



Your guide to Cygnet Delfryn House

Mental Health Rehabilitation

Cygnnet Delfryn House

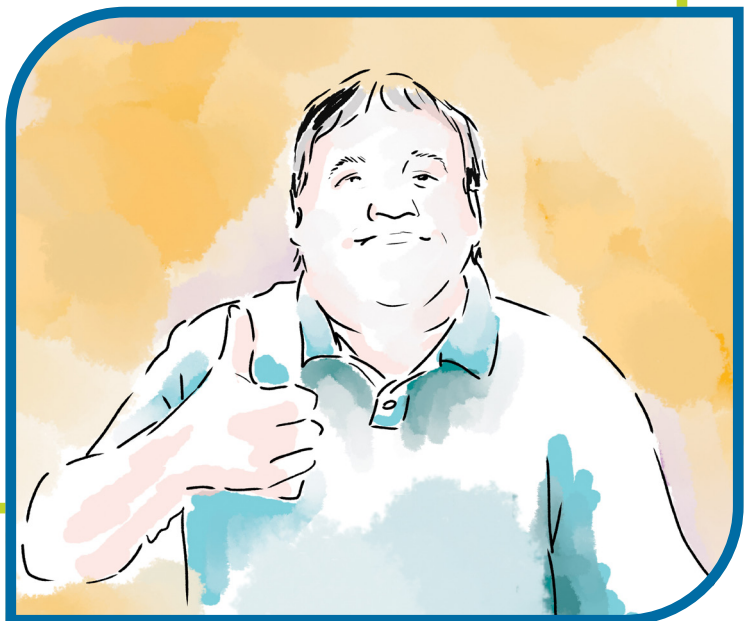
North Wales

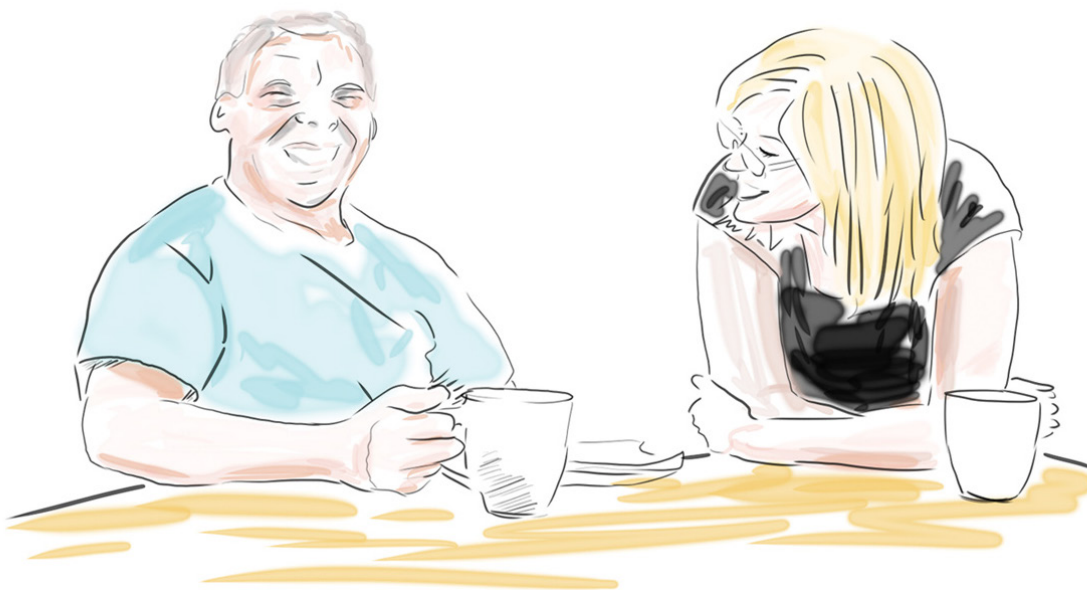
Registered address: Cygnnet Delfryn House,
Argoed Hall Lane,
Mold,
Flintshire,
Wales
CH7 6FQ

Cygnnet Delfryn House is owned by Cygnnet.
Cygnnet Delfryn House is located in North Wales.

The people we
care for here are:

- Male
- 18+





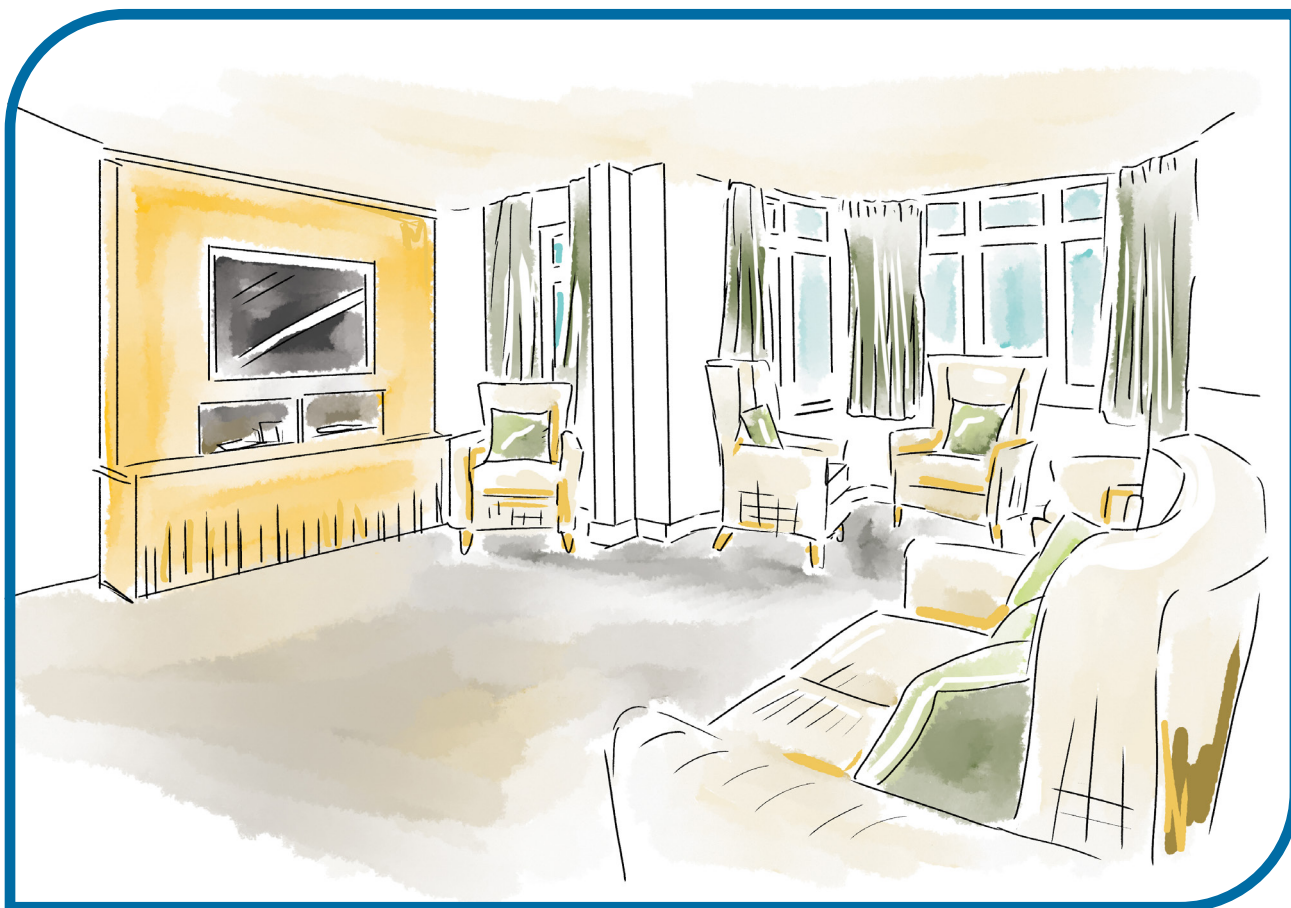
Up to 24 people can stay at Cygnet Delfryn House. We want you to feel safe and comfortable while you stay here.

We will give you support to enhance your personal skills and aid your recovery. 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 and laundry services for you to practice daily living skills.



Our team



There are a range of staff available to you, they are dedicated to understanding you and helping you through the highs and lows of your recovery.

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

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

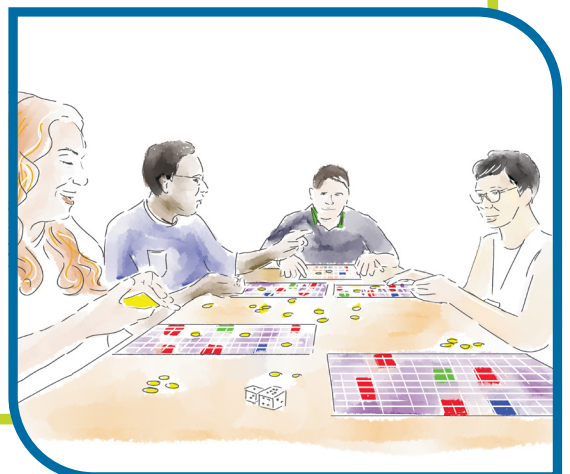
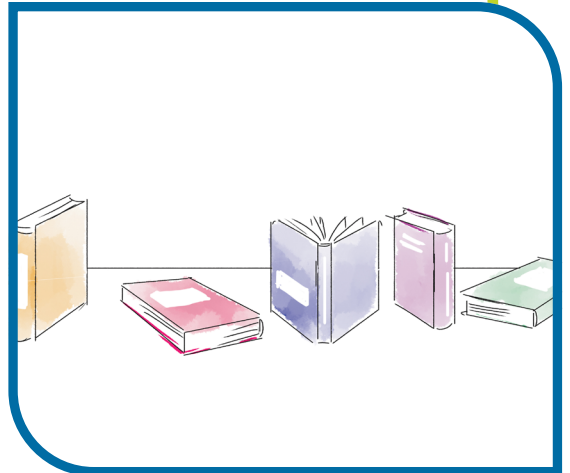
We will work with you to make a **person-centred plan**. We will talk to you about your needs and aims and jointly make a plan to make you be as independent as possible. Our aim is to help you in the best way for you.



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
- Learning centre with library
- Multi-faith room
- Gym
- Activities room
- Therapy kitchen
- Laundry room
- 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.

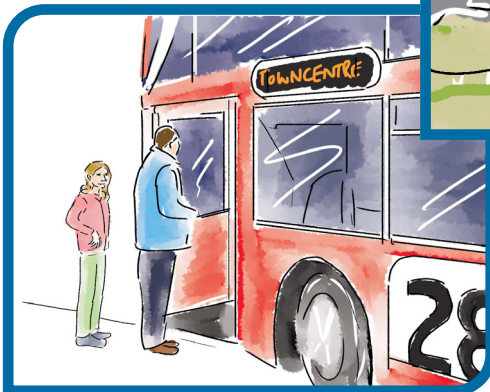
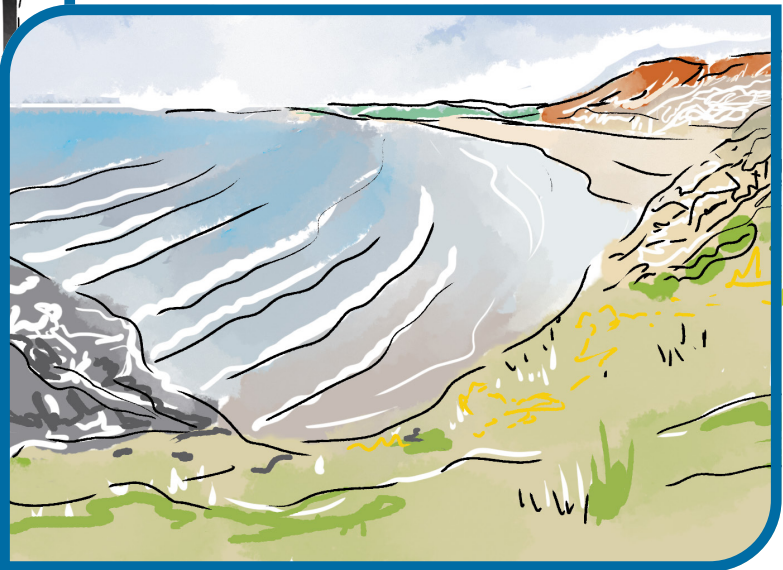


If you want you can be involved with the **people's council**. This is a meeting where people get involved in what happens at Cygnet Delfryn House.

Community

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

- Learndirect / Deeside College
- Flintshire Local Volunteer Centre
- Sport facilities at Northop College
- Photography and walking groups
- Local beaches
- Local market



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



Your notes

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Information
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