

**NEW**  
Now open  
and accepting  
referrals



*Improving lives together*

# Cygnet Hospital Sherwood

> PICU & Acute Hospital for Men, in Nottinghamshire



## Introduction

**Cygnet Hospital Sherwood is our new state-of-the-art PICU and Acute hospital for men, in Nottinghamshire. The service will be opening in early 2024.**

The service will feature three wards, including a 12 bed PICU and two 16 bed acute wards. Cygnet Hospital Sherwood will have a full multi-disciplinary team (MDT) and will support the acute needs of adults requiring rapid access to mental health services, including those who may need an intensive care environment.

We're focused on length of stay and making sure individuals move as quickly and safely as possible from our services to the most appropriate and least restrictive environment for them. Individuals can step down through the pathways available within Cygnet services. Referrals can come to us from all areas, including acute and prison services.

### The services provided at the hospital are:

**NEW**  
**Fern Ward**  
12 Bed PICU for men

Now open and accepting referrals

**NEW**  
**Bramble Ward**  
16 bed Acute mental health service for men

Now open and accepting referrals

**NEW**  
**Treetops Ward**  
16 bed Acute mental health service for men

Opening Summer 2024



# Our service at a glance



## Our multi-disciplinary team:

- > Responsible clinician
- > Specialty doctor
- > Hospital manager
- > Clinical manager
- > Ward managers
- > Head of care
- > Occupational therapists
- > Psychologist
- > Assistant psychologist
- > Nurses
- > Social worker
- > Support workers
- > Mental health act administrator
- > Advocacy



## Our therapies and interventions:

(include but not limited to)

- > Dialectical Behaviour Therapy (DBT) informed therapy
- > Substance misuse programmes
- > Cognitive Behavioural Therapy (CBT) and Cognitive Analytic Therapy (CAT)
- > Schema Therapy
- > Eye Movement Desensitisation and Reprocessing Therapy (EMDR)
- > Hearing Voices groups
- > Active Life programmes
- > Psychoeducation
- > Comprehensive occupational therapy programmes



## Our facilities:

- > En-suite bedrooms
- > Spacious communal areas on each ward
- > Quiet lounges
- > Dining rooms
- > Activities of daily living kitchens
- > Multi-faith room
- > Fully equipped gym
- > Multiple meeting and therapy rooms



# Fern Ward

## PICU



Male



18+ Years



12 Beds

Fern Ward is our new 12 bed male PICU accepting emergency and crisis admissions. Referrals come to us from all areas, including acute and prison services.

Our aim is a short, rapid intervention to help individuals regain a sense of control and order in their lives, so they can move to a less restrictive care setting and ultimately return home.

The service provides expert, intensive, short-term, individualised care for individuals detained under the Mental Health Act.

Service users will present with increased risks that require them to be assessed and treated in a PICU.

### Our service user profile:

- > Men, aged 18+ years
- > Detained under the Mental Health Act
- > Experiencing difficulties that present a risk to the well-being of themselves or others that cannot be treated in an open environment
- > May present with co-morbid presentations:
  - Self-harm
  - Substance misuse issues
  - Complex needs
- > Diagnoses may include:
  - Acute mental illness
  - Acute depressive illness
  - Psychosis
  - Schizophrenia
  - Bi-polar disorder
  - Personality disorder
  - Dual diagnosis



## Bramble Ward Acute Service



Male



18+ Years



16 Beds

## Treetops Ward Acute Service



Male



18+ Years



16 Beds

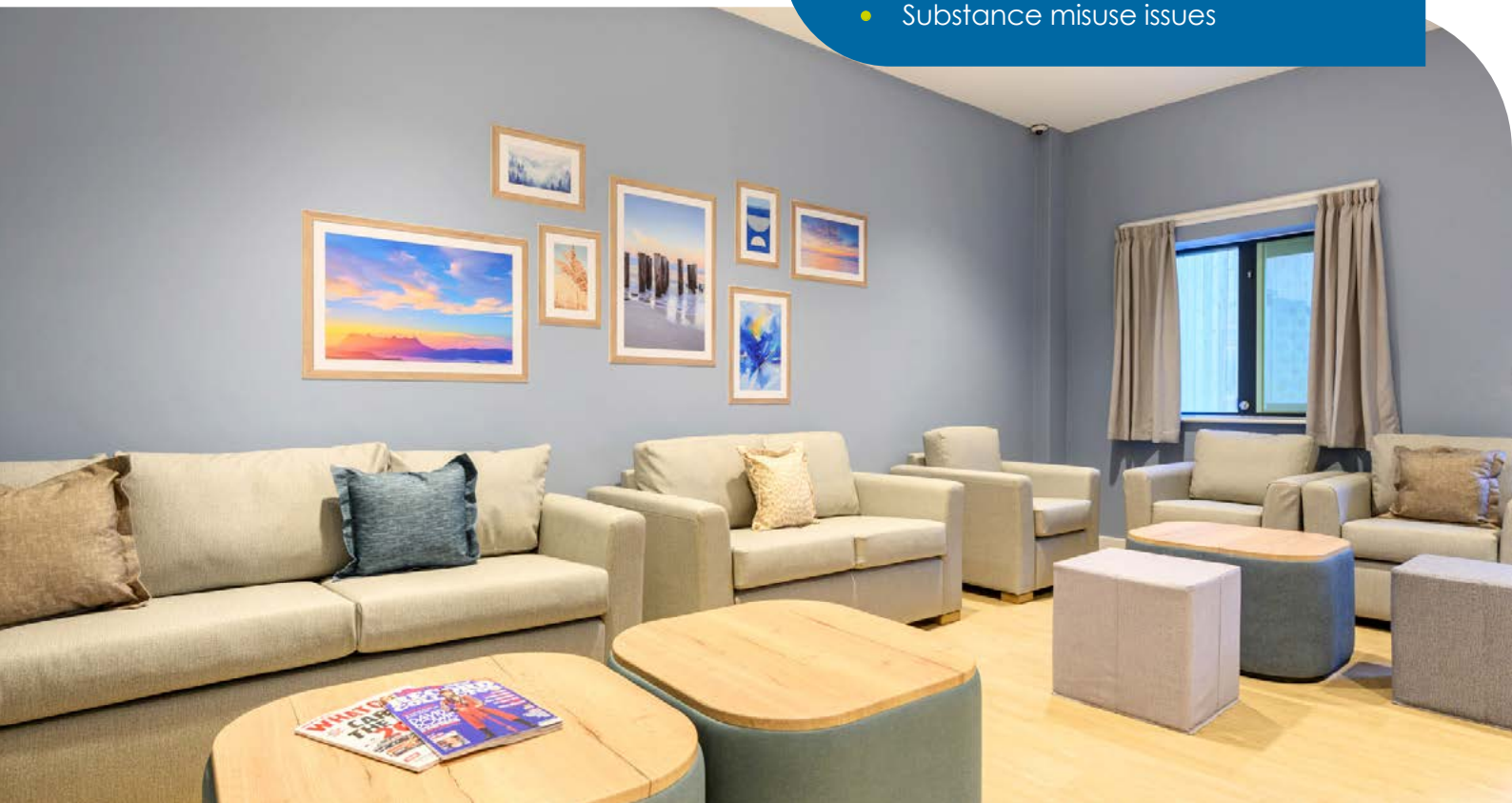
Bramble Ward and Treetops Ward are our 16 bed male emergency acute inpatient services. The services provide a safe and stabilising environment for individuals who are experiencing an acute episode of mental illness and require an emergency admission.

The ethos of the services is about assessing and treating individuals in the least restrictive environment and planning for discharge in a robust and timely fashion. With a focus on stabilisation, we support individuals to manage their mental health, reinforce daily living skills and prepare for independent life back in the community.

Our team work closely and collaboratively with service users, their families and the referrer to provide a seamless pathway from referral to discharge. Our approach is recovery focused and supported by a comprehensive multi-disciplinary team, contributing to shorter lengths of stay.

### Our service user profile:

- > Men, aged 18+ years
- > Detained under the Mental Health Act or informal
- > Experiencing difficulties that present a risk to the well-being of themselves or others that cannot be treated in an open environment
- > Diagnoses may include:
  - Acute mental illness
  - Acute depressive illness
  - Psychosis
  - Schizophrenia
  - Bi-polar disorder
  - Personality disorder
  - Dual diagnosis
- > May present with co-morbid presentations:
  - Self-harm
  - Substance misuse issues



## Our Referral Process:

- 1 Referral made to Cygnet referrals team via **0808 164 4450 / [chcl.referrals@nhs.net](mailto:chcl.referrals@nhs.net)**
- 2 Feedback provided on whether our services can meet the **service user's needs within 1 hour** of receipt of full clinical information
- 3 **Admission agreed and arranged** with referring team following confirmation of funding



We are able to take referrals 24 hours a day, 7 days a week.

To make a referral please call **0808 164 4450 /** email **[chcl.referrals@nhs.net](mailto:chcl.referrals@nhs.net)**

## Where are we?

**Cygnet Hospital Sherwood**  
Rufford Colliery Lane, Mansfield,  
Nottinghamshire NG21 0HR

