



Your guide to Cygnet Aspen House

Mental Health Rehabilitation

Cygnets Aspen House

South Yorkshire

Registered address: Cygnets Aspen House
Manvers Rd,
Mexborough,
Doncaster,
Yorkshire & Humber
S64 9EX

Cygnets Aspen House is owned by Cygnets.
Cygnets Aspen House is located in South
Yorkshire.

The people we
care for here are:

- Female
- 18+





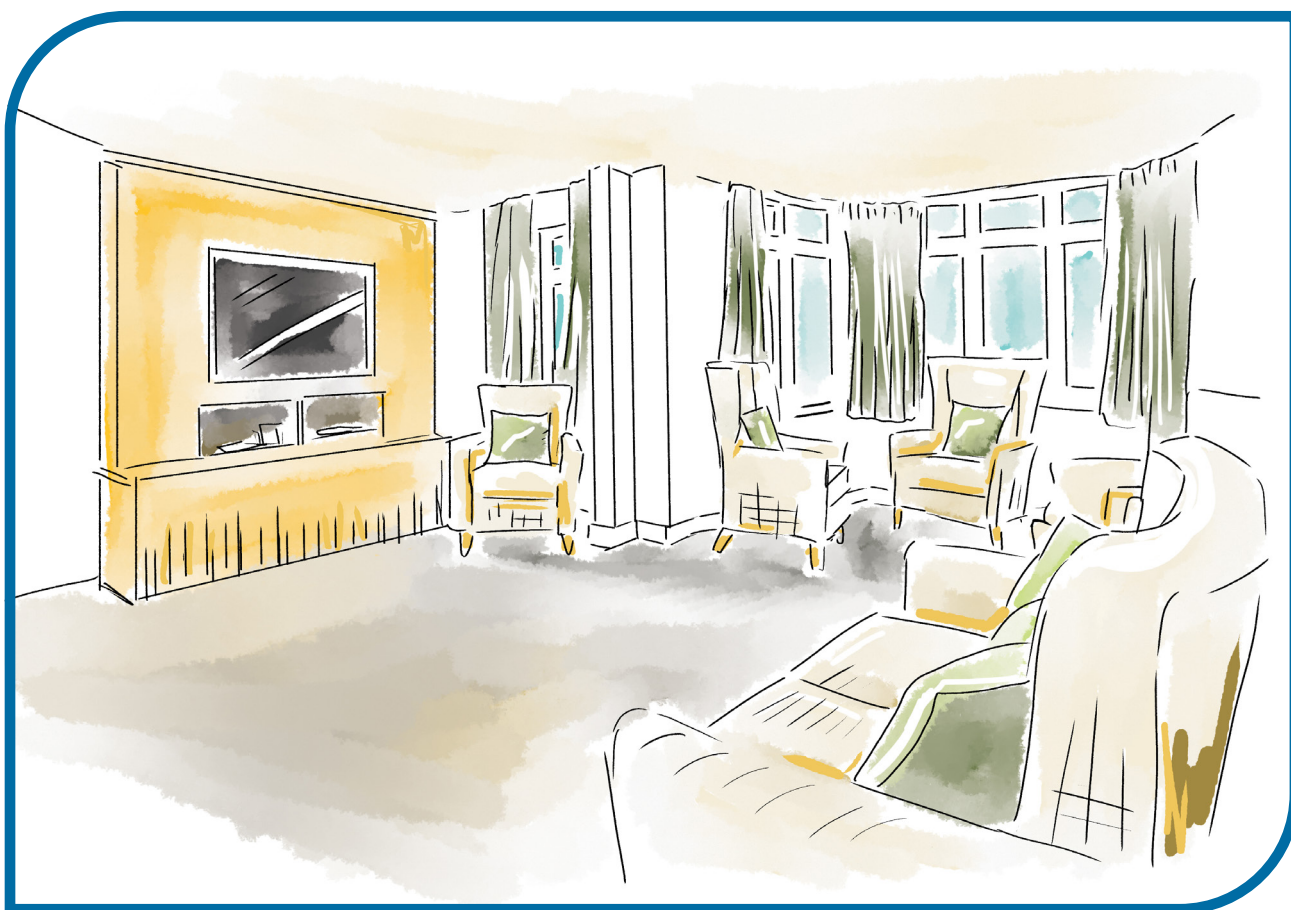
Up to 20 people can stay at Cygnet Aspen House. We want you to feel safe and comfortable while you stay here.

We will give you support to enhance your personal skills and rebuild your life. We will listen to what you want and need.



Living spaces

You will have your own bedroom and bathroom. You can make this space your own and fill it with your things.



You will share dining and lounge areas with other people.

We also have a therapy kitchen for you to practice how to make food.



Our team



There are a range of staff available to you. They will support you and make you as comfortable as possible.

We will make sure you have what you want and need to maximise your independence and help you in your recovery.

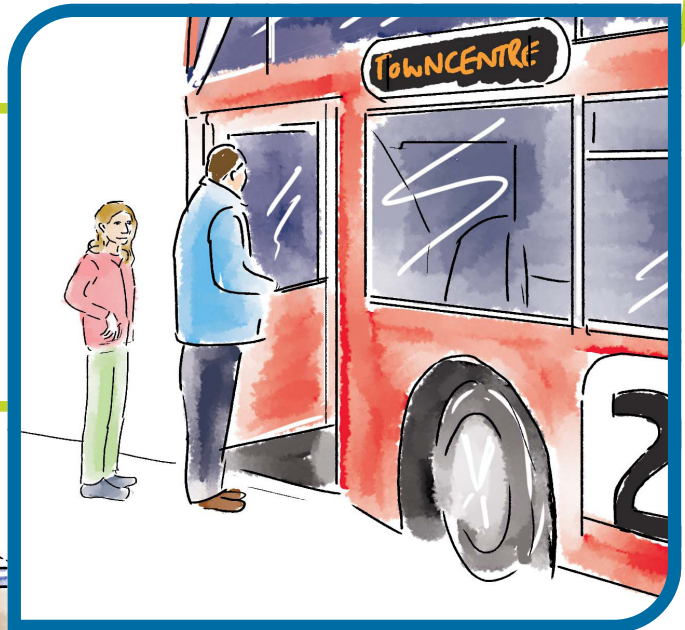
Who is here to help you?

- Psychiatrist
- Speciality Doctors
- Nurses
- Psychologist
- Occupational Therapists
- Hospital Manager
- Head of Care
- Psychology Assistants
- Therapy Coordinators
- Support Workers



Goals

We will work with you to make a **person-centred plan**. We will talk to you about your needs and aims and jointly make a plan to make you be as independent as possible. Our aim is to help you in the best way for you.



Our facilities

We will try to make your stay with us as pleasant as possible. Some of the facilities available to you are:

- En-suite bedrooms
- Beauty salon
- Self-modulation room
- Therapy kitchen
- Spacious communal garden with outdoor seating



Activities



There are plenty of activities to get involved with such as gardening or arts activities. We even have a special tunnel for growing plants.



You can work on daily living skills these will be timetabled into your plan to help you gain more independence.

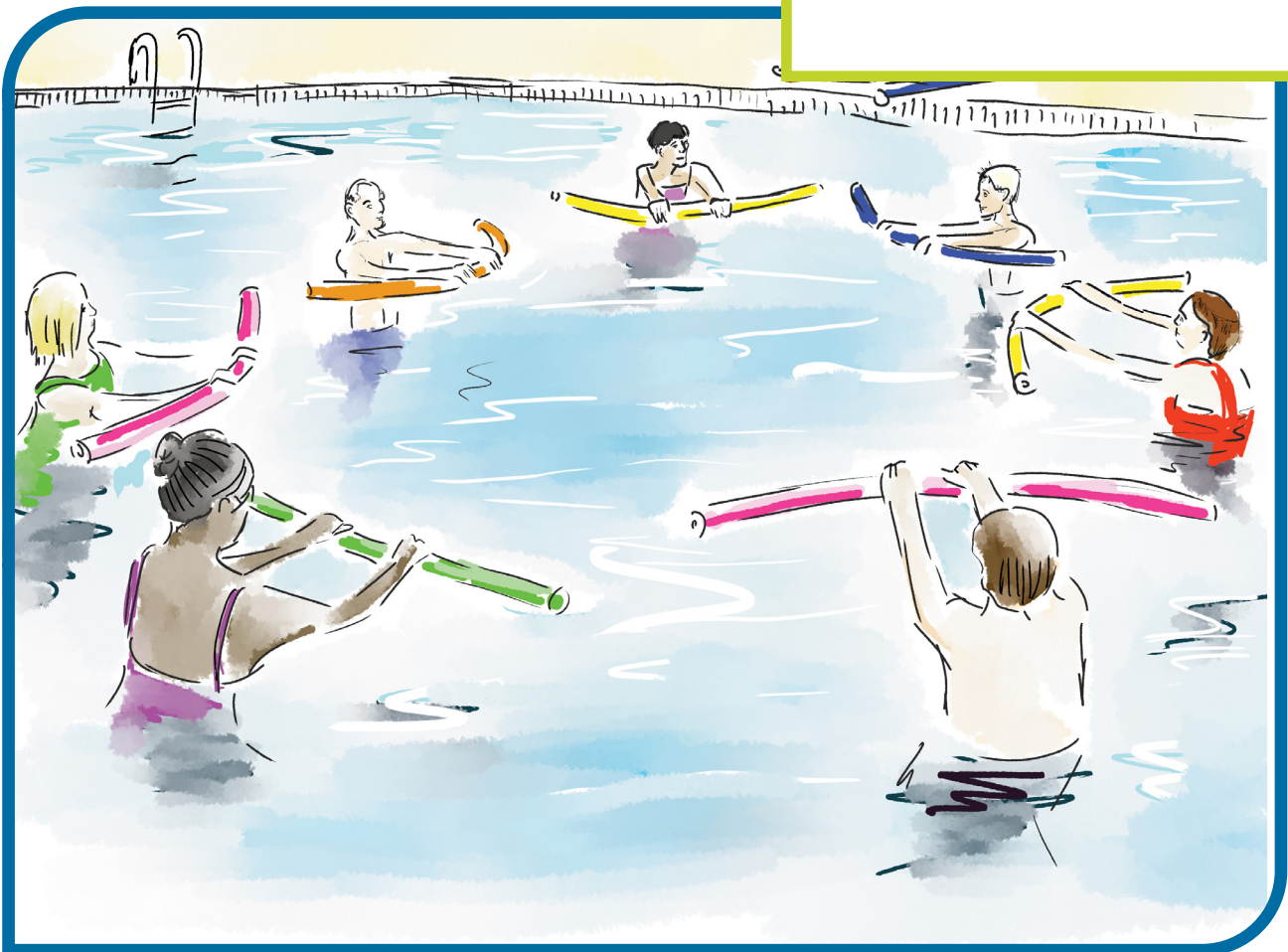


If you want you can be involved with the **people's council**. This is a meeting where people get involved in what happens at Cygnet Aspen House.

Community

When the time is right you are encouraged to go out into the community. Nearby we have:

- Doncaster College / Adult and Family Community Learning
- Leisure centre
- Art galleries and museums
- Local shops
- Cafés
- Restaurants



Job Support

Staff will give you support and guidance to explore vocational opportunities online and in the community.

We can help you to:

- write a CV
- apply for a job
- practice for interviews
- gain more skills



Address

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Westminster,
London,
SW1P 3JA

Telephone

0207 123 5706

Website

www.cygnetsgroup.com

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Accessible
Information
Standard