



# **Your guide to Cygnet Sedgley House**

**Mental Health Rehabilitation**

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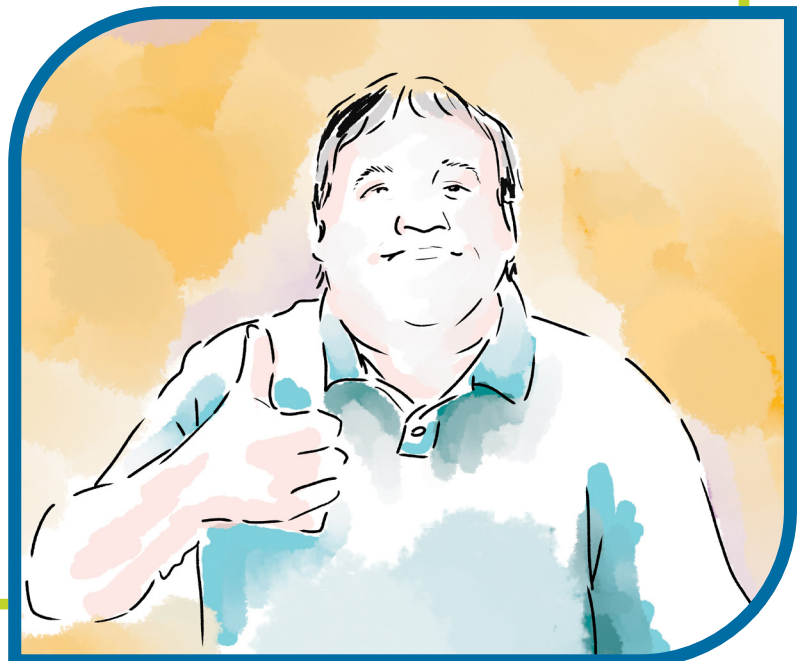
West Midlands

**Registered address:** Cygnet Sedgley House,  
Woodcross Street,  
Wolverhampton,  
West Midlands,  
WV14 9RT

Cygnet Sedgley House is owned by Cygnet.  
Cygnet Sedgley House is located in the West Midlands.

The people we  
care for here are:

- Male
- 18+





Up to 20 people can stay at our mental health service at Cygnet Sedgley House.

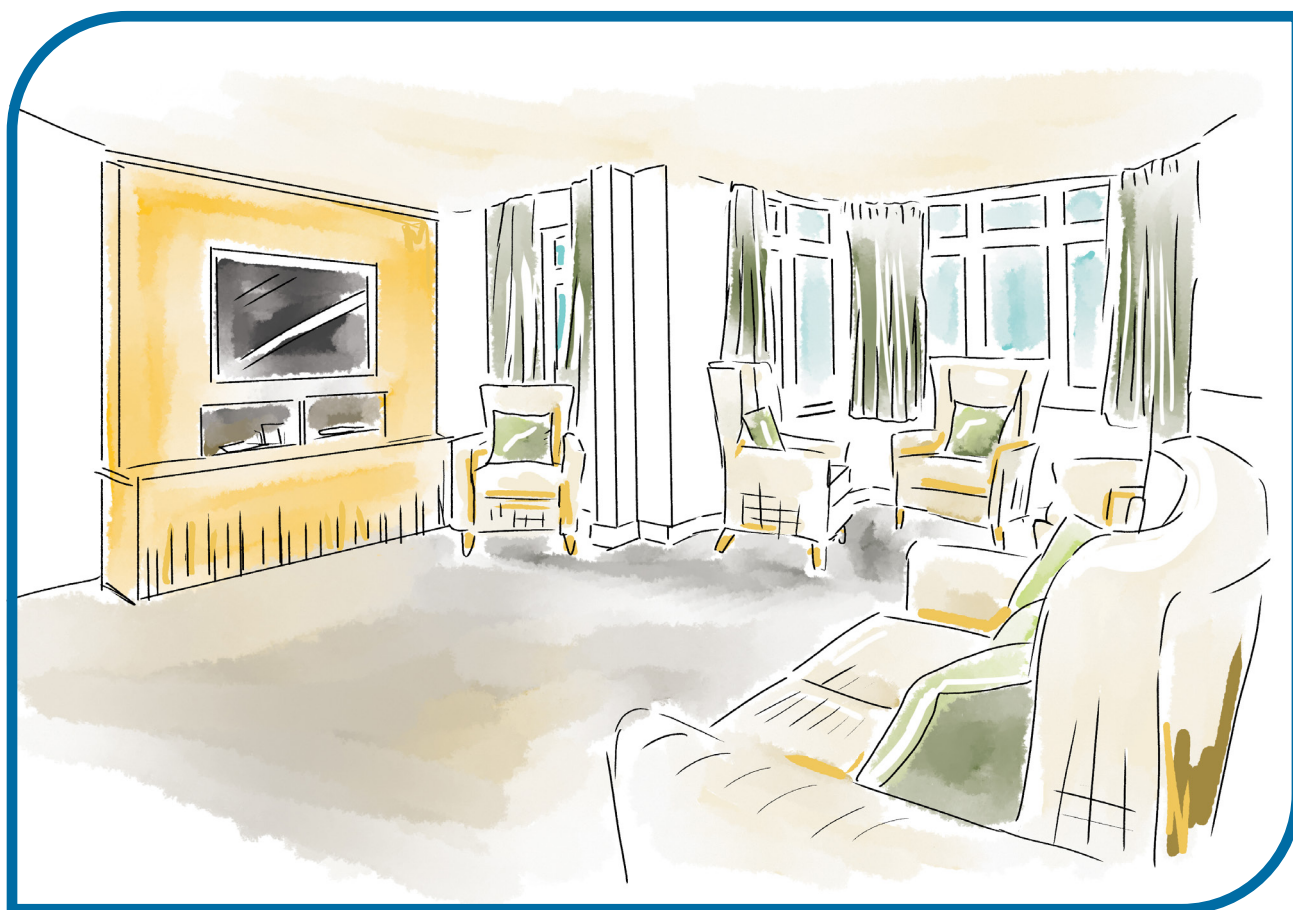
We aim to provide a safe environment that helps your recovery by focusing on personal space, privacy and dignity.



## 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.

You are encouraged to use the therapy kitchen to cook meals.



## 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
- Ward doctor
- Psychologist
- Nursing team
- Occupational Therapy team
- Independent advocate

All service users are registered with the local GP.



## 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.

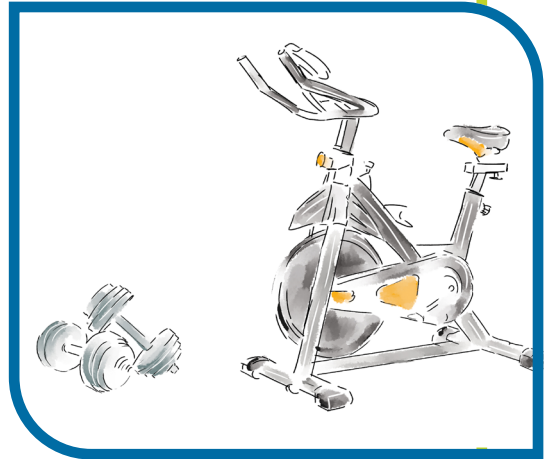




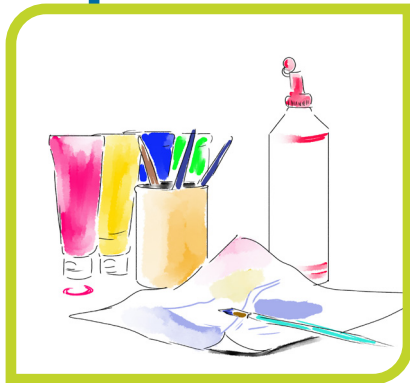
## Our facilities

We will try to make your stay with us as pleasant as possible. Some of the facilities available to you are:

- En-suite bedrooms
- Therapy kitchen
- Variety of activity areas
- Dining room
- Living room
- Enclosed garden
- Gym
- IT café



## Activities



You will have the opportunity to take part in internet sessions, arts and crafts, creative writing and other educational groups.



We also have areas for you to enjoy some gardening.

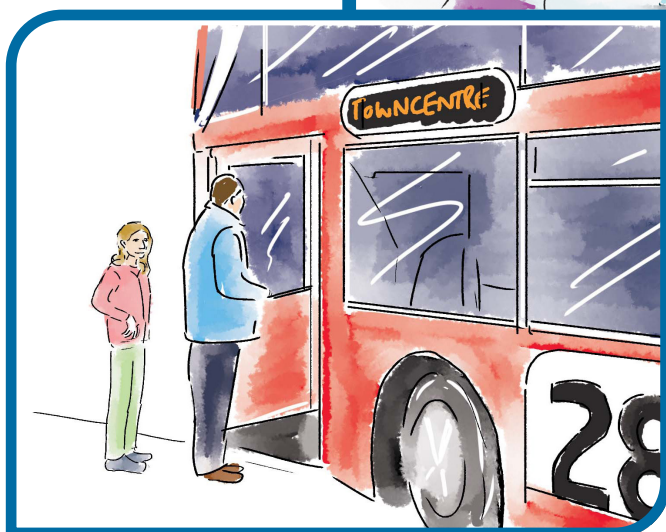
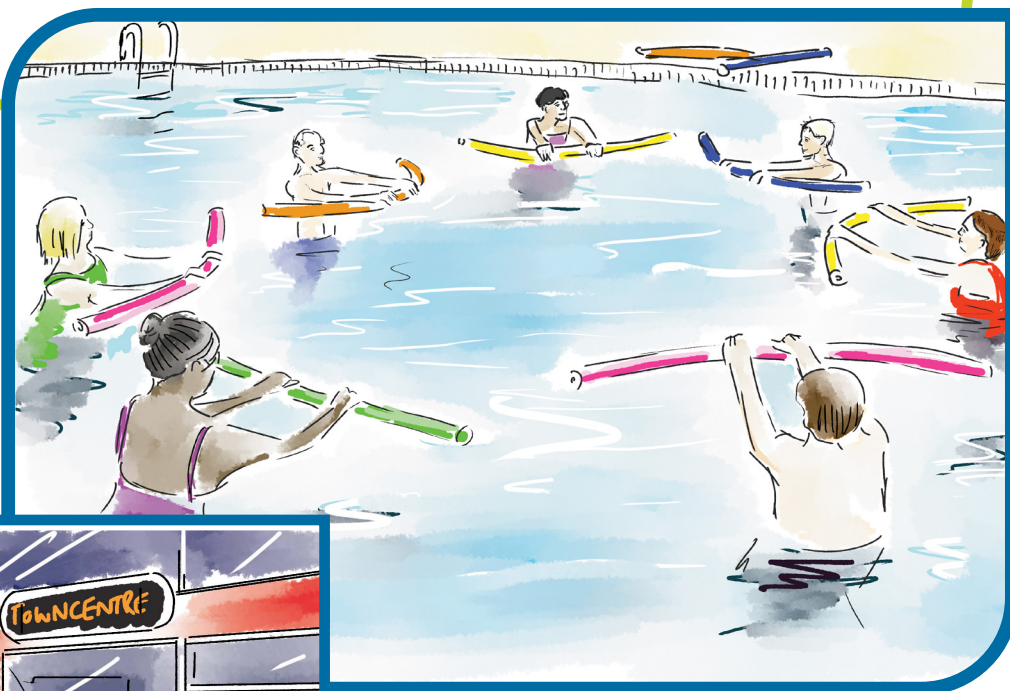


We have weekly community meetings and if you want you can be involved with the **People's Council**. This is a meeting where people get involved in what happens at Cygnet Sedgley House. You can share your opinions and have your say about what you think.

## Community

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

- Wolverhampton town centre
- Sedgley Village
- Gyms
- Golf
- Swimming baths
- Shops



Your notes

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Accessible  
Information  
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