

Highly Specialised Autism Spectrum Disorder Service for Men

Cygnet West Hills, Birmingham

Beds
available
now taking
referrals



Located in Kings Norton, Birmingham, Cygnet West Hills provides assessment and treatment for individuals 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 wards providing different levels of support depending on the individual, The House, The Annexe and The Lodge.



Male



18+ years



25 beds in 3 wards

Our service user profile:

- > Men aged 18+ years
- > Diagnosis or strong clinical opinion of learning disability and autism spectrum disorder
- > Individuals will have additional complex needs including co-morbid mental illness, behaviours that challenge, epilepsy, ADHD, personality disorder, significant impairment in social and adaptive functioning
- > Individuals may be informal or may be detained under the Mental Health Act /Deprivation of Liberty safeguards

The service at a glance

Cygnet West Hills is a large period property, set in an impressive 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.

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 individuals 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 West Hills there are many good sized living areas for service users to choose from. Other facilities include two on site sensory rooms and two activity rooms.

In addition there are life skills kitchens where individuals are supported to make their own drinks and prepare food. Service users also have access to extensive outside space.





Focussed on **reducing restrictive practice**



Accessible /easy read communication environment

Individuals are supported to gain **independence** in their daily living skills



Recent restructure and upgrade of the environment




Independent advocate attends the service weekly

Staff training:



Staff induction programme implemented with all staff completing their training before working at the service

Person-centred meal planning, including regular sensory food tasting sessions




6 acres of gardens including a sensory garden and a wildlife garden




Bespoke staff training packages tailored to the service and delivered on-site by the clinical team

On-Site Multi-Disciplinary Team consisting of Nurses, Occupational Therapy, Speech and Language Therapy, Psychologists and Doctors



Our in-house activities & facilities:

- > Cooking sessions
- > Gardening
- > Sensory garden
- > Pet therapy
- > Music therapy
- > Arts and crafts
- > Movie nights
- > Allotment
- > Disco night
- > Sensory rooms
- > Themed activity months
- > Garden games
- > Reading corner
- > Wildlife garden
- > Laundry room



Our community links:

- > Cinema
- > Swimming pool
- > Shopping
- > Bowling alley
- > Gyms
- > Ice skating
- > Football Club
- > Cadbury World
- > Local farms
- > Ackers Adventure
- > Sea Life Centre
- > Go-Karting
- > Botanical Gardens
- > Mini Golf
- > West Midlands Safari Park
- > Museums
- > Zoo
- > Horse riding
- > Llama walking
- > Palace Theatre
- > SnowDome
- > Inflatable Centre
- > Fishing
- > Theme parks
- > Lickey Hills Country Park
- > Adult soft play
- > Trampoline parks
- > Mencap Community Hub
- > Akamba African Heritage Garden Centre
- > Birmingham Wildlife Conservation Park
- > Hydropool
- > Aromatherapy

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 West Hills
 West Hills Lane, Kings Norton
 Birmingham, West Midlands B38 9ET
Phone number
 0121 458 2263

