Autism Spectrum Disorder Services

- Crisis Admissions
- Low Secure Autism Spectrum Disorder & Mental Health
- Highly Specialised Autism Spectrum Disorder
- Residential Services
- Young Adults Transition Services
Welcome

Cygnet Health Care was established in 1988. Since then we have developed a wide range of services for individuals with learning disabilities and mental health needs 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. They aim to consistently make a positive difference to their lives, through service user focused care and rehabilitation.

We maintain a good relationship with the regulator 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.

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Introduction

Cygnet Health Care has over 20 years’ experience of delivering the best outcomes for people with autism and learning disabilities, who may present with behaviours that challenge. We offer emergency, low secure, rehabilitation, intensive support and residential services across 20 different sites within the UK.

Alongside our interventions to reduce maladaptive behaviours, our aim is to help the individuals we support to develop life skills and progress through their care pathway to achieve further independence.

Our emergency crisis admission beds support those who may be in crisis or have high dependency needs – for example, if a community placement has broken down or if they require additional support in an open rehabilitation environment.

Our service user / resident profile:

- **Age Range:** 16/18+
- **Gender:** Male/ Mixed
- **Mental Health Act Status:**
  - Detained
  - Informal
  - DoLS

- Primary diagnosis of autism and associated learning disability and/or mental health needs
- May present with behaviours that challenge
- Communication challenges
- Forensic history
- Likely a history of multiple exclusions and placement or family breakdowns
- May have an EHCP (Education, Health & Care Plan)
- May be subject to DoLS (Deprivation of Liberty Safeguards) or Care orders
- May be detained under the Mental Health Act (1983)
- Require bespoke support and care

Cygnet’s low secure and highly specialised rehabilitation services provide support and care for men with autism or Asperger’s Syndrome, who may also have additional mental health needs.

Our residential services offer residents an organised and efficient care pathway delivered in environments that promote structure, security, consistency and understanding – essential for individuals who live with autism and its day-to-day challenges.

Our young adults transition service for people aged 17-21 offers specialist care for individuals who are on their care pathway from children’s to adult services.
Our services at a glance:

- Highly individualised and consistent care
- Specialist care pathways and interventions focusing on:
  - Stabilisation of behaviour
  - Lifelong learning
- Daily living skills development
- Positive Behaviour Support incorporating the use of accredited intervention techniques
- Sensory integration
- PAS-ADD (mental health screening)
- TEACCH style specialist learning programmes
- ASDAN and OCR Skills for Life schemes
- Compensatory communication techniques including:
  - A Picture Exchange Communication System (PECS), pictures, symbols, objects of reference or signing

Our multi-disciplinary teams:

- Psychiatry
- Psychology
- Occupational therapy
- Speech and language therapy
- Nursing
- Activity coordinators
- Specialist trained support workers

Our outcome measurement tools:

In addition to specific progress measures, general wellbeing is assessed on admission (baseline) and reviewed (in terms of progress) in preparation for every review meeting using the Autism Global Assessment of Progress (A-GAP). Our measures include:

- PASS-ADD
- Vineland Adaptive Behaviour Scale
- Behavioural and social progress
- Motivational Assessment Scale
- Economic wellbeing (financial skills/work experience)
- Being healthy
- Sensory needs
- Interaction and communication
- Staying safe
- Enjoying life
- Positive contribution
- A-GAP
Our myPath Care Model

To ensure we cater for each person’s journey and achieve long-term results, we have created a unique approach to care for people with autism spectrum disorders.

myPath is our overarching care model that monitors service user engagement levels, manages their records, assesses their progress and formulates a personalised and dynamic care plan with measurable targets. The model embraces a wide range of evidence-based tools such as pharmaceutical inputs, daily living skills, progressive community-based outcomes and risk management plans. In doing the above, myPath ensures the delivery of high quality and inclusive care that is continually evaluated through robust operational and clinical governance frameworks.

myPath is tried and trusted and delivers industry-leading results.
Cygnet Hospital Harrow is a recovery focused service treating a wide range of different needs for people with autism spectrum disorder. The ASD services at the hospital comprise of:

- The Springs Unit - Low Secure ASD & MH
- The Springs Wing - Highly Specialised ASD Service
- The Springs Centre - Crisis ASD & Highly Specialised ASD Service

The Springs Unit provides low secure accommodation for up to 16 men. We provide a person-centred approach in a centre of excellence to facilitate safe and effective care for service users with behaviours that may challenge. The Springs Unit works closely with the other ASD services at Cygnet Hospital Harrow, which can form part of a step-down pathway for the men in our care.

The Springs Centre supports up to 15 men with mental health needs and an additional diagnosis of an autism spectrum disorder and/or a mild learning disability.

The service also provides four rapid or emergency access beds to support those who may be in crisis or have high dependency needs – for example if a community placement has broken down or if they are struggling in an open rehabilitation environment. For these ‘crisis’ placements, the aim is to keep them as short as possible, with a focus on stabilising the individual so they can return as quickly as possible to their community or open rehabilitation setting.

The Springs Wing provides a 10 bed specialist rehabilitation service for men with a diagnosis of autism spectrum disorder. The service aims to support individuals to move along their care pathway to more independent living, or a supported living service. We can support those who may be stepping down from a low secure environment such as the Springs Unit. We can also support men who are not actively showing signs of immediate risk but who may need to develop their independent living skills, or require support with their mental health needs. Service users are supported to be actively involved in their own rehabilitation.

The team at Cygnet Hospital Harrow are highly experienced in supporting people with ASD. All members of staff are trained in understanding ASD and in how to create a supportive environment for everyone.

The multi-disciplinary team (MDT) work together with individuals to provide a holistic, person-centred, comprehensive assessment and care plan. The MDT ensures people’s needs are met in a way that helps achieve stability and discharge to the least restrictive setting.

Our service / facilities:
- Calm, relaxing and secure environments
- Spacious communal areas
- En-suite bedrooms
- Gardens with outdoor seating
- Rehabilitation kitchen
- IT café
- Gym

Community links:
- Cinemas
- Ten-pin bowling
- Wembley Stadium
- RAF Museum
- Fishing
- Local walks and golf
- Local pubs and restaurants
- Leisure centre
Broughton House, Lincolnshire
High Street, Brant Broughton, Lincolnshire, East Midlands, LN5 0SL

Highly Specialised Autism Spectrum Disorder  Residential Services

16 - 30  Mixed Gender  29 beds in 5 living units (9 + 4 + 4 + 6 + 6)

Broughton House is a specialist residential service for adults with autism and learning disabilities, who may have behaviours that challenge. We aim to provide a safe, comfortable and effective environment for those in our care.

Broughton House is divided into five distinct areas to support people within smaller environments. The main part of the building offers nine beds, with four beds in both the Coach House and The Flat. On site there are two separate properties, Sutton House and Sandbeck House, each with six beds.

Each unit within Broughton House offers the people we support individualised living spaces, creating an environment that will support them for moving along their care pathway to more independent living. As part of their pathway, we enable them to build their skills to help them achieve the things they want out of life.

Set in a beautiful rural location, the service has plenty of outdoor space for individuals to enjoy, including countryside walks that help support people who are anxious in crowded spaces. The people we support can gain skills through extended learning on a number of accredited platforms.

Interventions are matched according to individual needs and our life skills development programmes are overseen by the activity coordinators. The integrated MDT consists of occupational therapy, speech and language therapy, psychology and psychiatry. The team supports the development of daily living skills and reduction in maladaptive behaviours.

Our staff use non-aversive positive approaches and are trained in specialised intervention techniques and sensory integration strategies.

A combination of person-centred planning, measurement of progress and a full multi-disciplinary approach ensures the best outcomes for the people in our care.

Situated over the road is No. 12 High Street. Individuals progress through their care pathway to No. 12 High Street to support them towards more independent living.

Our service / facilities:
- En-suite bedrooms – individuals are encouraged to personalise their own room
- Spacious communal lounges and dining rooms
- Multi-sensory room
- Recreational and arts facilities
- Garden with outdoor seating, swings and raised flowerbeds
- Computer suite

Community links:
- Whitepost Farm
- Mansfield Museum and Art Gallery
- Newark Castle
- RAF Waddington and Cranwell swimming
- Grantham Mencap club
- Stapleford Wood
- Whisby Nature Park
- Rural countryside walks
- Village amenities
Broughton Lodge is a specialist residential service for adults with autism, learning disabilities and those who may present with behaviours that challenge. We aim to provide a safe, comfortable and effective environment, promoting independence and community integration.

Broughton Lodge offers a four bed and two eight bed homes with independent living areas. Person-centred planning is at the heart of everything we do, based on the specific needs of the individuals in our care. We understand that consistency and continuity of care is important for the people we care for.

As part of our care pathway, our service enables people to build upon their skills to achieve further independence, self-advocacy and confidence, leading to better quality of life. Each individual can gain skills through extended learning on a number of accredited platforms.

Interventions are matched according to our residents’ needs and our life skills development programmes are overseen by our activity coordinators. The integrated MDT consists of occupational therapy, speech and language therapy, psychology and psychiatry. The team supports the development of daily living skills and reduction in maladaptive behaviours.

Our staff use non-aversive positive approaches and are trained in specialised intervention techniques and sensory integration strategies.

A combination of person-centred planning, measurement of progress and a full multi-disciplinary approach ensures the best outcomes for the individuals in our care.

Our service / facilities:

- En-suite bedrooms – individuals are encouraged to personalise their own room
- Spacious communal areas
- Lounge with interactive entertainment systems
- Multi-sensory room
- Recreational and arts facilities
- Garden with outdoor seating

Community links:

- Local colleges and other educational establishments
- Libraries
- Voluntary work centres
- Places of leisure, recreation and entertainment
- Charity partnerships and fund raising initiatives
- Community environment projects
Cygnet Cedar Vale provides assessment and intervention for men living with autism, learning disabilities and complex needs. The team can support individuals who are detained under the Mental Health Act, as well as those who have behaviours perceived as challenging, or who have significant difficulties with social engagement. We accept emergency referrals and the team are experienced in managing them quickly and efficiently to ensure the transition for the service user is as smooth as possible.

Cygnet Cedar Vale consists of three distinct areas to support individuals with different levels of need. First is an apartment that can accommodate up to six men. Bedrooms are all en-suite and there is a separate lounge along with a fully equipped life skills kitchen.

On the first floor there are five large en-suite bedrooms. This part of the service is aimed at individuals who require a high level of support. Finally there are three en-suite bedrooms centrally located on the ground floor. Two bedrooms have shared access to a lounge and life skills kitchen, and the third has its own lounge and access to a private garden.

Each of these distinct areas are aimed at giving the individuals an environment that will support them for moving on to more independent living.

Cygnet Cedar Vale is with in walking distance of many local amenities. Further afield people can enjoy going to the library, shopping centres, cinemas and swimming pools. Service users are supported to visit places of interest nearby.

Cygnet Cedar Vale provides a structured, positive, empathic and low-arousal environment with good links to home and outside agencies.

Service users are admitted to Cygnet Cedar Vale from a variety of different settings. This could be from a home environment, supported living or residential service. It could be due to placement breakdown, deterioration in mental health, illness or other crisis in their life. They may also come following a stay at an NHS or other specialist service, including a secure service.

Community links:
- Library
- Shopping Centres
- Cinema
- Swimming Pool

Our service / facilities:
- En-suite bedrooms – individuals are encouraged to personalise their rooms
- Choice of communal lounges and dining areas
- Sensory room
- Large garden
- Skills room
- Life skills kitchen
Cygnet Hospital Colchester provides intensive support for men with autism, learning disabilities and complex needs. The team support individuals who are detained under the Mental Health Act, as well as those who have behaviours perceived as challenging. We accept emergency referrals and the team are experienced in managing them quickly and efficiently to ensure the transition for the service user is as smooth as possible.

Larch Court offer placements for four men with independent living areas. The living areas include self-modulation sensory facilities, with a programmable sensory menu to accommodate personal preferences, strengths and abilities of each individual.

Larch Court’s staff team reflects the differing needs of each individual. Everyone is supported on a 1:1 staffing ratio 24 hours a day. Agreed ongoing 2:1 additional support is available.

Individuals are typically referred from:
- Inappropriate hospital placements, making little progress or in a non-specialist autism service
- Secure services (but requiring a community placement)
- Community services where additional support is needed

Our care plans focus on achieving three key targeted outcomes:
- Reduction in behaviours that challenge
- Increase in social and daily living skills
- Moving on from a hospital placement to more independent living

Our service / facilities:
- Calm, relaxing and secure environments
- Highly skilled staff and regular input from in-house MDT
- Personalised development of core life skills
- Supporting access to social, education, vocational, financial and leisure services
- En-suite bedrooms
- Gardens with outdoor seating
- Independent and communal living areas
- Activity room with interactive screens
- Psychology and OT assessment room
- Self-modulation sensory facilities
- IT café
- Barber
- Gym

Community links:
- Colchester United Football Club
- Voluntary work centres
- Places of leisure and entertainment
- Community environment projects
- Wivenhoe nature reserve
Cygnet Newbus Grange, Co Durham
Hurworth Road, Neasham, Darlington, Co Durham, North East, DL2 1PE

Highly Specialised Autism Spectrum Disorder

Crisis Admissions

18+ Male 17 beds

Based in the beautiful countryside near Darlington, County Durham, Cygnet Newbus Grange provides assessment and treatment for men living with autism, learning disabilities and complex needs. The team can also support individuals who may have been detained under the Mental Health Act, as well as those who have complex behaviours, or who have significant difficulties with social engagement. We accept emergency referrals and the team are experienced in managing them quickly and efficiently to ensure the transition for the service user is as smooth as possible.

Cygnet Newbus Grange provides a structured, positive, empathic and low-arousal environment with good links to home, the community and outside agencies. An impressive period property situated in a quiet semi-rural location, the service is accessed via a picturesque tree-lined driveway and is set in its own extensive grounds.

Newbus Grange has dedicated activity coordinators who support people to have individual activity plans, which are created based on their likes and hobbies. Their goal is to enable individuals to structure their time, build relationships and establish a balance between therapy, self-care, work and leisure, as appropriate to their individual needs.

Cygnet Newbus Grange has received two national accreditations. The first was the Accreditation for Inpatient Learning Disability Mental Health Services (AIMS-LD) from the Quality Network for Inpatient Learning Disability Services (QNLD) by the Royal College of Psychiatrists. The second accreditation was by the National Autistic Society (NAS). Both of these accreditations made comment to the fantastic person-centred approach at Cygnet Newbus Grange.

Cygnet Newbus Grange ensures the focus remains entirely on enabling the people they support to have the highest quality of life, choice, independence and happiness.

Community links:
- Library
- Shopping centres
- Cinema
- Swimming pool
- Fishing rights for an area of the River Tees close by
- Hurworth and Neasham Villages
- Riverside walks
- Markets
- Cafes
- Restaurants

Our service / facilities:
- En-suite bedrooms – individuals are encouraged to personalise their rooms
- Choice of many good sized living areas
- Sensory room
- Sensory bathroom
- Large gardens including an allotment and a sensory garden
- Trim trail and cycle path
- Patio with outdoor seating area
- Massage therapy room
- Well-stocked arts and crafts room
- Music and movement room
- Life skills kitchen

B

Crisis Admissions
Cygnet Wast Hills, Birmingham
Wast Hills Lane, Kings Norton, Birmingham, West Midlands, B38 9ET

Highly Specialised Autism Spectrum Disorder
Crisis Admissions

Located in Kings Norton, Birmingham, Cygnet Wast Hills provides assessment and treatment for men with autism, learning disabilities and complex needs. The team can also support individuals who may be detained under the Mental Health Act, as well as those who have complex behaviours, or who have significant difficulties with social engagement. We accept emergency referrals and the team are experienced in managing them quickly and efficiently to ensure the transition for the service user is as smooth as possible.

The service consists of three autism provisions, which provide different levels of support depending on the individual. The House provides support for up to 15 men with autism and associated complex needs, including four bespoke provisions. The Lodge is a separate four bed service for individuals who are nearing the end of their care pathway towards independent living. The Annexe provides intensive therapy, treatment and support for six service users who are living with complex autistic conditions.

Cygnet Wast Hills is an impressive period property, set in six acres of gardens and formerly part of the Cadbury Estate. The service provides a structured, positive, empathic and low-arousal environment with good links to home, the community and outside agencies. Cygnet Wast Hills is accredited by the National Autistic Society (NAS). This provides an autism-specific quality assurance programme for organisations throughout the UK and across the world.

We have two dedicated activity coordinators who support service users to have individual activity plans, which are created based on each person’s likes and hobbies. Their goal is to enable the individuals in our care to structure their time, build relationships and establish a balance between therapy, self-care, work and leisure, as appropriate to their individual needs.

Everyone has their own en-suite bedroom and they are encouraged and supported to personalise their own space. Within Cygnet Wast Hills there are many good sized living areas for service users to choose from. Other facilities include two on site sensory rooms, a computer room and two activity rooms. In addition there is a life skills kitchen where individuals are supported to make their own drinks and prepare food. Service users also have access to extensive outside space.

Community links:
- Cinema
- Swimming pool
- Shops
- Bowling alley
- Cadbury World
- Alveschurch Fisheries
- Mencap Community Hub
- Cocks Moors Woods Leisure Centre
- Akamba African Heritage Garden Centre
- Birmingham Wildlife Conservation Park
- Moseley Relaxaway – multi sensory service with hydropool

Our service / facilities:
- En-suite bedrooms – individuals are encouraged to personalise their rooms
- Choice of many good sized gender specific lounges
- Two sensory rooms
- A computer room
- Activity rooms
- Life skills kitchen
- Large gardens
- Patio with outdoor seating area

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Thornfield Grange is a specialist residential service with nursing for adults living with autism, learning disabilities and complex needs. Based in Bishop Auckland, County Durham, Thornfield Grange supports individuals who have complex behaviours, as well as those who have significant difficulties with social engagement.

Thornfield Grange is an impressive period property situated in the bustling market town of Bishop Auckland, surrounded by beautiful County Durham countryside. Thornfield Grange provides a structured, positive, empathic and low-arousal environment with good links to family and outside agencies.

There are two good sized living areas that residents can choose to use. Other facilities include a well-stocked arts and crafts room and an internet café where individuals can Skype their family members and important others. There is a games console that is accessible for all to use, which is great for helping with coordination skills and promoting fitness.

A holistic therapist attends Thornfield Grange on a weekly basis for anyone who requires therapeutic intervention. There is also a life skills kitchen where individuals are supported to make their own drinks and prepare food for visitors and themselves. Within the grounds there is an allotment, which is looked after by the residents. Other outdoor activities are available and there is a large lawn with patio and seating areas for people and their visitors to enjoy.

Just a short walk from Thornfield Grange is the centre of town where residents can access the local amenities including a pharmacy, convenience store, pubs, restaurants and an arts complex. Days out are popular at Thornfield Grange and Auckland Castle is just a short drive away with its deer park that is ideal for summer picnics or long walks.

Thornfield Grange has a dedicated activity coordinator who supports residents to have individual activity plans, which are created based on each person’s likes and hobbies. Their goal is to enable the individuals in our care to structure their time, build relationships and establish a balance between therapy, self-care, work and leisure, as appropriate to their individual needs.

Community links:
- Town centre
- Pubs & restaurants
- Arts complex
- Auckland Castle with a deer park
- Cinema
- Leisure centre
- Markets
- Cafés

Our service / facilities:
- Two good sized lounges
- Well-stocked arts and craft room
- Internet café
- Games console
- Life skills kitchen
- Ensuite bedrooms
- Large garden including an allotment and outdoor seating area
Amberwood Lodge, Dorset
6 St Osmunds Road, Parkstone, Poole, Dorset, Wessex, BH14 9JN

Residential Services

Amberwood Lodge is a specialist residential service for adults with autism and learning disabilities, who may have behaviours that challenge.

Based just a 10 minute drive from the seaside, Amberwood Lodge is a beautiful building providing a safe, comfortable and effective environment for those in our care.

Within the service we have a large communal lounge, a sensory room, an IT and activity room and two kitchens; one large homely kitchen that people use independently to make drinks and snacks for themselves and their visitors, as well as a second kitchen where residents assist the cook to prepare meals and plan menus for the week. Additionally we have a lovely spacious garden with an abundance of outdoor activities, including a lovely summerhouse.

As part of our care pathway, our service enables individuals to build upon their skills to achieve further independence, self-advocacy and confidence, leading to better quality of life. Residents can gain skills through extended learning on a number of accredited platforms.

Interventions are matched according to residents’ needs and our life skills development programmes are overseen by our activity coordinators. The integrated MDT consists of occupational therapy, speech and language therapy, psychology and psychiatry. The team works together to support the development of daily living skills and reduction in maladaptive behaviours.

Our staff use non-aversive positive approaches and are trained in specialised intervention techniques and sensory integration strategies.

A combination of person-centred planning, measurement of progress and a full multi-disciplinary approach ensures the best outcomes for the individuals in our care.

Community links:
- Local high street shops
- Close to the New Forest
- Harvester restaurant
- Farmer Palmers
- Durlston Country Park
- Monkey World
- Leisure centres
- Local beaches
- Superbowl
- Moors Valley Country Park

Our facilities:
- En-suite bedrooms – individuals are encouraged to personalise their room
- Spacious communal areas
- Garden with outdoor seating and summer house
- Multi-sensory room
- IT and activity facilities
Beeches, Nottinghamshire
Retford Road, South Leverton, Retford, Nottinghamshire, East Midlands, DN22 0BY

Residential Services

18+  Mixed Gender  12 beds in 2 living units (6 + 6)

Beeches is a specialist residential service for adults with autism and learning disabilities, who may have behaviours that challenge. We aim to provide a safe, comfortable and effective care environment for those we support, promoting independence and community integration.

The home is split into two units, Witham and Trent. Each has six en-suite bedrooms along with a communal kitchen, lounge and dining room. We also have an art room, IT suite, a spacious lounge and a sensory room.

Beeches is located near the towns of Retford, Worksop, Mansfield and Lincoln, providing easy reach to local amenities. This allows residents to benefit from a full range of community activities, including attending functions at the community hall, walks in the countryside, as well as other local amenities.

Person-centred planning is at the heart of everything we do, based on the specific needs of the individuals in our care. We understand that consistency and continuity of care is important for the people we care for.

As part of our care pathway, our service enables residents to build upon their skills to achieve further independence, self-advocacy and confidence, leading to better quality of life. Individuals can gain skills through extended learning on a number of accredited platforms.

Interventions are matched according to individual needs and our life skills development programmes are overseen by our activity coordinators. The integrated MDT consists of occupational therapy, speech and language therapy, psychology and psychiatry. They work together to support the development of daily living skills and reduction in maladaptive behaviours.

Our staff use non-aversive positive approaches and are trained in specialised intervention techniques and sensory integration strategies.

A combination of person-centred planning, measurement of progress and a full multi-disciplinary approach ensures in the best outcomes for the individuals in our care.

Community links:
- Whitepost Farm
- Mansfield Museum and Art Gallery
- Newark Castle
- RAF Waddington and Cranwell swimming
- Grantham Mencap club
- South Leverton Community Hall
- Grove House Stables

Our facilities:
- En-suite bedrooms – individuals are encouraged to personalise their room
- Three lounges
- Conservatory
- Multi-sensory room
- Recreational and arts facilities
- Two gardens, one tailored especially for individuals who suffer from Pica
Birches, Nottinghamshire
Eton Avenue, Newark, Nottinghamshire, East Midlands, NG24 4JD

Residential Services

Birches is a specialist residential service for adults with autism and learning disabilities, who may have behaviours that challenge. We aim to provide a safe, comfortable and effective care environment for those in our care, promoting independence and community integration.

The home is located near to the bustling town and city centres of Newark, Lincoln, Grantham and Nottingham, providing easy reach to local amenities, including parks, pubs, restaurants and leisure facilities. Person-centred planning is at the heart of everything we do, based on the specific needs of the individuals in our care. We understand that consistency and continuity of care is important for each individual.

Within the service we have three en-suite bedrooms on the first floor and three on the ground floor for ease of access for those who may have mobility issues. We also have two lounges, an arts and crafts room, an ADL kitchen and an IT suite.

As part of our care pathway, our service enables each individual to build upon their skills to achieve further independence, self-advocacy and confidence, leading to better quality of life. Residents can gain skills through extended learning on a number of accredited platforms.

Interventions are matched according to individual needs and our life skills development programmes are overseen by our activity coordinators. The integrated MDT consists of occupational therapy, speech and language therapy, psychology and psychiatry. They support the development of daily living skills and reduction in maladaptive behaviours.

Our staff use non-aversive positive approaches and are trained in specialised intervention techniques and sensory integration strategies.

A combination of person-centred planning, measurement of progress and a full multi-disciplinary approach ensures the best outcomes for each individual.

Our facilities:
- En-suite bedrooms – individuals are encouraged to personalise their own room
- Spacious communal areas
- Two lounges
- Multi-sensory room
- Recreational and arts facilities
- Garden

Community links:
- Sconce Hills Park
- Mansfield Museum and Art Gallery
- Newark Castle
- Skegness - Seaside town
- Newark Sports and Fitness Centre
Devon Lodge, Hampshire

23A Grange Road, Hedge End, Southampton, Hampshire, Wessex, SO30 2FL

Residential Services

18+ Mixed Gender 12 beds in 2 living units (8 + 4)

Devon Lodge is a specialist residential service for adults with autism and learning disabilities, who may have behaviours that challenge. We aim to provide a safe, comfortable and effective environment, promoting independence and community integration.

Located in Hedge End, Southampton, Devon Lodge has 12 beds: eight in the main house and four in the annexe. The service has plenty of rest and recreation areas, both inside and outside in the large garden. Perimeter fencing and automatic gates provide a safe and secure environment – yet not at the expense of a homely, comfortable atmosphere.

Person-centred planning is at the heart of everything we do, based on each person’s specific needs. We understand that consistency and continuity of care is important for the individuals we care for.

As part of our care pathway, Devon Lodge enables each individual to build upon their skills to achieve further independence, self-advocacy and confidence, leading to better quality of life. Residents can gain skills through extended learning via a number of accredited platforms.

Interventions are matched according to individual needs and our life skills development programmes are overseen by our activity coordinators. The integrated MDT consists of occupational therapy, speech and language therapy, psychology and psychiatry. The team supports the development of daily living skills and reduction in maladaptive behaviours.

Our staff use non-aversive positive approaches and are trained in specialised intervention techniques and sensory integration strategies.

A combination of person-centred planning, measurement of progress and a full multi-disciplinary approach ensures the best outcomes for each individual.

Our facilities:

- En-suite bedrooms – individuals are encouraged to personalise their own room
- Spacious communal areas
- Lounge with interactive entertainment systems
- Multi-sensory room
- Recreational and arts facilities
- Garden with outdoor seating and a summer house

Community links:

- New Forest walks
- Eastleigh leisure complex
- Cineworld and Odeon cinema
- Queen Elizabeth Country Park
- Local shops
- On main bus route
- Large retail park
- Autism/learning disability specialist nightclub
Elston House is a specialist residential service for adults with autism and learning disabilities, who may have behaviours that challenge. We aim to provide a safe, comfortable and effective environment, promoting independence and community integration.

The home is located in the small rural village of Elston, yet Lincoln, Newark and Nottingham are only a short drive away. Elston House has extensive grounds that cover approximately five acres, including an enclosed garden and managed woodlands.

Within the service there are six en-suite bedrooms in the main part of the house and a two bedroom apartment, which has its own kitchen, living and dining space to promote more independent living. The main part of the house has a lounge, dining room, activity & computer room and a sensory room, as well as a spacious kitchen where individuals are encouraged to practice their daily living skills.

At Elston House we encourage individuals to be part of the community and this is felt within the small community around the service.

Person-centred planning is at the heart of everything we do, based on the specific needs of the individuals in our care. We understand that consistency and continuity of care is important for each individual.

As part of our care pathway, our service enables individuals to build upon their skills to achieve further independence, self-advocacy and confidence, leading to better quality of life. Residents can gain skills through extended learning on a number of accredited platforms.

Interventions are matched according to each person’s needs and our life skills development programmes are overseen by our activity coordinators. The integrated MDT consists of occupational therapy, speech and language therapy, psychology and psychiatry. The team supports the development of daily living skills and reduction in maladaptive behaviours.

Our staff use non-aversive positive approaches and are trained in specialised intervention techniques and sensory integration strategies.

A combination of person-centred planning, measurement of progress and a full multi-disciplinary approach ensures the best outcomes for the people in our care.
Marion House, Midlands
5 Central Avenue, Borrowash, Derby, East Midlands, DE72 3JZ

Residential Services

Marion House is a specialist residential home providing outcome focused care for adults with autism, who may have behaviours that challenge and associated complex needs.

Marion House is a five bed home consisting of one bedroom on the ground floor, three bedrooms on the first floor and one studio apartment on the second floor. All bedrooms have en-suite bathrooms. There is a large garden and a separate therapy/activity annexe.

The home is situated in a leafy village close to local amenities. Derby City Centre is 4 miles away and Nottingham City Centre is 14 miles away. Marion House is easily accessible due to good road and rail links.

Ongoing assessment and high staffing levels, based on a minimum ratio of one staff member to two residents, means that we are able to meet the changing needs of each individual as they progress through their care pathway; while ensuring their safety is maintained and their independence supported. Regular review meetings involving the resident, their family and professionals are held to review outcomes, set new goals and re-assess support levels as people progress.

The management and staff team have comprehensive training, including all mandatory training and bespoke training specific to the needs of the residents. This includes CIS, safeguarding, food safety, first aid, specialist intervention techniques, mental health, mental capacity and record keeping.

Community links:
- Elvaston Castle Country Park
- Pride Park Stadium
- Intu Shopping Centre in Derby
- Nottingham Forest Football Club

Our facilities:
- En-suite bedrooms – individuals are encouraged to personalise their own room
- One studio apartment
- Spacious communal lounge and dining room
- Accessible kitchen
- Therapy / activity annexe
- Large garden
Nightingale, Dorset
46 & 48 Stourcliffe Avenue, Bournemouth, Dorset, Wessex, BH6 3PX

Residential Services

- 18+
- Mixed Gender
- 10 beds in 2 living units (6 + 4)

Nightingale is a specialist residential service for adults with autism and learning disabilities, who may have behaviours that challenge.

Based in Bournemouth with beautiful views of the sea, Nightingale consists of two detached properties that are connected by an entrance vestibule.

Just a two minute walk to the coast, the service is situated within a bustling community with plenty of local amenities to help promote integration and independence.

As part of our care pathway, Nightingale provides the environment and support to enable residents to develop their skills and confidence to achieve the things they want out of life. Each individual can gain skills through extended learning on a number of accredited platforms.

Interventions are matched according to each person’s needs and our life skills development programmes are overseen by our activity coordinators. The integrated MDT consists of occupational therapy, speech and language therapy, psychology and psychiatry. The team supports the development of daily living skills and reduction in maladaptive behaviours.

Our staff use non-aversive positive approaches and are trained in specialised intervention techniques and sensory integration strategies.

A combination of person-centred planning, measurement of progress and a full multi-disciplinary approach ensures the best outcomes for the people we support.

Our facilities:
- En-suite bedrooms – individuals are encouraged to personalise their own room
- Spacious communal areas
- Two communal lounges
- Multi-sensory room
- Recreational and arts facilities
- Garden with outdoor seating

Community links:
- Local high street shops
- Holton Lee Farm
- Harvester restaurant
- Farmer Palmers
- Durlston Country Park
- Monkey World
- Local beaches

Interventions are matched according to each person’s needs and our life skills development programmes are overseen by our activity coordinators. The integrated MDT consists of occupational therapy, speech and language therapy, psychology and psychiatry. The team supports the development of daily living skills and reduction in maladaptive behaviours.
No.12 High Street, Lincolnshire
12 High Street, Brant Broughton, Lincolnshire, East Midlands, LN5 0SL

Residential Services

18+  Mixed Gender  5 beds

No.12 High Street is a specialist residential service for adults with autism and learning disabilities, who may have behaviours that challenge. This service enables people to take a step closer to independent living within a safe and comfortable community setting.

Person-centred planning is at the heart of everything we do, based on individual needs. We understand that consistency and continuity of care is important for the people we care for.

The service has four en-suite bedrooms, as well as a one bedroom apartment. This apartment has an en-suite bedroom, a kitchenette, lounge and their own access to the communal garden. This apartment gives an individual the option to live independently in their own space, or to join in socially in the communal spaces within the house.

As part of our care pathway, our service enables residents to build upon their skills to achieve further independence, self-advocacy and confidence, leading to better quality of life. Individuals can gain skills through extended learning on a number of accredited platforms.

Interventions are matched according to individual needs and our life skills development programmes are overseen by our activity coordinators. The integrated MDT consists of occupational therapy, speech and language therapy, psychology and psychiatry. The team supports the development of daily living skills and reduction in maladaptive behaviours.

Our staff use non-aversive positive approaches and are trained in specialised intervention techniques and sensory integration strategies.

A combination of person-centred planning, measurement of progress and a full multi-disciplinary approach ensures the best outcomes for each individual.

Community links:
- Whitepost Farm
- Mansfield Museum and Art Gallery
- Newark Castle
- Grantham Mencap club
- Stapleford Wood
- Whisby Nature Park
- Countryside walks
- Village amenities

Our facilities:
- En-suite bedrooms – individuals are encouraged to personalise their own room
- One bedroom apartment
- Spacious communal lounge and dining room
- Multi-sensory room
- Accessible kitchen
- Recreational and arts facilities
- Garden with outdoor seating
Oakhurst Lodge is a specialist residential service for adults with autism and learning disabilities, who may have behaviours that challenge. We aim to provide a safe, comfortable and effective care environment for those in our care, promoting independence and community integration.

The home is located on the outskirts of the New Forest and in a community setting, between Southampton and Lyndhurst. Oakhurst Lodge is set in a large garden that has perimeter fencing and automatic gates, which provide a safe and secure environment.

Within the extensive grounds we have a number of different outdoor activities that individuals can participate in, including a BBQ, a basket swing and a lovely gazebo providing a comfortable seating area.

Person-centred planning is at the heart of everything we do, based on the specific needs of each individual.

As part of our care pathway, our service encourages individuals to achieve further independence, self-advocacy and confidence, leading to better quality of life. Residents can gain skills through extended learning on a number of accredited platforms.

Interventions are matched according to each person’s needs and our life skills development programmes are overseen by our activity coordinators. The integrated MDT consists of occupational therapy, speech and language therapy, psychology and psychiatry. The team supports the development of daily living skills and reduction in maladaptive behaviours.

Our staff use non-aversive positive approaches and are trained in specialised intervention techniques and sensory integration strategies.

A combination of person-centred planning, measurement of progress and a full multi-disciplinary approach ensures the best outcomes for each individual.

Our facilities:
- En-suite bedrooms – individuals are encouraged to personalise their own space
- Two bathrooms with Jacuzzi facilities
- Spacious communal areas
- Two lounges; one of which is a quiet reading lounge
- Multi-sensory room
- Recreational and arts facilities with interactive whiteboard and IT facilities
- Garden with outdoor seating under a gazebo

Community links:
- Local high street shops
- Holton Lee farm
- Harvester restaurant
- Monkey World
- Durlston Country Park
- Local beaches
- Moors Valley Country Park
- New Forest
Pines is a specialist residential service for adults with autism and learning disabilities, who may have behaviours that challenge. We aim to provide a safe, comfortable and effective care environment for those in our care, promoting independence and community integration.

Based just a 15 minute drive from the bustling town of Mansfield, the individuals we support have access to a large amount of community facilities and activities, including horse riding, swimming and visiting the library.

Person-centred planning is at the heart of everything we do, based on the specific needs of the individuals in our care. We understand the importance of consistency and continuity of care.

As part of our care pathway, our service enables residents to build upon their skills to achieve further independence, self-advocacy and confidence, leading to better quality of life. Residents can gain skills through extended learning on a number of accredited platforms.

Interventions are matched according to individual needs and our life skills development programmes are overseen by our activity coordinators. The integrated MDT consists of occupational therapy, speech and language therapy, psychology and psychiatry. This supports the development of daily living skills and reduction in maladaptive behaviours.

Our staff use non-aversive positive approaches and are trained in specialised intervention techniques and sensory integration strategies.

A combination of person-centred planning, measurement of progress and a full multi-disciplinary approach ensures the best outcomes for each individual.
The Squirrels is a specialist residential service for adults with autism and learning disabilities, who may have behaviours that challenge. We aim to provide a safe, comfortable and effective care environment for those in our care, promoting independence and community integration.

Person-centred planning is at the heart of everything we do, based on the specific needs of the individuals in our care. We understand that consistency and continuity of care is important for the people we support.

As part of our care pathway, our service enables residents to build upon earlier learnt skills to achieve further independence, self-advocacy and confidence, leading to better quality of life. Individuals can gain skills through extended learning on a number of accredited platforms.

Interventions are matched according to each residents’ needs and our life skills development programmes are overseen by our activity coordinators. The integrated MDT consists of occupational therapy, speech and language therapy, psychology and psychiatry. The team supports the development of daily living skills and reduction in maladaptive behaviours.

Our staff use non-aversive positive approaches and are trained in specialised intervention techniques and sensory integration strategies.

A combination of person-centred planning, measurement of progress and a full multi-disciplinary approach ensures the best outcomes for the individuals in our care.

**Our facilities:**
- En-suite bedrooms – individuals are encouraged to personalise their own room
- Spacious communal areas
- Lounge with interactive entertainment systems
- Adjoining learning house with IT facilities
- Multi-sensory room
- Recreational and arts facilities
- Garden with outdoor seating

**Community links:**
- Local high street shops
- Holton Lee farm
- Harvester restaurant
- Monkey World
- Durlston Country Park
- Local beaches
- Moors Valley Country Park
Morgan House, Staffordshire
86 Uttoxeter Road, Blythe Bridge, Stoke-on-Trent, West Midlands, ST11 9JG

Young Adults Transition Services

Morgan House is our new young adults transition service for people aged 17-25 with autism, learning disabilities and complex behavioural support needs. This service offers a transitional service with specialist care for those individuals who are on their care pathway from children’s to adult services.

Morgan House is a detached five bed property situated in the bustling residential area of Blythe Bridge, Stoke-on-Trent. We have good transport links with Blythe Bridge station being half a mile away and Stoke-on-Trent less than a ten minute drive.

Person-centred planning is at the heart of everything we do, based on the specific needs of the people we support. We understand that consistency and continuity of care is really important and will work with the young person, their family and other important individuals in their lives to ensure we can provide them with the very best support.

The transition from children’s to adult services is often very challenging for young people with a learning disability and/or autism, and their families; it combines a change of services and professionals at a time when they are also going through other changes in their life.

Our interventions are matched according to their needs to help them prepare for adulthood.

Our facilities:
- En-suite bedrooms – individuals are encouraged to personalise their room
- Communal kitchen, lounge and dining room
- Activity, recreational and art facilities
- Garden with outdoor seating

Community links:
- Blythe Bridge Library and community centre
- Local shops and restaurants
- Shopping Village and Woodland
- Hanley Park
- Cinemas
- Gold Club
Case Study & Outcomes

When we first met Andrew*
Andrew had a breakdown in his community placement and needed some extra care and support to return to the least restrictive environment. He has autism, severe learning disabilities, complex needs and behaviours that challenged.

When Andrew came to us
Arriving as an emergency admission at 11pm, Andrew’s medication was immediately reviewed to ensure his care was in line with STOMP (Stopping The Over Medication of People with a learning disability, autism or both). He initially was on 2:1 support both day and night.

Andrew’s care
Within a week of Andrew arriving, he had a number of assessments that allowed the team to make the necessary changes to his treatment and support. This included medication reviews, a review of Andrew’s physical health, a communication assessment and the development of an individualised meaningful activity timetable. The team was soon able to reduce his support to 1:1 observations.

Within four weeks of admission the team had completed further assessments, including a review of Andrew’s mental health and wellbeing, a sensory assessment to support his discharge to the community, a further physical review and a functional assessment of behaviour.

There was a continual review of Andrew’s medication throughout his time at Cygnet Wast Hills, which resulted in numerous changes to support him to be taking the least amount of medication necessary.

Today and the future for Andrew
Andrew was discharged from Cygnet Wast Hills after six weeks, returning to a placement within the community. The team was praised for “exceeding expectations” with their treatment, care and support. Andrew is again able to live more independently, taking fewer medications and supported by a team that now has a better understanding of his needs.

I am delighted and feel the team at Wast were amazing. We had hoped for a quick turnaround to support Andrew to return to the community and the team at Wast Hills exceeded expectations.

The Chair of Andrew’s CTR

*Name has been changed to protect his identity
Our specialist services by region

**Crisis Admissions**
- **Low Secure ASD & MH**
  - **Cygnet Hospital Harrow**
    - London Road, Harrow on the Hill, London, HA1 3JL
    - T: 0191 378 2747
  - **Broughton House**
    - Broughton, Lincolnshire, East Midlands, LN5 0SL
    - T: 01400 279299
  - **Broughton Lodge**
    - London Road, Oak Grove, Macclesfield, North West, SK11 0JG
    - T: 01625 468951
  - **Devon Lodge**
    - 23A Grange Road, Hedge End, Southampton, Hampshire, Wessex, SO30 2FL
    - T: 01489 772820
  - **Elston House**
    - Tap Street, Elston, Newark, Nottinghamshire, East Midlands, NG23 5NP
    - T: 01636 526067
  - **Marion House**
    - 5 Central Avenue, Borrowash, Derby, East Midlands, DE72 3JZ
    - T: 01332 321940
  - **Nightingale**
    - 46 & 48 Stourcliffe Avenue, Bournemouth, Dorset, Wessex, BH6 3PX
    - T: 01202 419537
  - **No. 12 High Street**
    - 12 High Street, Brant Broughton, Lincolnshire, East Midlands, LN5 0SL
    - T: 01400 279292
  - **Oakhurst Lodge**
    - 203 Park Hall Road, Mansfield Woodhouse, Nottinghamshire, East Midlands, NG19 8QX
    - T: 01623 633152
  - **The Squirrels**
    - Manor Road, Chilsworth, Amberwood, Nottinghamshire, East Midlands, NG19 8QX
    - T: 023 8235 1805
  - **Thornfield Grange**
    - 60 Etherley Lane, Bishop Auckland, County Durham, North East, DL14 7QZ
    - T: 01388 602 920

**Highly Specialised Autism Spectrum Disorder**
- **Cygnet Cedar Vale**
  - 93 Kneeton Road, East Bridgford, Nottinghamshire, East Midlands, NG13 8PJ
  - T: 01949 829 378
- **Cygnet Hospital Colchester**
  - Boxted Road, Mile End, Colchester, Essex, East, CO4 8HN
  - T: 01206 848000
- **Cygnet Hospital Harrow**
  - London Road, Harrow on the Hill, London, HA1 3JL
  - T: 020 8966 7000
- **Cygnet Newbus Grange**
  - Hurworth Road, Neasham, Darlington, County Durham, North East, DL1 1HE
  - T: 01325 721951
- **Cygnet West Hills**
  - Watt Hills Lane, Kings Norton, Birmingham, West Midlands, B38 9ET
  - T: 0121 458 2263
- **Thornfield Grange**
  - 60 Etherley Lane, Bishop Auckland, County Durham, North East, DL14 7QZ
  - T: 01388 602 920

**Residential Services**
- **Amberwood Lodge**
  - 8 St Osmund’s Road, Parkstone, Poole, Dorset, Wessex, BH14 9JN
  - T: 01202 007339
- **Beeches**
  - Retford Road, South Leverton, Retford, Nottinghamshire, East Midlands, DN22 0BY
  - T: 01427 807630
- **Cygnet Wast Hills**
  - Wast Hills Lane, Kings Norton, Birmingham, West Midlands, B38 9ET
  - T: 0121 458 2263
- **Thornfield Grange**
  - 60 Etherley Lane, Bishop Auckland, County Durham, North East, DL14 7QZ
  - T: 01388 602 920

**Young Adults Transition Services**
- **Morgan House**
  - 86 Uttoxeter Road, Blythe Bridge, Stoke-on-Trent, West Midlands, ST11 9JG
  - T: Coming soon
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