



Your guide to Cygnet Raglan House

Mental Health Rehabilitation

Cygnnet Raglan House

West Midlands

Registered address: Cygnnet Raglan House,
Raglan Road,
Smethwick,
West Midlands,
B66 3ND

Cygnnet Raglan House is owned by Cygnnet Health Care. Cygnnet Raglan House is located in the West Midlands.

The people we care for here are:

- Female
- 18+





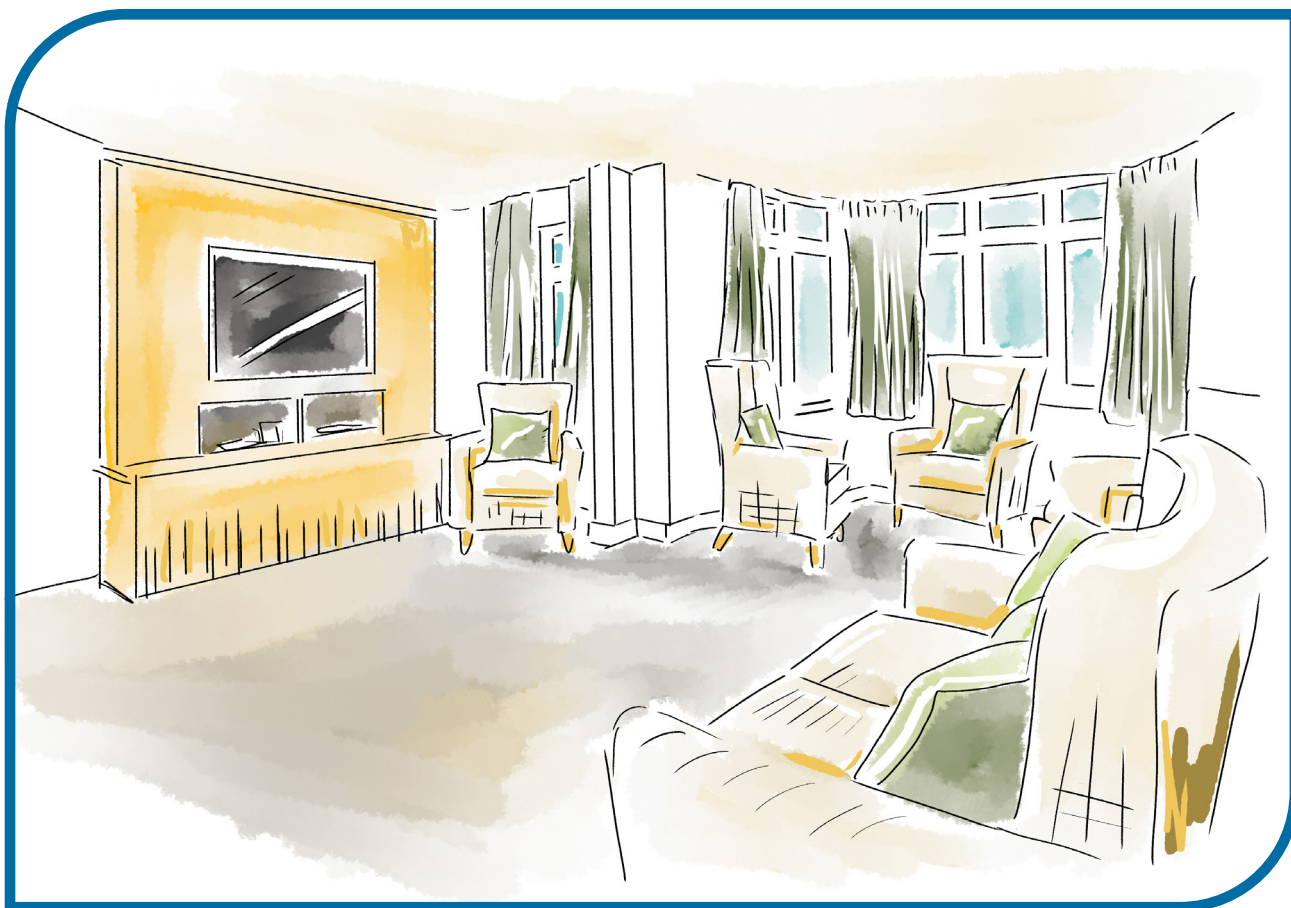
Up to 25 people can stay at Cygnet Raglan House. We want you to feel safe and comfortable while you stay here.

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 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?

- Hospital Manager
- Head of Care
- Psychiatrist
- Nurses
- Support workers
- Specialty Doctor
- Psychology team
- Occupational Therapy team



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 (upstairs and downstairs)
- Therapy kitchen
- Variety of activity areas
- Dining room
- Living room
- Enclosed garden
- Beauty salon
- Gym
- IT café



Activities



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



You will be given the opportunity to learn new skills and practice daily living skills, these will be timetabled into your plan to help you gain more independence.

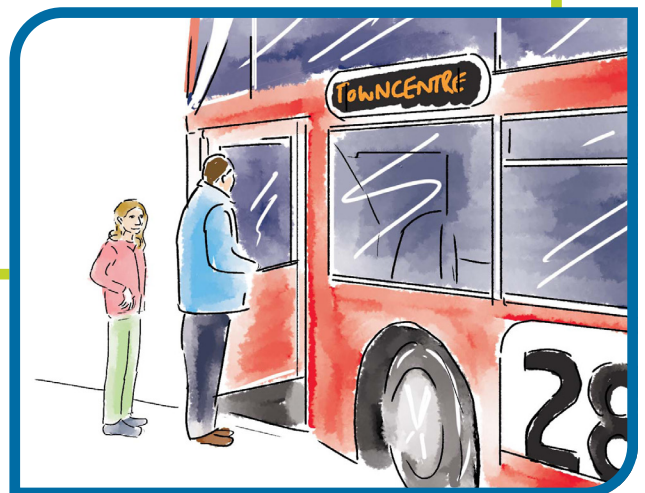


If you want you can be involved with the **people's council**. This is a meeting where people get involved in what happens at Cygnet Raglan House. You can share your opinions and have your say about what you think.

Community

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

- Smethwick Town centre (walking distance)
- Libraries
- Gym
- Shops
- Cafés
- Places of worship
- Birmingham City Centre



Community Action Project

At the local Community Action Project you may participate in the **pre-employment** programme. You can also use the library services.

We also have the local Ron Davies Centre and college where you can study things such as:

- Art
- French
- Computers
- Yoga
- Sewing
- Nail Art
- Skin Care
- Make-up



Address

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