

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
 - Treatment resistance
 - Substance, drug and alcohol abuse
 - 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.



★ ★ ★ ★ ★
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

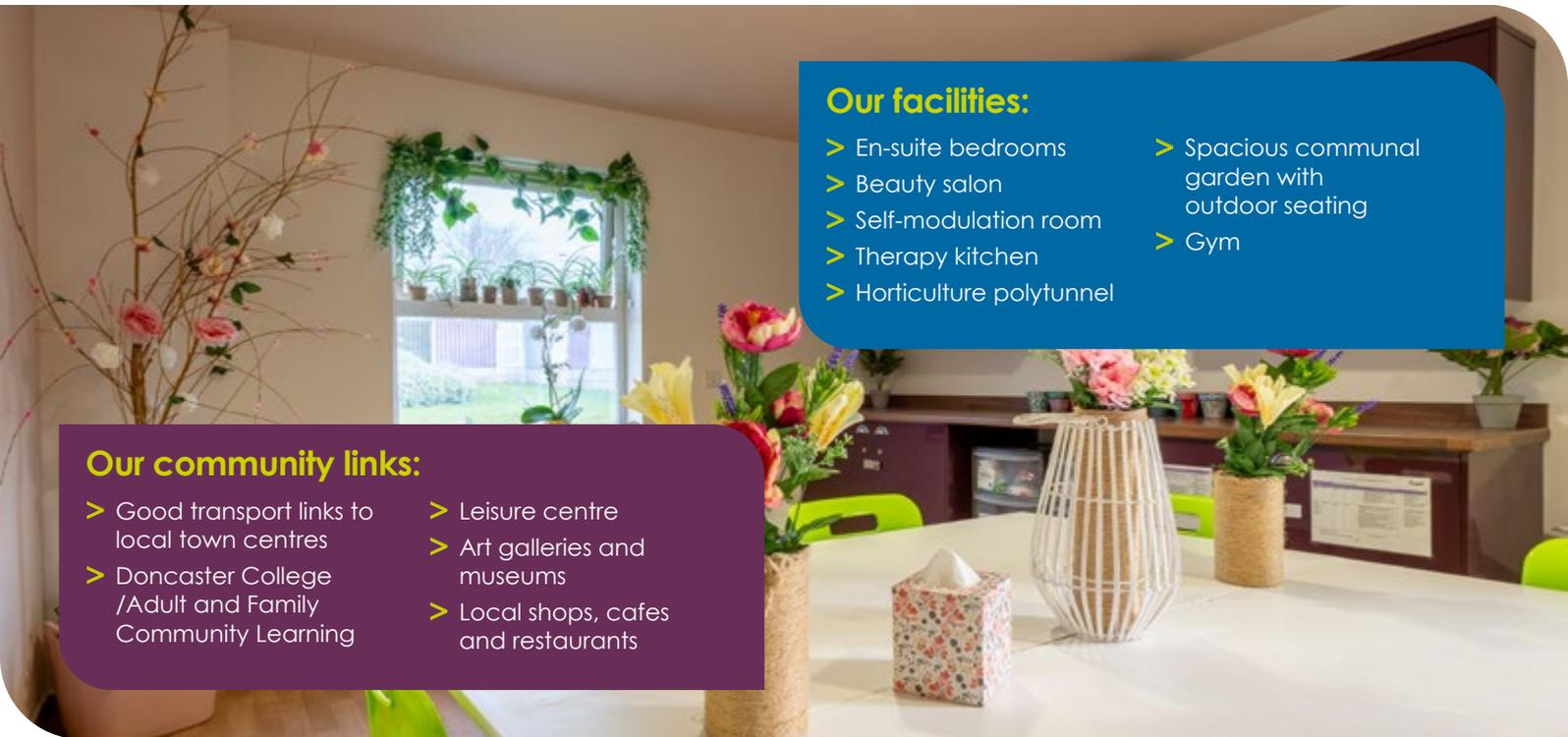
"Fantastic staff, very nice clean building, my daughter is really happy at Aspen House, better than expected"
Parent

On average, the women we support stay with us for **14 months***

*based on discharges between in 2025

We encourage the women we support to set their own goals

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?

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



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