

# High dependency complex care service for men with learning disabilities

Oak Court,  
Cygnet Hospital Colchester, Essex

Good

Beds available  
Now taking referrals



Oak Court at Cygnet Hospital Colchester provides dedicated, person-centred support to men with a learning disability, associated complex needs and behaviours that challenge, who are at different stages of their care pathway.

We encourage the men in our care to make their own choices and live as independently as they are able to. To achieve this, we have developed our model of care in which the in-house multi-disciplinary team (MDT) adopt a values-based social model of disability with **My Choice, My Voice, My Life** sitting at the heart of the model.



Male



18+ years



9 beds +  
1 apartment

## Our service user profile:

- > Men, aged 18+
- > Primary diagnosis of learning disability and complex needs
- > May have a diagnosis of autistic spectrum disorder
- > May be detained under the Mental Health Act, informal or subject to DoLS
- > May have a forensic history
- > May present with co-morbid presentations, including:
  - Challenging behaviour
  - Personality disorder
  - Schizophrenia, depression, bi-polar disorder
  - Dual diagnosis
  - Complex needs and /or multiple diagnoses
- > May have a history of repeated hospital admissions

## Our service at a glance

The service has two areas that have been developed to support individuals with different levels of need:

- > Nine beds within Oak Court accommodate service users who are in crisis or those with high dependency needs within a safe environment. We work closely with the multi-disciplinary team (MDT) to provide a care and treatment plan that enables the service user to move along their care pathway at their own pace.
- > A spacious one bed single person bespoke apartment provides either a more independent living environment, or a low stimulus space for an individual.

Oak Court is located in the heart of the community in Colchester which is Britain's oldest recorded town. The individuals we support have access to a wide range of community facilities locally including, Colchester Zoo, Colchester Football Club, beautiful parks and excellent shopping and dining facilities.



## Our community links:

- > Colchester football club
- > Colchester Zoo
- > Adult community college
- > Colchester leisure world
- > Dedham boating lake for picnics and paddling
- > Cafés and restaurants
- > Shops
- > Voluntary work placements

★ ★ ★ ★ ★  
 Rated 'Good' by the CQC

**Weekly** drop-in sessions with the responsible clinician (RC)

**100%** of service users discharged in 2021 were stepping down along their care pathway

**Supporting service users** to access local volunteering job opportunities and in-house therapeutic earnings

**STOMP**  
 We are committed to the STOMP pledge (Stopping the over-medication of adults and young people with a Learning Disability, Autism or both)

**Truly holistic approach** to assessing, planning and delivering care and treatment

**Large garden** including plenty of space for football and other sports and also for growing fruit and vegetables

**People's council meetings** held monthly to discuss issues they may have

**Supporting individuals** who are on their care pathway to independent living

**Wide range of activities** chosen by service users

**Disability exercise specialist** delivering fitness and wellbeing programmes for individuals in our on-site gym

**Supporting service users' sensory processing needs**

**Links with the adult community college**

**Supporting individuals** through inclusive communication approach

**Activities of daily living kitchen** supporting the service users with skill development

Physical health is a high priority at Oak Court and our dedicated physical health nurse works closely with GP's, dentists' and other external agencies

**Our facilities:**

- > En-suite bedrooms
- > Extensive communal areas including lounge and dining room
- > Activities of daily living kitchen and laundry service
- > Quiet room
- > Sensory room
- > Large garden
- > Multi-faith room
- > Gym
- > Activity centre
- > IT room

“ We are impressed with the progress he is making in your care, we appreciate it very much. ”  
 Family member



“ Many thanks for his excellent care and the detailed handover. ”  
 Professional



“ We are very grateful for all the support Oak Court staff have given to our son. ”  
 Family member

**Our multi-disciplinary team (MDT):**

- > Consultant psychiatrist
- > Specialty doctor
- > Occupational therapist
- > Occupational therapy assistant
- > Speech and language therapist
- > Speech and language therapy assistant
- > Psychologist
- > Assistant Psychologist
- > Physical health nurse
- > Ward manager
- > RNLD & RMNs
- > Support workers
- > Disability exercise specialist
- > Safeguarding lead

**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 Colchester**  
 Boxted Road, Mile End,  
 Colchester, Essex, East CO4 5HF

**Phone number**  
**01206 848 000**



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