

Improving lives together

High dependency complex care service for men with learning disabilities

Oak Court,
Cygnet Hospital Colchester, Essex

Good

Now Accepting
Crisis Admissions



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. We can accommodate planned transitions as well as crisis admissions.

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)

75%
 of service users discharged
 in the last two years were stepping
 down along their care pathway*

Supporting service users
 to access local volunteering
 and job opportunities

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, dentists' and other
 external agencies

*Data based on a two year period ending Dec 25

Crisis Admissions

At Oak Court, we can support men who are experiencing a crisis and need support urgently. We aim to **respond to referrals within one hour** and can accommodate **same-day admissions** where appropriate.

This service may be suitable for:

- > Individuals with a level of risk poses too much of a threat to the public or themselves
- > Individuals with a learning disability who require rapid assessment and treatment

We can offer WAIS, ADL and Autism assessments in-house. Our team will work collaboratively with community teams to identify onward placements and formulate a discharge plan on the point of admission.



“
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
- > Speciality 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

- 1 Referral made to your **regional business relationship manager** or 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?

Cygnets Hospital Colchester
 Boxted Road, Mile End,
 Colchester, Essex, East CO4 5HF
Phone number
 01206 848 000



CYG-253 | Date of Preparation: 23/12/25

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Integrity

Trust

Empower

Respect

Care