

High dependency inpatient rehabilitation service for women

Cygnnet Lodge Kenton, London



Beds available now taking referrals



Cygnnet Lodge Kenton, in North-West London, is a female high dependency inpatient rehabilitation service that provides a care pathway for service users who are preparing to step down and help bridge the gap between hospital stays and community living. Our service provides a high level of support and uses a recovery focused model.

Cygnnet Lodge Kenton provides treatment for up to 15 women experiencing complex mental illness. We help them to re-establish and develop the skills they need to progress over a period of 12-18 months. We accept referrals from low secure services, acute wards, PICU and other mental health rehabilitation services.



Cygnnet Lodge Kenton is AIMS accredited with the Royal College of Psychiatrists. The AIMS (Accreditation of Inpatient Mental Health Services) rehabilitation project is a national scheme developed to ensure best practice is being achieved in inpatient mental health services.



Female



18+ years



15 beds

Our service user profile:

- > Detained under the Mental Health Act (1983) or informal
- > Primary diagnosis of mental illness with:
 - Complex comorbidities
 - Substance, drug and alcohol abuse
 - Treatment resistance
 - Behaviours that challenge
- > Aiming for a return to community or community-based care
- > History of sexual abuse or domestic violence
- > Typical diagnoses: schizophrenia, schizoaffective disorder, bipolar affective disorder or depression
- > May have secondary diagnoses of mild learning disability, autism spectrum disorder or personality disorder
- > May have a forensic history and/or be stepping down from secure services
- > May have a history of repeated acute admissions

Our service at a glance

Our service is particularly helpful for women who have been in hospital for some time and who require additional support as they continue along their pathway towards the least restrictive environment possible for them.

Our main focus is to give women the skills and confidence to enable them to live independently in the community. The occupational therapy team is key in assuring as many activities as possible are held in the community, helping individuals re-integrate and prepare most effectively for discharge.

The service has strong links with local community-based services within Kenton and Harrow, with many service users taking part in work experience opportunities and educational and other courses which are run in the area.

Our service provides a high level of individualised care including a multi-disciplinary team (MDT) assessment, care plan formulation and management, followed by pharmacological, therapeutic interventions (psychology and occupational therapy) to enable them to integrate safely into the community. All treatment plans and

interventions are in accordance with NICE guidelines and evidence-based practice. The service also offers sessional therapists for Cognitive Behavioural Therapy, drama and music therapy and yoga.



Scan the QR code or click here to view a video of Cygnnet Lodge Kenton

Our multi-disciplinary team:

- > Consultant Psychiatrist
- > Specialty Ward Doctor
- > Psychologist
- > Assistant Psychologist
- > Registered Mental Health Nurses
- > Healthcare Support Workers
- > Occupational Therapists
- > Occupational Therapy Assistants
- > Drama/Music Therapist
- > Pet Therapist

Activities of daily living (ADL)
kitchen to support
skills development



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



The occupational therapist (OT)
assesses, implements and
develops individualised
OT treatment programmes
according to their diagnosis
and identified needs



Supporting individuals
to access both paid and
voluntary work



People's council meetings
held monthly to discuss issues
they may have with the service



Our psychology team
provide sessions with a
focus on adapted CBT and
informed DBT among other
therapies to ensure we meet
each individual's needs



We empower the women we
support to enable
them to learn and
practice skills, so that
they are able
to successfully
manage their illness
in the community



Links with Recovery College and other
community facilities
for ongoing support for
our service users



We encourage family contact
Carers and families are
actively encouraged
to be involved with the
care of their loved one



Service user surveys and reviews

96%

of individuals say they
have felt safe during
their time in hospital



92%

of individuals feel the
care and treatment they
are receiving is helping
them progress towards
discharge



100%

of individuals feel enough care
is taken of any physical health
problems such as diabetes,
asthma and heart disease



92%

of individuals say that
staff are caring and
supportive



96%

of individuals are aware of
how to make a complaint



“

This place is the
best hospital I have
been in. The staff
are all caring and
they work hard.

- Service user

”

100%

of individuals
who need it are
supported to
stay in touch with
family and friends



“

I enjoy staying
at the hospital,
they are caring
and nice

- Service user

”

“

I feel the care has
been superb and
I am fulfilling all of
my wants, needs
and goals during
my stay here

- Service user

”

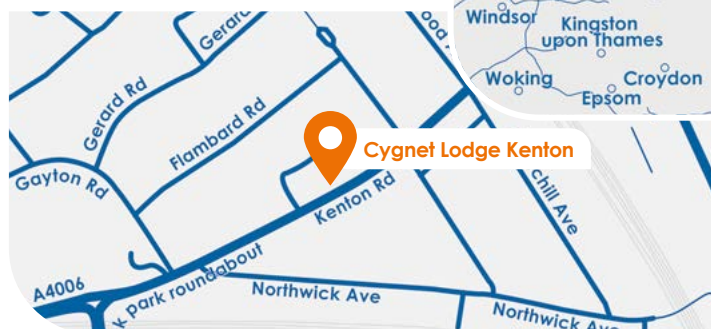
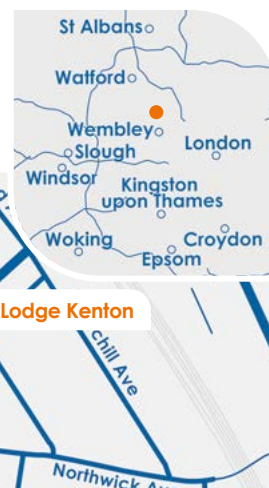


*Results taken from 2022 Service User Satisfaction Survey

Where are we?

Cygnnet Lodge Kenton
74 Kenton Road, Kenton,
London HA3 8AE

Phone number
020 8907 0770



CYG-814 | Date of Preparation: 02/02/23



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 Cygnnet 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

Please visit cygnnethealth.co.uk for more info | Follow us on social media: [Twitter](#) [Facebook](#) [LinkedIn](#)

Integrity

Trust

Empower

Respect

Care