

Improving lives together



High Support Inpatient Rehabilitation (Level 2) Service for Women

Cygnet St Teilo House, Gwent



Beds available
Now taking referrals

Located in the village of Rhymney, amid the beautiful Welsh countryside, Cygnet St Teilo House is a 23-bed service specialising in high support inpatient rehabilitation (level 2) for women in a safe and comfortable environment. Cygnet St Teilo House has been designed to provide an environment which promotes recovery for women with its focus on space, personal privacy and dignity.

By combining a collaborative, multi-disciplinary approach, we deliver high-quality care using our unique 4 stage model of care for our mental health high support inpatient rehabilitation (level 2) services.



Female



18+ years



23 beds



Part of the
Welsh Hospital
Framework

Our service user profile:

- > Women 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 may 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 a diagnosis of personality disorder
- > May have secondary diagnoses of mild learning disability or autism spectrum 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 St Teilo House is located in South Wales in a beautiful village called Rhymney. We provide a homely environment that has been designed with wellness in mind, providing 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.

The psychological and therapeutic approach at Cygnet St Teilo House is personalised to meet individual need. Our service is particularly helpful for women who have been in hospital for some time and who require additional support as they continue along their pathway towards the least restrictive environment possible for them.

Access to the local community is an essential step along the pathway to independence. When the time is right we support community engagement for both leisure pursuits and for social training such as shopping and using public transport. External activities are tailored to individual

needs and wishes. The service is 30 miles north of Cardiff and easy reach to Swansea, which we have really good access to through public transport links. Facilities nearby to St Teilo House in Rhymney include a library, hairdressers, a gym and a supermarket as well as some beautiful areas to enjoy countryside walks. Individuals are supported and encouraged to access these facilities to promote independence and rehabilitate them back to living in the community.

Our facilities:

- > En-suite bedrooms
- > Therapy kitchen
- > Craft room
- > Dining room
- > Living room
- > Enclosed garden
- > Therapy Garden
- > Beauty salon
- > Gym
- > IT café

Specialised psychological treatment offered may include:

- Cognitive Behavioural Therapy (CBT)
- Psychodynamic Psychotherapy
- Mentalisation-based Treatment (MBT)
- Dialectical Behaviour Therapy (DBT)
- Narrative Therapy
- Acceptance and Commitment Therapy (ACT)
- Compassion Focused Therapy (CFT)
- Motivation Enhancement Therapy (MET)
- Mindfulness-Based Therapy
- Trauma Focused Therapy (e.g. CBT repeated exposure therapy)
- Cognitive Behavioural Therapy for Psychosis Hearing Voices Approach
- Holistic Therapy

Therapy garden

including area for individuals to grow their own plants, vegetable for fruit



A tutor visits the service

each week to provide support to the individuals with their numeracy and literacy skills



We encourage family contact

Carers and families are actively encouraged to be involved with the care of their loved one



Part of the Welsh Framework for which we have a Quality Assurance Rating Certificate of 3Q's



People's council meetings

held monthly to discuss issues they may have with the service



Positive Healthcare Inspectorate Wales (HIW) report



All the staff are excellent with her, they are all highly trained to meet the needs of my daughter. A very big thank you to you all, a first class service. I cannot praise you all enough. - Parent



Our multi-disciplinary team:

- > Consultant Psychiatrist
- > Specialty Ward Doctor
- > Psychologists
- > Assistant Psychologist
- > Registered Mental Health Nurses
- > Healthcare Support Workers
- > Registered General Nurse
- > Occupational Therapists
- > Occupational Therapy Assistants
- > Activity Coordinator
- > Pharmacist
- > Fitness Instructor
- > Mental Health Act Administrators
- > Medical Secretary
- > Clinical Administrator
- > Independent Mental Health Advocates

Our community links:

- > GAVO (Gwent Association of Voluntary Organisation)
- > Animal Encounters
- > Cycling facilities at Bryn Bach Park
- > Easy access to the Brecon Beacons National Park
- > Numerous local libraries and community centres, providing IT and Language courses
- > Blaina Institute (learning activity centre)
- > Merthyr leisure centre
- > Job Centre Plus
- > Bryn Bach Parc
- > Local community shops and supermarkets
- > Local college courses in Mathematics and English
- > Building relationships with local services/charities such as MIND that provide workshops and courses including Gored Accredited courses such as confidence building, stress management and mental health awareness
- > Volunteering opportunities within community café and local food bank
- > Social and craft groups
- > Horse riding centre and rock climbing



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 St Teilo House
Goshen Street, Rhymney,
Gwent NP22 5NF

Phone number
01685 846 970



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Integrity

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