

Improving lives together

# High Support Inpatient Rehabilitation (Level 2) Service for Men

Cygnets Lodge Lewisham,  
London

Good



Now taking  
referrals

Cygnets Lodge Lewisham is situated in a quiet residential area overlooking the beautiful Lewisham Park. We support 17 men in a homely, open and community facing environment. Our focus is on pre-discharge planning for individuals who may have been in hospital for an extended period of time or are preparing for community life but need further support to move to more independent living. We are able to support individuals who have a range of mental health difficulties.



Male



17 beds



18+ years

## Our service user profile:

- > Detained under the Mental Health Act (1983)
- > Primary diagnosis of mental illness with:
  - Complex comorbidities
  - Substance, drug and alcohol abuse
  - Treatment resistant and 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 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 service at a glance

At Cygnets Lodge Lewisham we work on re-enabling individuals who may be either on a civil or a forensic section of the mental health act, to prepare them for independent living and community life. We support individuals who have a range of complex mental health difficulties with comorbidities like physical health problems, personality disorders, substance misuse and mild learning disabilities.

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 service is in close proximity to essential amenities which help in rehabilitation like access to Lewisham high street, sport and leisure centres, libraries, good transport links to central London and other areas. There are excellent opportunities for further education and vocational training, both onsite and with links with the local community colleges.

## Our multi-disciplinary team:

- > Hospital Manager / New Ward Manager
- > Medical Director
- > Clinical Manager
- > Responsible Clinician
- > Clinical Team Leader
- > Forensic Psychologist
- > Art Psychotherapist
- > Social Worker
- > Assistant Psychologists
- > Occupational Therapist
- > Occupational Therapy Technician
- > Registered Nurses (RMN)
- > Independent Mental Health Advocate
- > Support Workers
- > Medical Secretary
- > Ward Clerk



Rated 'Good' with the CQC

Weekly community meeting

attended by the MDT - Providing a reflective and listening space for staff and service users

Monthly reflective practice

Supporting service users to access local job opportunities, both volunteering and paid

The team provides person centred care and communicates with all stakeholders involved with patient as often as is necessary.

There is a clear evidence of duty of candour and incidents are reported timely and accurately and investigation reports are duly shared.

CPAs are held and monthly updates are given appropriately.

Queries are responded to in a timely manner and there is a multi-disciplinary approach to patient care.

NHS professional

Daily planning

meetings held to support individuals to plan their day

People's council meeting

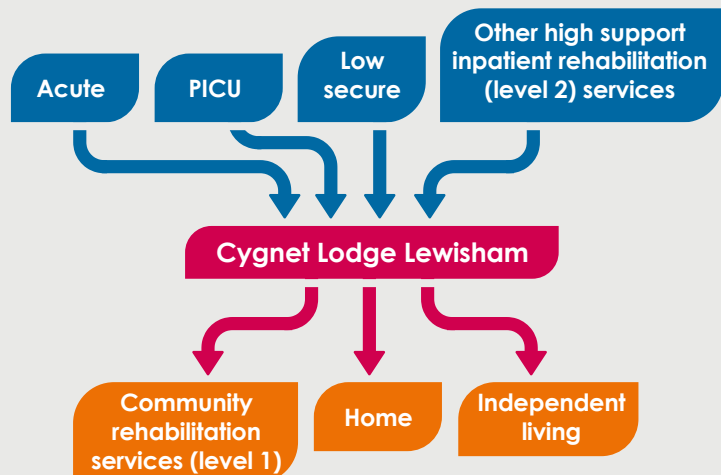
held monthly

A drug and alcohol service

that links in with community services to maintain continuity on discharge

## Care pathway / referral route

The rehabilitation pathway is identified and agreed on admission with service user involvement, wherever possible. This is to provide ample opportunity for the individuals in our care to develop life skills as a prelude to their goal of independent or supported living in the community.



The staff respect the patient and support us to recover and enable us to get discharged  
- Service user

I feel safe and the staff are supportive  
- Service user

## Where are we?

**Cygnet Lodge Lewisham**  
44 Lewisham Park, Lewisham, London, SE13 6QZ

**Phone number**  
020 8314 5123



CYG-545 | Date of Preparation: 28/02/24

For more information or to make a referral please call 0808 164 4450 or email [chcl.referrals@nhs.net](mailto:chcl.referrals@nhs.net)

### Our referral process:

- 1 Referral made to Cygnet referrals team via 0808 164 4450/[chcl.referrals@nhs.net](mailto: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

Please visit [cygnetgroup.com](https://cygnetgroup.com) for more info | Follow us on social media:

Integrity

Trust

Empower

Respect

Care