

Improving lives together

# Highly specialised autism spectrum disorder service for men

Cygnnet West Hills, Birmingham

Good



**NEW** refurbished environment and bespoke flats available

Cygnnet West Hills has recently undergone extensive refurbishment to improve the environment for the individuals we support and allow them more opportunities to progress through their care pathway towards greater independence.

In line with 'building the right support', we support individuals who have different levels of need in their own space which is tailored to their own sensory needs.

- > 8 en-suite bedrooms and 3 bespoke single occupancy flats in the main house
- > 3 bespoke single occupancy flats in the courtyard that is attached to the main house
- > 4 bespoke single occupancy flats in the Annexe
- > 3 bespoke single occupancy flats in the Gate Lodge



Male



18+ years



21 beds (8 en-suite bedrooms + 13 single occupancy flats)

## Our service user profile:

- > Diagnosis or strong clinical opinion of learning disability and autism spectrum disorder
- > Individuals will have additional complex needs including co-morbid mental illness, behaviours that challenge, epilepsy, ADHD, personality disorder, significant impairment in social and adaptive functioning
- > Individuals may be informal or may be detained under the Mental Health Act / Deprivation of Liberty Safeguards (DoLS)
- > May require bariatric care



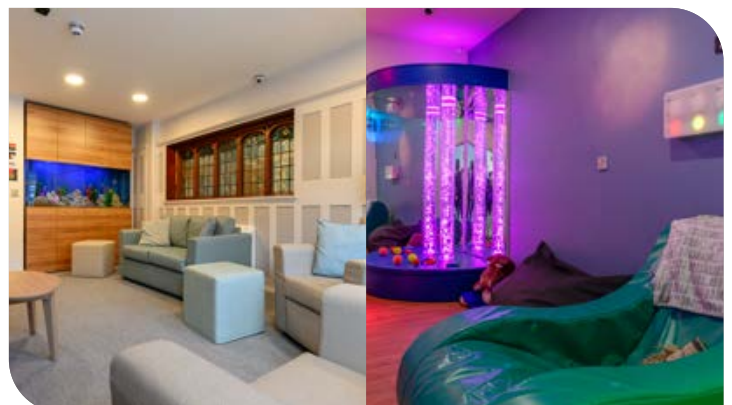
## Our service at a glance

Located in Kings Norton, Birmingham, Cygnnet West Hills provides support for 21 individuals with autism, learning disabilities and complex needs. The team can also support individuals who may be detained under the Mental Health Act, as well as those who have complex behaviours, or who have significant difficulties with social engagement. We accept emergency referrals and the team is experienced in managing them quickly and efficiently to ensure the transition for the individual is as smooth as possible.

Each individual has their own en-suite bedroom or single occupancy flat that they are encouraged and supported to personalise. The service has an array of facilities, all of which provide a low stimulus environment for individuals who may be experiencing heightened feelings of agitation, including many good sized living areas for service users to choose from, sensory rooms, activity rooms and 3 activity of daily living (ADL) kitchens where individuals are supported to make their own drinks and prepare food.

With six acres of gardens, Cygnnet West Hills has an abundance of external space to take part in outdoor activities or to sit and relax and take in the beautiful surroundings, some of the flats also have their own private garden.

The highly experienced team work together with service users to provide a holistic, person-centred, comprehensive assessment and care and treatment plan. They ensure individual needs are met in a way that helps achieve stability and discharge to a less restrictive setting. All members of staff are trained in understanding autism and learning disabilities and in how to create a supportive environment for everyone.



★ ★ ★ ★ ★  
**Recently upgraded** to 'Good' across all key lines of enquiry by CQC

**NEW refurbished** environment throughout the service



**Person-centred** meal planning, including regular sensory food tasting and cooking sessions



**Focused** on reducing restrictive practice



**Pet therapy & music**



**Current service users** have been involved in the decision making around the designs of the new environment



**Individuals are supported** to gain independence in their daily living skills



**6 acres of gardens** including a sensory garden and a wildlife garden



**On-site multi-disciplinary team** (consisting of nurses, occupational therapy, speech and language therapy, psychologists and psychiatrists)



**On-site allotment**, enabling individuals to grow their own vegetables



**Involving family and carers** as much as possible (where appropriate)



**Ability to support** 2 individuals needing bariatric care



**Regular movie and disco nights**



**13 NEW single occupancy flats** providing different levels of support for individuals with different levels of need



### Our community links:

- > Cinema
- > Swimming pools, gyms & hydro pool
- > Shopping
- > Bowling alley
- > Ice skating
- > Cadbury World
- > Local farms
- > Ackers Adventure
- > Sea Life Centre
- > Go-Karting
- > Botanical Gardens
- > Mini Golf
- > West Midlands Safari Park
- > Museums
- > Horse riding
- > Llama walking
- > Palace Theatre
- > SnowDome Inflatable Centre
- > Fishing
- > Theme parks
- > Lickey Hills Country Park
- > Adult soft play & trampoline parks
- > Mencap Community Hub
- > Akamba African Heritage Garden Centre
- > Birmingham Wildlife Conservation Park

### Our facilities:

- > 13 bespoke single occupancy flats
- > 8 en-suite bedrooms
- > Lounges
- > Dining room
- > Laundry room
- > Sensory rooms
- > Allotment
- > Sensory garden
- > Wildlife garden
- > Family room
- > Multi-faith room



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

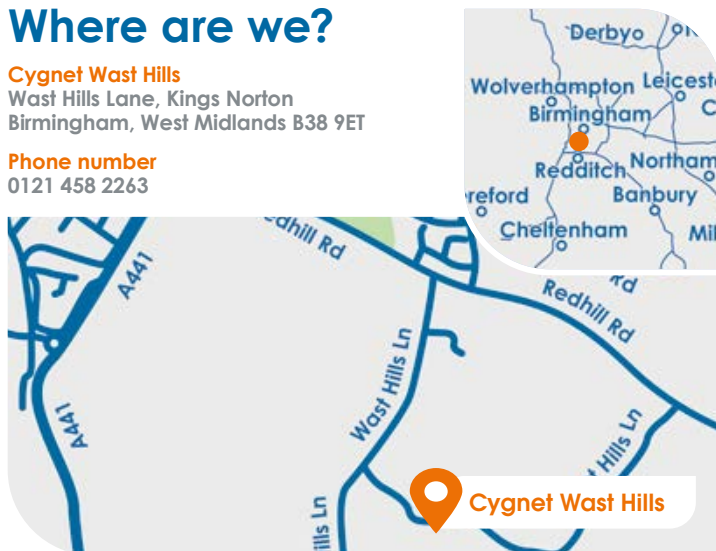
### Our referral process:

- 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 West Hills**  
 West Hills Lane, Kings Norton  
 Birmingham, West Midlands B38 9ET

**Phone number**  
 0121 458 2263



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Integrity

Trust

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Respect

Care