

High dependency inpatient rehabilitation service for women

Cygnet Lodge Kenton, London

Good

Beds available
Now taking referrals



Cygnet Lodge Kenton, in North-West London, is a female high dependency inpatient rehabilitation service that provides a care pathway for service users who are preparing to step down and help bridge the gap between hospital stays and community living. Our service provides a high level of support and uses a recovery focused model.

Cygnet Lodge Kenton provides treatment for up to 15 women experiencing complex mental illness, personality disorder and mild learning disability. The service helps them to re-establish and develop the skills they need to progress over a period of 12-18 months. We accept referrals from low secure services, acute wards, PICU and other mental health rehabilitation services.



Female



18+ years



15 beds

Our service user profile:

- > Women aged 18+ years
- > 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
- > 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 multi-disciplinary team:

- > Consultant Psychiatrist
- > Specialty Ward Doctor
- > Psychologist
- > Assistant Psychologist
- > Registered Mental Health Nurses
- > Healthcare Support Workers
- > Occupational Therapists
- > Occupational Therapy Assistants
- > Drama/Music Therapist
- > Pet Therapist

Our service at a glance



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 individuals 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.

Our service provides a high level of individualised care to service users; including a multi-disciplinary team (MDT) assessment, care plan formulation and management, followed by pharmacological, therapeutic interventions (psychology and occupational therapy) to enable them to integrate safely into the community. All treatment plans and interventions are in accordance with NICE guidelines and evidence-based practice. The service also offers sessional therapists for Cognitive Behavioural Therapy, drama and music therapy and yoga.

Our facilities:

- > En-suite bedrooms
- > Therapy kitchen
- > Variety of activity rooms
- > Dining room
- > Living room
- > Enclosed garden with seating and BBQ

★ ★ ★ ★ ★
 Rated 'Good' by the CQC



Activities of daily living (ADL)
 kitchen to support skills development



Truly holistic approach
 to assessing, planning and delivering care and treatment



Provide individual and group based therapies to ensure we meet each individual's needs



Supporting individuals to access both paid and voluntary work



People's council meetings held monthly to discuss issues they may have with the service



We empower the women we support to enable them to learn and practice skills, so that they are able to successfully manage their illness in the community



Links with Recovery College and other community facilities for ongoing support for our service users



We encourage family contact
 Carers and families are actively encouraged to be involved with the care of their loved one



Service user surveys and reviews

100% of individuals say they have confidence and trust in the nursing staff




100% of individuals feel the care and treatment they are receiving is helping them progress towards discharge



93% of individuals are involved as much as they want to be in decisions about their care and treatment



94% of individuals agree that they are given choices and are involved in choosing the types of therapies and groups provided



100% of individuals feel that the ward staff are caring and supportive



“ I had a hard journey, but I have improved so much. I am grateful - Service user ”

100% of individuals rate the care they receive at Cygnet Lodge Kenton as good or excellent



“ Recovery has been difficult, but good - Service user ”



i 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
- 3 Feedback provided on whether our service can meet the individual'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

Where are we?

Cygnet Lodge Kenton
 74 Kenton Road, Kenton,
 London HA3 8AE

Phone number
020 8907 0770

