

Improving lives together

Highly Specialised Autism Spectrum Disorder Service for Men

**Chestnut Court,
Cygnnet Hospital Colchester, Essex**

Good

Accepting
referrals

Chestnut Court at Cygnnet Hospital Colchester supports individuals with autism, learning disabilities and complex needs. The service is suitable for individuals who are detained under the Mental Health Act, as well as those who have complex behaviours, or significant difficulties with social engagement.

We encourage the men in our care to make their own choices and live as independently as they are able to. To achieve this, we have developed our model of care in which the in-house multi-disciplinary team (MDT) adopt a values-based social model of disability with **My Choice, My Voice, My Life** sitting at the heart of the model.



Male



18+ years



5 flats

Our service user profile:

- > Men, aged 18+ years
- > Diagnosis of autism spectrum disorder and learning disability
- > Individuals will have additional complex needs including co-morbid mental illness, behaviours that challenge, epilepsy, ADHD, personality disorder, significant impairment in social and adaptive functioning
- > Individuals may be informal or may be detained under the Mental Health Act / Deprivation of Liberty safeguards

Our service at a glance

Chestnut Court benefits from five independent living areas. Each flat offers a robust environment designed to provide a safe space for individuals who may exhibit behaviours of distress or have specific sensory needs. Each room will be personalised to accommodate preferences, strengths and abilities of each service user.

The team focus on enabling individuals to achieve three key targeted outcomes:

- > Reduction in behaviours that challenge
- > Increase in pro-social presentation
- > Progress to future out of hospital placements within lesser restrictive environments

Located a short drive from the centre of Colchester, individuals at the service will have access to a wide range of community facilities including Colchester Zoo, Colchester Football Club, parks and shopping facilities. The wards at Cygnnet Hospital Colchester often come together to celebrate seasonal festivals, hold awareness events and enjoy parties.



Our facilities:

- > 5 flats, each flat includes lounge, bedroom and en-suite shower room
- > Communal kitchen
- > Communal dining room
- > Activity room
- > Sensory room
- > Communal garden
- > On-site gym
- > Communal bathroom

STOMP

We are committed to the **STOMP pledge** (Stopping the over-medication of adults and young people with a Learning Disability, Autism or both)

Truly holistic approach to assessing, planning and delivering care and treatment



Supporting service users to access local volunteering job opportunities



Disability exercise specialist delivering fitness and wellbeing programmes for individuals in our on-site gym



Supporting men who are on their care pathway to independent living



Large garden including plenty of space for outdoor activities



Supporting service users' sensory processing needs

Supporting individuals through inclusive communication approach



Wide range of activities chosen by service users



"Thank you for everything you are doing each day, we are immensely proud of how far he has come and how he has settled with the correct support around him."
- **Social worker**



Our community links:

- > Colchester Football Club
- > Colchester Zoo
- > Adult community college
- > Colchester Leisure World
- > Dedham boating lake for picnics and paddling
- > Cafés and restaurants
- > Shops
- > Voluntary work placements



Our Multidisciplinary Team (MDT):

- > Consultant psychiatrist
- > Specialty doctor
- > Occupational therapist
- > Occupational therapy assistant
- > Speech and language therapist
- > Speech and language therapy assistant
- > Psychologist
- > Assistant psychologist
- > Physical health nurse
- > Ward manager
- > RNLD & RMN's
- > Support workers
- > Disability exercise specialist
- > Safeguarding lead

Where are we?

Cygnets Hospital Colchester
Boxted Road, Mile End,
Colchester, Essex, East CO4 5HF

Phone number
01206 848 000



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Make a referral

- 1 Referral made to your **regional Business Relationship Manager** or 0808 164 4450 / chcl.referrals@nhs.net
- 2 Assessment arranged and undertaken via our assessment 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

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Respect

Care