

Improving lives together

Highly specialised mental health and autism service for men

Springs Service
Cygnet Hospital Harrow, London



Beds available
Now taking referrals

Springs Service at Cygnet Hospital Harrow is a highly specialised provision for men with mental health needs and autism. Our person-centred, positive behavioural support focus seeks to reduce behaviours that challenge and treat mental health symptoms. We develop independent living skills and social integration. The aim of the service is to support individuals by giving them the tools that they need to be discharged into the community.



Male



18+ years



24 beds

Our service user profile:

- > Men, aged 18+ years
- > Primary diagnosis of mental illness with complex needs
- > Secondary diagnosis of high functioning Asperger's syndrome or autism
- > Typical diagnoses include:
 - Schizophrenia
 - Schizo-affective disorder
 - Psychosis
 - Personality disorder
 - Bipolar affective disorder
 - Post-traumatic stress disorder
 - Depression
- > May be detained under the Mental Health Act (1983); sections 3, 37, 37/41 or informal
- > May present with forensic history
- > May include a history of substance misuse
- > May present with behaviours that challenge



Our service at a glance

At Springs Service, we provide a care pathway to support individuals to move on to supported living, a community placement, or return to their home. We have distinct living areas to allow each person to receive the level of support they need to prepare for the next step along their journey.

Our team are highly experienced, with all staff members trained in understanding autism, mental health conditions, and in creating a supportive environment for everyone.

The multi-disciplinary team (MDT) work together with individuals to provide a holistic, person-centred, comprehensive assessment and care plan. The MDT ensures everyone's needs are met in a way that helps achieve stability and discharge to the least restrictive setting.

The service is located on Harrow on the Hill in 6 acres of private land with nearby parks, shops, leisure centres and excellent road and rail links.



100% of individuals discharged to a similar or less restrictive environment.

(Data from Nov 22 - Nov 23)

Maths and English tutor supports individuals to complete qualifications in the service



On-site full-time fitness instructor



Access to further education at Harrow College



Involving family and carers as much as possible (where appropriate)



Links with the local community including:

- > Wiseworks - a pre-vocational day service providing tailored programmes to help individuals overcome their barriers to moving on into work (paid or voluntary) or further education
- > Reliant care - pre-vocational and personalised courses for everyone



Tuck shop ran by service users, enabling skill such as social inclusion, budgeting and finances



Focused on reducing restrictive practice



People's Council meetings held monthly, facilitated by expert by experience



Supporting men to return to more **independent, community living.**



Our multi-disciplinary team:

- > Hospital Manager
- > Ward Manager
- > Consultant
- > Ward Specialty Doctor
- > Nurses (RNLD & RMN)
- > Healthcare Support Workers
- > Occupational Therapy
- > Psychology
- > Speech and Language Therapy
- > Personal Trainer
- > Dietician

Our facilities:

- > Calm, relaxing and secure environments
- > Spacious communal areas
- > En-suite bedrooms
- > Gardens with seating
- > Rehabilitation kitchen
- > IT café
- > Gym

"Thank you VERY VERY VERY VERY MUCH! Thank you for looking after me in my time at the hospital. I am sorry that you had to see me at my lowest but thank you for your continued encouragement and support."

Former Service User

"The staff are open-minded, supportive and compassionate."

External Health Professional

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 Hospital Harrow
London Road, Harrow on the Hill,
London HA1 3JL

Phone number
020 8966 7000



CYG-1049 | Date of Preparation: 15/11/23

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

Integrity

Trust

Empower

Respect

Care