



# Your guide to Cygnet St Teilo House

Mental Health Rehabilitation

# Cygnnet St Teilo House

Gwent

**Registered address:** Cygnnet St Teilo House  
Goshen Street,  
Rhymney,  
Gwent,  
NP22 5NF

Cygnnet St Teilo House is owned by Cygnnet.  
Cygnnet St Teilo House is located in Gwent.

The people we  
care for here are:

- Female
- 18+





Up to 23 people can stay at Cygnet St Teilo House. We want you to feel safe and comfortable while you stay here.

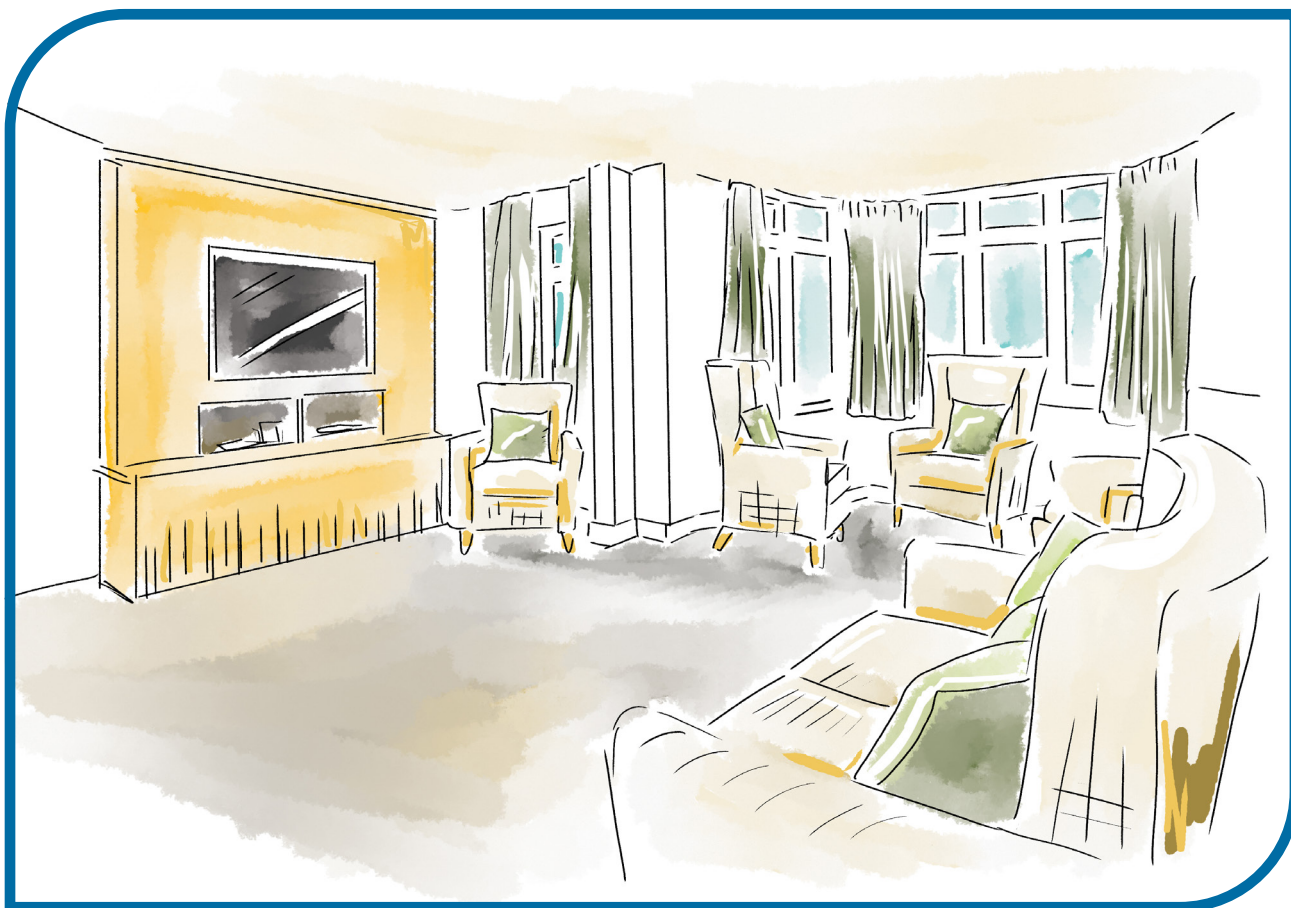
We will give you support to enhance your personal skills and rebuild your life. Our service is particularly helpful for women who have been in hospital for some time and who may need additional support in their recovery. We will listen to what you want and need.



## 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?

- Psychiatry team
- Nursing team
- Psychology team
- Occupational therapy team
- Support 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
- Therapy kitchen
- Craft room
- Dining room
- Living room
- Enclosed garden
- Therapy Garden
- Beauty salon
- Gym
- IT café



## Activities



We will focus on increasing your independence 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.

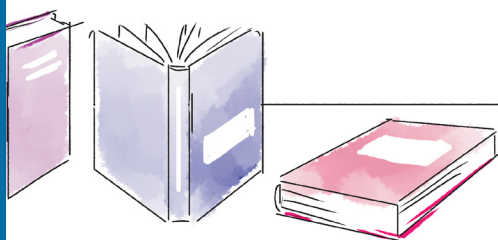


If you want you can be involved with the **People's Council**. This is a meeting where people get involved in what happens at Cygnet St Telio. You can share your opinions and have your say about what you think.

## Community

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

- Animal Encounters
- Social and craft groups
- Bryn Bach Park
- Horse riding centre
- Libraries
- Rock climbing
- Merthyr leisure centre
- Brecon Beacons National Park
- Shopping



## Job support and Voluntary work

Staff will give you support you to explore vocational opportunities online and in the community.

There are many opportunities to find work in the community:

- Job Centre Plus
- GAVO (Gwent Association of Voluntary Organisation)
- IT and Language courses
- Blaina Institute (learning activity centre)
- Local college courses in Mathematics and English
- Work with local services/charities such as MIND which provide courses about confidence building, stress management and mental health awareness.
- Volunteering at the community café or the local food bank







Address

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Website

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