

Your guide to
Ramsey Unit
Cygnet Hospital Colchester

Mental Health Rehabilitation

Ramsey Unit

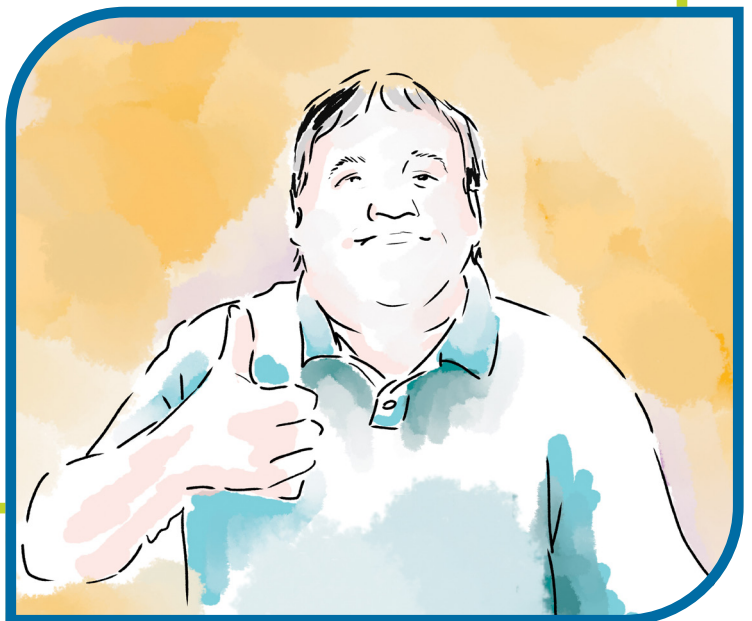
Essex

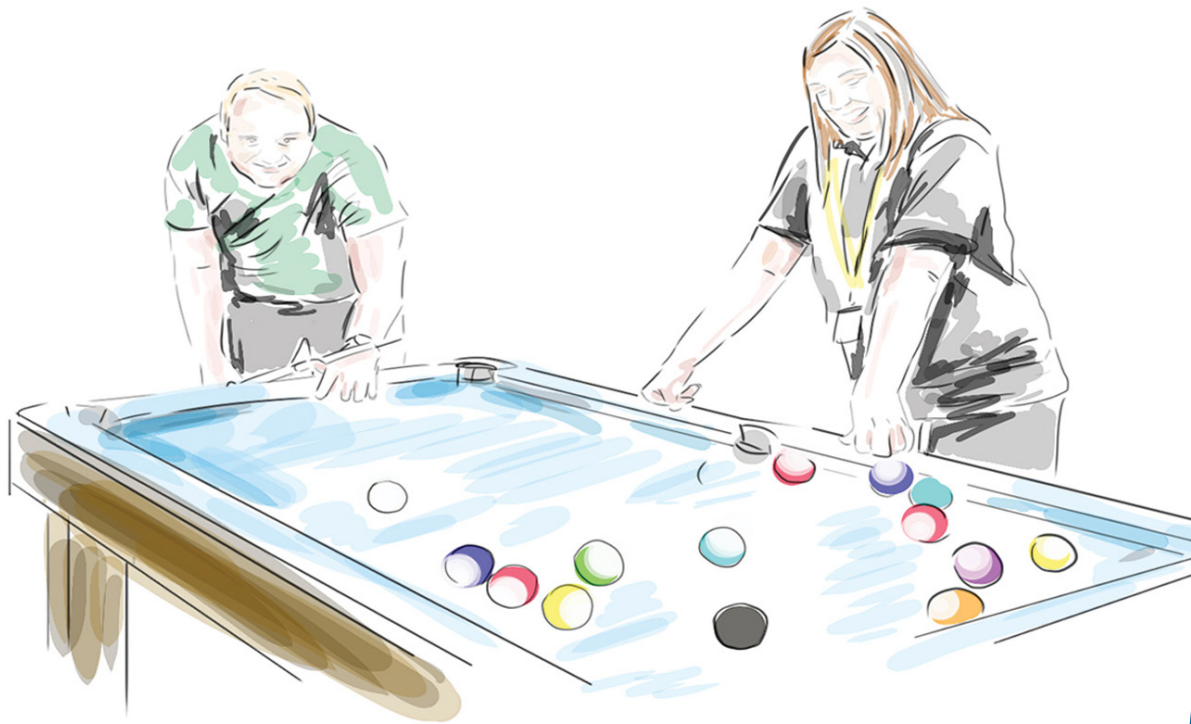
Registered address: Cygnet Hospital Colchester,
Boxted Road,
Mile End
Colchester,
Essex
East
CO4 5HF

Ramsey Unit is part of Cygnet Hospital Colchester, which is located in Essex. Cygnet Hospital Colchester is owned by Cygnet.

The people
we care for at
Ramsey Unit are:

- Male
- 18+





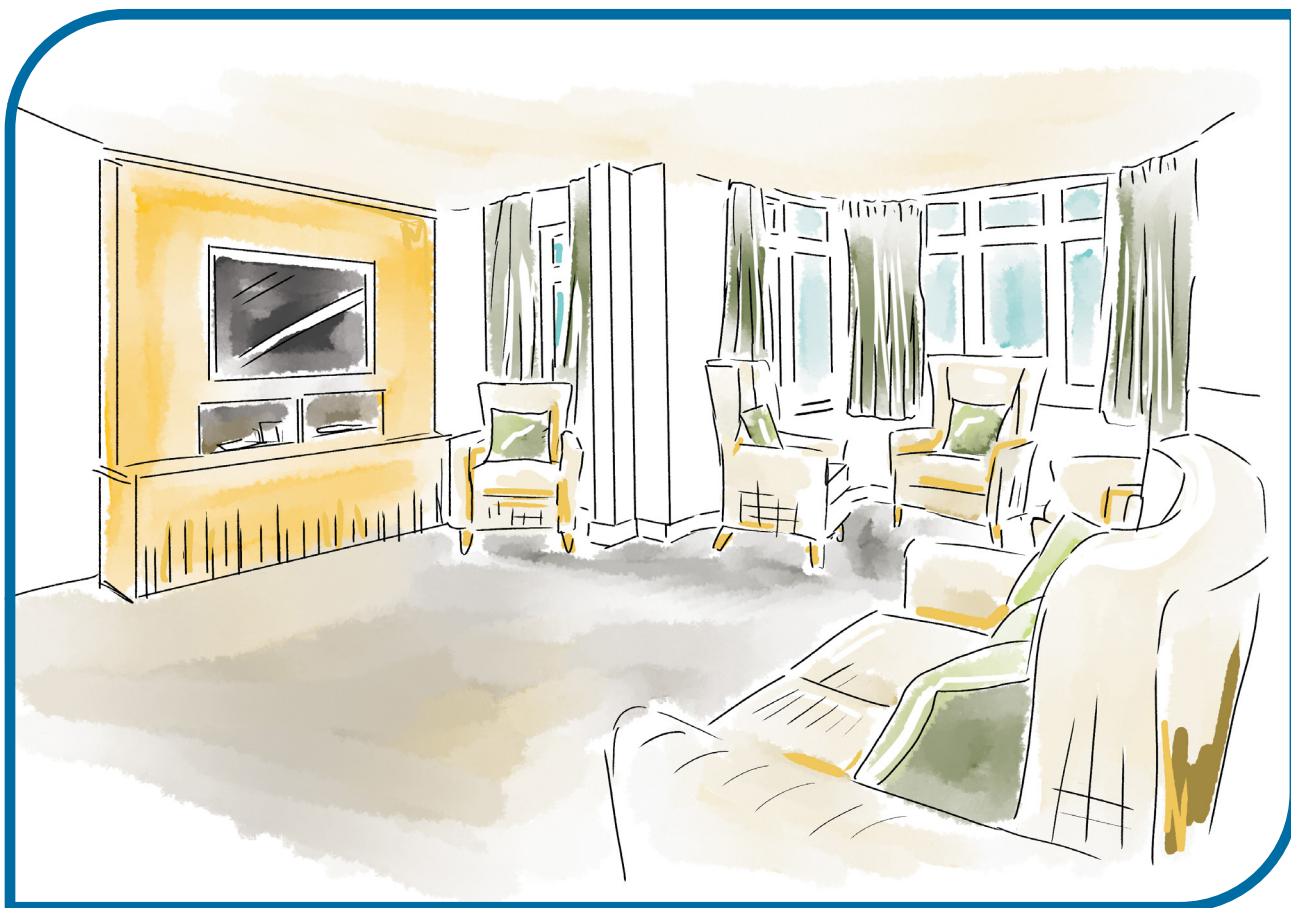
Up to 21 people can stay in the Ramsey Unit. We will give you support to enhance your personal skills and help you to regain your place in the community and rebuild relationships.

We want you to feel safe and comfortable while you stay here.



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.

There are smaller lounge rooms if you need a quiet space.



Our team



There are a range of staff available to you. They will be supportive and encouraging.

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

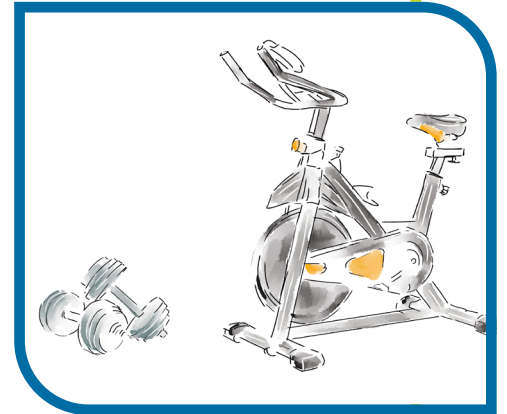
We will work with you to make a **person-centred plan**. We will talk to you about your needs and aims and jointly make a plan to make you be as independent as possible. Our aim is to help you in the best way for you.



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
- Lounge
- Pool table
- Dining room
- Activities of daily living kitchen
- Quiet room
- Sensory room
- Large garden
- Multi-faith room
- Gym
- Activity centre
- IT room



Activities



There are plenty of activities to get involved with such as gardening or arts activities.



You can work on daily living skills, such as cooking or laundry 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 in Ramsey Unit. You can share your opinions and have your say about what you think.

Community

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

- Colchester football club
- Colchester Zoo
- Dedham Therapy Farm
- Dedham boating lake for picnics and paddling
- Recovery college
- Cafés and restaurants
- Shops



Address

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Information
Standard