

Improving lives together

High Support Inpatient Rehabilitation (Level 2) Service for Men

Outstanding 

Now taking referrals



Cygnnet Fountains is a high support inpatient rehabilitation (level 2) service for men who have severe and enduring mental illness and who may have been detained under the Mental Health Act. The individuals we support come to us following multiple placement breakdowns, failed treatment programmes or stepping down from secure settings.

At Cygnnet Fountains we have a number of different options to help support individuals to move on. We have 3 self-contained flats within the service to enable service users to build their individual skills prior to discharge, whilst still having the full support of the multi-disciplinary team. We also provide a service just 2 miles away from Cygnnet Fountains called **Vincent Court**. This five bed community rehabilitation (level 1) service is for adults who have progressed through a hospital pathway and are working towards independent living.



Male



18+ years



34 beds including 3 self-contained flats

Our service user profile:

- > Men 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 challenge
- > Aiming for a return to community or community-based care
- > History of sexual abuse or domestic violence
- > 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

Cygnnet Fountains is located in the heart of the community in Blackburn, Lancashire. This 'Outstanding' service provides a safe and comfortable environment that promotes efficient rehabilitation and recovery. We are dedicated to understand and stabilise and break the traumatic cycles of relapse that can impact an individual's life.

Our psychology and occupational therapy led interventions effectively tackle the challenges of mental health and alongside our clinical interventions we help the men we support to enhance their personal skills to rebuild their lives.

Our care embraces a balanced approach to risk management and therapeutic optimism. Service users have access to a range of therapies and opportunities and their care plans are all individualised.

When the time is right, access to the local community is an essential step along the pathway for independence, for both leisure pursuits and for social training such as shopping and using public transport.

External activities are tailored to individual needs and wishes. Vocational support is provided to help service users prepare for employment and other vocational activities. The men are supported to create CVs, apply for jobs, practice for and attend interviews, as well as develop other skills necessary in a work environment.

Our facilities:

- > En-suite bedrooms
- > 3 self-contained flats
- > Private visitors room
- > Two large communal living rooms
- > Activities room
- > Therapy kitchens
- > IT café
- > Three garden areas and an allotment

Our community links:

- > Learndirect / Blackburn College
- > Waves Community Gym
- > Witton Park for cycling
- > Samesbury Hall
- > Local cinemas
- > 10-pin bowling
- > Blackpool Zoo
- > Blackburn town centre

Overall **'Outstanding'** rating with the CQC, including Outstanding in **safe, caring and well-led** ★★☆☆



Supporting service users to **access local job opportunities**, both Volunteering and paid



Supporting **individuals** to attend vocational training



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



3 self-contained flats to enable individuals to **build on their living skills** before discharge into the community



Monthly Psychology Newsletter produced providing helpful tips and advice including **improving self-esteem and confidence** and **daily tips** on action for happiness



Monthly manager drop-in sessions enabling staff to have their say about how the service is run and also to ask any questions



Extensive refurbishments taking place in early 2024 to **modernise and upgrade** the current service



3 gardens including an **allotment** to allow individuals to **grow their own fruit and vegetables**



Our average length of stay is **16 months***



79% of individuals discharged have stepped down along their care pathway*



Proud to be a certified Triangle of Care member.

The Triangle of Care is an alliance between carers, service users and health professionals.

It aims to promote safety and recovery and to sustain wellbeing in mental health by including and supporting carers.

"The words 'Thank You' don't begin to cover the gratitude our family feels towards you and every member of your amazing staff for the way you help and support our loved one. I would like to go on record and say **you are all amazing and very special people** to want to help the most vulnerable of society." **Family member**

"You (the consultant) are a pillar of strength here for myself and the other patients, a lot of other people say that too. You are very supportive and I can always talk to you." **Service user**

*Data based on individuals discharged in 2023

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?

Cygnet Fountains
Pleasington Close, Blackburn,
Lancashire BB2 1TU

Phone number
01254 269 530



CYG-632 | Date of Preparation: 27/02/24

Please visit cygnetgroup.com for more info | Follow us on social media:

Integrity

Trust

Empower

Respect

Care