

# Low Secure Mental Health Service for Women

Spencer Ward,  
Cygnet Hospital Sheffield  
Yorkshire & Humber

Accepting  
Referrals



Spencer Ward at Cygnet Hospital Sheffield is a 15 bed inpatient service providing assessment and treatment for women with mental disorders. Treatment is aimed at identification and management of needs rather than just a particular diagnosis. We are dedicated to providing gender sensitive care and treatment for women detained under the Mental Health Act.

On Spencer Ward, our service users are at the heart of everything we do. We believe that every individual has the potential for recovery, personal growth and an improved quality of life

## Our service is underpinned by the following guiding principles:

- > Empowerment
- > Involvement
- > Service user centred care
- > Evidence based practice
- > Team work

Cygnet Hospital Sheffield is located close to Sheffield city centre, and a wealth of community and transport facilities.



Female



18+ years



15 beds

## Our service user profile:

- > Women, aged 18+ years
- > Detained under the Mental Health Act, including those under Ministry of Justice restrictions
- > Requiring assessment and treatment in a secure environment
- > Presenting active or potential risk to others
- > Have a diagnosis of:
  - Severe and enduring mental health problems
  - Psychotic disorder
  - Schizoaffective disorder
  - Schizophrenia
  - Personality disorder
- > May be exhibiting challenging behaviour
- > May have dual diagnosis with substance misuse

## Therapy Programme

We offer a range of therapies, specifically tailored to the individual's needs and preferences. Therapies are offered on both an individual or group format with the aim to support the women to feel safe, made sense of their difficulties, and engage in more safe and prosocial behaviours in response to feelings of distress.

Our team of forensic and assistant psychologists offer a variety of therapeutic interventions and personalised packages of therapy to our service users.

The team provide a range of therapies delivered in group and individual settings, including:

- > Dialectical Behaviour Therapy (DBT)
- > Schema Therapy
- > Trauma Therapy tailored to individuals own needs
- > Substance misuse and offending behaviour interventions
- > Art therapy
- > Music therapy

## Key elements of our service provision:

- > Effective Multi Disciplinary Team (MDT) working
- > Effective implementation of the CPA approach
- > Individual care planning with service user involvement
- > Collaborative risk assessment and risk management with service user involvement
- > Close working with local NHS England Specialist Commissioning Team
- > Family and carer involvement
- > Through the above we aim to promote adjustment, prevent relapse and enhance the likelihood of successful reintegration into the community



### Multidisciplinary (MDT) team consisting of:

- > Ward Doctor
- > Forensic Psychologist
- > Assistant Psychologist
- > Occupational Therapist
- > OT Assistant
- > Responsible Clinician
- > Ward Manager
- > Social worker and Social worker assistant
- > Activity Coordinator
- > Art Therapist

### Facilities including:

- > En-suite bedrooms
- > Large communal lounge
- > Separate dining area
- > ADL kitchen
- > Activities room
- > Quiet room / library
- > De-stimulus room
- > Dedicated child and family visiting area available
- > Sensory room
- > Movie room, with a wii
- > Garden area

Education access at Sheffield City College



Occupational Therapist trained in sleep hygiene



Service users can take part in community activities and day trips which include: bowling, mini golf and visits to local parks, trips to Raves Park to visit the llama enclosure. Most activities take place twice a week



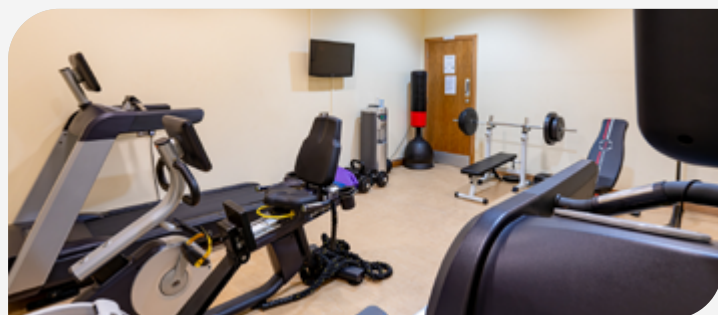
Fully equipped gym



En-suite bedrooms



Occupational Therapy has helped service users to obtain volunteer jobs in the community and have links with local boarding kennels



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 Cygnet 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

### Where are we?

Cygnet Hospital Sheffield  
83 East Bank Road, Sheffield,  
South Yorkshire, Yorkshire & Humber  
S2 3PX

Phone number  
0114 279 3350

