



# Your guide to Cygnet Sherwood House

Mental Health Rehabilitation

# Cygnets Sherwood House

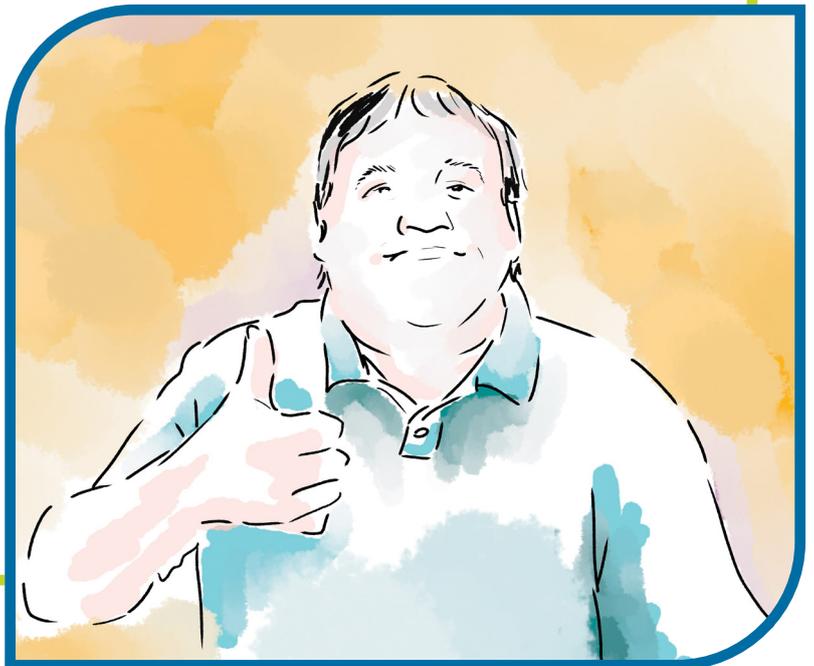
Nottinghamshire

**Registered address:** Cygnets Sherwood House,  
Rufford Colliery Lane,  
Mansfield,  
Nottinghamshire  
East Midlands,  
NG21 0HR

Cygnets Sherwood House is owned by Cygnets.  
Cygnets Sherwood House is located in  
Nottinghamshire.

The people we  
care for here are:

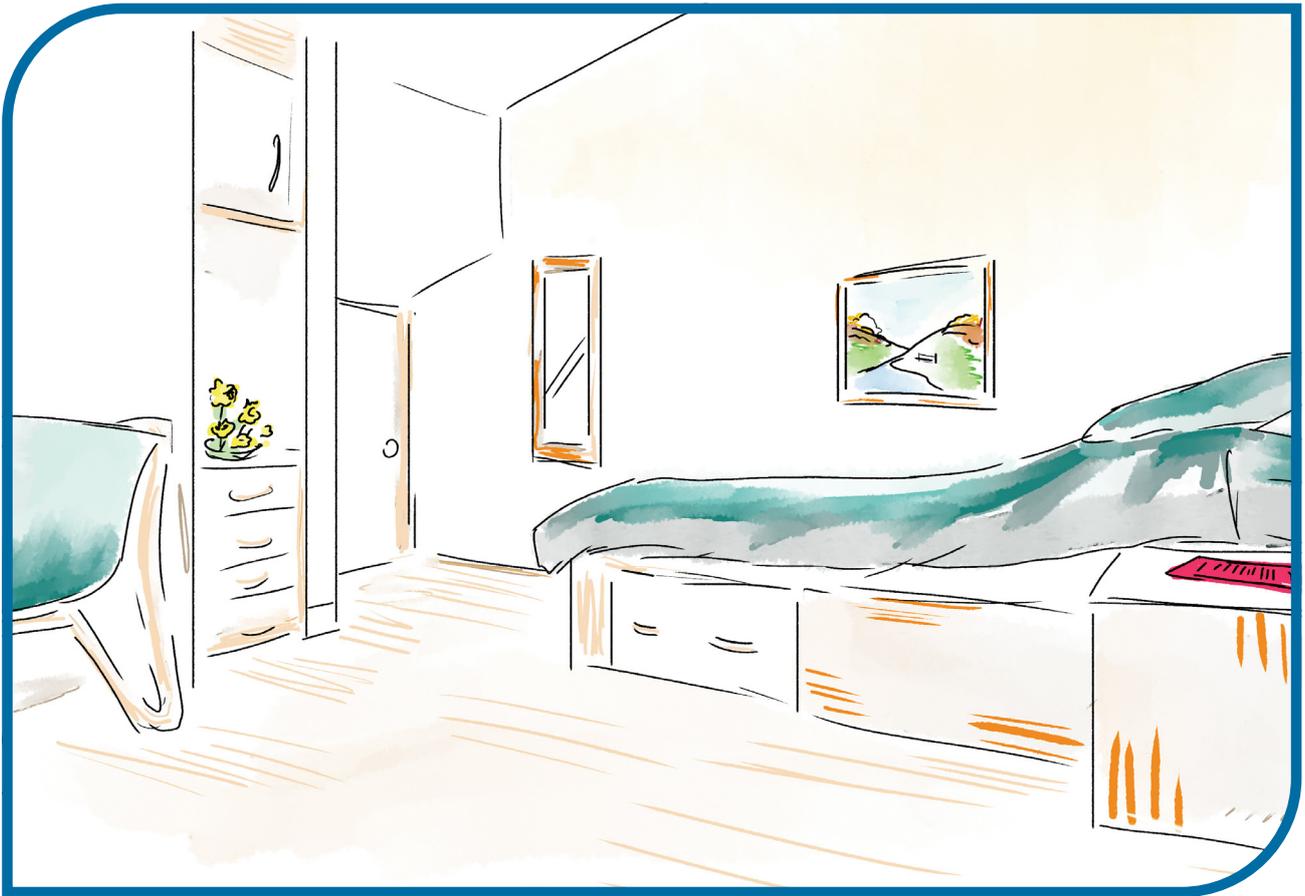
- Male
- 18+





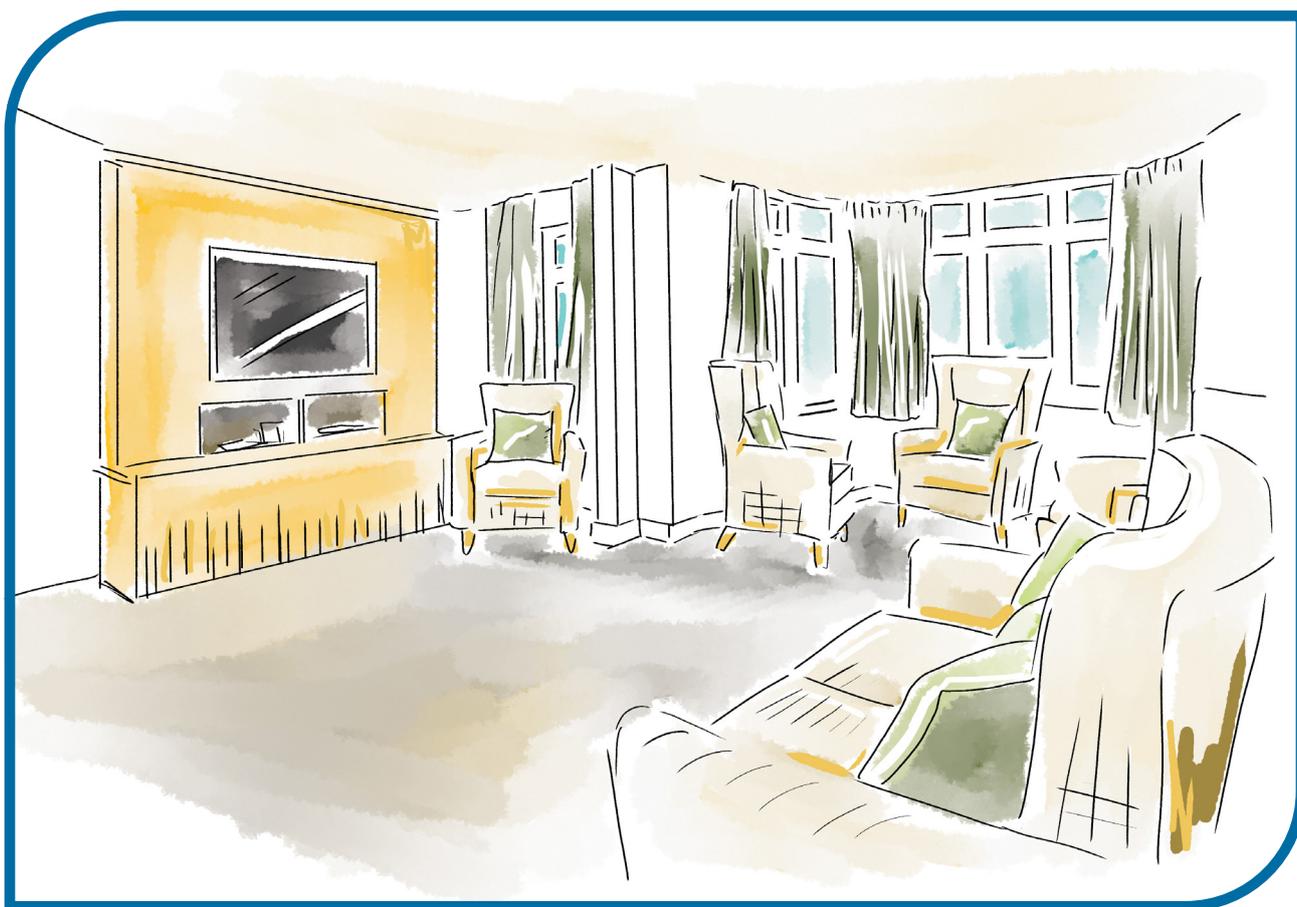
Up to 30 people can stay at our mental health service at Cygnet Sherwood House.

Our aim is to make you feel comfortable and safe while you stay here. We want to help you gain independence and will give you support to go out into the wider community.



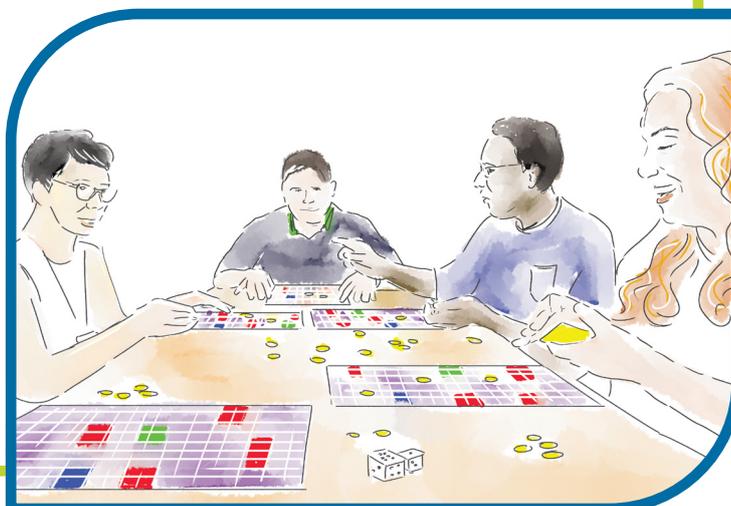
## Living spaces

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 areas and an IT cafe.



## 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?

- Responsible clinician
- Speciality doctor
- Psychology team
- Nurses
- Occupational Therapy team
- Support team

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
- 2 therapy kitchens
- Variety of activity areas
- 3 lounges
- Private visitors area
- Gym
- IT café
- Enclosed garden with allotment



## Activities



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



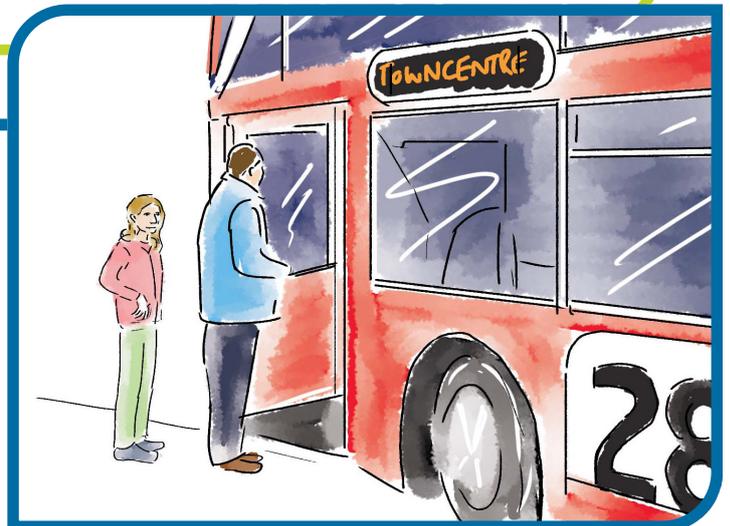
We have weekly community meetings and if you want you can be involved with the **people's council**. This is a meeting where people get involved in what happens at Cygnet Sherwood House. You can share your opinions and have your say about what you think.



## Community

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

- Rainworth Village
- Shops
- Snooker club
- Post office
- Sports school
- Hairdressers
- Local bus route to Mansfield





Address

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Website

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Accessible  
Information  
Standard