

# Mental Health Rehabilitation and Recovery Service for Women

## Cygnet Lodge Salford, Manchester



Female



18+



24 beds

**Cygnet Lodge Salford is our new 24 bed high dependency inpatient rehabilitation service for women. The service supports individuals with a primary diagnosis of mental illness, but they may also have a complex secondary diagnosis, including a personality disorder.**

Women often come to us following multiple placement breakdowns, failed treatment programmes or they may be stepping down from secure settings. The service has been designed with wellness in mind, providing a safe and comfortable environment that promotes efficient rehabilitation and recovery. Our aim is to understand, stabilise and break the traumatic cycles of relapse that can impact individual's 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.

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.

Cygnet Lodge Salford is situated on a quiet residential street in Salford within walking distance to local shops and amenities including restaurants, libraries, colleges and various places of worship. Just a 20 minute drive from the service is the popular Trafford Centre which is a large indoor shopping centre and leisure complex in Greater Manchester.

In addition to the 19 en-suite bedrooms, the service also features a number of bespoke apartments,

allowing women to reside together in a small group or independently. This allows for the individuals to safely test out their independent living skills prior to re-integration into the community. The service also includes a number of living spaces, a quiet lounge and a therapy kitchen that is attached to a large open plan dining room.

### Our service user profile:

- > Women aged 18+
- > Detained under the Mental Health Act (1983) or informal
- > Primary diagnosis of mental illness with:
  - Complex comorbidities
  - Substance, drug and alcohol abuse
  - Treatment resistance
  - Behaviours that challenge
- > May have a secondary diagnosis of mild learning disability, autism spectrum disorder or personality disorder
- > Aiming for a return to community or community-based care
- > History of abuse and trauma
- > Typical diagnoses: schizophrenia, schizoaffective disorder, bipolar affective disorder or depression
- > May have a forensic history and / or be stepping down from secure services
- > May have a history of repeated acute admissions

## Our facilities:

- En-suite bedrooms
- Bespoke apartments for single and multiple occupancy
- Therapy kitchen
- Dining room
- A variety of living spaces to choose from
- Beauty salon
- Large enclosed gardens
- Sensory room
- Assisted bathroom
- On-site laundry facilities

## Our community links:

- Local shops
- Restaurants
- Libraries
- Trafford Centre
- Cinema

## Our multi-disciplinary team:

- Psychiatrist
- Psychologist
- Occupational therapist
- Speech and language therapist
- Clinical hospital manager
- Nurses
- Support workers
- GP cover from local practice



For more information or to make a referral please call **0808 164 4450** or email **chcl.referrals@nhs.net**

## Our referral process:

- 1 Referral made to Cygnet referrals team via **0808 164 4450** / **chcl.referrals@nhs.net**
- 2 Assessment arranged and undertaken via our management team within 5 working days
- 3 Feedback provided on whether our service can meet the service user's needs within 5 working days
- 4 Assessment pack formulated including care plans and funding information within 5 working days
- 5 Admission agreed and plans for transition arranged with referring team following confirmation of acceptance of placement

**Cygnet Lodge Salford,  
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