

Improving lives together

Highly Specialised Autism Spectrum Disorder Service for Men

Larch Court,
Cygnnet Hospital Colchester, Essex

Good

Now taking referrals



Larch Court at Cygnnet Hospital Colchester supports individuals with autism, learning disabilities and complex needs. The team also supports individuals who are detained under the Mental Health Act, as well as those who have complex behaviours, or who have 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



4 beds

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

Larch Court offers placements for four men with independent living areas. The living areas include self-modulation sensory facilities, with a programmable sensory menu to accommodate personal preferences, strengths and abilities of each individual.

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

The service is located in the heart of the community in Colchester which is Britain's oldest recorded town. The individuals we support have access to a wide range of community facilities locally including, Colchester Zoo, Colchester Football Club, beautiful parks and excellent shopping and dining facilities.



Our facilities:

- > En-suite bedrooms
- > Extensive communal areas including lounge and dining room
- > Activities of daily living kitchen and laundry service
- > Quiet room
- > Sensory room
- > Large garden
- > Multi-faith room
- > Gym
- > Activity centre
- > IT room

★★★★★
 Rated 'Good'
 by the CQC



Weekly
 drop-in sessions
 with the responsible
 clinician (RC)



100%
 of service users improved their
 independence in daily living skills



Supporting service users
 to access local volunteering job
 opportunities and in-house
 therapeutic earnings



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



Large garden including
 plenty of space for football and
 other sports and also for growing
 fruit and vegetables



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




Supporting individuals
 who are on their care pathway
 to independent living



**Activities of daily
 living kitchen**
 supporting the service users with
 skill development



Supporting service users'
**sensory
 processing
 needs**



Links with
 the adult
 community
 college



Supporting
 individuals
 through inclusive
 communication
 approach



**Wide range of
 activities**
 chosen by
 service users



Physical health is a high priority
 at Larch Court and our dedicated
 physical health nurse works closely
 with GP's, dentists' and other
 external agencies



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



I have found staff to be very understanding of my sons complex needs and I can see progress being made with him. Currently I can not see how you can improve the support as he is being very well looked after and staff are taking time to understand him.
 Family member



Our multi-disciplinary team (MDT):

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

i For more information or to make a referral please call **0808 164 4450** or email **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 Colchester
 Boxted Road, Mile End,
 Colchester, Essex, East CO4 5HF

Phone number
 01206 848 000




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