

Now taking
referrals



Cygnet Aspen House is a 20 bed specialist high support inpatient rehabilitation (Level 2) service for women who have severe and enduring mental illness.

The service provides a safe and comfortable environment that promotes recovery for women with its focus on space, personal privacy and dignity.



Female



18+ years



20 beds

Our service user profile:

- > Women aged 18+ years
- > 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
- > May have a history of trauma
- > 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

Access to the local community is an essential step along the rehabilitation pathway. Located in a residential part of Mexborough, Cygnet Aspen House has excellent shopping facilities available closeby, where independence skills are practised. Nearby is a leisure centre for swimming and sports activity and we use the local colleges for literacy and numeracy education and NVQ courses. External activities are tailored to individual needs and wishes.

Within the service, all bedrooms have en-suite facilities, and we have dedicated therapy spaces, a gym, beauty salon and a large comfortable lounge. Externally we have a spacious communal garden with outdoor seating and a polytunnel for growing plants and vegetables.

Our dedicated clinical teams provide a multi-disciplinary input including occupational therapy, psychology, psychiatry and vocational training. Person-centred care plans are devised and determined on individual need.

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



★★★★★
Rated **Good** in
all domains by
the CQC



"We have
seen a
massive
change in our
daughter over
the past few
months in a
positive way"
**Family
member**

Wide range of
activities chosen by
service users



Activities of
daily living
(ADL) kitchen



Onsite
gym



"Fantastic staff,
very nice clean
building, my
daughter is
really happy at
Aspen House,
better than
expected"
Parent

**We encourage
the women we
support** to set
their own goals



On average, the
women we support
stay with us for
8 months*



*based on discharges between jul 24-Aug 25

**Regular community
and People's
Council meetings**



Our facilities:

- > En-suite bedrooms
- > Beauty salon
- > Self-modulation room
- > Therapy kitchen
- > Horticulture polytunnel
- > Spacious communal garden with outdoor seating
- > Gym

Our community links:

- > Good transport links to local town centres
- > Doncaster College /Adult and Family Community Learning
- > Leisure centre
- > Art galleries and museums
- > Local shops, cafes and restaurants

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?

Cygnat Aspen House
Manvers Road, Mexborough,
Doncaster, South Yorkshire S64 9EX
Phone number
01709 598000



CYG-1130 | Date of Preparation: 03/09/25

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Integrity

Trust

Empower

Respect

Care