

Improving lives together

High Support Inpatient Rehabilitation (Level 2) Service for Men

Cygnets St Augustine's,
Stoke-on-Trent

Good



Now taking referrals



Cygnets St Augustine's is a 32 bed specialist High Support Inpatient Rehabilitation (Level 2) Service for Men. Our fantastic facilities and multi-disciplinary treatment programme are designed to assist individuals with their return to community living. Those placed with us often come from multiple placement breakdowns, failed treatment programmes or are stepping down from secure settings.



Male



18+ years



32 beds

Our service user profile:

- > Men aged 18+ years
- > Detained under the Mental Health Act (1983) or informal
- > Primary diagnosis of mental illness with:
 - Complex comorbidities
 - Substance, drug and alcohol abuse
 - Treatment resistance
 - Behaviours that may challenge
- > Aiming for a return to community or community-based care
- > May have a history of trauma
- > Typical diagnoses: schizophrenia, schizoaffective disorder, bipolar affective disorder or depression
- > May have secondary diagnoses of mild learning disability, autism spectrum disorder or personality disorder
- > May have a forensic history and/or be stepping down from secure services
- > May have a history of repeated acute admissions



Our service at a glance

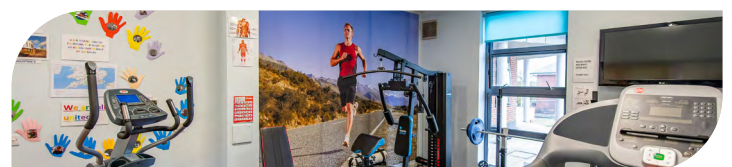
Cygnets St Augustine's is located in Stoke-on-Trent in the West Midlands. The service is within walking distance of a small town centre with plenty of shops, cafés and activities, as well as having great transport links around the city. The local train station has regular services to surrounding areas including Manchester and Birmingham. We have strong community links allowing a multitude of opportunities for volunteering and charity work, including foodbanks, charity shops and football club.

Within the service, all bedrooms have en-suite facilities, 16 of which are situated on the ground floor. We have dedicated therapy spaces, an IT café, gym and two comfortable TV lounges with games consoles.

We offer more than just specialists and treatments, we value the service users as individuals, help enhance their interests and abilities, encourage them to share their views and help them unlock their talents and aspirations. We have an expert by experience working within our staff team to support service users to stay recovery focussed.

We support individuals to attend to their physical health alongside their mental health recovery, and have a dedicated general nurse on-site to advise on healthy living, to support service users to attend GP appointments and discuss other physical health needs. We also have a gym instructor that attends the service three times a week to deliver person-centred workout routines and bespoke nutritional plans.

Support is provided to help individuals prepare for independent living, employment and other vocational activities, with a strong focus on financial management and budgeting skills. An independent advocacy service supports individuals to access the local citizen's advice bureau to understand their finances and prepare for the future.





Animal therapy

Regular community and People's Council meetings

Group therapy sessions

are recovery focused, building on existing strengths, developing new skills and relapse prevention oriented



Rated 'Good' by the CQC

82% of individuals discharged in the last 2 years have stepped down along their care pathway to a more community facing setting

Range of psychology treatments available, Integrative and trauma informed approach to suit client needs including: Compassion Focused Therapy (CFT), Cognitive Behavioural therapy (CBT), Meta-Cognitive approaches, Dialectical Behavioural skills and Eye Movement Desensitisation Reprocessing (EMDR)



Supporting individuals to access both paid and voluntary work

"I'm pleased with my stay and know it's coming to the end. I feel I've strengthened from it and it has geared me up to progress in the future." Service User

97% of service users felt the care and treatment they receive is helping them progress towards discharge



2 activities of daily living (ADL) kitchens

Service users are supported to access expert by experience programme



DJ School every Friday



Gym instructor On-site

Our multi-disciplinary team:

- > Hospital Director
- > Head of Care
- > Consultant Psychiatrist
- > Specialty Doctor
- > Psychologist
- > Trainee Psychologist
- > Registered Mental Health Nurses
- > General Nurse Practitioner
- > Occupational Therapists
- > Therapy Co-ordinators
- > Mental Health Act Administrator
- > Expert by Experience
- > Support Workers
- > Gym Instructor
- > Nutritionist
- > Weekly pharmacist

Our facilities:

- > En-suite bedrooms
- > Therapy kitchen
- > Dining room
- > Two communal TV lounges with games consoles
- > Large enclosed garden
- > Therapy garden
- > Gym
- > IT café

Our community links:

- > Stoke-on-Trent College
- > Good transport links to local town centres
- > YMCA
- > Stoke City Football Club
- > Forest Park
- > Water World
- > Westport Lake
- > Alton Towers
- > Cinema and bowling

"Having my son looked after in your hospital has made an immense difference to our family. I can't thank the staff enough for their help and professionalism. We have been able to sleep at night knowing he is safe, with which we have struggled with for years." Family Member

For more information or to make a referral please call 0808 164 4450 or email chcl.referrals@nhs.net

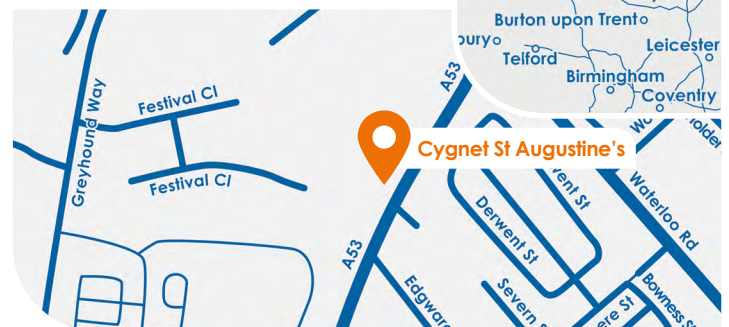
Our referral process:

- 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 St Augustine's
Cobridge Road, Stoke-on-Trent,
Staffordshire, West Midlands ST1 5JY

Phone number
01782 200 860



CYG-964 | Date of Preparation: 21/02/24

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