



# Your guide to Cygnet Storthfield House

Mental Health Rehabilitation

# Cygnets Storthfield House

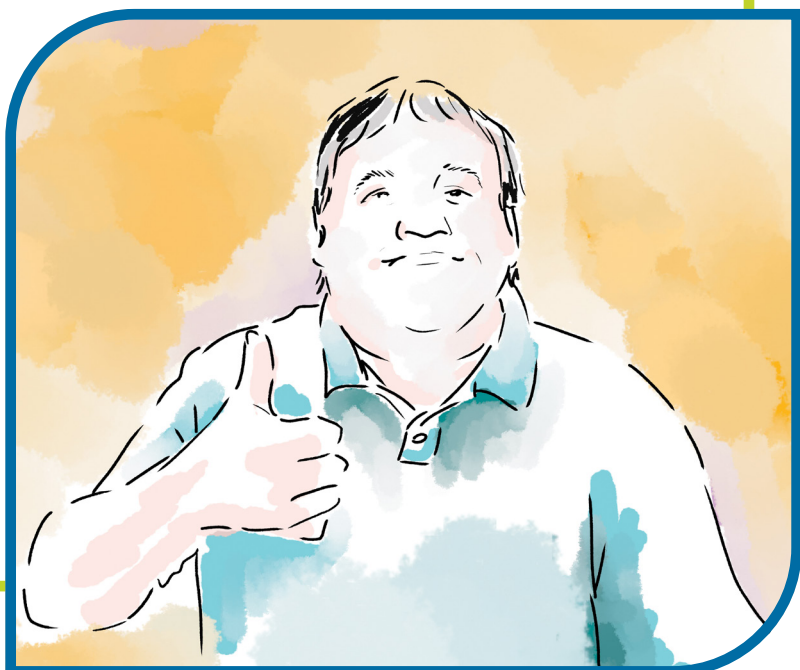
Derbyshire

**Registered address:** Cygnets Storthfield House,  
Storth Lane,  
South Normanton,  
Alfreton,  
Derbyshire,  
East Midlands  
DE55 3AA

Cygnets Storthfield House is owned by Cygnets.  
Cygnets Storthfield House is located in Derbyshire

The people we  
care for here are:

- Male
- 18+





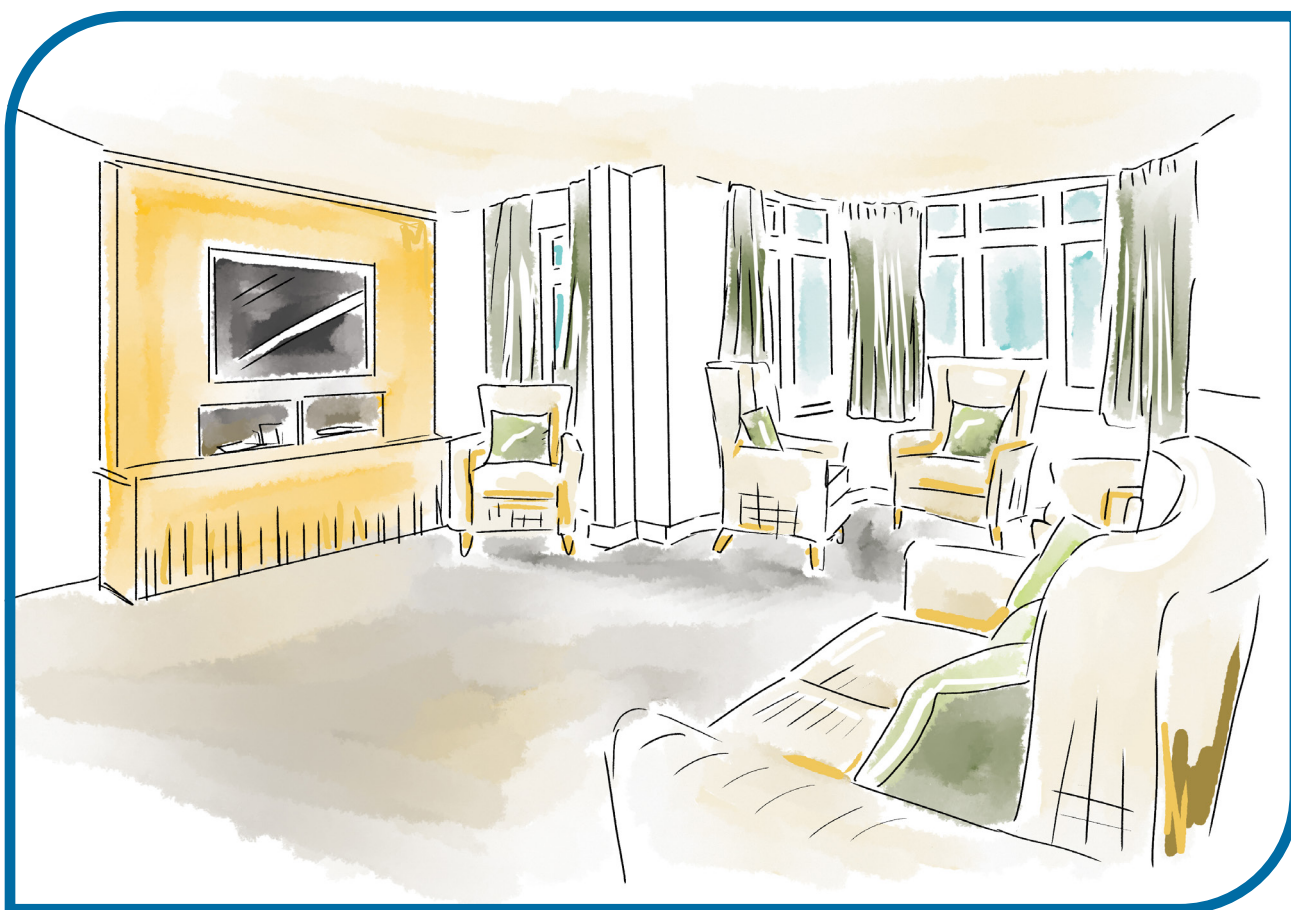
Up to 22 people can stay at our mental health service at Cygnet Storthfield House.

Our friendly team offer a varied programme that will give you opportunities and support to help you return to society.



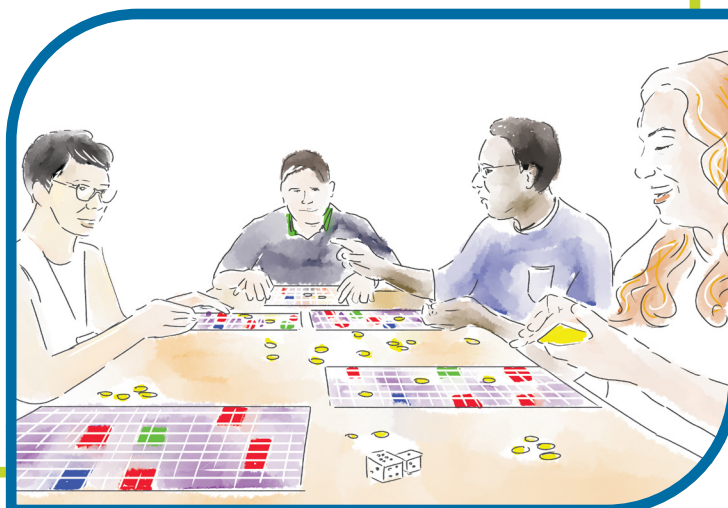
## Living spaces

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?

- Consultant Psychiatrist
- Specialty Ward Doctor
- Psychology Team
- Nurses
- Support Workers
- Occupational Therapy Team
- Activity Coordinator
- Mental Health Advocates



## 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.

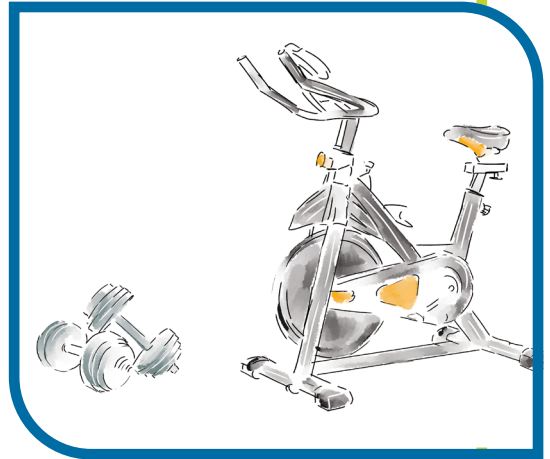




## Our facilities

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

- En-suite bedrooms
- Lounge
- Computer / games room
- Dining room
- Daily living kitchen
- Quiet lounge
- Multi-faith room
- Gardens including quiet garden and vegetable patch



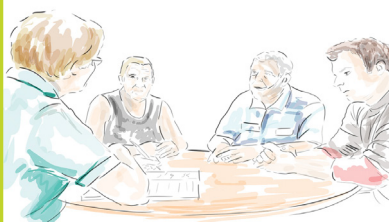
## Activities



Our focus is to help you increase your independence, 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 Storthfield House.



You can share your opinions and have your say about what you think.

## Community

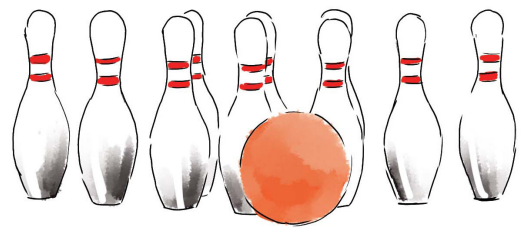
When the time is right you are encouraged to go out into the community. Nearby we have:

- Gym
- Bowling
- Churches
- Leisure Centre
- Shops
- Coffee shops

By train or bus you can visit:

- Alfreton
- Chesterfield
- Nottingham
- Sheffield
- Derby

We are also very close to Sherwood Forest, Matlock, Buxton and Castleton, where the Blue John Caves are located.



## 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
- practice for interviews
- gain more skills

You may also have the chance to be involved in **therapeutic earning positions** within Cygnet Storthfield House.

Service users have the opportunity to take on the responsibility of a suitable job in the service. You will receive training from a staff member skilled in a particular job.



## Your notes

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Accessible  
Information  
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