

# Low Secure Mental Health Service for Men

Upper East,  
Cygnet Hospital Bury,  
North West

Accepting Referrals



Upper East is Cygnet Hospital Bury's 13 bed low secure service for men with mental illness which supports those experiencing complex mental illness and/or those with a diagnosis of personality disorder.

The service accept direct admissions from the community, from rehabilitation or acute services and from prison, however many people step down through the internal care pathway from the medium secure services offered at Cygnet Hospital Bury.

Across all of our medium and low secure services, service users are supported by a dedicated multi-disciplinary team (MDT) who work with people to assess their needs and create a 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 patient.



Male



18+ 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



## Our Model of Care

### Phase One

#### Understanding me

Pre-Admission & Admission

Getting to know my team and support group

### Phase Two

#### My Skills

Assessment

Understanding my needs and support required for a safe future

### Phase Three

#### My Independence

Treatment

Building trust, actively engaging in treatment and re-learning new skills

### Phase Four

#### Preparing to move on

Transition & Discharge

Consolidating skills and moving on to a safe, purposeful and meaningful future



## Therapy and Activity Programmes

Programmes are tailored to individual needs and our MDT work with service users to identify treatment options. Our full range of programmes includes:

- > Dialectical Behaviour Therapy (DBT)
- > ASSIST (PD intervention)
- > Eye Movement Desensitization and Reprocessing (EMDR)
- > Fire setting
- > Life Minus Violence
- > Cognitive Behavioural Therapy (CBT) for psychosis
- > Schema Therapy
- > Sex Offender Treatment Programme (SOTP)
- > Substance misuse
- > Adapted therapy programmes for Deaf patients

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.



**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
- > Local Deaf clubs in Bury, Bolton and Manchester
- > Canal and River Trust
- > Leisure facilities including swimming and gym

## Service user survey results and reviews

Each service user at Upper East is given the opportunity to complete an individual satisfaction survey.

**91%** of service users have always felt **safe** during their time in hospital

**100%** of service users have **confidence and trust** in the nursing staff

**100%** of individuals feel **ward staff are caring and supportive**

**91%** of service users feel they are treated as an individual when it comes to rules and restrictions

**100%** of individuals are aware of how to **make a complaint** if they have one

\*Results taken from 2021 surveys

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

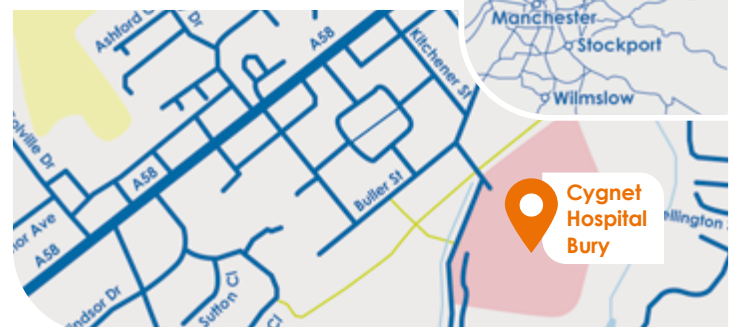
### Our referral process:

- 1 Referral made to Cygnet 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

## Where are we?

**Cygnet Hospital Bury**  
off Buller St, Bolton Rd, Bury,  
North West BL8 2BS

**Phone number**  
**0161 762 7200**



CYG-1100 | Date of Preparation: 16/06/22

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

**Integrity**

**Trust**

**Empower**

**Respect**

**Care**