Improving lives together

Low Secure Mental Health Service for Women

Spencer Ward, Cygnet Hospital Sheffield Yorkshire & Humber

Accepting Referrals

Spencer Ward at Cygnet Hospital Sheffield is an inpatient service providing assessment and treatment for women with mental health needs in a low secure environment. Treatment is individualised and holistic, focusing on unique goals and needs rather than a diagnosis.

On Spencer Ward, The women we support are at the heart of everything we do. We believe that every individual has the potential for recovery, personal growth and an improved quality of life.

Our service is underpinned by the following guiding principles:

- Empowerment
- Involvement
- Service user centred care
- Evidence based practice
- Team work

Cygnet Hospital Sheffield is located close to Sheffield city centre, and a wealth of community and transport facilities.

> **"The support has been amazing from the staff"**
> **- Service User**

Female | **18+ years** | **15 beds**

Our service user profile:

- Women, aged 18+ years
- Detained under the Mental Health Act, including those under Ministry of Justice restrictions
- Requiring assessment and treatment in a secure environment
- Presenting active or potential risk to others
- Have a diagnosis of:
  - Severe and enduring mental health problems
  - Psychotic disorder
  - Schizoaffective disorder
  - Schizophrenia
  - Personality disorder
- May be exhibiting challenging behaviour
- May have dual diagnosis with substance misuse

Therapy Programme

We offer a range of therapies, specifically tailored to the individual's needs and preferences. Therapies are offered on both an individual or group format with the aim to support the women to feel safe, make sense of their difficulties, and engage in more safe and prosocial behaviours in response to feelings of distress.

Our team of forensic and assistant psychologists offer a variety of therapeutic interventions and personalised packages of therapy to our service users.

The team provide a range of therapies delivered in group and individual settings, including:

- Dialectical Behaviour Therapy (DBT)
- Compassion Focused Therapy (CFT)
- Schema Therapy
- Trauma Therapy tailored to individuals own needs
- Substance misuse and offending behaviour interventions
- Music therapy

Our model of care is based on a collaborative approach considering the voices of the people we support, their families/carers and wider support network.

Phase One
Understanding me
Pre-Admission & Admission

Getting to know my team and support group

Phase Two
My Skills
Assessment

Understanding my needs and support required for a safe future

Phase Three
My Independence
Treatment

Building trust, actively engaging in treatment and re-learning new skills

Phase Four
Preparing to move on
Transition & Discharge

Consolidating skills and moving on to a safe, purposeful and meaningful future

Occupational Therapist trained in sleep hygiene

Rated GOOD in all domains by the CQC

Service users can take part in community activities and day trips which include: bowling, mini golf and visits to local parks, trips to Raves Park to visit the llama enclosure. Most activities take place twice a week

Education access at Sheffield City College

Fully equipped gym

In the last 12 months 80% of the women discharged have moved to a similar or less restrictive service.

based on data from 01.06.25 - 30.06.26

Certified triangle of care member

TRIANGLE OF CARE

Occupational Therapy has helped service users to obtain volunteer jobs in the community and have links with local boarding kennels

Multidisciplinary (MDT) team consisting of:

- Ward Doctor
- Forensic Psychologist
- Assistant Psychologist
- Occupational Therapist
- OT Assistant
- Responsible Clinician
- Ward Manager
- Social worker and Social worker assistant
- Activity Coordinator

Facilities including:

- En-suite bedrooms
- Large communal lounge
- Separate dining area
- ADL kitchen
- Activities room
- Quiet room / library
- De-stimulus room
- Dedicated child and family visiting area available
- Movie room, with a wii
- Garden area

Make a referral

1. Referral made to your regional Business Relationship Manager or 0808 164 4450 / chcl.referrals@nhs.net
2. Assessment arranged and undertaken via our assessment 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 Sheffield
83 East Bank Road, Sheffield, South Yorkshire, Yorkshire and Humber S2 3PX

Phone number
0114 279 3350

CYG-1113 | Date of Preparation: 11/08/26