatments: We value service users as people, help enhance their interests, abilities and self-knowledge, encourage them to find their voice, support them to rebuild their lives. We deliver high-quality care with specialist interventions, but never lose sight of the goal of personal recovery.

Vocational support is provided to help service users prepare for employment and other vocational activities. The men are supported to create CVs, apply for jobs, practice for and attend interviews as well as develop other skills necessary in a work environment. We also offer a range of internal therapeutic earning positions within Cygnet Churchill where service users have the opportunity to apply for, be interviewed for and take on the responsibility of a suitable job. The men receive training by a staff member that is skilled in the particular job.

Community Links:
- Learndirect / Morley College / Lambeth College and The Blackfriars Project
- Local library
- Swimming pool at local leisure centre near Elephant & Castle
- Basketball courts in Lambeth
- Southbank – London Eye, London Aquarium, Tate Modern Gallery and National Theatre
- London’s Royal Parks
- Thrive Horticulture Project
- Mosaic Clubhouse - a mental health charity that offers a unique transitional employment programme to enable individuals living with mental health needs to experience entry level employment opportunities

Our facilities:
- En-suite bedrooms
- Barber
- Music room
- Gym
- IT café
- Therapy kitchens
- Spacious communal garden with outdoor seating
Cygnet Delfryn House, North Wales
Argoed Hall Lane, Mold, Flintshire, North Wales, CH7 6FQ
High Dependency Inpatient Rehabilitation

18+ Male 28 beds

Set amid the rolling hills of Flintshire, Cygnet Delfryn House is our 28 bed high dependency inpatient rehabilitation service for men who have severe and enduring mental illness and who may have been detained under the Mental Health Act. Men placed with us often come from multiple placement breakdowns, failed treatment programmes or are stepping down from secure settings.

Our state-of-the-art service has been designed with wellness in mind, providing a safe and comfortable environment that promotes efficient rehabilitation and recovery. We are dedicated to understand, stabilise and break the traumatic cycles of relapse that can impact service users’ lives.

Our psychology and occupational therapy led interventions effectively tackle the challenges of mental health and alongside our clinical interventions we help men enhance their personal skills to rebuild their lives.

Our care embraces a balanced approach to risk management and therapeutic optimism. Service users have access to a range of therapies and opportunities and care plans are individualised.

When the time is right, access to the local community is an essential step along the pathway to independence, for both leisure pursuits and for social training such as shopping and using public transport. External activities are tailored to individual needs and wishes.

Vocational support is provided to help service users prepare for employment and other vocational activities. The men are supported to create CVs, apply for jobs, practice for and attend interviews as well as develop other skills necessary in a work environment. We also offer a range of internal therapeutic earning positions within Cygnet Delfryn House where service users have the opportunity to apply for, be interviewed for and take on the responsibility of a suitable job. The men receive training by a staff member that is skilled in the particular job.

Our facilities:
- En-suite bedrooms
- Learning centre with library
- Multi-faith room
- Gym
- Activities room
- Therapy kitchen
- Laundry room
- Spacious communal garden with outdoor seating

Community Links:
- Learndirect / Deeside College
- Flintshire Local Volunteer Centre
- Sport facilities at Northop College
- Photography and walking groups at local country parks
- Local beaches
- Local market

S

Our facilities:
Argoed Hall Lane, Mold, Flintshire, North Wales, CH7 6FQ

Cygnet Delfryn Lodge, North Wales

High Dependency Inpatient Rehabilitation

18+ Female 24 beds

Set amid the rolling hills of Flintshire, Cygnet Delfryn Lodge is a 24 bed service specialising in high dependency inpatient rehabilitation for women who have severe and enduring mental illness and who may have been detained under the Mental Health Act. Women admitted to the service often come from multiple placement breakdowns, failed treatment programmes or are stepping down from secure settings.

Our state-of-the-art service has been designed with wellness in mind, providing a safe and comfortable environment that promotes efficient rehabilitation and recovery. We are dedicated to understand, stabilise and break the traumatic cycles of relapse that can impact service users’ lives.

Our psychology and occupational therapy led interventions effectively tackle the challenges of mental health and alongside our clinical interventions we help women enhance their personal skills to rebuild their lives.

Our care embraces a balanced approach to risk management and therapeutic optimism. Service users have access to a range of therapies and opportunities and care plans are individualised.

When the time is right, access to the local community is an essential step along the pathway to independence, for both leisure pursuits and for social training such as shopping and using public transport. External activities are tailored to individual needs and wishes.

Vocational support is provided to help service users prepare for employment and other vocational activities. The women are supported to create CVs, apply for jobs, practice for and attend interviews as well as develop other skills necessary in a work environment. We also offer a range of internal therapeutic earning positions within Cygnet Delfryn Lodge where service users have the opportunity to apply for, be interviewed for and take on the responsibility of a suitable job. The women receive training by a staff member that is skilled in the particular job.

Our facilities:
- En-suite bedrooms
- Beauty salon
- Gym
- IT café
- Therapy kitchen
- Spacious communal garden with outdoor seating

Community Links:
- Flintshire Council
- Flintshire Local Voluntary Council
- Age UK
- Trelogan Animal Rescue Centre
- Mostyn Estate Project
- Learndirect / Deeside College
- Local churches
- Flint Library

www.cygnethealth.co.uk
Cygnet Fountains, Lancashire
Pleasington Close, Blackburn, Lancashire, North-West, BB2 1TU

High Dependency Inpatient Rehabilitation

Cygnet Fountains is a 32 bed high dependency inpatient rehabilitation service for men who have severe and enduring mental illness and who may have been detained under the Mental Health Act. The people we support come to us following multiple placement breakdowns, failed treatment programmes or stepping down from secure settings.

Our state-of-the-art service has been designed with wellness in mind, providing a safe and comfortable environment that promotes efficient rehabilitation and recovery. We are dedicated to understand, stabilise and break the traumatic cycles of relapse that can impact service users’ lives.

Our psychology and occupational therapy led interventions effectively tackle the challenges of mental health and alongside our clinical interventions we help men enhance their personal skills to rebuild their lives.

Our care embraces a balanced approach to risk management and therapeutic optimism. Service users have access to a range of therapies and opportunities and care plans are individualised.

When the time is right, access to the local community is an essential step along the pathway to independence, for both leisure pursuits and for social training such as shopping and using public transport. External activities are tailored to individual needs and wishes.

Vocational support is provided to help service users prepare for employment and other vocational activities. The men are supported to create CVs, apply for jobs, practice for and attend interviews as well as develop other skills necessary in a work environment. We also offer a range of internal therapeutic earning positions within Cygnet Fountains where service users have the opportunity to apply for, be interviewed for and take on the responsibility of a suitable job. The men receive training by a staff member that is skilled in the particular job.

“100% of relatives feel that their family member was treated with respect”

Our facilities:
- En-suite bedrooms
- Private visitors room
- Two large communal living rooms
- Activities room
- Therapy kitchens
- IT café
- Three garden areas and an allotment

Community Links:
- Learn direct / Blackburn College
- Waves Community Gym
- Witton Park for cycling
- Samlesbury Hall
- Local cinemas
- 10-pin bowling
- Blackpool Zoo

10+ | www.cygnethealth.co.uk
South Hampton Ward at Cygnet Hospital Bury is a 12 bed high dependency inpatient rehabilitation service for women who have severe and enduring mental illness and who may have been detained under the Mental Health Act. The people we support often come to us following multiple placement breakdowns, failed treatment programmes or stepping down from secure settings.

The team on South Hampton Ward work collaboratively with the ladies to provide individualised, person-centred care. Such activities include: time management, daily living skills, budgeting, cooking, 1:1 sessions, education around medication, transport in the community, relapse prevention and utilising coping strategies at times of distress.

Our psychology and occupational therapy led interventions effectively tackle the challenges of mental health and alongside our clinical interventions we help women enhance their personal skills to rebuild their lives.

The team understand that people progress in different ways and at different speeds; they maintain a positive, helpful attitude and constantly support individuals by working with them to set realistic goals for the future. The ethos of the ward is such that service users are supported through their times of distress in a low stimulus environment to minimise impact on their mental health and wellbeing and to reduce impact on other service users. When the time is right, access to the local community is an essential step along the pathway to independence, for both leisure pursuits and for social training such as shopping and using public transport. External activities are tailored to individual needs and wishes.

Our facilities:
- En-suite bedrooms
- On-site educational facilities
- Therapy kitchen
- Gym
- Beauty salon
- Activity room
- Social spaces and communal areas
Ramsey Unit is our new high dependency inpatient rehabilitation service for men based at Cygnet Hospital Colchester. The service is delivered in a purpose-built therapeutic environment, where the focus is on maximising positive outcomes and recovery. All bedrooms are en-suite and the hospital offers a range of social, relaxation and activity areas.

By combining a collaborative, multi-disciplinary approach, we deliver high-quality care within a community atmosphere, while focusing on discharge planning from the moment service users arrive.

Within the service there are four complex care beds for individuals who also have additional complex needs such as autism.

Our in-house multi-disciplinary teams include psychiatry, psychology, occupational therapy, nursing, support workers, and sessional therapists.

Our recovery programme is delivered in a culture that balances risk management with therapeutic optimism, where the men we support have the opportunity to learn and practice the skills they will need in a safe environment. Alongside our clinical interventions, our aim is to help the men in our care to regain their place in the community and to rebuild relationships.

Our specialist interventions and approach:

In addition to our psychiatry and nursing interventions we offer:

**Occupational therapy-led interventions:**
- Daily living skills
- Targeted occupational therapy sessions according to service user needs
- Financial management training
- Education and vocational programmes
- Therapeutic earnings focusing on career and job skill development
- Development of social skills and interests
- Activities to improve self-esteem including self-image
- Creative activities
- Cultural and spiritual needs
- Social family integration (where appropriate)
- Community activities

**Psychology-led interventions:**
- Cognitive Behavioural Therapy (CBT)
- Dialectical Behaviour Therapy (DBT) informed approaches
- The Wellness Recovery Action Plan (WRAP®)
- Mindfulness
- Coping and emotional regulation skills
- Functional assessment of behaviour
- Problem solving approaches
- Psychometric assessments
- Cognitive functioning assessments
- Psychoeducation
- Substance misuse awareness and relapse prevention
- Offence-focused interventions
- Interventions to increase motivation
- Interventions to increase self-esteem
- Individual risk assessments including HCR-20, SVR-20, PCL-R and SARA
Middlemarch Ward is part of Cygnet Hospital Coventry and supports 16 women in a high dependency inpatient rehabilitation environment. The ladies we support have severe and enduring mental illness, including personality disorder and those who may have been detained under the Mental Health Act, often coming from multiple placement breakdowns, failed treatment programmes or stepping down from secure settings.

Middlemarch Ward supports individuals to rediscover and develop the skills they need to reintegrate back into the community. The focus is on helping people increase their independence wherever possible, by accessing local facilities and activities; such as work and education as well as social and leisure facilities. The hospital is located near to the city centre with good transport links, which lends itself to community integration.

We develop tailor-made rehabilitation programmes in collaboration with carers and local teams. We provide regular updates to referrers and care co-ordinators.

The hospital also offers St Mary’s Court as an extension of the hospital. The service provides seven studio apartments offering the opportunity to safely test out independent living skills prior to re-integration into the community. Each studio is self-contained with facilities for self-catering and laundry, and staff support can be tailored according to individual need. The apartments help to ensure a greater chance of success upon discharge as individuals move through their programme of rehabilitation.

Our facilities:
- En-suite bedrooms
- Outdoor spaces
- Therapy kitchen
- Variety of activity rooms
- Dining room
- Living room
- Gym

Therapies and treatments:
We develop tailor-made rehabilitation programmes in collaboration with carers and local teams. We provide regular updates to referrers and care co-ordinators. These include:
- Anger management
- Understanding feelings
- Substance misuse
- Dialectical Behaviour Therapy
- Mental health awareness
- Problem solving
- Hearing voices
- Self-esteem
- Anxiety management
- Relationships and social skills
- Motivation and goal-setting
Wyvern Ward is part of Cygnet Hospital Derby and supports men in a high dependency inpatient rehabilitation environment who have severe and enduring mental illness and who may have been detained under the Mental Health Act. Men often come to us following multiple placement breakdowns, failed treatment programmes or stepping down from secure settings.

Wyvern Ward can support up to 16 men, including those with a history of absconding. This is due to the enhanced levels of security we can put in place, both physically and relational, and can be seen as an alternative to low secure provision.

The focus on Wyvern Ward is increasing people’s life skills to prepare them effectively for life outside a hospital environment. It provides a supportive environment and can be effective for those who may need a longer period of rehabilitation.

Wyvern Court is a 3-bed apartment extension to the Wyvern Ward. This supports the care pathway at Cygnet Hospital Derby by enabling service users to experience a form of supported accommodation before they are discharged, which can help reduce re-admission rates. Wyvern Court helps to encourage independence prior to discharge to allow consolidation of the treatment programme. The service can help men to share facilities, compromise and to learn effective budgeting and other life and interpersonal skills in a realistic environment whilst still maintaining high levels of MDT input.

The service we provide in Wyvern Court can be a motivating factor for others within Wyvern Ward itself, as there is more independence and it is a step closer to the community. It is also suitable for those with physical disabilities.

There is a mantra of a “working week” across Wyvern and while activities and therapies are held during the week, there are also weekend therapists who organise recreational activities. These can include walking, going to the cinema, going out for meals and playing football – real life activities that are meaningful and enjoyable.

Wyvern also offers dedicated vocational hours for subjects such as e-learning, sourcing college and work placements, and completing CVs.

Our facilities:
- En-suite bedrooms
- Therapy kitchen
- Variety of activity rooms
- Courtyard with outdoor seating
- Dining room
- Living / games room
- Gym
- IT café
- Multi-faith room
- Recovery Academy
Kingswood Ward is our new 16 bed high dependency inpatient rehabilitation service at Cygnet Hospital Maidstone, our new state-of-the-art facility situated in the Kent Medical Campus. The service is delivered in a purpose-built therapeutic environment, where the focus is on maximising positive outcomes, recovery and reintegration into the community.

Kingswood Ward provides a high level of therapeutic care and support that is underpinned by knowledge and practice of evidence-based interventions. This is delivered by a highly experienced multi-disciplinary team that includes consultant psychiatry, clinical psychology, occupational therapy, substance misuse support, social work, case management, nursing, support workers and a ward manager. Our individualised and group treatment programmes have clearly defined goals and outcomes for service users.

Treatment is offered in a safe, calm and therapeutic environment where service users develop skills for maximising their independence, self-confidence and knowledge of how to manage their mental wellbeing. We work compassionately and collaboratively with the service users and their families (where appropriate), using recovery based and person-centred approaches. The average expected length of stay in Kingswood Ward is 12 months.

The service operates in partnership with Kent and Medway NHS and Social Care Partnership Trust. This partnership helps integrate the hospital into local and regional care pathways and community services, with the focus on care close to families and friends, lowest length of hospital stay, and reducing the chances of re-admission.

Our facilities:

- En-suite bedrooms
- Outdoor areas including ward garden and communal roof terrace
- On-ward therapy kitchen
- Dining room
- Quiet room
- Gym and outdoor exercise area
- On-ward IT / computer room
- Games room
- Separate laundry room
- Extensive therapy space including Recovery College classrooms
- Service user café

Therapies and treatments:

- Recovery focused care planning
- Cognitive Behavioural Therapy (CBT)
- Mindfulness
- Emotional regulation
- Self-harming reduction and management
- Substance misuse and relapse prevention work
- Trauma, grief and loss
- Psychoeducation
- Anger and anxiety management
- Offence related work (where applicable)
- Physical health care management
- Behaviour analysis and problem-solving
- Life and social skills training
- Educational Support / Recovery College
- Creative activities
Picasso Ward is a 21 bed high dependency inpatient rehabilitation service for females, based at Cygnet Hospital Woking. The service is delivered in a purpose-built therapeutic environment, where the focus is on maximising positive outcomes and recovery. All bedrooms are en-suite and the hospital offers a range of social, relaxation and activity areas.

The service strengthens the female care pathway at Cygnet Hospital Woking, providing a pathway from the women’s low secure service, Oaktree Ward, and the female PICU service, Acorn Ward.

**Picasso Ward** provides a high level of therapeutic care and support that is underpinned by knowledge and practice of evidence-based interventions, delivered by a highly experienced multi-disciplinary team.

**Therapies and treatments:**
We develop tailor-made rehabilitation programmes in collaboration with carers and local teams. We provide regular updates to referrers and care co-ordinators. These include:

- Recovery focused care planning
- Cognitive Behavioural Therapy
- Dialectical Behaviour Therapy informed interventions
- Emotional regulation
- Self-harming reduction and management
- Substance misuse awareness
- Trauma, grief and loss
- Psychoeducation
- Anger and anxiety management
- Offence related work where applicable
- Physical healthcare management
- Problem solving
- Relapse prevention
- Life and social skills training
- Educational Support

Our individualised and group treatment programmes have clearly defined goals and outcomes for our service users.

Treatment is offered in a safe, calm and therapeutic environment where service users develop skills for maximising their independence, self-confidence and knowledge of how to manage their mental wellbeing. We work compassionately and collaboratively with the service users and their families using recovery based and person-centred approaches.
Cygnet Lodge Brighouse is a high dependency inpatient rehabilitation service for men. The emphasis within the service is on preparing people for discharge, whilst providing a high level of support and uses a recovery focused model.

As part of the service, we also provide a three-bed apartment, Rastrick View. This helps support service users to prepare effectively for discharge by further encouraging independence, while maintaining the inputs of the service and staff support where needed. It also provides the chance to evaluate what support a person may need on leaving the service, which can help prevent readmissions and support positive discharges.

Cygnet Lodge Brighouse can support up to 24 men in a relaxed, calm and friendly environment. The focus is on helping individuals increase their independence wherever possible by accessing the community meaningfully; such as through work and education, as well as social and leisure facilities.

We encourage service users to set their own recovery goals and work collaboratively to achieve success. We provide a variety of structured activities, which are led by a wide range of experienced, multi-disciplinary professionals. These include psychiatrists, associate specialists, mental health nurses, psychologists, occupational therapists, an activities co-ordinator and an art therapist.

We have a fully integrated substance misuse service at Cygnet Lodge Brighouse, facilitating 1:1 and group sessions and encouraging service users to attend SMART Recovery Meetings. We are also a SMART Recovery partner.

**Outcomes:**
- Since the service opened in 2006 89% of people discharged have had a reduction in their HoNOS scores.
- Our proposed care package lasts between 6 months to 2 years with our average length of stay currently being 20.8 months.
- Over the last two years 93% of service users have gone to a less secure environment, either in an NHS facility, supported accommodation, flat or home.
- We provide on average 45.5 hours of therapy per week per person.
- 90% of service users have had a psychology assessment or psychological treatment.
- 83.3% of discharged service users in the last two years have engaged in voluntary work or further education.
- 100% of service users assessed with dual diagnosis have engaged with substance misuse work.

**Our facilities:**
- En-suite bedrooms
- Therapy kitchen
- Variety of activity rooms
- Dining room
- Living room
- Spacious enclosed garden with allotment area
- IT café

---

60 Rastrick Common, Brighouse, West Yorkshire, HD6 3EL

High Dependency Inpatient Rehabilitation

18+  Male  24 beds
Cygnet Lodge Kenton, London

74 Kenton Road, Harrow, London, HA3 8AE

High Dependency Inpatient Rehabilitation

18+  Female  15 beds

Cygnet Lodge Kenton, in North West London, is a female high dependency inpatient rehabilitation service that provides a care pathway for those who are preparing to step down to community living. Our service provides a high level of support and uses a recovery focused model.

Cygnet 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 Cygnet Lodge Kenton is to bridge the gap between a hospital stay and the community.

Cygnet Lodge Kenton is AIMS accredited with the Royal College of Psychiatrists. The AIMS (Accreditation of Inpatient Mental Health Services) rehabilitation project is a national scheme developed to ensure best practice is being achieved in inpatient 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.

Our main focus is to give women the skills and confidence to enable them to live independently in the community. The occupational therapy team is key in assuring as many activities as possible are held in the community, helping people re-integrate and prepare most effectively for discharge.

The service has strong links with local community-based services within Kenton and Harrow, with many service users taking part in work experience opportunities and educational and other courses which are run in the area. 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 community activities, every week. The service also offers sessional therapists for Cognitive Behavioural Therapy, drama and music therapy and yoga. We also provide Dialectical Behavioural Therapy (DBT) for those service users who have a diagnosis of personality disorder.

Our facilities:

- En-suite bedrooms
- Therapy kitchen
- Variety of activity rooms
- Dining room
- Living room
- Enclosed garden

The service has strong links with local community-based services within Kenton and Harrow, with many service users taking part in work experience opportunities and educational and other courses which are run in the area. 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 community activities, every week. The service also offers sessional therapists for Cognitive Behavioural Therapy, drama and music therapy and yoga. We also provide Dialectical Behavioural Therapy (DBT) for those service users who have a diagnosis of personality disorder.

Our facilities:

- En-suite bedrooms
- Therapy kitchen
- Variety of activity rooms
- Dining room
- Living room
- Enclosed garden

The service has strong links with local community-based services within Kenton and Harrow, with many service users taking part in work experience opportunities and educational and other courses which are run in the area. 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 community activities, every week. The service also offers sessional therapists for Cognitive Behavioural Therapy, drama and music therapy and yoga. We also provide Dialectical Behavioural Therapy (DBT) for those service users who have a diagnosis of personality disorder.
Cygnet Lodge Kewstoke, Weston-super-Mare
Beach Road, Kewstoke, Weston-super-Mare, South-West, BS22 9UZ

High Dependency Inpatient Rehabilitation

18+ Female 12 beds

Cygnet Lodge Kewstoke is a female high dependency inpatient rehabilitation service, providing a recovery focused care pathway for women who have been in hospital for an extended period of time and who are preparing for community life before discharge. We are able to support up to 12 women who may have a range of mental health difficulties, including personality disorder or a mild learning disability (as a secondary diagnosis).

As an intensive community rehabilitation service, Cygnet Lodge Kewstoke is separate from Cygnet Hospital Kewstoke. It provides the next step in the care pathway from the female low secure and personality disorder wards, or can act as a step up from community placements that may have broken down. This means service users can test their independence while still being in a safe environment – with the advantage of continuing to have access to a full multi-disciplinary team.

The service uses the My Shared Pathway approach, working collaboratively with service users and the care team to establish clear goals from the beginning of treatment. This ensures that we are able to provide a person-centred approach, as well as providing a clear focus to treatment in order to minimise length of stay.

Service users coming to Cygnet Lodge Kewstoke will have individualised and goal-directed plans in recovery, rehabilitation and therapy. Using a whole systems approach to recovery, the individual’s quality of life and social inclusion opportunities will be maximised. This is carried out through an extensive therapy programme that encourages the use of independent living skills and promotes autonomy, decision making and choice.

The ladies at Cygnet Lodge Kewstoke have support from the full multi-disciplinary team with a range of interventions available that include occupational therapy, psychology, social work, advocacy, IMHA services and access to a GP. Our multi-disciplinary team makes use of a broad range of therapies, including CAT, CBT, Schema Therapy, EMDR and DBT that are tailored to individual needs. We run a number of groups, such as a ‘Hearing Voices Group’, which many service users find useful as a way to share their experience.

Cygnet Lodge Kewstoke offers an Active Life programme to increase service user understanding of the benefits of exercise for supporting sustained mental health recovery. This is achieved through a physical health assessment and a tailored individual care plan.

We also offer a comprehensive programme for those individuals who, as well as having a major mental illness, have abused drugs and/or alcohol. This programme is integrated into the therapeutic programme and is accessible to all service users.

The team also supports the education and career reintegration / development of service users through supporting them to access courses and formal further education at the local college with which we have strong links.

Our facilities:

- En-suite bedrooms
- Therapy cabin
- Spacious social and recreational spaces
- Dining room
- Living room
- Kewstoke Community Farm – formed in June 2012 and located on the grounds of the hospital
Cygnet Lodge Lewisham, London
44 Lewisham Park, Lewisham, London, SE13 6QZ

High Dependency Inpatient Rehabilitation

18+ Male 17 beds

Cygnet Lodge Lewisham is a high dependency inpatient rehabilitation service providing care for up to 17 men. Our service provides a high level of support and uses a recovery focused model. The service is ideal for anyone who has been in a longer stay hospital or an acute ward for a period of time and would benefit from a service that helps them prepare for a successful return to the community.

Cygnet Lodge Lewisham is part of our integrated male care pathway of services that includes the low secure and psychiatric intensive care unit at our sister unit Cygnet Hospital Blackheath.

Our full time therapists offer an excellent range of therapies to reduce the risk of relapse and develop tailor-made rehabilitation programmes to meet people’s own individual needs. Individuals are supported in daily living tasks and activities such as going to their GP, dentist and other important aspects such as budgeting, self-care and everyday skills such as laundry and housework.

Individuals supported at Cygnet Lodge Lewisham spend a proportion of their time away from the unit, but still engage with different therapy and support groups, and a large MDT facilitates this ongoing work. Meaningful service user involvement is key and monthly meetings are held for service users to share their views with us and for us to communicate important changes to them. Service users can join the meetings as a representative for their peers. This is an important role and they receive payment for their attendance together with an opportunity to get involved in related projects.

The average length of stay at Cygnet Lodge Lewisham is around 11 months and most of the men are discharged to their own homes or supported accommodation. The team support service users during the discharge process and actively help them find opportunities for training, education and work.

Our facilities:
- En-suite bedrooms
- Therapy kitchen
- Variety of activity rooms
- Dining room
- Living room
- Enclosed garden
Cygnet Lodge Woking is a high dependency inpatient rehabilitation service for 31 men with complex needs. Our service provides a high level of support and uses a recovery focused model.

There are distinct areas within the Lodge, dependent on a person’s level of need and can offer, for the more acutely unwell, a robust and therapeutic alternative to low secure.

Those who are more acutely unwell can be supported in Shakespeare Ward, including those who may need escorted leave or enhanced observations. The service is more nurse intensive until individuals become settled and are able to progress. This service offers rehabilitation, assessment and recovery. The emphasis is on treatment optimisation, developing insight, exploring impediments to engagement, anxiety, assessment of needs and putting things in place to address those needs.

As people progress they can move to Marlowe Ward, a recovery focused service that supports more community access as people prepare for a move through towards the least restrictive care option or the community.

Milligan House is an annexe to Cygnet Lodge Woking and contains six pre-discharge beds with an additional two self-contained flatlets. Milligan House allows Cygnet Lodge Woking to provide a three-tier care pathway for service users as they reach a level of increased stability.

Milligan House gives service users opportunity to build their individual skills prior to discharge while still having the full support of the multi-disciplinary team. The service may be particularly successful for people who have experienced failed placements in the past as Milligan House offers an opportunity for slower-stream rehabilitation.

The three services together offer a cohesive care pathway within one building, with people able to move through from acutely unwell to preparing for community living. The Annexe is particularly suited to those who would benefit from a slower stream progression back into the community and who may need a little extra support, including those who have been in services for a long time.

All services at Cygnet Lodge Woking are supported by a social worker, responsible clinician, ward doctor, psychologist, assistant psychologist, independent advocate, chaplain, practice nurse and assistant, occupational therapist and occupational therapy assistant. All service users are registered with the local GP.

Cygnet Lodge Woking has close links with Guildford College, Woking College and organisations and businesses throughout the local area that support educational and vocational opportunities for service users.

Across the services there is the promotion of independence and gaining the skills required to succeed.

Our facilities:
- En-suite bedrooms
- Therapy kitchen
- Variety of activity areas
- Dining room
- Living room
- Enclosed garden with horticulture and woodwork areas
- Gym
- IT café
Cygnet Oaks is a 36 bed hospital specialising in high dependency inpatient rehabilitation for men. It provides state-of-the-art facilities and a multi-disciplinary treatment programme designed to assist service users with their return to independent living.

Our dedicated clinical teams provide a full multi-disciplinary programme that includes; occupational therapy, psychology, psychiatry and vocational training, offering service users the opportunities and support they need to stabilise their condition and enter society with a renewed sense of enthusiasm and optimism.

Our interventions are matched according to individual needs. Our team will always adapt their engagement technique and personnel delivering specific interventions to maximise engagement and ensure that progress is always being made with the men in our care.

Vocational support is provided to help service users prepare for employment and other vocational activities. The men are supported to create CVs, apply for jobs, practice for and attend interviews as well as develop other skills necessary in a work environment. We also offer a range of internal therapeutic earning positions within Cygnet Oaks where service users have the opportunity to apply for, be interviewed for and take on the responsibility of a suitable job. The men receive training by a staff member that is skilled in the particular job.

Barnsley town centre is a short walk or bus ride away, giving service users access to the many facilities in the local community. To promote social inclusion we have developed pathways linking the service user’s short term goals in care plans with activities in the mainstream services of the local communities.

We offer links with Barnsley Community Build, BADAS and Busters café plus Inspire Rotherham (social enterprises) helping service users to experience job placements. Volunteer work and courses in a graded and supportive manner also support service users’ return to work, if it is their choice to do so.

Cygnet Oaks have developed strong links with Northern College, who provide a variety of courses for adults including supporting physical, mental health and sensory needs. We also have Learndirect programmes delivered in house for basic literacy and numeracy skills.

As part of service users’ rehabilitation and individual care plans, the men in our care can access local towns. Initially this is achieved with staff support and using hospital transport. As service users progress through their rehabilitation programme they are supported to use the new Barnsley rail and bus interchange, developing the necessary skills to travel independently.

Our facilities:
- En-suite bedrooms
- Therapy kitchen
- Variety of activity areas
- Dining room
- Living room
- Enclosed garden
- Gym
- IT café
Cygnet Raglan House is a 25 bed high dependency inpatient rehabilitation hospital for women. The service is designed to provide an environment that promotes mental health recovery by focusing on space, personal privacy and dignity.

We are dedicated to understand, stabilise and break the traumatic cycles of relapse that can impact people’s lives. Our service has been designed with wellness in mind, providing a safe and comfortable environment that promotes efficient rehabilitation and recovery.

Our psychology and occupational therapy led interventions effectively tackle the challenges of mental health and alongside our clinical interventions we help women enhance their personal skills to rebuild their lives. Our care embraces a balanced approach to risk management and therapeutic optimism. Service users have access to a range of therapies and opportunities and care plans are individualised.

When the time is right, access to the local community is an essential step along the pathway to independence, for both leisure pursuits and for social training such as shopping and using public transport. External activities are tailored to individual needs and wishes.

Cygnet Raglan House is within walking distance to Smethwick Town Centre, which is well placed to provide meaningful rehabilitation. It has libraries, community colleges, shops, a 24 hour gym, 24 hour supermarkets and various places of worship. Birmingham city centre is approximately 15 minutes’ drive from the hospital.

At the local Community Action Project, service users may participate in the pre-employment programme and use the library services. At the Ron Davies Centre and Sandwell College, they can study art, French, computers, yoga, sewing, nail art, skin care, make-up and much more.

Our membership of local neighbourhood forums provides links to local businesses and voluntary organisations.

Our facilities:
- En-suite bedrooms
- Therapy kitchen
- Variety of activity areas
- Dining room
- Living room
- Enclosed garden
- Beauty salon
- Gym
- IT café
Cygnet Sedgley House and Cygnet Sedgley Lodge offer a 34 bed high dependency inpatient rehabilitation service for men with complex needs. The service is designed to provide an environment that promotes mental health recovery by focusing on space, personal privacy and dignity.

Cygnet Sedgley House is a 20 bed service providing a full multi-disciplinary input including occupational therapy, psychology, psychiatry and vocational training. Person-centred plans are devised to match each individual’s needs. On a daily basis the service users at Cygnet Sedgley House are encouraged to use the therapy kitchen in order to cook meals. The therapy room is accessible for all service users to engage in internet sessions, arts and crafts, creative writing and other psycho-educational groups. Within the grounds there are areas for service users to landscape and garden and there are communal areas to promote social engagement.

Cygnet Sedgley House is predominantly for mental health assessment, with more one-to-one support. Most rehabilitation activities take place on site. However, where appropriate, access to the local community is an essential step along the pathway to rehabilitation. At Sedgley, we encourage enrolment in courses at local colleges.

Our facilities:
- En-suite bedrooms
- Therapy kitchen
- Variety of activity areas
- Dining room
- Living room
- Enclosed garden
- Gym
- IT café

For both leisure pursuits and for social training such as shopping and using public transport, our hospital is ideally placed. The village of Sedgley has many amenities for service users to enjoy, such as gyms, golfing ranges and swimming baths. Independence skills can be practised at the local shops. Regular public transport in the area provides both ‘travel training’ and allows service users to visit the city of Wolverhampton, with all the facilities on offer there.

When the time is right, service users can move to Cygnet Sedgley Lodge, a 14 bed service that gives them increased independence, and a more outward-looking community-based programme. Finally, there is the option to step down to 12 Woodcross Street – a beautifully appointed semi-detached house next door – one step closer to full community reintegration.
Cygnet Sherwood House, Nottinghamshire
Rufford Colliery Lane, Rainworth, Mansfield, Nottinghamshire, NG21 0HR

High Dependency Inpatient Rehabilitation

18+ Male 30 beds

Cygnet Sherwood House is a 30 bed specialist high dependency inpatient rehabilitation service for men, dedicated to providing a high quality environment for promoting long-term recovery.

We believe that our programme of individual care and attention for service users contributes to their wellbeing and comfort, so that they will be able to go on to live in the wider community with appropriate support, guidance and assistance.

Dedicated clinical teams provide a multi-disciplinary input including occupational therapy, psychology, psychiatry and vocational training.

Service users are encouraged to exercise their right to be involved in planning their care. They are also encouraged to get involved in the social activities of the hospital and to pursue their own interests, where this is appropriate within the hospital environment.

We are situated on the outskirts of Rainworth Village, which boasts local amenities such as shops, a doctor’s surgery, chemist, snooker club, post office, sports school, hairdressers and local bus route to the nearby town of Mansfield. The setting provides ample opportunity for the people in our care to develop life skills as a prelude to their goal of independent or supported living in the community.

Our facilities:
- En-suite bedrooms
- Two therapy kitchens
- Variety of activity areas
- Three lounges
- Private visitors area
- Enclosed garden with allotment
- Gym
- IT café
Cygnet St Augustine’s is a 32 bed specialist high dependency inpatient rehabilitation service for men. It provides state-of-the-art facilities and a multi-disciplinary treatment programme designed to assist service users with their return to independent living.

Our dedicated clinical teams provide a full multi-disciplinary programme that includes: occupational therapy, psychology, psychiatry and vocational training, offering service users the opportunities and support they need to stabilise their condition and enter society with a renewed sense of enthusiasm and optimism.

At Cygnet St Augustine’s, our services offer more than just specialists and treatments, we value the service users as people, help enhance their interests and abilities, encourage them to share their views and help them unlock their talents and aspirations.

Our interventions are matched according to individual needs. Our team will always adapt their engagement technique and personnel, delivering specific interventions to maximise engagement and ensure that progress is always being made with the men in our care.

Vocational support is provided to help service users prepare for employment and other vocational activities. The men are supported to create CVs, apply for jobs, practice for and attend interviews as well as develop other skills necessary in a work environment. We also offer a range of internal therapeutic earning positions within Cygnet St Augustine’s where service users have the opportunity to apply for, be interviewed for and take on the responsibility of a suitable job. The men receive training by a staff member that is skilled in the particular job.

Where appropriate, access to the local community is an essential step along the care pathway, for both leisure pursuits and for social training. Stoke-on-Trent and Newcastle-under-Lyme provide all the amenities needed for independence training with their shopping facilities and public transport network. In addition, the colleges cater for adult learners and offer a wide range of practical courses to develop service users’ skills and interests. Hanley Museum and Art Gallery are within walking distance of Cygnet St Augustine’s. The beautiful Peak District is a short drive away. For football fans, Stoke City and Port Vale clubs are nearby, and there is the opportunity to attend matches at Wolstanton FC, the local club that we sponsor.

Community Links:
- Learndirect
- Stoke-on-Trent College
- Forest Park
- Water World
- Westport Lake
- Alton Towers

Our facilities:
- En-suite bedrooms
- Therapy kitchen
- Variety of activity areas
- Dining room
- Two lounges
- Enclosed garden
- Gym
- IT café
Cygnet St Teilo House is a 23 bed service specialising in high dependency inpatient rehabilitation for women in a safe and comfortable environment. Cygnet St Teilo House has been designed to provide an environment that promotes recovery for women with its focus on space, personal privacy and dignity.

Our state-of-the-art service has been designed with wellness in mind, providing a safe and comfortable environment that promotes efficient rehabilitation and recovery. We are dedicated to understand, stabilise and break the traumatic cycles of relapse that can impact an individual’s life.

The psychological and therapeutic approach at St Teilo House is personalised to meet individual need.

Specialised psychological treatment offered may draw upon the following modalities (when appropriate):

- Cognitive Behavioural Therapy (CBT)
- Psychodynamic Psychotherapy
- Mentalisation-based Treatment (MBT)
- Dialectical Behavioural Therapy (DBT)

Additional specialised psychological treatment offered (when appropriate) may include:

- Narrative Therapy
- Acceptance Commitment Therapy
- Compassion Focused Therapy
- Motivation Enhancement Therapy
- Mindfulness-Based Therapy
- Trauma Focused Therapy (e.g. CBT repeated exposure therapy)
- Cognitive Behavioural Therapy for Psychosis
- Hearing Voices Approach

Our care embraces a balanced approach to risk management and therapeutic optimism. Service users have access to a range of therapies and opportunities and care plans are individualised.

Access to the local community is an essential step along the pathway to independence. When the time is right we support community engagement for both leisure pursuits and social training such as shopping and using public transport. External activities are tailored to individual needs and wishes but can include:

- Swimming
- Trampolining
- Yoga
- Leisure based activities such as bowling and cinema
- Volunteering at a local food bank
Cygnet Storthfield House is a 22 bed hospital specialising in high dependency inpatient rehabilitation for men. It provides state-of-the-art facilities and a multi-disciplinary treatment programme designed to assist service users with their return to independent living. Adjacent is 6 & 7 The Sycamores, a six bed step-down service for men who are ready to move to a more independent lifestyle.

Our dedicated clinical teams provide a full multi-disciplinary programme that includes; occupational therapy, psychology, psychiatry and vocational training, offering service users the opportunities and support they need to stabilise their condition and enter society with a renewed sense of enthusiasm and optimism.

At Cygnet Storthfield House our services offer more than just specialists and treatments. We value service users as people, help enhance their interests and abilities, encourage them to share their views and help them unlock their talents and aspirations.

Our interventions are matched according to individual needs. Our team will always adapt their engagement technique and personnel, delivering specific interventions to maximise engagement and ensure that progress is always being made with the men in our care. Vocational support is provided to help service users prepare for employment and other vocational activities. The men are supported to create CVs, apply for jobs, practice for and attend interviews as well as develop other skills necessary in a work environment. We also offer a range of internal therapeutic earning positions within Cygnet Storthfield House, where service users have the opportunity to apply for, be interviewed for and take on the responsibility of a suitable job. The men receive training by a staff member that is skilled in the particular job.

The hospital is located in South Normanton, two miles away from the busy Alfreton town centre. Service users have access to all of the local amenities, to ensure full integration into community life. The facilities available in the bustling towns include a gym, library, bowling, churches, and leisure centres, plus the usual shops, hair salons, cafés and supermarkets.

Train and bus facilities are nearby, enabling service users to easily access Alfreton, Sutton-in-Ashfield, Chesterfield and Mansfield. The nearby cities of Nottingham, Sheffield and Derby are within one hour’s journey on public transport.

The hospital is within easy reach of Sherwood Forest and surrounding areas include Buxton and Castleton, where the Blue John Caves are situated, plus picturesque Matlock and Matlock Bath.

Our facilities:
- En-suite bedrooms
- Therapy kitchen
- Variety of activity areas
- Dining room
- Living room
- Enclosed garden
- Gym
- IT café
1 Vincent Court, Lancashire

1 Vincent Court, Blackburn, Lancashire, North-West, BB2 4LD

**Community Rehabilitation**

- **18+**
- **Male**
- **5 beds**

Vincent Court is a five bed community rehabilitation service for men who have been able to progress through the hospital pathway at rehabilitation and recovery hospitals. Our aim is to help service users along the path towards independent living.

The home provides supported residential care to individuals who are deemed ready to take responsibility for the continuation of their own mental health rehabilitation and recovery, whilst living in the wider community.

Vincent Court is a large detached five bedroom house. All bedrooms have en-suite facilities. The kitchen is large and it is the hub of the house with lots of group cooking sessions going on. Outside, we have lovely gardens to sit and relax in during the summer months. The house is staffed 24-hours a day and all staff have experience in the field of mental health rehabilitation services prior to working at Vincent Court.

Due to the location, travel links are easily accessed, giving ample opportunity to practice necessary skills and get out and about to prepare for life in the future.
The Sycamores is a four bed community rehabilitation residential service for men that have been able to progress through the hospital pathway at rehabilitation and recovery hospitals.

The Sycamores provides a stimulating environment for four people of informal status or placed on a Community Treatment Order (CTO) who are ready to start their journey to independent living following a period of hospital treatment.

The service empowers the residents to function to a higher therapeutic level with a careful reduction of staff interventions and clinical input. This gives people the freedom and independence to flourish and develop their skills. They are positively encouraged to seek vocational employment within the area.

The Sycamores is located in the market town of South Normanton and two miles away from the busy Alfreton town centre. The people we support have access to all the local amenities, to ensure full integration into community life. The facilities available in the bustling towns include a gym, library, bowling, churches, leisure centres and the usual shops, hair salons, cafes and supermarkets.

Train and bus networks are nearby, allowing residents easy access Alfreton, Sutton-in-Ashfield, Chesterfield and Mansfield. Nottingham, Sheffield and Derby are within one hour away via public transport.

The Sycamores is within easy reach of Sherwood Forest and Bakewell country town located in the Peak District. Beautiful surrounding areas include Buxton and Castleton where the Blue John Caves are situated and the picturesque Matlock and Matlock Bath. Chatsworth House and Hardwick Hall have beautiful gardens and parks and are a must for visitors to the area.

“The team at Sycamores has restored renewed faith in community placements of those vulnerable individuals who suffer stigma and exploitation”

Tribunal Member
12 Woodcross Street, Wolverhampton

12 Woodcross Street, Coselet, Bilston, Wolverhampton, West Midlands, WV14 9RT

Community Rehabilitation

18+ Male 2 beds

12 Woodcross Street is a two bed community rehabilitation service for men who have been able to progress through the hospital pathway at rehabilitation and recovery hospitals.

For the residents supported at 12 Woodcross Street, their mental rehabilitation has progressed to the point where the chance of independent or supported living has become a reality. All the rooms and communal areas are generously-sized. Each bedroom is en-suite, fitted with either a bath or shower. Outside there are attractive gardens, which the people we support help to maintain.

Each individual’s progress is reviewed on a monthly basis by a full multi-disciplinary team at an ‘outpatients’ clinic’ at Sedgley Lodge and further input is given if required. A weekly 1:1 session with allocated key-workers is on offer too, as well as meetings with a registered mental health nurse (RMN) to discuss the benefits and possible side effects of taking medication.

“It’s a nice environment and there is much more opportunity to become independent”

Resident

The area is full of local amenities such as supermarkets, markets, gyms, banks, restaurants, libraries and parks. The town of Wolverhampton is nearby. Residents are also encouraged to visit Birmingham as there are extensive amenities such as the Bull Ring shopping centre. These surroundings offer ample opportunity to continue therapy programmes started in the hospital, for example, accessing the community, travel training, food shopping, attending to household skills and the medication programme.

Residents are given a weekly shopping budget to purchase fresh food. They are encouraged to cook independently, however, assistance is available 24 hours a day if needed. Regular community meetings give residents the opportunity to raise any problems or concerns with the environment.
**20A & 20B Turls Hill Road**

20A & 20B Turls Hill Road, Dudley, West Midlands, DY3 1HG

**Community Rehabilitation**

- **Age:** 18+
- **Gender:** Male
- **Capacity:** 6 beds in 2 living units

**Turls Hill Road** is a six bed community rehabilitation service for men who have been able to progress through the hospital pathway at rehabilitation and recovery hospitals.

For the residents supported at Turls Hill Road, their psychiatric mental health rehabilitation has progressed to the point where the chance of independent or supported living has become a reality. All the rooms and communal areas are generously-sized. Each bedroom is en-suite, fitted with either a bath or shower. Outside there are attractive gardens, which the people we support help to maintain.

Progress is reviewed on a monthly basis by a full multi-disciplinary team at an ‘outpatients’ clinic at Cygnet Sedgley Lodge and further input is given if required. A weekly 1:1 session with allocated key-workers is on offer too, as well as meetings with a registered mental health nurse (RMN) to discuss the benefits and possible side effects of taking medication.

The area is full of local amenities such as supermarkets, markets, gyms, banks, restaurants, libraries and parks. The town of Wolverhampton is nearby. People are also encouraged to visit Birmingham, as there are extensive amenities such as the Bull Ring shopping centre. These surroundings offer ample opportunity to continue therapy programmes started in the hospital. For example, accessing the community, travel training, food shopping, attending to household skills and the medication programme.

Residents are given a weekly shopping budget to purchase fresh food. They are encouraged to cook independently, however assistance is available if needed 24 hours a day. Regular community meetings give service users the opportunity to raise any problems or concerns with the environment.
45 Portland Road, Birmingham
45 Portland Road, Birmingham, West Midlands, B16 9HS

Community Rehabilitation

18+  Female  4 beds

Portland Road is a four bed community rehabilitation service for women who have been able to progress through the hospital pathway at rehabilitation and recovery hospitals. It is staffed 24 hours a day and provides effective community-focused supported living.

The home assists women with a range of mental health needs who are ready to step-down from a hospital setting to fulfil their potential by engaging with the wider community, while retaining the support they need.

Situated just two miles from Birmingham city centre, 45 Portland Road is well-placed to easily access local amenities via nearby public transport links. The house is furbished to modern standards with modern interiors, fully furnished rooms and large gardens, providing an effective homely environment for therapeutic community-based living.

Using individualised care programmes, supported by Cygnet Raglan House, residents are able to continue to build confidence and develop the necessary skills to move toward greater independence, increased social functioning and community engagement. As well as involving relatives, friends and carers, to maximise reintegration into the community, rehabilitation programmes are delivered in conjunction with support from a range of roles, including; community practitioner nurses, social workers, probation officers and community support workers.
Malborn and Teroan, Nottinghamshire
Main Road, Nether Langwith, Nottinghamshire, East Midlands, NG20 9EN

Community Rehabilitation

Malborn and Teroan are both three bed rehabilitation services for men who have been able to progress through the hospital pathway at inpatient rehabilitation services.

For the residents we support at Malborn and Teroan, their psychiatric mental health rehabilitation has progressed to the point where the chance of independent or supported living has become a reality. Each three bed house is arranged in a family setting with individual en-suite bedrooms, modern communal kitchen facilities, lounge areas, laundry facilities and gardens.

The service we offer focuses on continuing practicing life skills and coping strategies. We concentrate on community based activities, the use of public transport, education and vocational therapy, job placements, work experience and development of hobbies and interests.

The houses are set in a picturesque location in a small village, which has its own facilities including post offices, shops and pubs. The town of Shirebrook, with a leisure centre, market and Job Centre is only two miles away, accessible by bus or train.

For a more urban experience, Mansfield, Chesterfield, Worksop and Nottingham are within reasonable distance and well-provided with public transport.

We are near Sherwood Forest, Creswell Crags, Clumber Park and Rufford Park, for great days out cycling, sightseeing or simply taking in the views of wonderful countryside.

“I thought I was ready to live on my own when I came to the houses, but then I realised I had to adjust to being my own person, coming and going as I pleased, and also the quietness of the surroundings after years in a hospital setting. Here I learned to cope with everyday things in life.”

Resident
Rhyd Alyn, North Wales
Alfonas, Argoed Hall Lane, Mold, Flintshire, North Wales, CH7 6FQ

Community Rehabilitation

Rhyd Alyn is a six bed community rehabilitation service for women who have been able to progress through the hospital pathway at inpatient rehabilitation services.

Our service provides a homely environment and promotes quality of life, wellbeing and independent living skills. Access to the community forms an important part of our service, enabling people to find employment and further learning opportunities.

Our dedicated team provides key support and clinical oversight for the women in our care. The service empowers the ladies in our care to function to a higher therapeutic level with a careful reduction of staff interventions and clinical input. This gives them the freedom and independence to flourish and to develop their skills. They are positively encouraged to seek vocational employment and accommodation within their home area.

For both leisure pursuits and for social training such as shopping and using public transport, Rhyd Alyn is ideally placed. It’s on the outskirts of Mold, a small market town and only half an hour from both Chester and Wrexham. Loggerheads Country Park and Moel Famau Mountain are local beauty spots and wonderful places to experience the natural environment.

Our facilities:
- Registered with Health Inspectorate Wales
- Homely environment with 24-hour support
- Senior RMN liaison with Cygnet Delfryn Lodge’s MDT daily
- Access to Cygnet Delfryn Lodge’s MDT (if required)
- Landscaped gardens, allotment and small-holding
- Barbecue area
- Large and well-equipped communal areas
- Access to IT café and beauty salon
When we first met Ratish*
Ratish was first admitted into psychiatric care in his early 20’s with schizophrenia, following a drug-induced psychotic episode. After almost two decades of repeat admissions, his violent episodes had become increasingly frequent. He had gradually withdrawn from life and was increasingly isolated, living in a fantasy world of elves and Star Trek fiction.

When Ratish came to us
When Ratish was referred to Cygnet Churchill, his schizophrenia was increasingly drug-resistant and he had no clear signs of improvement with his last provider of seven years. He was completely unwilling to engage with professionals. Commissioners were hopeful however and wanted to try and address his disengagement issues with a period of intense rehabilitation and a Clozapine trial.

Ratish’s care
Staff worked to re-establish Ratish’s trust in treatment professionals, working with him to challenge his social anxiety and build his confidence and personal interests. We followed a targeted plan to meet his rehabilitation needs, which took into account the Commissioner’s views towards Ratish’s recovery. Balancing medication with a process of therapeutic optimism, staff helped Ratish achieve a greater level of confidence and to re-engage with his family.

Today
After 20 months at Cygnet Churchill, Ratish has made a huge improvement with no more violent episodes. He is established on Clozapine and there has been a huge reduction in distressing symptoms. He is in his final phase of rehabilitation, preparing for supported housing. His home care team commented: “He’s better than he has ever been. He’s calmer and he engages with people.”

What’s the future like for Ratish?
Ratish is working hard to re-establish rapport with his family and has even become an advocate for Cygnet Health Care services.
**When we first met Tom**

Tom was first diagnosed with paranoid schizophrenia when he was 28-years-old. He had been in and out of hospital since he was 19 with severe depression and had a history of drug and alcohol abuse.

**When Tom came to us**

Tom had been in trouble with the police, having been arrested for frequent drunken and violent behaviour. When he came to Cygnet Fountains he had only intermittent contact with his family.

He was regularly self-harming and was suffering from severe depression. Having been assessed and welcomed to the service, Tom responded almost immediately to our friendly staff and pro-active rehabilitation environment. From his first tour of the service, it was clear that he felt more positive and enthusiastic about his future and his outlined treatment programme.

**Tom’s care**

Tom was very positive in engaging with the occupational therapy team and was committed to progressing in his therapy sessions. He made good progress in drug and alcohol group work and became much more aware of the impact on himself and others. He progressed through all stages of self-medication and became much more involved in his care pathway. Tom particularly benefited from engaging in work to develop coping strategies to prevent relapse. Staff worked with him to build his social skills and communication, as well as helping him prepare for more independent living. He was taught how to budget his money effectively and better his personal hygiene. He learned to cook for himself, which built his self-confidence, and began some vocational work that enhanced his overall personal development and allowed him to become more optimistic about his future.

**Today**

Tom benefits from the service’s work to engage in local community projects and vocational-based therapies, which give him a critical sense of purpose and enthusiasm. He has progressed from an admission bedroom to a pre-discharge flat at Cygnet Fountains and is now looking forward to step-down accommodation.

**What’s the future like for Tom?**

Tom is now far more optimistic about the future and has stabilised his condition. He no longer self-harms and is now seeing his family regularly. He is looking forward to an independent future without the threat of relapse.

*Names have been changed to protect their identity*
## Our specialist services by region

### High Dependency Inpatient Rehabilitation

<table>
<thead>
<tr>
<th>Number</th>
<th>Service Name</th>
<th>Address</th>
<th>Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Cygnet Appletree</td>
<td>Frederick Street, Meadowfield, County Durham, NE17 8NT</td>
<td>T: 0191 378 2747</td>
</tr>
<tr>
<td>2</td>
<td>Cygnet Aspen House</td>
<td>Manvers Road, Mexborough, Doncaster, Yorkshire &amp; Humber, S64 9EX</td>
<td>T: 01709 590000</td>
</tr>
<tr>
<td>3</td>
<td>Cygnet Churchill</td>
<td>Bankhall Terrace, Lambeth Road, London, SE1 7PW</td>
<td>T: 020 7928 2334</td>
</tr>
<tr>
<td>4</td>
<td>Cygnet Delphryn House</td>
<td>Argoed Hall Lane, Mold, Flintshire, North Wales, CH7 6FQ</td>
<td>T: 01352 707220</td>
</tr>
<tr>
<td>5</td>
<td>Cygnet Delphryn Lodge</td>
<td>Argoed Hall Lane, Mold, Flintshire, North Wales, CH7 6FQ</td>
<td>T: 01352 707220</td>
</tr>
<tr>
<td>6</td>
<td>Cygnet Fountains</td>
<td>Pleasington Close, Blackburn, Lancashire, North-West, BB2 1TU</td>
<td>T: 01254 269530</td>
</tr>
<tr>
<td>7</td>
<td>Cygnet Hospital Bury</td>
<td>Butler Street, Bury, Lancashire, North-West, BL8 2BS</td>
<td>T: 0161 762 7200</td>
</tr>
<tr>
<td>8</td>
<td>Cygnet Hospital Colchester</td>
<td>Boxted Road, Mile End, Colchester, Essex, East, CM4 5HF</td>
<td>T: 01206 648000</td>
</tr>
<tr>
<td>9</td>
<td>Cygnet Hospital Coventry</td>
<td>2 Lansdown Street, Coventry, West Midlands, CV2 4BF</td>
<td>T: 024 761 100 150</td>
</tr>
<tr>
<td>10</td>
<td>Cygnet Hospital Derby</td>
<td>100 City Gate, London Road, Derby, Derbyshire, DE24 8WZ</td>
<td>T: 01332 365434</td>
</tr>
<tr>
<td>11</td>
<td>Cygnet Hospital Maidstone</td>
<td>Gild Pond Way, Off Newnham Court Way, Weavering, Maidstone, Kent, South-East, ME14 5FY</td>
<td>T: 01622 580 330</td>
</tr>
<tr>
<td>12</td>
<td>Cygnet Hospital Woking</td>
<td>Redding Way, Knaphill, Woking, Surrey, GU21 2QG</td>
<td>T: 01483 795100</td>
</tr>
<tr>
<td>13</td>
<td>Cygnet Lodge Brighouse</td>
<td>60 Rastrick Common, Brighouse, West Yorkshire, HD6 3EL</td>
<td>T: 01484 405900</td>
</tr>
<tr>
<td>14</td>
<td>Cygnet Lodge Kenton</td>
<td>74 Kenton Road, Harrow, London, HA3 8AE</td>
<td>T: 020 8907 0770</td>
</tr>
<tr>
<td>15</td>
<td>Cygnet Lodge Kewstoke</td>
<td>Beach Road, Kewstoke, West-super-Mare, South-West, BS22 9UZ</td>
<td>T: 01954 428989</td>
</tr>
<tr>
<td>16</td>
<td>Cygnet Lodge Lewisham</td>
<td>44 Lewisham Park, Lewisham, London, SE13 6YD</td>
<td>T: 020 8314 5123</td>
</tr>
<tr>
<td>17</td>
<td>Cygnet Lodge Woking</td>
<td>Barton Close (off Redding Way), Knaphill, Woking, Surrey, GU21 2FD</td>
<td>T: 01483 795100</td>
</tr>
<tr>
<td>18</td>
<td>Cygnet Oaks</td>
<td>Upper Shefield Road, Barnsley, South Yorkshire, Yorkshire &amp; Humber, S70 4PX</td>
<td>T: 01226 729740</td>
</tr>
<tr>
<td>19</td>
<td>Cygnet Raglan House</td>
<td>Raglan Road, Shrewsbury, Shropshire, SY3 6DX</td>
<td>T: 01952 269000</td>
</tr>
<tr>
<td>20</td>
<td>Cygnet Sedgley House &amp; Cygnet Sedgley Lodge</td>
<td>Woodcross Street, Wolverhampton, West Midlands, WV14 9RT</td>
<td>T: 01902 886570</td>
</tr>
<tr>
<td>21</td>
<td>Cygnet Sherwood House</td>
<td>Rufford Colliery Lane, Rainworth, Mansfield, Nottinghamshire, NG21 0HR</td>
<td>T: 01623 499010</td>
</tr>
<tr>
<td>22</td>
<td>Cygnet St Augustine’s</td>
<td>Colbridge Road, Stoke-on-Trent, Staffordshire, ST1 5JY</td>
<td>T: 01782 200860</td>
</tr>
<tr>
<td>23</td>
<td>Cygnet St Teilo House</td>
<td>Goshen Street, Rhyd Alyn, Porthcawl, Newport, NP22 2SN</td>
<td>T: 01665 846970</td>
</tr>
<tr>
<td>24</td>
<td>Cygnet Stothfield House</td>
<td>Storheath Lane, South Normanton, Alfreton, Derbyshire, East Midlands, DE55 3AA</td>
<td>T: 01773 515600</td>
</tr>
</tbody>
</table>

### Community Rehabilitation

<table>
<thead>
<tr>
<th>Number</th>
<th>Service Name</th>
<th>Address</th>
<th>Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1 Vincent Court</td>
<td>1 Vincent Court, Blackburn, Lancashire, North-West, BB2 4LD</td>
<td>T: 01254 269530</td>
</tr>
<tr>
<td>2</td>
<td>7 The Sycamores</td>
<td>7 The Sycamores, South Normanton, Derbyshire, East Midlands, DE55 3BJ</td>
<td>T: 01773 811622</td>
</tr>
<tr>
<td>3</td>
<td>12 Woodcross Street</td>
<td>12 Woodcross Street, Coselet, Bilston, Wolverhampton, West Midlands, WV14 9RT</td>
<td>T: 01902 886570</td>
</tr>
<tr>
<td>4</td>
<td>20A &amp; 20B Turf Hill Road</td>
<td>20A &amp; 20B Turf Hill Road, Dudley, West Midlands, DY3 1HG</td>
<td>T: 01902 886570</td>
</tr>
<tr>
<td>5</td>
<td>45 Portland Road</td>
<td>45 Portland Road, Birmingham, West Midlands, B16 9HS</td>
<td>T: 0121 555 0560</td>
</tr>
<tr>
<td>6</td>
<td>Malvern and Trowan</td>
<td>Main Road, Nether Langwith, Nottinghamshire, East Midlands, NG20 9EN</td>
<td>T: 01623 746002</td>
</tr>
<tr>
<td>7</td>
<td>Rhyd Alyn</td>
<td>Afonlas, Argoed Hall Lane, Mold, Flintshire, North Wales, CH7 6FQ</td>
<td>T: 01352 707220</td>
</tr>
</tbody>
</table>
“Our service user received a comprehensive assessment of needs and was offered interventions which brought great outcomes in her case”
Commissioner
How to Make a Referral

Please call 0808 164 4450 or email chcl.referrals@nhs.net

1. Referral made to Cygnet referrals team via 0808 164 4450 / chcl.referrals@nhs.net

2. Assessment arranged and undertaken via our assessment team within 5 working days

3. Feedback provided on whether our service can meet the service user’s needs

4. Assessment pack formulated including care plans and funding information

5. Admission agreed and plans for transition arranged with referring team following confirmation of acceptance of placement