

*Improving lives together*

# Highly Specialised Autism Spectrum Disorder Service for Men

**Chestnut Court**  
Cygnet Hospital Colchester, Essex

**NEW**  
Opening  
May 2024



Chestnut Court at Cygnet 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 Cygnet 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 and in-house therapeutic earnings



Shortlisted for Psychiatric Team of the Year 2023 by the Royal College of Psychiatrists



**Supporting men** who are on their care pathway to independent living



**Large garden** including plenty of space for outdoor activities



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



**Supporting service users' sensory processing needs**



**Supporting individuals** through inclusive communication approach

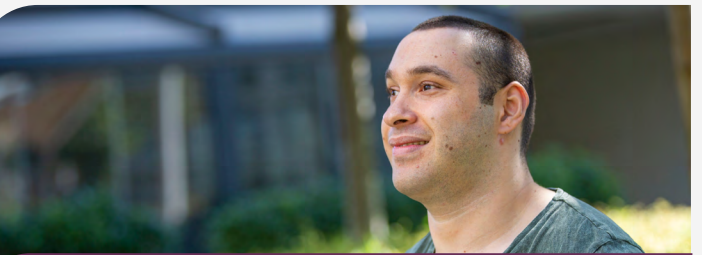


**Wide range of activities** chosen by service users



### 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 multi-disciplinary 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



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](tel:08081644450)/[chcl.referrals@nhs.net](mailto: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



CYG-1403 | Date of Preparation: 23/02/24

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