

Improving lives together



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

**Kingswood Ward,  
Cygnet Hospital Maidstone, Kent**

Now  
accepting  
referrals

Kingswood Ward is our 16 bed high support inpatient rehabilitation (level 2) service for men at Cygnet Hospital Maidstone, situated in the Kent Medical Campus. The service is delivered in a purpose-built therapeutic environment, where the focus is on maximising positive outcomes, recovery and reintegration into the community.

By combining a collaborative, multi-disciplinary approach and a therapeutic environment, we deliver high-quality care within a community atmosphere, while focusing on discharge planning from the moment individuals arrive.

Our recovery programme is delivered in a culture that balances risk management with therapeutic optimism, where men have the opportunity to learn and practice the skills they will need in a completely safe environment.

## Discharge to Assess (D2A)

Our PICU/Acute Transitional Service offers those individuals who no longer require an acute admission but remain on a PICU or Acute ward as a delayed discharge due to not being able/ready to transition into the community. The typical length of stay is 4 weeks.



Male



18+ years



16 beds

## 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

## The service at a glance

Kingswood Ward provides a high level of therapeutic care and support that is underpinned by knowledge and practice of evidence-based interventions, delivered by a highly experienced multi-disciplinary team. Our individualised and group treatment programmes have clearly defined goals and outcomes for the men we support. Our recovery principles are built around hope, empowerment, wellness, personal responsibility, community focus and connectedness.

We aim to integrate the hospital into local and regional care pathways and community services, with the focus on care close to families and friends, lowest length of hospital stay, and reducing the chances of re-admission.

Treatment is offered in a safe, environment where service users develop skills for maximising their independence, self-confidence and knowledge of how to manage their mental wellbeing. We work compassionately and collaboratively with individuals and their families (where appropriate), using recovery based and person-centred approaches.

## Our community links:

- > Kent college
- > Mote Park and Leisure Centre
- > Nature reserve
- > Local town with shops and cafes
- > Good local transport links
- > Goat sanctuary



## Our facilities:

- > En-suite bedrooms
- > Outside space including ward garden and communal roof terrace
- > On-ward therapy kitchen
- > Lounge and dining room
- > Quiet room
- > Gym and outdoor exercise area
- > IT room
- > Separate laundry room
- > Extensive therapy space including Recovery College classrooms
- > Service User shop

## Close relationship with community team

to ensure a smooth discharge pathway



AIMS Rehab

QUALITY NETWORK FOR MENTAL HEALTH REHABILITATION SERVICES



Kingswood Ward is an AIMS accredited service

On average, we support men on Kingswood Ward for

**10 months\***

\*Data based on discharged between July 24 and Aug 25



## Activities of Daily Living (ADL)

kitchen to support skill development and self-catering facilities



## Walk & Talk Sessions

ran by the occupational therapy and psychology team

## Paid work roles

including cleaning and car washing



## Regular 'Shop and Cook' sessions



## In-house substance misuse therapist

offering 1-1 and group sessions, include smoking cessation for service users and staff

## In-house Recovery College

providing individualised education tailored to their own strengths



**87%**

of men discharged in the last 12 months were able to move to a similar or less restrictive setting



## Our therapies and treatments:

- > Recovery focused care planning
- > Cognitive Behavioural Therapy (CBT)
- > Mindfulness & emotional regulation
- > Self-harming reduction and management
- > Substance misuse and relapse prevention work
- > Trauma, grief and loss
- > Psychoeducation
- > Anger and anxiety management
- > Offence related work (where applicable)
- > Physical health care management
- > Behaviour analysis and problem-solving
- > Life and social skills training
- > Educational Support / Recovery College
- > Creative activities
- > Eye movement desensitization and reprocessing (EMDR)

## Our multi-disciplinary team:

- > Consultant Psychiatrists
- > Specialty Ward Doctor
- > Psychologists
- > Assistant Psychologist
- > Registered Mental Health Nurses
- > Healthcare Support Workers
- > Registered General Nurse
- > Social Worker
- > Occupational Therapists
- > Occupational Therapy Assistants
- > Activity Coordinator
- > Psychotherapists
- > Pharmacist
- > Fitness Instructor
- > Mental Health Act Administrators
- > Medical Secretary
- > Clinical Administrator
- > Independent Mental Health Advocates
- > Recovery College Lead
- > Physical Health Nurse
- > Substance Misuse Therapist



## Make a referral

- 1 Referral made to your **regional business relationship manager** or 0808 164 4450 / [chcl.referrals@nhs.net](mailto:chcl.referrals@nhs.net)
- 2 Assessment arranged and undertaken via our assessment 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 Maidstone

Gidds Pond Way, off Newnham Court Way, Weaving, Maidstone, Kent ME14 5FT

Phone number  
01622 580 330



CVG-746 | Date of Preparation: 26/08/25

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



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