

Improving lives together

Medium Secure Mental Health Service for Men

West Hampton,
Cygnnet Bury Hudson, North West

Accepting
Referrals

West Hampton is Cygnnet Bury Hudson's 13 bed medium secure service for men. West Hampton supports men with a range of complex care needs including personality disorder, mental illness and detachment disorders.

A highly specialised multi-disciplinary team (MDT) supports people at West Hampton, with care and treatment programmes that are tailored to individual needs.

Service users are supported by an experienced team, who work with people to assess their needs and goals, and create a safe, robust discharge pathway to the community.

Treatment is based on the principles of recovery including psychological therapies, occupational therapy, social therapy, physical healthcare and medication. Risk assessment tools are used and a clinical formulation is developed to inform the management plans for each Individual.

We have a strong network of step down pathways in the area, including a low secure service on-site.



Male



18+ years



13 beds



Our service user profile:

- > Men, aged 18+ years
- > Primary diagnosis of mental illness
- > Detained under the Mental Health Act, including Ministry of Justice restrictions
- > Requiring assessment and treatment in a secure environment
- > May have a history of trauma

Therapy and Activity Programmes

All therapy programmes and treatments are formulation-led, with our MDT collaborating with individuals to select the best options for them. Our range of programmes includes, but is not limited to:

- > Dialectical Behaviour Therapy (DBT)
- > Eye Movement Desensitization and Reprocessing (EMDR)
- > Fire setting
- > Life Minus Violence
- > Cognitive Behavioural Therapy (CBT)
- > Schema Therapy
- > Sex Offender Treatment Programme (SOTP)
- > Substance misuse

Service users are also supported by our psychology and occupational therapy departments in anger management, social skills development, daily living skills, healthy living, IT skills training, education and vocational development.

Each service user has a treatment plan and a weekly therapeutic timetable which can include: individual and group psychology, counselling for drug and alcohol misuse, anger management, social skills development, daily living skills development, healthy living, IT skills training, education and vocational development, group games and activities.



Secure Model of Care

Introducing Me

This phase is about the referral and assessment this helps the team make sure you are in the right place for your needs.

Understanding Me

This phase focuses on getting to know you, we will introduce you to the team of people here to help you.

Building My Skills

We will look at what you need to be safe and well. You will work with members of your team to find out your skills and assess any risks.

Building My Independence

You will start building trust with other people. You will be involved in activities and learning skills suited to you.

Preparing to Move On

You will be putting your skills to practice. We will meet with you, your family and carers to discuss moving on to a safe and meaningful life.

Our facilities:

- > State of the art Recovery College including media suite
- > Sensory equipment
- > Occupational therapy kitchen
- > Therapy garden
- > Gym
- > Woodland walkways down to Elton Reservoir

Our community links:

- > Bury and Rochdale colleges
- > Bleakholt dog sanctuary – dog walking work placements
- > Canal and River Trust
- > Leisure facilities including swimming and gym

"I have a nice room, comfy bed and I like the colour scheme. If there are any problems, maintenance come and fix them. But its the people (Staff) who really make it a great place to be." Service User

Make a referral

- 1 Referral made to your **regional NHS Partnerships Manager** or 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?

Cygnets Bury Hudson
off Buller St, Bolton Rd, Bury,
North West BL8 2BS

Phone number
0161 762 7200



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