

Acute Service for Women

Upper Oakwood
Cygnet Hospital Godden Green, Kent

Accepting referrals



Upper Oakwood at Cygnet Hospital Godden Green, is a small and supportive 6 bed mental health acute service for women. The aim of Upper Oakwood is to work with service users to plan for their discharge out of hospital.

Upper Oakwood is situated in the beautiful countryside of the Kent Weald, near Sevenoaks. Its location, in over an acre of its own grounds, helps the service provide a calm and therapeutic environment for service users. In addition, there are many one-to-one activities and sessions held, and group activities are also available to join if individuals choose.

Service users on Upper Oakwood have support from the full MDT led by a consultant psychiatrist and include psychologists, social workers, occupational therapists, specialist mental health nurses and a therapy co-ordinator. There are close links with the GP who visits on a weekly basis and we can arrange district nursing visits for more complex care needs.



Female



18+ years



6 beds

Our service user profile:

- > Women, aged 18+ years
- > May be informal or detained under the Mental Health Act
- > Experiencing an acute episode of mental illness requiring a crisis admission
- > Diagnoses may include:
 - Acute mental illness
 - Acute depressive illness
 - Psychosis
 - Schizophrenia
 - Bi-polar disorder
 - Personality disorder
 - Dual diagnosis
- > May present with co-morbid presentations:
 - Self-harm
 - Substance misuse issues
 - Complex needs

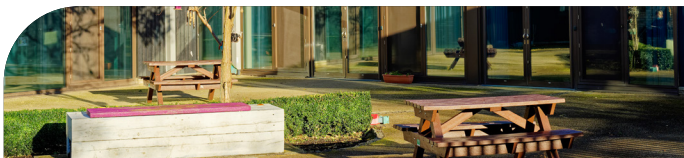


Amongst the outcomes we aim to achieve are:

- > Improved wellbeing and social functioning
- > A focus on rehabilitation and the development of independence skills
- > Supporting service users to return to the community, by working with carers and other community provisions
- > Improved physical health monitoring for service users in our care
- > The provision of physical health management plans to support carers and other providers to maintain a service user's health post discharge
- > Upon discharge we will provide a management plan if required to support the new placement. We have a flexible approach to slower transfers and can facilitate most discharges, ensuring they are as successful as possible

Our facilities:

- > En-suite bedrooms
- > Therapy kitchen
- > Variety of activity areas
- > Art room
- > Horticultural garden
- > Therapy room
- > Relaxation rooms
- > Classroom
- > Dining room
- > Living room
- > Enclosed gardens
- > Gym
- > IT café



We are able to take referrals 24 hours a day, 7 days a week. To make a referral, please call **0808 164 4450** or email chcl.referrals@nhs.net. We will respond within 1 hour of receipt of full clinical information.

1

Referral made to Cygnet referrals team via **0808 164 4450 / chcl.referrals@nhs.net**

2

Feedback provided on whether our services can meet the service user's needs within 1 hour of receipt of full clinical information

3

Admission agreed and arranged with referring team following confirmation of funding

Where are we?

Cygnet Hospital Godden Green
Godden Green, Sevenoaks,
Kent TN15 0JR

Phone number
01732 763491



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