



# Your guide to Cygnet Lodge Brighouse

Mental Health Rehabilitation

# Cygnets Lodge Brighthouse

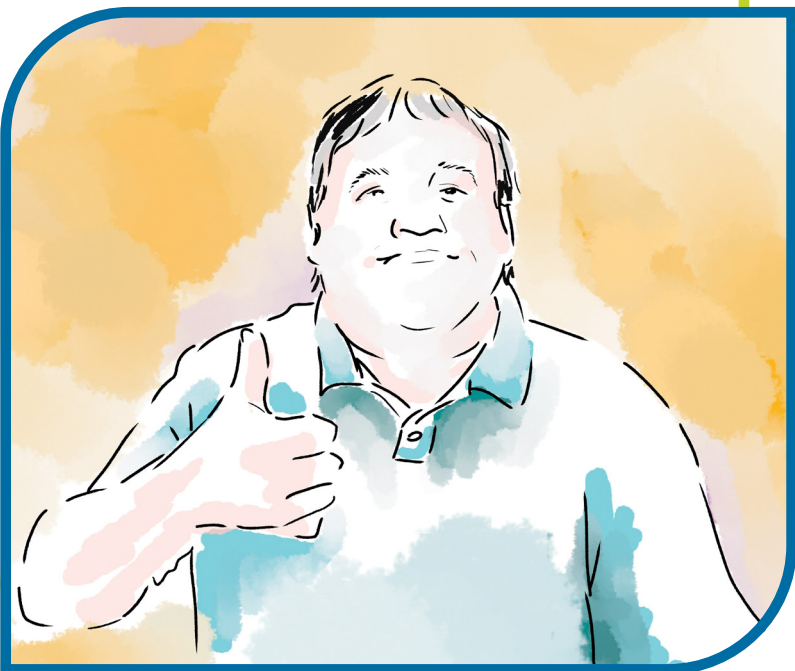
West Yorkshire

**Registered address:** Cygnets Lodge Brighthouse,  
60 Rastrick Common,  
Brighthouse,  
West Yorkshire,  
HD6 3EL

Cygnets Lodge Brighthouse is owned by Cygnets.  
Cygnets Lodge Brighthouse is located in West  
Yorkshire.

The people we  
care for here are:

- Male
- 18+





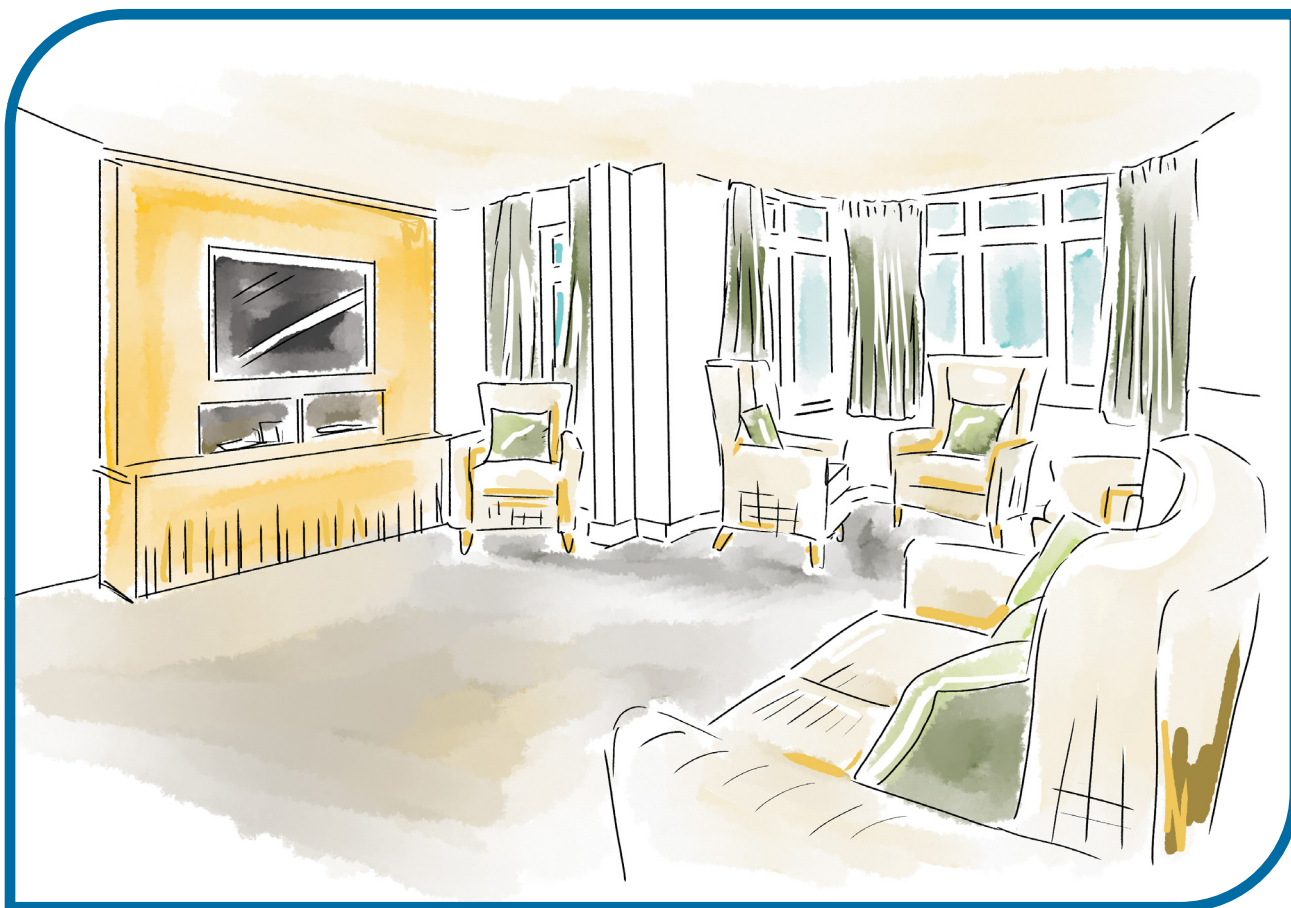
Up to 21 people can stay at our mental health service at Cygnet Lodge Brighouse.

We will give you support to enhance your personal skills and help you to be more involved in the community. We want you to feel safe and comfortable while you stay here



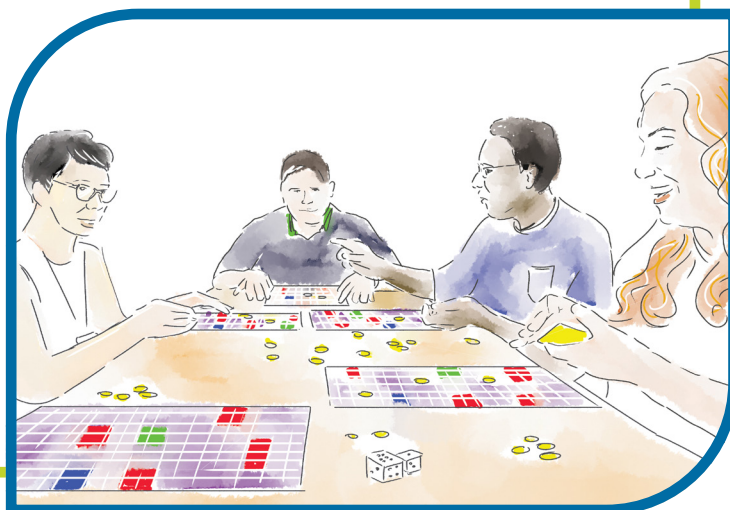
## Living spaces

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.

We also have a variety of activity rooms and an IT cafe.



## Rastrick View



We also have a 3 bed apartment to provide a more independent way of living.

If you stay here you will be supported by staff who will work closely with you to help prepare you to move on to a residential service or supported living setting.

## 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

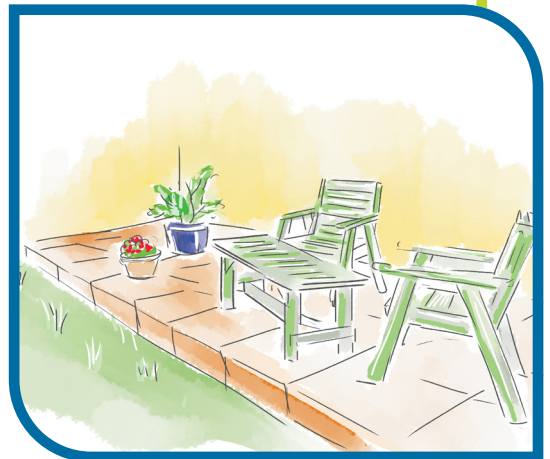
We will work with you to make a **person-centred plan**. We will talk to you about your needs and aims and jointly make a plan to make you be as independent as possible. Our aim is to help you in the best way for you.



## 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
- Three bedroom apartment
- Variety of activity rooms
- IT café
- Multi-faith room
- Family visiting room
- Spacious enclosed garden with allotment area



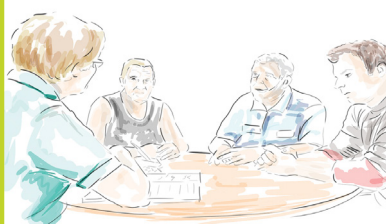
## Activities



Our focus is to help you increase your independence where possible, through work and education as well as at social and leisure facilities.



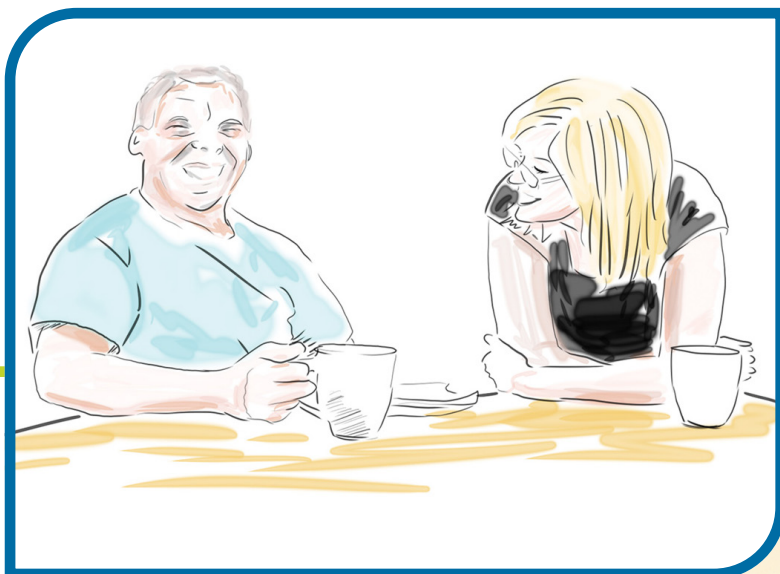
We have weekly community meetings and if you want you can be involved with the **people's council**. This is a meeting where people get involved in what happens at Cygnet Lodge Brighouse. You can share your opinions and have your say about what you think.



## SMART Recovery

At Cygnet Lodge Brighthouse we understand that having a history of substance abuse is common and requires assessment, intervention and support. To help you we have:

- 1:1 sessions
- Group sessions
- SMART recovery meetings



Your notes

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SW1P 3JA

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Website

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CYG\_ER\_059 | Date of Preparation: 16/06/23



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Information  
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