

Improving lives together

# Medium Secure Mental Health Service for Men

West Hampton,  
Cygnet Hospital Bury,  
North West

Accepting  
Referrals



West Hampton is Cygnet Hospital Bury's 13 bed medium secure service for men. West Hampton will support men with a range of complex care needs including personality disorder, mental illness and detachment disorders.

A highly specialised multi-disciplinary team supports people in West Hampton and care and treatment programmes are very much tailored to the individual's needs, with DBT being used as a treatment programme within the ward.

Across all of our medium and low secure services, service users are supported by a dedicated multi-disciplinary team who work with people to assess their needs and create a discharge pathway to the community.

Treatment is based on the principles of recovery including psychological therapies, occupational therapy, social therapy, physical healthcare and medication. Risk assessment tools are used and a clinical formulation is developed to inform the management plans for each patient.



Male



18+ years



13 beds



## Our service user profile:

- > Men, aged 18+ years
- > Primary diagnosis of mental illness
- > Detained under the Mental Health Act, including Ministry of Justice restrictions
- > Requiring assessment and treatment in a secure environment
- > May have a history of trauma

## Therapy and Activity Programmes

Programmes are tailored to individual needs and our MDT work with service users to identify treatment options. Our full range of programmes includes:

- > Dialectical Behaviour Therapy (DBT)
- > ASSIST (PD intervention)
- > Eye Movement Desensitization and Reprocessing (EMDR)
- > Fire setting
- > Life Minus Violence
- > Cognitive Behavioural Therapy (CBT) for psychosis
- > Schema Therapy
- > Sex Offender Treatment Programme (SOTP)
- > Substance misuse

Service users are also supported by our psychology and occupational therapy departments in anger management, social skills development, daily living skills, healthy living, IT skills training, education and vocational development.

Each service user has a treatment plan and a weekly therapeutic timetable which can include: individual and group psychology, counselling for drug and alcohol misuse, anger management, social skills development, daily living skills development, healthy living, IT skills training, education and vocational development, group games and activities.

## Our Model of Care







### Our facilities:

- > State of the art Recovery College including media suite
- > Sensory equipment
- > Occupational therapy kitchen
- > Therapy garden
- > Gym
- > Woodland walkways down to Elton Reservoir

### Our community links:

- > Bury and Rochdale colleges
- > Bleakholt dog sanctuary – dog walking work placements
- > Canal and River Trust
- > Leisure facilities including swimming and gym



For more information or to make a referral please call **0808 164 4450** or email [chcl.referrals@nhs.net](mailto:chcl.referrals@nhs.net)

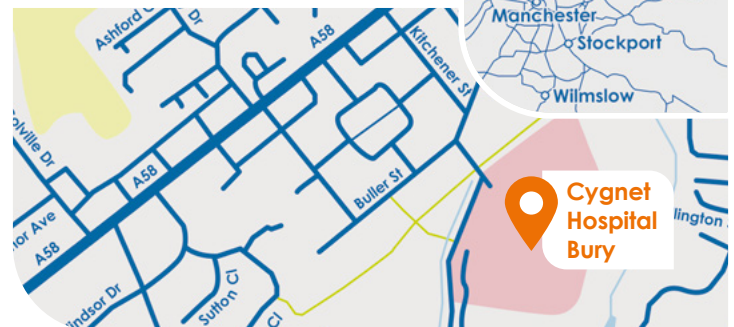
### Our referral process:

- 1 Referral made to Cygnet referrals team via **0808 164 4450/chcl.referrals@nhs.net**
- 2 Assessment arranged and undertaken via our management team
- 3 Feedback provided on whether our service can meet the individual's needs
- 4 Assessment pack formulated including care plans and funding information
- 5 Admission agreed and plans for transition arranged with referring team following confirmation of acceptance of placement

## Where are we?

**Cygnet Hospital Bury**  
off Buller St, Bolton Rd, Bury,  
North West BL8 2BS

**Phone number**  
**0161 762 7200**



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