

Improving lives together

High dependency complex care service for men with learning disabilities

**Oak Court,
Cygnet Hospital Colchester, Essex**

Good



Now taking referrals



Oak Court at Cygnet Hospital Colchester provides dedicated, person-centred support to men with a learning disability, associated complex needs and behaviours that may challenge, who are at different stages of their care pathway.

We encourage the men in our care to make their own choices and live as independently as they are able to. To achieve this, we have developed our model of care in which the in-house multi-disciplinary team (MDT) adopt a values-based social model of disability with **My Choice, My Voice, My Life** sitting at the heart of the model.



Male



18+ years



9 beds + 1 apartment

Our service user profile:

- > Men, aged 18+
- > Primary diagnosis of learning disability and complex needs
- > May have a diagnosis of autistic spectrum disorder
- > May be detained under the Mental Health Act, informal or subject to DoLS
- > May have a forensic history
- > May present with co-morbid presentations, including:
 - Challenging behaviour
 - Personality disorder
 - Schizophrenia, depression, bi-polar disorder
 - Dual diagnosis
 - Complex needs and /or multiple diagnoses
- > May have a history of repeated hospital admissions

Our service at a glance

The service has two areas that have been developed to support individuals with different levels of need:

- > Nine beds within Oak Court accommodate service users who are in crisis or those with high dependency needs within a safe environment. We work closely with the MDT to provide a care and treatment plan that enables each person to move along their care pathway at their own pace.
- > A spacious one-bed single person bespoke apartment provides either a more independent living environment, or a low stimulus space for an individual.

Oak Court is located in the heart of the community in Colchester which is Britain's oldest recorded town. The individuals we support have access to a wide range of community facilities locally including, Colchester Zoo, Colchester Football Club, beautiful parks and excellent shopping and dining facilities. We have links with the local activity centre which have lots of sessions on offer for service users to attend.



Our community links:

- > Colchester football club
- > Colchester Zoo
- > Adult community college
- > Colchester leisure world
- > Dedham boating lake for picnics and paddling
- > Cafés and restaurants
- > Shops
- > Voluntary work placements

Rated **'Good'** by the CQC

Weekly drop-in sessions with the responsible clinician (RC)

100% of service users discharged in the last two years were stepping down along their care pathway*

Supporting service users to access local volunteering job opportunities and in-house therapeutic earnings

STOMP

We are committed to the STOMP pledge (Stopping the over-medication of adults and young people with a Learning Disability, Autism or both)

Truly holistic approach to assessing, planning and delivering care and treatment

Large garden including plenty of space for football and other sports and also for growing fruit and vegetables

Weekly community meetings to **encourage coproduction**

Supporting individuals who are on their care pathway to independent living

Wide range of activities chosen by service users

Disability exercise specialist delivering fitness and wellbeing programmes for individuals in our on-site gym

Supporting service users' **sensory processing needs**

Links with the adult community college

Supporting individuals through inclusive communication approach

Activities of daily living kitchen supporting the service users with skill development

Physical health is a high priority at Oak Court and our dedicated physical health nurse works closely with GP's, dentist's and other external agencies

*Data based on a two year period ending Jan 25

Our facilities:

- > En-suite bedrooms
- > Extensive communal areas including lounge and dining room
- > Activities of daily living kitchen and laundry service
- > Quiet room
- > Sensory room
- > Large garden
- > Multi-faith room
- > Gym
- > Activity centre
- > IT room



“

We are impressed with the progress he is making in your care, we appreciate it very much. ”

Family member



Our multi-disciplinary team (MDT):

- > Consultant psychiatrist
- > Specialty doctor
- > Occupational therapist
- > Occupational therapy assistant
- > Speech and language therapist
- > Speech and language therapy assistant
- > Psychologist
- > Assistant Psychologist
- > Physical health nurse
- > Ward manager
- > RNLD & RMNs
- > Support workers
- > Disability exercise specialist
- > Safeguarding lead

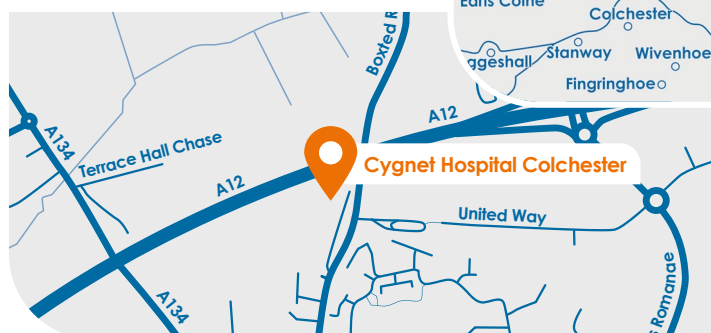
Make a referral

- Referral made to your **regional business relationship manager** or 0808 164 4450 / chcl.referrals@nhs.net
- Assessment arranged and undertaken via our management team
- Feedback provided on whether our service can meet the individual's needs
- Assessment pack formulated including care plans and funding information
- Admission agreed and plans for transition arranged with referring team following confirmation of acceptance of placement

Where are we?

Cygnets Hospital Colchester
Boxted Road, Mile End,
Colchester, Essex, East CO4 5HF

Phone number
01206 848 000



CYG-253 | Date of Preparation: 21/01/25

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