

# Specialist high dependency complex care service for men with learning disabilities

Cygnet Cedars, Birmingham

Outstanding 

Now accepting referrals



Cygnet Cedars is a 24-bed high dependency complex care service for men with learning disabilities, associated complex needs and who may have behaviours that challenge. We accept emergency referrals and the team are experienced in managing them quickly and efficiently to ensure the transition for each individual is as smooth as possible.

Within the hospital are two step-down single occupancy flats. With their own lounge, kitchen, en-suite bedroom and their own front door this allows for further community integration and focus on daily living skills.

Each individual in our care begins a personalised care pathway that helps them develop necessary skills to leave our service and move towards a less restrictive setting.



Male



18+ 18+ years



24 beds (22 + 2 step-down flats)



## Our service user profile:

- > Primary diagnosis of learning disability and mental health complex needs
- > May present with co-morbid presentations:
  - Challenging behaviour
  - Personality disorder, schizophrenia, depression, bi-polar disorder
  - Dual diagnosis
  - Complex needs and/or multiple diagnoses
- > May be detained under the Mental Health Act
- > May have a history of repeated hospital admissions
- > May have a forensic history

## The service at a glance

Cygnet Cedars is centrally located in Bordesley Green, just 3 miles away from Birmingham City Centre. With great transport links on the doorstep, the individuals have an extensive array of local amenities including leisure centre, gyms, shopping centres, workplace settings and colleges.

We encourage the men in our care to make their own choices and live as independently as they are able to. Our in-house multi-disciplinary team (MDT) supports each individual to achieve their own goals. This offers support from the nursing team, psychology, psychiatry, speech and language and occupational therapy.

Our psychology approach aims to address clinical and forensic risk by drawing upon a variety of therapeutic models and positive behaviour support in order to assist individuals in working towards an empowered and positive future.

Our speech and language therapy approaches include a total communication environment, 1:1 and group sessions looking at a variety of communication skills and needs alongside social skills. A range of individualised accessible information is provided where required to facilitate learning and aid understanding.

The occupational therapy team promotes setting realistic goals. By using a person-centred and holistic approach, the team enable the individual to achieve things that are meaningful to them.

The therapy programme at Cygnet Cedars offers activities balancing self-care, productivity and leisure. These activities and functional tasks support positive mental health. The team support service users to identify routine, roles, interests and occupational demands.





"Over time his condition gradually improved, and while he is not, and probably never will be, the person that I have known all my life, he is far more settled and relaxed than in the first few months. This is down to the care and treatment he received from everyone at Cedars: the Doctors, Nurses, Carers, Occupational Therapists, Chefs and Administrators have all played their part and made a real difference.

Please pass on our thanks to the whole team for doing such a great job under such testing circumstances."

Family member

"I feel that the staff are amazing. I like that I can have a job that I can get paid for it. Staff always find time to listen to me and understand my feelings, they cannot always change my problems but they give me 100% support and I appreciate."

Service user

### Our facilities:

- > En-suite bedrooms
- > Spacious communal areas
- > Interlinked garden
- > Lounge
- > Dining room
- > Therapy kitchen and laundry service to support skills development
- > Gym
- > Barber
- > IT café
- > Games room
- > Sensory room
- > Art & craft room
- > Courtyard for individuals to play badminton, table tennis or to socialise

### Our community links:

- > Local Leisure Centres
- > LearnDirect courses
- > Birmingham Adult Education Service (courses include English and Maths)
- > Birmingham City football Club
- > Pets as Therapy charity
- > Local gyms
- > Cocksmore Leisure Centre (swimming and golf)

## Where are we?

**Cygnets Cedars**  
37 Broadway Avenue, Bordesley Green, Birmingham B9 5LY

**Phone number**  
0121 7711 216



CYG-694 | Date of Preparation: 18/10/21

For more information or to make a referral please call **0808 164 4450** or email **chcl.referrals@nhs.net**

### Our referral process:

- 1 Referral made to Cygnets referrals team via **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