

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 admission. 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.



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



Links with the recovery college in Colchester

100%

of the men discharged in the last 12 months were able to step down along their care pathway or move closer to home



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



Rated 'Good' by the CQC

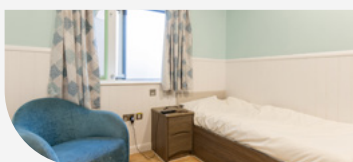
A qualified fitness instructor attends the on-site gym 3 times a week to provide a variety of different classes and sessions, both in the gym and on the ward



*based on discharges July 24 - Aug 25

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 All PICU and Acute Referrals (Adults and CAMHS)

0808 164 4450
chcl.referrals@nhs.net

1

Referral made to Cygnets bed hub via 0808 164 4450 / chcl.referrals@nhs.net

2

Feedback provided on whether our services can meet the service user's needs within 1 hour of receipt of full clinical information

3

Admission agreed and arranged with referring team following confirmation of funding

Where are we?

Cygnets Hospital Colchester
Boxted Road, Mile End,
Colchester, Essex, East CO4 5HF
Phone number
01206 848 000



CYG-774 | Date of Preparation: 26/08/25

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



Integrity

Trust

Empower

Respect

Care