



Press Release

Immediate Release

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New Mental Health Service Opens in Wales

A NEW mental health community rehabilitation service for women has opened near Merthyr Tydfil.

Ty Alarch, run by Cygnet Group, is a six bed community rehabilitation service for women who have been able to progress through the hospital pathway at existing service, Cygnet St Teilo House.

The hospital is part of the Cygnet Health Care division and was officially opened in a ribbon cutting ceremony by local actor Ross O'Hennessy who is known for appearances in Game of Thrones, Holby City and Mission Impossible.

The new service has six en-suite bedrooms with spacious communal living areas including lounges, dining room, kitchen, accessible bathroom as well as a garden with space to relax or socialise.

Ross said: "I'm thrilled to be here, first of all because I'm local. The opening of something so unique in Wales is of massive importance to everyone, to the people who will be using the service and the whole community."

Paula Evans, Ty Alarch's Service Manager, initially joined Cygnet St Teilo House almost 17 years ago and is looking forward to seeing how Ty Alarch can act as a stepping stone for women on their journey from hospital settings into the community.

Paula said: "I'm really looking forward to supporting our service users, seeing them excel and really just get back into the community. Because some of them have been in hospital for many years, so this will be a real progression for them.

"Service users will have the opportunity to do voluntary work if they please. We've got great transport links, have sports centres and colleges close by, and we are not far from the Brecon Beacons, where there's lots of walking trails that they can do."

Staff at the service are focused on empowering individuals to continue to develop key life skills and further coping mechanisms, within a peaceful setting. Each resident has a bespoke treatment plan with the ultimate aim of living independently. Access to the community forms an important part of the treatment plan, enabling individuals to find employment and further learning opportunities.

Rhiannon Lewis, Team Leader, added: "It's such a beautiful setting and it feels like a home away from home. I can't wait to help people, to support them, and I think all the facilities are here to make that happen."

Dr Tony Romero, CEO of Cygnet Group, explained how proud he was to expand Cygnet services further. He said:

"It is our priority to ensure those suffering with their mental health get the very best support they need. Cygnet's new hospital near Merthyr Tydfil will complement the mental health service we already deliver in the area and we are delighted that we will soon be able to support more women who need our help.

"The setting has been designed with wellness in mind, providing a safe and comfortable environment to promote successful recovery. Our aim is to understand and support those in our care, to help build their resilience and enable them to return to a healthy and fulfilling life.

"The current demand nationally is surging and with that increase in need for specialist mental health services, we want to be part of the solution and work together with the NHS to provide the best treatment and facilities to help people on their recovery journey."

To find out more about the service, [click here](#).

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Notes to Editors:

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