

Improving lives together

Low Secure Mental Health Service for Men

Upper East
Cygnnet Bury Hudson North West

Accepting
Referrals

Upper East is a low secure service for men with mental illness which supports those experiencing complex mental illness and / or those with a diagnosis of personality disorder.

The service accepts direct admissions from the community, rehabilitation or acute services and from prison, however many people step down through the internal care pathway from the medium secure services offered at Cygnnet Bury Hudson.

Across all of our medium and low secure services, individuals are supported by a dedicated multi-disciplinary team (MDT) who work with people to assess their needs and create a discharge pathway to the community.

Treatment is based on the principles of recovery including psychological therapies, occupational therapy, social therapy, physical healthcare and medication. Risk assessment tools are used and a clinical formulation is developed to inform the management plans for each patient.



Male



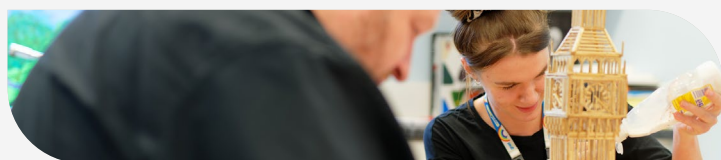
18+ years



13 beds

Our service user profile:

- > Men, aged 18+ years
- > Primary diagnosis of mental illness
- > Detained under the Mental Health Act, including Ministry of Justice restrictions
- > Requiring assessment and treatment in a secure environment
- > May have a history of trauma



Our Model of Care

Introducing Me

This phase is about the referral and assessment this helps the team make sure you are in the right place for your needs.

Understanding Me

This phase focuses on getting to know you, we will introduce you to the team of people here to help you.

Building My Skills

We will look at what you need to be safe and well. You will work with members of your team to find out your skills and assess any risks.

Building My Independence

You will start building trust with other people. You will be involved in activities and learning skills suited to you.

Preparing to Move On

You will be putting your skills to practice. We will meet with you, your family and carers to discuss moving on to a safe and meaningful life.

Therapy and Activity Programmes

Programmes are tailored to individual needs and our MDT work with service users to identify treatment options. Our full range of programmes includes:

- > Dialectical Behaviour Therapy (DBT)
- > ASSIST (PD intervention)
- > Eye Movement Desensitization and Reprocessing (EMDR)
- > Fire setting
- > Life Minus Violence

- > Cognitive Behavioural Therapy (CBT) for psychosis
- > Schema Therapy
- > Sex Offender Treatment Programme (SOTP)
- > Substance misuse

Service users are also supported by our psychology and occupational therapy departments in anger management, social skills development, daily living skills, healthy living, IT skills training, education and vocational development.



New social
hub click
to view



FORENSIC
QUALITY NETWORK
FOR FORENSIC
MENTAL HEALTH SERVICES

Positive quality review
from the RCPsych's Quality
Network for Forensic Mental
Health Services

Supporting service users to
volunteer for local charities



On-site
recording studio



Encouraging individuals to
pursue their interests and goals



Regular inter-ward social
events and parties



Our facilities:

- > State of the art Recovery College including media suite
- > Sensory equipment
- > Occupational therapy kitchen
- > Therapy garden
- > Gym
- > Woodland walkways down to Elton Reservoir

Our community links:

- > Bury and Rochdale colleges
- > Bleakholt dog sanctuary – dog walking work placements
- > Local Deaf clubs in Bury, Bolton and Manchester
- > Canal and River Trust
- > Leisure facilities including swimming and gym

"Staff at Cygnet are great. They are kind, caring and promoting. I feel cared for and valued here. The staff give me hope and strength to keep moving forward."
- Service user

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 Bury Hudson
off Buller St, Bolton Rd, Bury, North
West BL8 2BS
Phone number
0161 762 7200



CYG-1100 | Date of Preparation: 16/09/26

Please visit cygnetgroup.com for more info | Follow us on social media: [f](#) [i](#) [in](#) [d](#)

Integrity

Trust

Empower

Respect

Care