

Improving lives together



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

**Cygnnet Delfryn House, Flintshire**

Now taking referrals

Cygnnet Delfryn House is our high support inpatient rehabilitation (level 2) service for men who have severe and enduring mental illness and who may have been detained under the Mental Health Act. Men placed with us often come from multiple placement breakdowns, failed treatment programmes or are stepping down from secure settings.

By combining a collaborative, multi-disciplinary approach, we deliver high-quality care using our unique 4 stage model of care for our mental health high support inpatient rehabilitation (level 2) services.



Male



18+ years



28 beds



Part of the Welsh Framework

## 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 may 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

Set amid the rolling hills of Flintshire, Cygnnet Delfryn House benefits from not only being part of the beautiful Welsh countryside, but also being a short drive away from a lovely community with an extensive array of local amenities including, leisure centres, shops, restaurants and cafes.

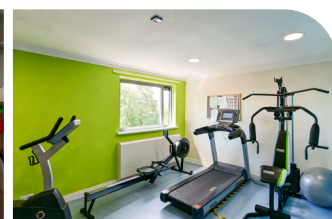
Within the service, all bedrooms have en-suite facilities, some of which are situated on the ground floor to support those who may have mobility issues. We have dedicated therapy space, a gym, a barbers as well as spacious indoor and outdoor communal areas, including a secure courtyard for individuals to have access to a safe outside area.

The service provides a safe and comfortable environment that promotes efficient rehabilitation and recovery. We are dedicated to understand, stabilise and break the traumatic cycles of relapse that can impact service users' lives.

Support is provided to help individuals prepare for independent living, employment and other vocational activities, with a strong focus on financial management and budgeting skills.

The men are supported to create CVs, apply for jobs, practice for and attend interviews as well as develop other skills necessary. We also offer a range of internal therapeutic earning positions where service users have the opportunity to apply for, be interviewed for and take on the responsibility of a suitable job. The men receive training by a staff member that is skilled in the particular job.

We offer more than just specialists and treatments, we value the service users as individuals, help enhance their interests and abilities, encourage them to share their views and help them unlock their talents and aspirations.



Part of the  
Welsh Framework  
for which we have a Quality  
Assurance Rating Certificate of 3Q's



Weekly  
Mindfulness for  
staff and patients

Physical health is a  
high priority providing a  
seamless service between us  
and primary care services

24 hour nursing team with  
least restrictive  
practice leads



People's  
Council  
meeting

Strong external  
links with  
Cyfle Cymru  
providing:



- > Mentorship
- > Qualifications and training
- > Real life work experience
- > Help to search and apply for jobs

Carers  
and family  
monthly  
meeting



Positive Healthcare  
Inspectorate Wales  
(HIW) report



Opportunity to  
develop and  
explore meaningful  
goals and occupations



On-site  
Expert by  
Experience



Engaging in the  
principles of  
Safewards



Onsite gym  
weekly visits from  
a personal trainer  
providing 1-1 support



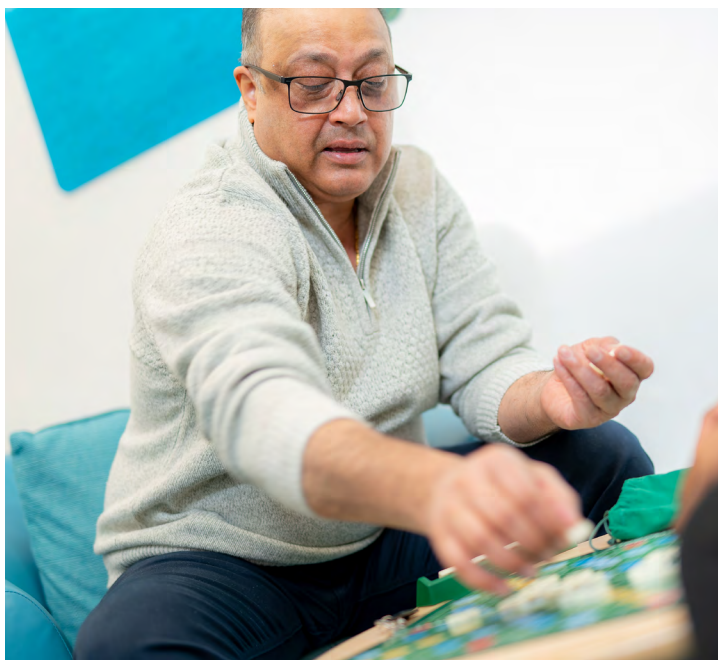
On-site experienced Multi-disciplinary  
team (MDT) providing treatment,  
therapy and support



Weekly  
pet  
therapy



Weekly reflective  
group meetings  
for staff



"Since my stay at Delfryn, all staff including my named  
nurse have been helpful and supportive" Service user

### Our community links:

- > Learndirect & Deeside College
- > Flintshire Local Volunteer Centre
- > Local places of worship
- > Sport facilities at Northop College
- > Cyfle Cymru
- > Photography and walking groups
- > Local beaches
- > Local market

### Our facilities:

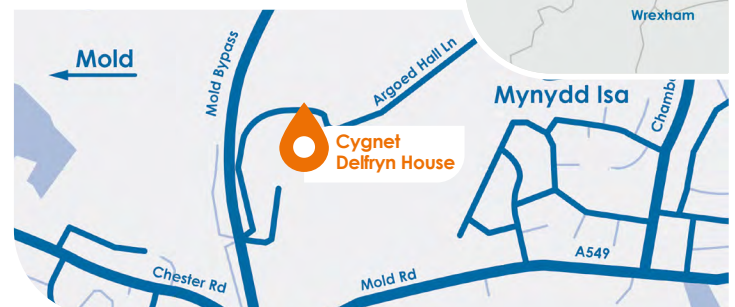
- > En-suite bedrooms
- > Learning centre with library and computers
- > Multi-faith room
- > Barbers
- > Gym
- > Activities room
- > Therapy kitchen
- > Laundry room
- > Secure outdoor courtyard
- > Spacious communal garden with seating



## Where are we?

Cygnnet Delfryn House  
Argoed Hall Land, Mold,  
Flintshire, Wales  
CH7 6FQ

Phone number  
01352 707220



CYG-1057 | Date of Preparation: 23/02/24



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 Cygnnet 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 [cygnnetgroup.com](http://cygnnetgroup.com) for more info | Follow us on social media:

Integrity

Trust

Empower

Respect

Care