

*Improving lives together*



# High Support Inpatient Rehabilitation (Level 2) Service for Men

Outstanding ★



Cygnet 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 Cygnet Fountains we have a number of different options to help the people we support to move on. We have 3 self-contained flats within the service to enable growth of skills prior to discharge, whilst still having the full support of the multi-disciplinary team (MDT).

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 positively progress.



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

Cygnet 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, stabilise and break the traumatic cycles of relapse that can impact an individual's life.

Our care embraces a balanced approach to risk management and therapeutic optimism. We offer a range of therapies and opportunities and care plans are all individualised and coproduced.

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, such as creating CVs, applying for jobs, interview preparation and more.



## Our facilities:

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

## Our community links:

- > Learndirect / Blackburn College
- > Waves Community Gym
- > Witton Park for cycling
- > Samlesbury 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



**Onsite social hub** coproduced with the people we support



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



Our average length of stay is **11 months\***



\*Based on discharges between Jul 24 - Jul 25



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**

## Make a referral

- 1 Referral made to your **regional Business Relationship Manager** or 0808 164 4450 / [chci.referrals@nhs.net](mailto:chci.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 Fountains**  
Pleasington Close, Blackburn,  
Lancashire BB2 1TU

**Phone number**  
01254 269 530



Please visit [cygnetsgroup.com](http://cygnetsgroup.com) for more info | Follow us on social media:

Integrity

Trust

Empower

Respect

Care