



Press Release

For Immediate Release

Build Gets Underway for Derby Mental Health Hospital

A new 26-bed hospital for women battling an eating disorder is to be built in Derby by leading health and social care company, Cygnet Health Care.

The hospital will be built in Shipley, Heanor and will comprise of two wards providing a specialist eating disorder service. It is expected that the hospital will be open to patients by January 2024.

The state of the art hospital will be run by Cygnet Health Care, one of the largest UK providers of health and social care services which supports individuals with mental health needs, learning disabilities and autism. It will bring more than 100 new jobs to the local area and see further investment by Cygnet in the local economy, drawing on local resources during the construction phase and for day-to-day supplies to run the service.

Dr Tony Romero, CEO of Cygnet Health Care, explained:

“It is our priority to ensure those suffering with disordered eating get the very best support they need. Demand for this type of specialist care is high and we are focused on providing much needed care to support more people.”

“The service is very much about supporting women therapeutically so they feel well again and are able to recover in a place where they feel safe and cared for.”

Cygnet is a partner to the NHS providing mental health care across a range of services around the country. The impact of the Covid pandemic has seen a rise in the number of people suffering with their mental health and it is expected there will be high demand for the services offered at the new hospital.

Referrals to Cygnet Health Care’s existing eating disorders unit, Sunrise Ward, at Cygnet Hospital Ealing, more than doubled between 2019 and 2021.

Prior to the global pandemic in 2019, 106 referrals were made to Sunrise Ward, a highly specialised eating disorder service for women, including those with extremely low BMIs. By 2021, this had risen to 244, an increase of 130%. In 2022, there were 141 referrals, a 33% increase from pre-pandemic figures.

Dr Romero added: *“The current demand nationally is surging and with that increase in need for specialist mental health services, we want to be part of the solution and work together with the NHS to provide the best treatment and facilities to help people on their recovery journey.”*

“The new hospital will be purpose-built to meet the latest NHS specifications for improving mental health. I look forward to seeing the difference the facility will make to so many people.”

Facilities at the new hospital will include onsite car parking, a garden, salon, en-suite bedrooms, therapy rooms, a multi-faith room, a gym, treatment rooms, communal lounge, dining room, quiet lounge, and meeting rooms. The range of job opportunities it will create will include health care professionals, clinicians, nurses, catering, domestics and administrative roles.

Explaining the increased demand for disordered eating services since the pandemic, Dr Triveni Joshi, Consultant Psychiatrist for Cygnet Health Care, said the perils of social media could be partly to blame.

She explained: *“It might have been the case that their food intake gave people a sense of control when everything else around them seemed so uncontrollable.”*

“An increase in the use of social media and programmes around healthy eating and exercise, which actually were targeted towards the general population, alongside the unrealistic ideals around beauty and body shaming, may have had a detrimental effect in this very unusual context for those affected.”

Dr Joshi also talks about the change in approach to mental health services in the community and the impact that would have had.

“Community services had to offer their services very differently so what were face-to-face clinics became virtual appointments and people became less available.”

“They were not able to offer sessions the way they would have done. The lack of contact with their community mental health teams was very detrimental. As demand started to surge, resources became less available. And so we had the explosion in numbers.”

Ends

Notes to Editors

For interviews, please contact Gemma Attew, External Communications Manager, at gemmaattew@cygnethealth.co.uk

About Cygnet Health Care

Cygnet Health Care has been providing a national network of high-quality, specialised mental health services for the NHS and local authorities for the past 30 years.

Cygnet Health Care’s pioneering services support people with complex and acute mental health needs across the UK.

As one of the best quality providers in mental health services in the country, Cygnet Health Care’s focus is always on the best outcomes for those who use or commission its services. 85% of Cygnet’s facilities are rated as good or outstanding, which is above the national average. www.cygnethealth.co.uk