



# Your guide to 15 The Sycamores Derby

Community Rehabilitation

# 15 The Sycamores

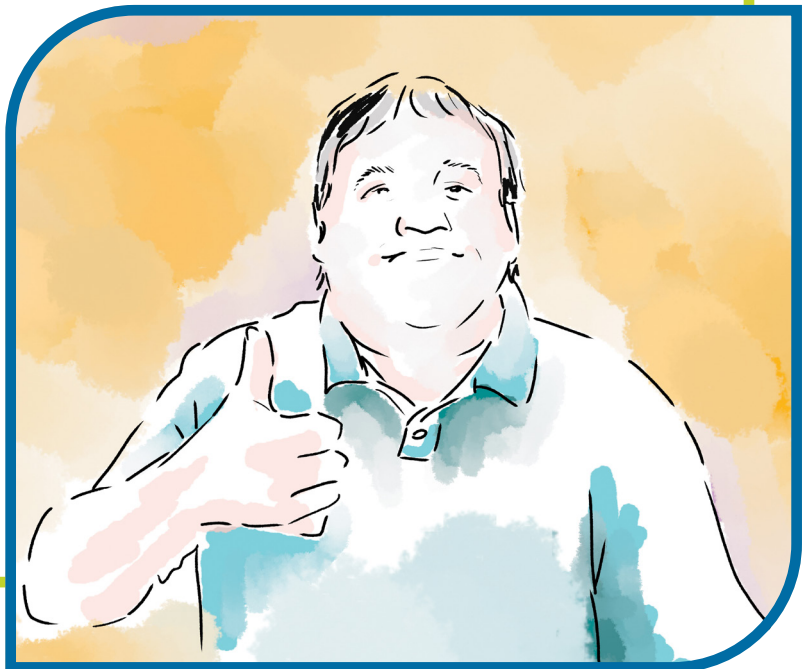
Derbyshire

**Registered address:** 15 The Sycamores  
South Normanton  
Derbyshire  
East Midlands  
DE55 3BJ

15 The Sycamores is owned by Cygnet. 15 The Sycamores is located in Derbyshire.

The people we care for here are:

- Male
- 18+





Up to 4 people can stay at our community rehabilitation service at 15 The Sycamores. It is a large detached house and the house is staffed 24-hours a day.

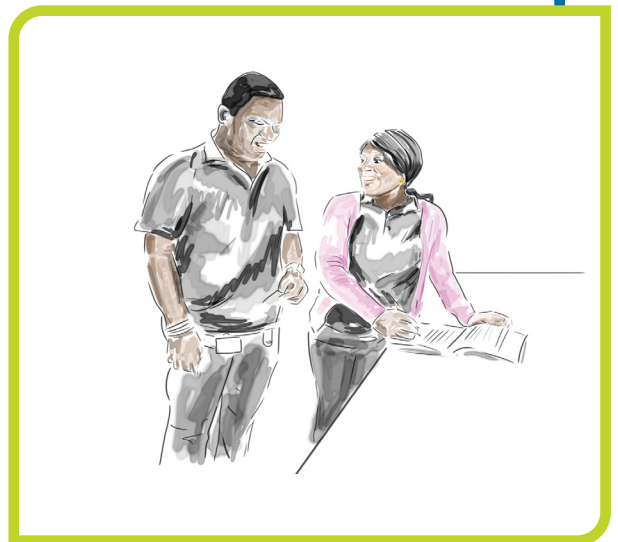
Our aim is to help you towards a more independent way of living as you work to rejoin the wider community.

## Our team

A House Manager oversees the running of the house. They will make sure the support you get is of a high standard.

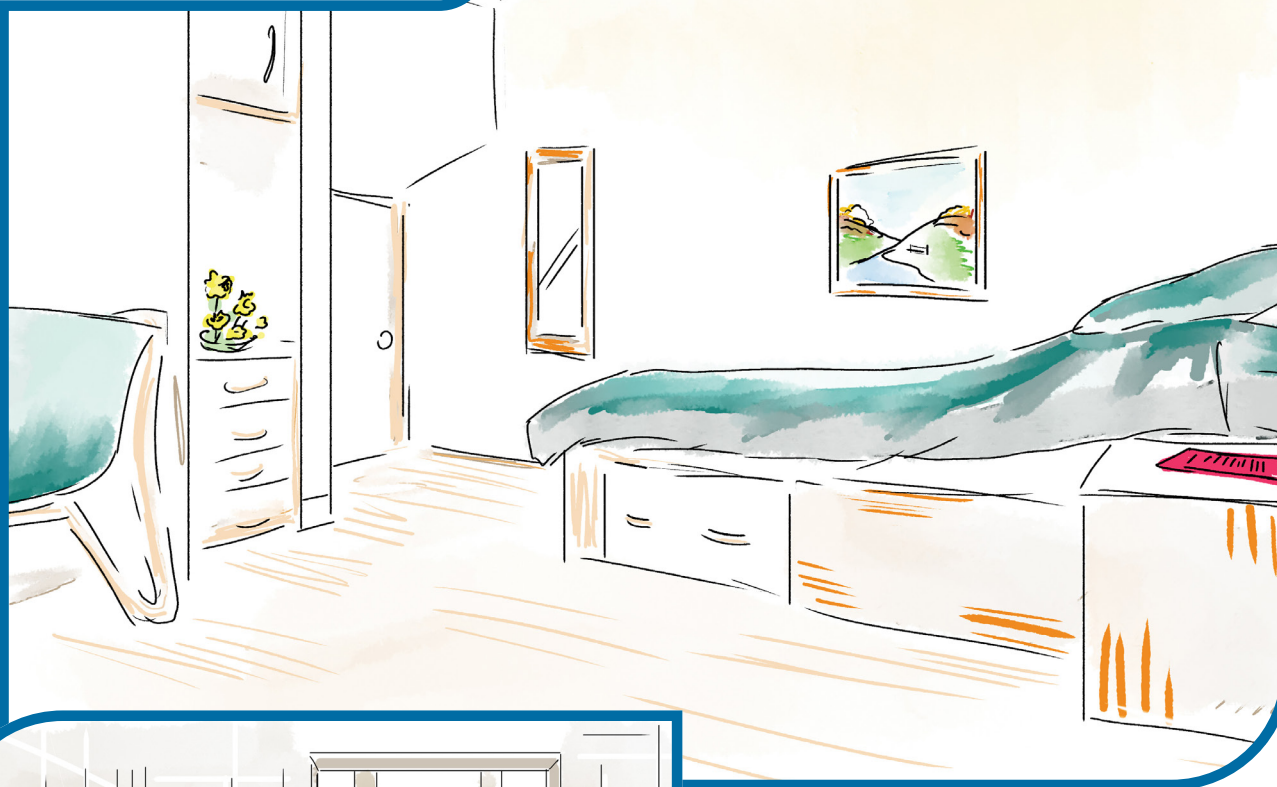
There is also a team of support workers who have experience supporting people through mental health rehabilitation.

They will make sure you have what you want and need to maximise your independence and help you in your recovery.



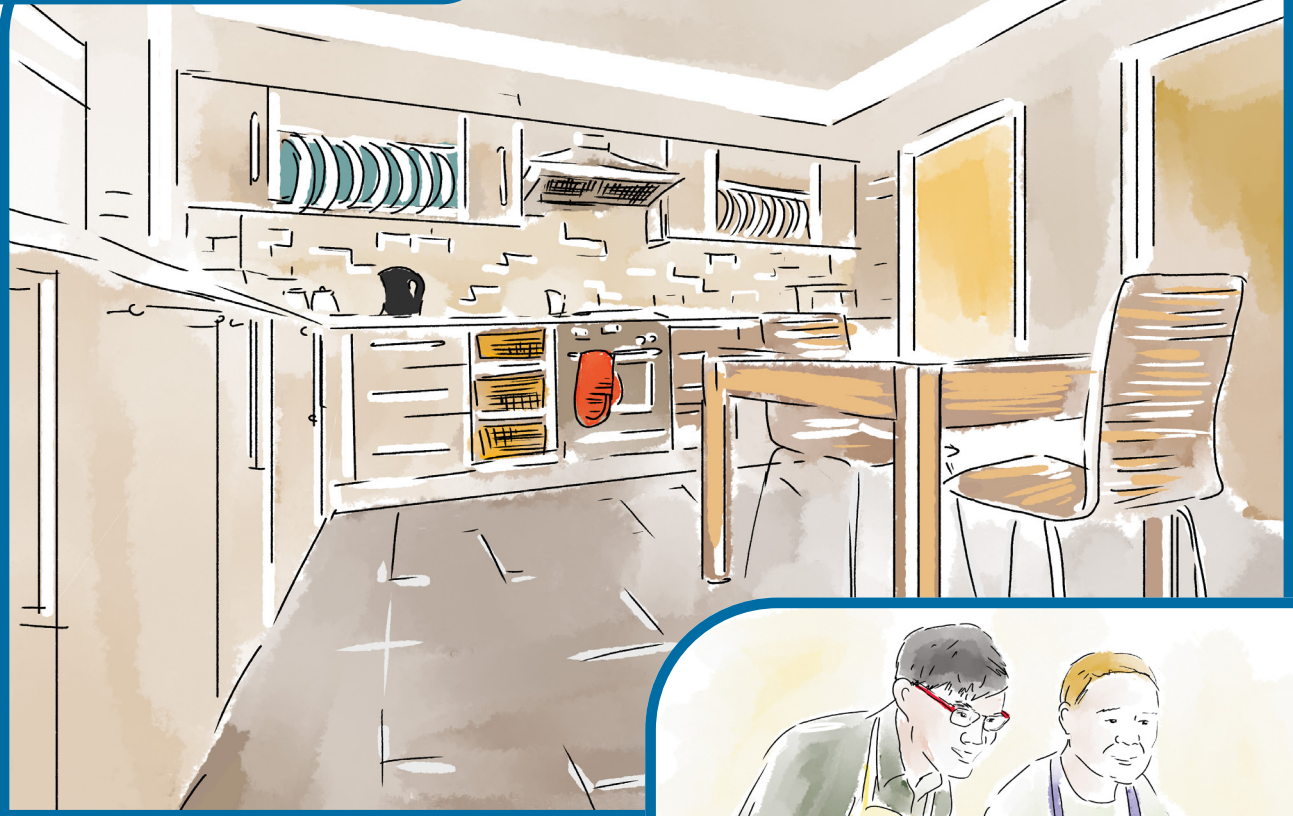


## Living spaces



You will have your own bedroom and bathroom. You can make this space your own and fill it with your things.

## Shared spaces

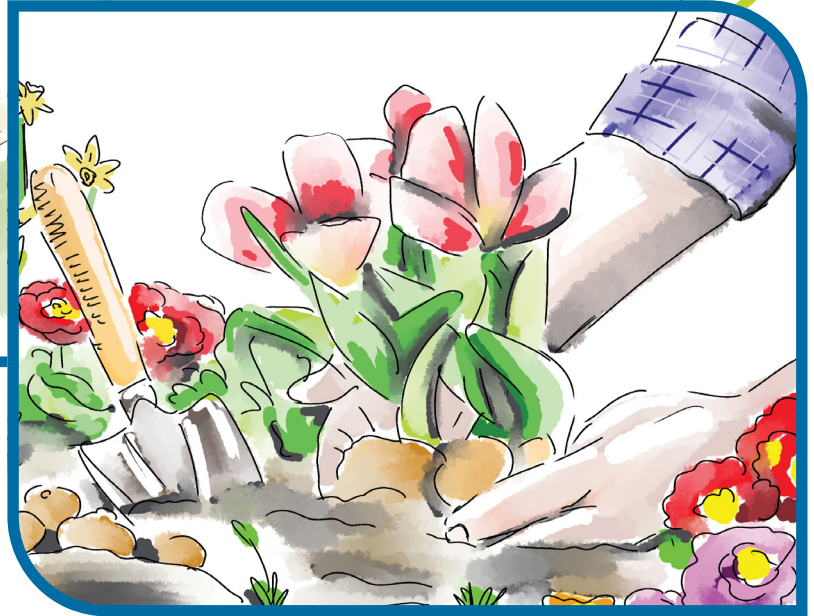


You will share dining and lounge areas with other people.

Staff will support you to be more independent and develop your living skills.

## Outdoors

Outside we have lovely gardens to sit and relax in the summer months.



## Goals

We will work with you to help you achieve your goals. Our aim is to help you in the best way for you.





## Visitors



You are welcome to have visitors at 15 The Sycamores during your stay.

However, you must arrange this with us before the visit takes place and your visitors will only be allowed in the communal areas of the house.

This is important so that we can make sure the privacy of other service users is respected.



## Support for College Courses and Work

If you wish to attend college or to complete other courses, we can help you with this.

Our staff will speak to you about your areas of interest and courses that are available at various colleges as well as other places.

Also, our team can support you if you wish to participate in voluntary or paid work.

We can help you to:

- write a CV
- apply for a job
- practice for interviews
- gain more skills



This is all part of supporting you to develop various skills that will help you as you return to community life.

## Community

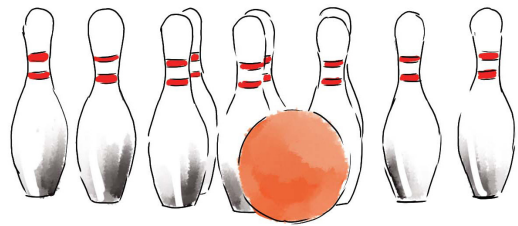
When the time is right you are encouraged to go out into the community. Nearby we have:

- 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.



# Your notes

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Address

Cygnets

4 Millbank, 3rd Floor,

Westminster,

London,

SW1P 3JA

Telephone

0207 123 5706

Website

[www.cygnetsgroup.com](http://www.cygnetsgroup.com)

CYG\_ER\_74 | Date of Preparation: 22/06/23



Accessible  
Information  
Standard