

Improving lives together

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

Ramsey Unit,  
Cygnnet Hospital Colchester, Essex

Good

Beds available  
Now taking referrals



Ramsey Unit is our high support inpatient rehabilitation (level 2) service for men based at Cygnnet Hospital Colchester. The service is delivered in a purpose-built therapeutic environment, where the focus is on maximising positive outcomes and recovery while focusing on discharge planning from the moment individuals arrive. All bedrooms are en-suite and the hospital offers a range of social, relaxation and activity areas.

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.



Male



18+ years



21 beds

## Our service user profile:

- > 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 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

The service has 21 beds in total of which 7 are located on the ground floor suitable for individuals with mobility issues. Individuals often come to us following multiple placement breakdowns, failed treatment programmes or stepping down from a higher acuity service.

Our in-house multi-disciplinary team include psychiatry, psychology, occupational therapy, nursing, support workers, and sessional therapists.

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



Alongside our clinical interventions, our aim is to help the men in our care to regain their place in the community and to rebuild relationships.

Ramsey Unit is located in the heart of the community in Colchester which is Britain's oldest recorded town. The individuals we support have access to wide range of community facilities locally including, Colchester Zoo, Colchester Football Club, beautiful parks and excellent shopping and dining facilities. Our team help individuals develop the skills needed to manage on their own in the community eg ensuring they can manage on public transport.

On Ramsey Unit we believe that developing equal partnerships between individuals who use our service and the staff is key. Therefore co-production plays a large part in the way we shape our service. Each week we hold a co-production meeting for the gentlemen we support to have their say on things that happen in the service and how it is run.

Rated 'Good' by the CQC

Our PICU/Acute Transitional Service offers those individuals who no longer require an acute admission but remain on a PICU and Acute ward as a delayed discharge due to not being able/ready to transition into the community. The expected length of stay is 3 months

Weekly co-production group meeting

Individuals are supported to attend local vocational course including, literacy, numeracy and IT skills

Links with the recovery college in Colchester

Large garden including plenty of space for football and other sports and also for growing fruit and vegetables

Individuals are supported to learn healthy coping skills through a range of programmes such as mindfulness, emotions and relationships or out-of-the-ordinary experiences

Service User of the Month Award – Voted for by service users

Supporting service users to access local volunteering job opportunities, one individual regularly volunteers at local food bank

Drop-in sessions with the responsible clinician (RC) and the psychology team

Links with the criminal justice & welfare regional manager who visits the service to give talks on drugs and other illicit substances and the effects on mental health

People's council meetings held monthly to discuss issues they may have with the hospital or their ward

7 ground floor bedrooms suitable for individuals with mobility issues

Weekly cooking sessions with the occupational therapy team

A qualified fitness instructor attends the on-site gym 3 times a week to provide a variety of different classes and sessions, both in the gym and on the ward

**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
- > Pharmacist
- > Fitness Instructor
- > Mental Health Act Administrators
- > Medical Secretary
- > Clinical Administrator
- > Independent Mental Health Advocates

**Our facilities:**

- > En-suite bedrooms
- > Lounge
- > Pool table
- > Dining room
- > Activities of daily living kitchen
- > Quiet room
- > Sensory room
- > Large garden
- > Multi-faith room
- > Gym
- > Activity centre
- > IT room

**Our community links:**

- > Colchester football club
- > Colchester Zoo
- > Dedham Therapy Farm
- > Dedham boating lake for picnics and paddling
- > Recovery college
- > Cafés and restaurants
- > Shops



For more information or to make a referral please call 0808 164 4450 or email [chcl.referrals@nhs.net](mailto:chcl.referrals@nhs.net)

**Our referral process:**

- 1 Referral made to Cygnet referrals team via 0808 164 4450/[chcl.referrals@nhs.net](mailto: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 Hospital Colchester**  
 Boxted Road, Mile End,  
 Colchester, Essex, East CO4 5HF  
**Phone number**  
 01206 848 000



CYG-774 | Date of Preparation: 27/02/24

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