

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

Cygnet Manor, Nottinghamshire

Good

Beds available now taking referrals



At Cygnet Manor, we support 20 men with learning disabilities, associated complex needs who may also have behaviours that challenge in a homely and community facing environment.

When individuals come to Cygnet Manor they can often be mentally and emotionally unstable due to varying reasons. We believe that creating a calm and inviting environment we can enhance an individual's progress and self-esteem to help them on their care pathway towards a less restrictive setting.



Male



18+ years



20 beds

## Our service user profile:

- > Primary diagnosis of learning disability and mental health complex needs
- > Forensic history
- > 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 or informal
- > May have a history of repeated hospital admissions or a Community Treatment Order



## The service at a glance

Cygnet Manor is located in the heart of the community in Shirebrook, Nottinghamshire, just a short walk from an extensive array of local amenities including leisure centres, social clubs, shops, colleges and work placement settings.

We want the men in our care to make their own choices and live as independently as they are able to. To achieve this, our in-house Multi-Disciplinary Team (MDT) supports them with our learning disability model of care. This offers support from the nursing team, psychology, psychiatry, speech and language and occupational therapy as well as art psychotherapy.

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. The occupational therapy service aims to create a sensory-modulated environment and one that is physically safe. It aims to maximise each individual's independence through the support and development of functional activities of daily living and life skills. In addition, it aims to support the staff, through ongoing staff training, modelling and working collaboratively within the wider team. 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.

We work towards discharge from the point of admission ensuring we work with each individual to create their own pathway to the community and more independent living.

Within the service there are a number of good sized living areas, including lounges, dining areas and activities of daily living (ADL) kitchen, where individuals can develop their skills, as well plenty of outdoor space to enjoy.



**Bespoke staff training packages**  
tailored to the service and delivered  
by on-site clinical team



Rated 'Good'  
with the CQC



**Accessible service**  
user led care plans  
including audio

**Weekly**  
Reflective  
Practice  
sessions



Links with local welfare for  
'Dove Dance'; social evenings  
and other leisure activities



Weekly  
'Well  
Person's Clinic'  
and physical  
education  
sessions



On-site  
**MDT Team**  
including Art  
Psychotherapy



**0%**  
agency  
use since  
the service  
opened 9  
years ago

**On-site garden  
and vegetable patch**  
with gardening opportunities



**Decision box to  
enable service users  
to make collaborative  
decisions about  
the environment**



Individuals have the  
opportunity to enter artwork  
into art based awards,  
with positive outcomes, such as service  
user's work being included in national  
exhibitions and winning awards

### Our community links:

- > Cycling at Rother Valley
- > Links with the local football club
- > Willow tree farm
- > Footgolf
- > Dove Dance
- > West Notts college
- > Local cafés and shops
- > Spot on snooker club
- > Bowling
- > Cinema
- > Lammas Leisure Centre for swimming
- > Kissinggate Leisure Centre

### Our facilities:

- > En-suite bedrooms
- > Spacious communal areas
- > Garden with outside seating, a basketball court and facilities to enable individuals to grow their own fruit and vegetables
- > Lounge
- > Café with pool table
- > Dining room
- > Therapy kitchen and laundry service to support skills development
- > Multiple therapy spaces including an art room and a quiet therapy room



We are able to take referrals 24 hours a day, 7 days a week. For more information or to make a referral please call **0808 164 4450** / email [chcl.referrals@nhs.net](mailto:chcl.referrals@nhs.net) or contact your regional Business Relationship Manager.

### Where are we?

**Cygnet Manor**  
Central Drive, Shirebrook,  
Nottinghamshire, East Midlands  
NG20 8BA

**Phone number**  
01623 741 730



### Our referral process:

- 1 Referral made to Cygnet referrals team via **0808 164 4450** / [chcl.referrals@nhs.net](mailto:chcl.referrals@nhs.net) or through your regional Business Relationship Manager
- 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

CYG-535 | Date of Preparation: 06/05/22

