

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

Outstanding 

Now taking referrals

At Cygnnet Sherwood Lodge, we support 26 men with learning disabilities and associated complex needs who may also have behaviours that challenge.

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



Male



18+ years



26 beds (17 + 9 step-down beds)

## Our multi-disciplinary team:

- > Hospital manager
- > Head of care
- > Lead psychologist
- > Forensic psychologist
- > Assistant psychologist
- > Occupational therapists
- > Speech and language therapist
- > Consultant psychiatrist
- > Specialty doctor
- > Nurses (RNLD & RMN)

## 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

## Our service at a glance

Cygnnet Sherwood Lodge is split into 2 wards, there are 17 beds on the main ward and a further 9 step-down beds where there is an increased focus on daily living skills, enabling individuals to test out their independent living skills before further community integration.

The service is located in the heart of the community just a short distance from an extensive array of local amenities including leisure centres, social clubs, shops and restaurants.

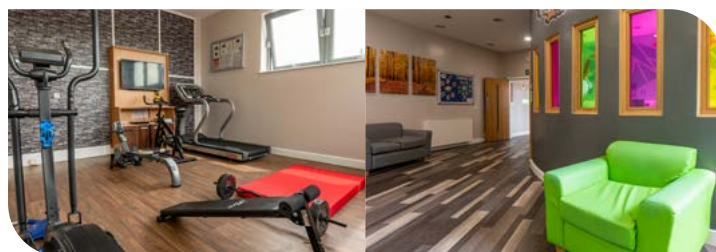
We want the men in our care to make their own choices and live as independently as they are able to. To achieve this, our in-house Multi-Disciplinary Team (MDT) supports them with our learning disability model of care. This offers support from the nursing team, psychology, psychiatry, speech and language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

Our psychology approach aims to replace maladaptive behaviours with positive social interaction. As part of our preparation for core and advanced daily living skills, our occupational therapy led programmes facilitate education, vocational skills and social integration.

Our speech and language therapy approaches include PECS communication systems to facilitate learning and general communication skills.

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.

The hospital also has four two-bedded residential units, Adele Cottage and 4, 5, 7 The Sycamores, allowing for further community integration and focus on daily living skills.



★ ★ ★ ★ ★  
 Rated 'Outstanding' with the CQC in all 5 KLOE's

Education and music tutors attend the service weekly



Individuals are supported with therapeutic earnings



Weekly Reflective Practice sessions



On-site multi-disciplinary team consisting of nurses, occupational therapy, speech and language therapy, psychologists and doctors



On-site forestry school

– individuals learn about bushcraft, survival skills, how to make campfires and bird feeders and more



Allotment where individuals spend the day learning how to grow their own crops



100%

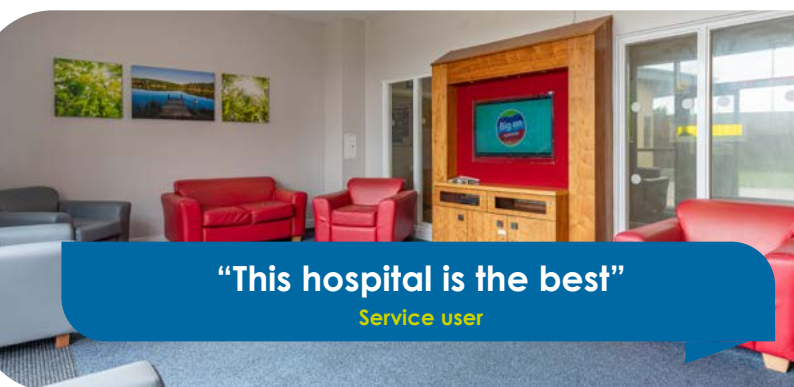
of individuals who were discharged in 2021 have been able to step down along their care pathway into a community setting



Introduction of safewards



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



"This hospital is the best"

Service user



"If you dream it you can do it"

Service user

### Our community links:

- > Sutton Centre Community College and West Nottinghamshire College
- > Local shops and supermarkets
- > Voluntary work
- > Dove Dance: a popular local disco
- > Stable management and horse riding (Bolsover)
- > Bike riding, walks and picnics at Sherwood Pines
- > Vocational links: PAVES, grass roots, Willow Tree Farm, Bumbles Café
- > Craft/woodwork sessions
- > Local church
- > Allotment
- > Leisure Centres

### Our facilities:

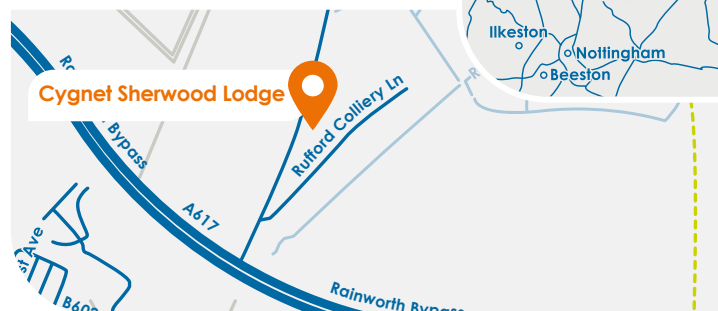
- > En-suite bedrooms
- > Garden with outside seating, facilities to grow fruit and vegetables, forestry school and sensory garden
- > Café with pool table
- > Lounges and dining room
- > Therapy kitchen and laundry service to support skills development
- > Art and craft room
- > Computer room
- > Multi-faith room
- > Gym
- > Games room
- > Family room



## Where are we?

Cygnets Sherwood Lodge  
 Rufford Colliery Lane, Mansfield  
 Nottinghamshire, East Midlands  
 NG21 0HR

Phone number  
 01623 499980



CYG-995 | Date of Preparation: 24/05/22

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 Cygnets 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

Please visit [cygnethealth.co.uk](http://cygnethealth.co.uk) for more info | Follow us on social media:

Integrity

Trust

Empower

Respect

Care