



Your guide to Cygnet Lodge Kenton

Mental Health Rehabilitation

Cygnets Lodge Kenton

London

Registered address: Cygnets Lodge Kenton
74 Kenton Road,
Kenton,
Middlesex,
HA3 8AE

Cygnets Lodge Kenton is owned by Cygnets.
Cygnets Lodge Kenton is located in London.

The people we
care for here are:

- Female
- 18+





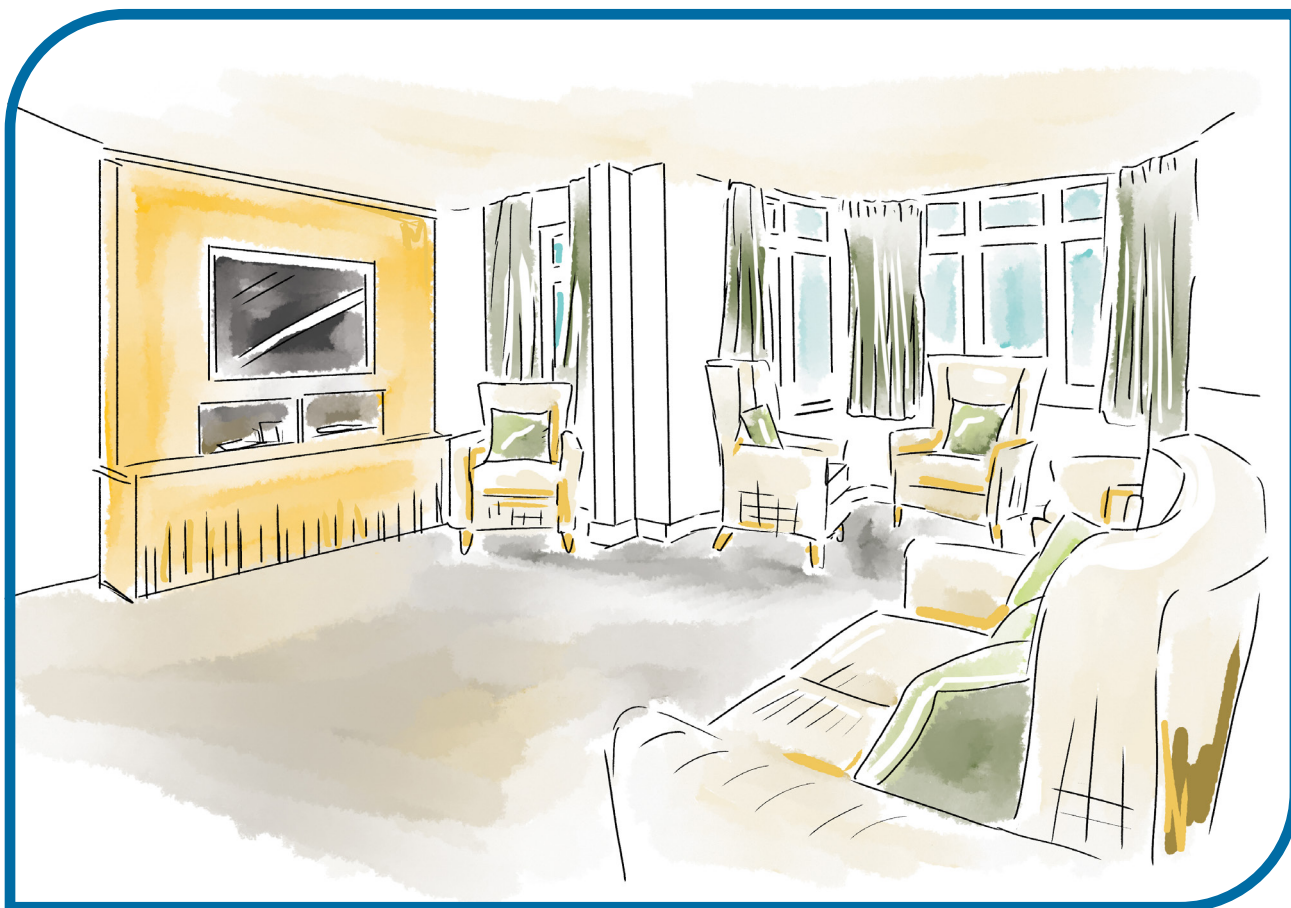
Up to 15 people can stay at Cygnet Lodge Kenton. We want you to feel safe and comfortable while you stay here.

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 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?

- Consultant Psychiatrist
- Specialty Ward Doctor
- Psychologist
- Assistant Psychologist
- Registered Mental Health Nurses
- Healthcare Support Workers
- Occupational Therapists
- Occupational Therapy Assistants
- Drama/Music Therapist
- Pet Therapist



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
- Quiet Lounge
- Therapy kitchen
- Variety of activity rooms
- Large dining room
- Large living room
- Enclosed garden with seating and BBQ



Activities



We have a lovely garden space where we host barbecues in the summer.



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

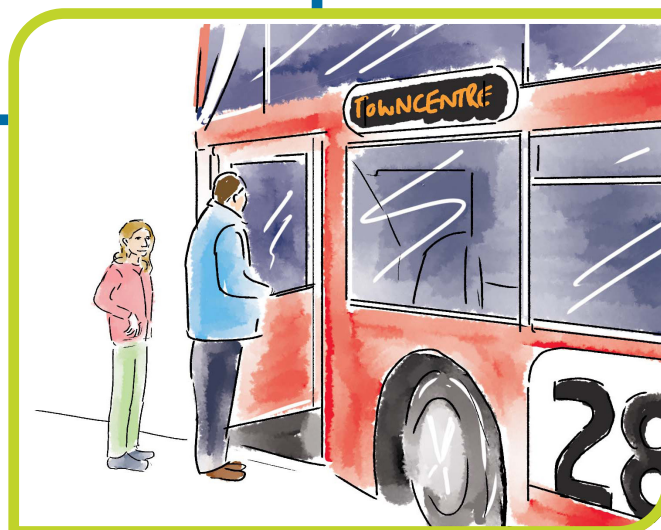


If you want you can be involved with the **people's council**. This is a meeting where people get involved in what happens at Cygnet Lodge Kenton.

Community

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

- Local Shops
- Northwick Park Station
- Kenton Station
- Coffee shops
- Parks



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
- apply for volunteer work or work experience
- practice for interviews
- gain more skills



Your notes

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Address

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Website

www.cygnatgroup.com

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Information
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