

Improving lives together

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

**Cygnnet Lodge Kenton, London**

Beds  
available  
Now taking  
referrals



Cygnnet Lodge Kenton, in North-West London, is a female high support inpatient rehabilitation (level 2) 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.

Cygnnet Lodge Kenton provides treatment for up to 15 women experiencing complex mental illness. We help 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.



Cygnnet 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.



Female



18+ years



15 beds

## Our service user profile:

- > 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 service at a glance

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 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.



Scan the QR code or click here  
to view a video of  
Cygnnet Lodge Kenton

## 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

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



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



**The occupational therapist (OT)**  
assesses, implements and  
develops individualised  
OT treatment programmes  
according to their diagnosis  
and identified 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



**Our psychology team**  
provide sessions with a  
focus on adapted CBT and  
informed DBT among other  
therapies to ensure we meet  
each individual's needs



**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



I enjoy staying  
at the hospital,  
they are caring  
and nice  
- Service user

This place is the best  
hospital I have been  
in. The staff are all  
caring and they  
work hard.  
- Service user

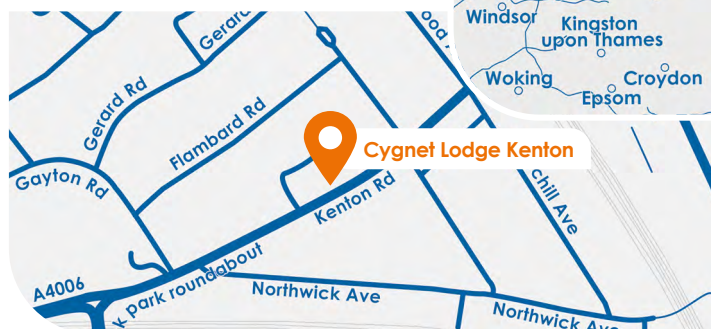


I feel the care has been superb and I am  
fulfilling all of my wants, needs and goals  
during my stay here  
- Service user

## Where are we?

**Cygnets Lodge Kenton**  
74 Kenton Road, Kenton,  
London HA3 8AE

**Phone number**  
020 8907 0770



CYG-814 | 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 Cygnets 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 [cygnetsgroup.com](http://cygnetsgroup.com) for more info | Follow us on social media:

Integrity

Trust

Empower

Respect

Care