

Improving lives together

Community Rehabilitation (Level 1) Service for Men with Mental Health Needs

15 The Sycamores, Derbyshire



15 The Sycamores is a four bed community rehabilitation (level 1) residential service for men that have been able to progress through the hospital pathway at rehabilitation and recovery hospitals.

The Sycamores provides a stimulating environment for four residents of informal status who are ready to start their journey to independent living following a period of hospital treatment.



Male



18+ years



4 Beds



Our service user profile:

- > May be on a Community Treatment Order (CTO), conditional discharge, or informal
- > Primary diagnosis of mental illness with:
 - Complex comorbidities
 - Treatment resistance
 - Substance, drug and alcohol abuse
 - Behaviours that challenge
 - History of vulnerability
- > Typical diagnoses: schizophrenia, schizoaffective disorder, bipolar affective disorder or depression
- > May have a diagnosis of personality disorder
- > May have secondary diagnoses of mild learning disability or autism spectrum disorder

Our service at a glance

The Sycamores is located just off Junction 28 in the market town of South Normanton and two miles away from the busy Alfreton town centre. Residents have access to all of the local amenities, to ensure full integration into community life. The facilities available in the busy towns include gym, library, bowling, churches, leisure centres and the usual shops, hair salons, cafes and supermarkets.

Train and bus networks are nearby, allowing clients easy access Alfreton, Sutton in Ashfield, Chesterfield and Mansfield. Nottingham, Sheffield and Derby are within one hour away via public transport.

The Sycamores is within easy reach of Sherwood Forest and Bakewell country town located in the Peak District. Beautiful surrounding areas include Buxton and Castleton where the Blue John Caves are situated and the picturesque Matlock and Matlock Bath. Chatsworth House and Hardwick Hall have beautiful gardens and parks and are a must for visitors to the area.



Spacious garden, promote residents to **get involved**

Person-centred meal planning

Community activities, day trips to local facilities

Excellent location close to Derby

Homely environment with **24 hour support**

Person-centred keyworker allocation, staff and resident interests are matched

Independent advocate

100% of residents achieve **25 hours** of activities

Monthly relaxation group

Monthly residents meeting

Weekly MDT support for residents

Support individuals to achieve their full potential



Our community links:

- > Local Colleges
- > Nearby gym with pool
- > Libraries
- > Supermarkets



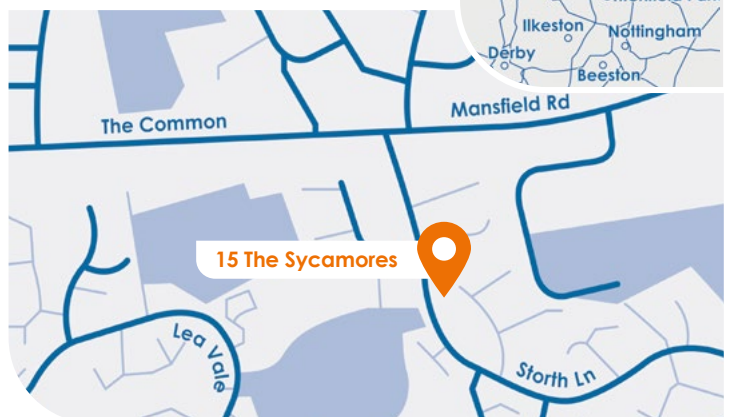
i For more information or to make a referral please call **0808 164 4450** or email chcl.referrals@nhs.net

Our referral process:

- 1** Referral made to Cygnet referrals team via 0808 164 4450/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

Where are we?

15 The Sycamores
South Normanton,
Derbyshire DE55 3BJ



CYG-1517 | Date of Preparation: 19/03/24

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