



Your guide to
Upper West
Cygnet Hospital Bury

Mental Health and Deaf Services



Upper West

North West

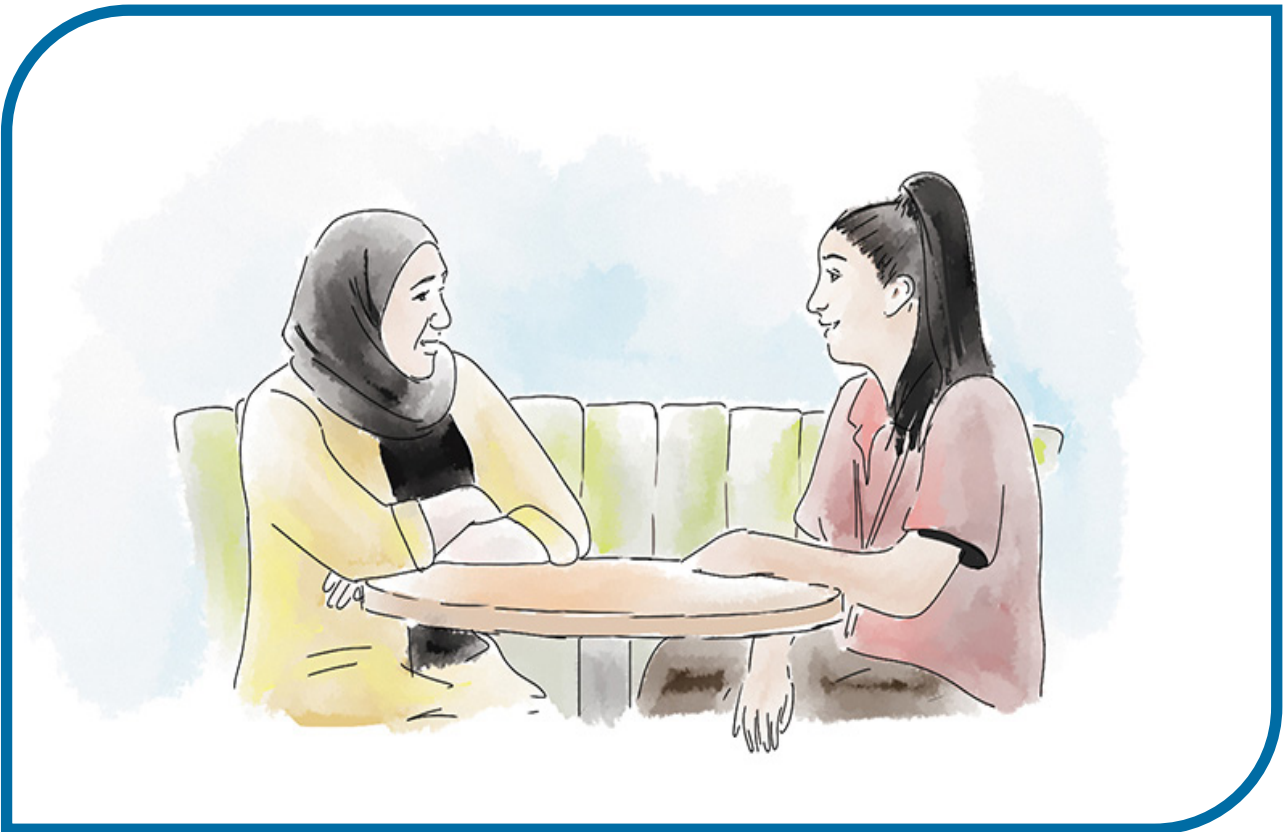
Registered address: Upper West,
Cygnet Hospital Bury,
Off Buller St,
Bolton Rd,
Bury
BL8 2BS

Upper West is part of Cygnet Hospital Bury. It is owned by Cygnet. Cygnet Hospital Bury is in the North West of England.

The people we care for in Upper West are:

- Female
- 18+

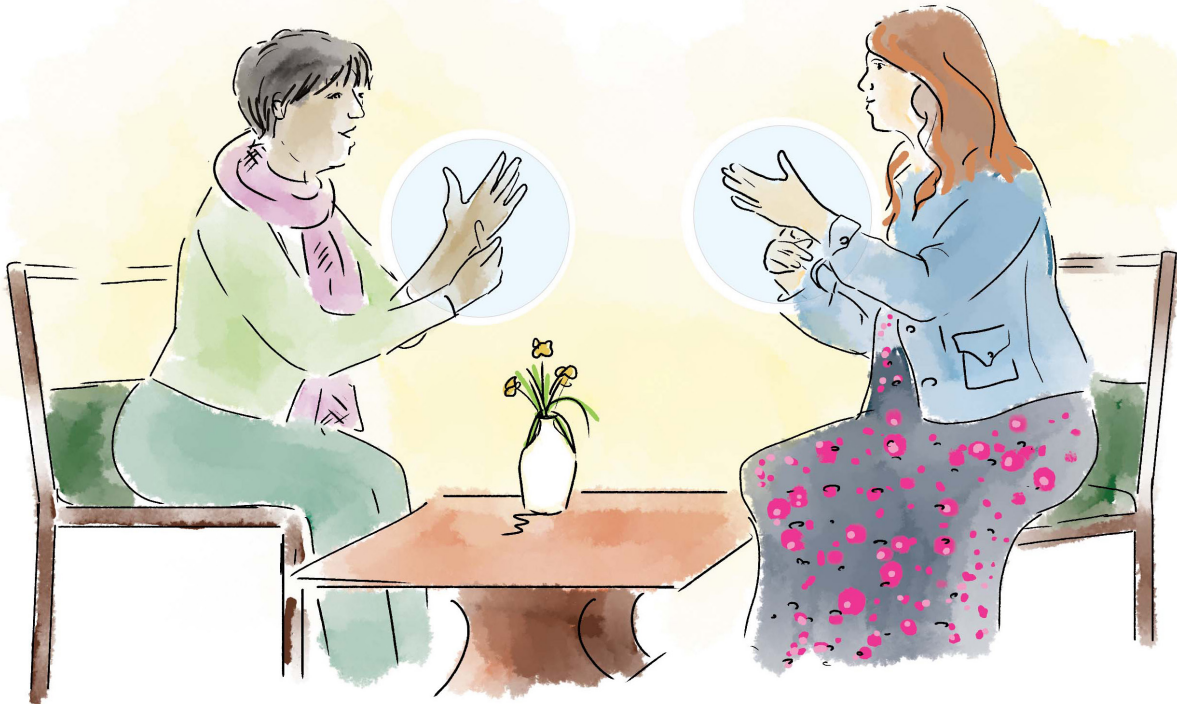




Up to 13 people can stay in Bridge Hampton.

While you stay here you will be involved in learning personal skills and take part in activities.

Our service



Our staff are trained in British Sign Language (BSL). There are both deaf and hearing members of staff on the ward.



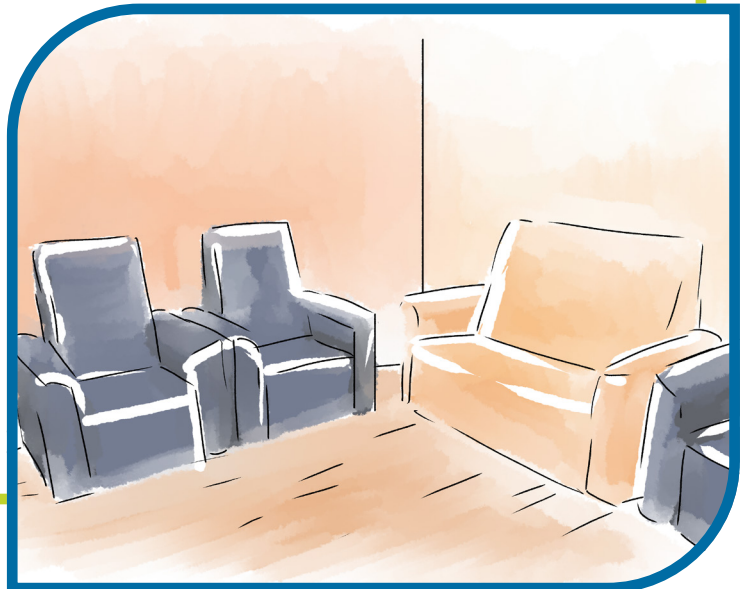
Living spaces

You will have your own bedroom and bathroom. You can make this space your own and fill it with your things.



You will share dining and lounge areas with other people.

There are smaller lounge rooms if you need a quiet space.



Our Model of Care

This Model of Care shows how we will support you during different stages of your recovery.



Phase 1

Understanding me

Getting to know your team and support group.

Phase 2

My Skills

Understanding your needs and support for a safe future.

Phase 3

My Independence

Building trust, engaging in treatment and learning new skills.

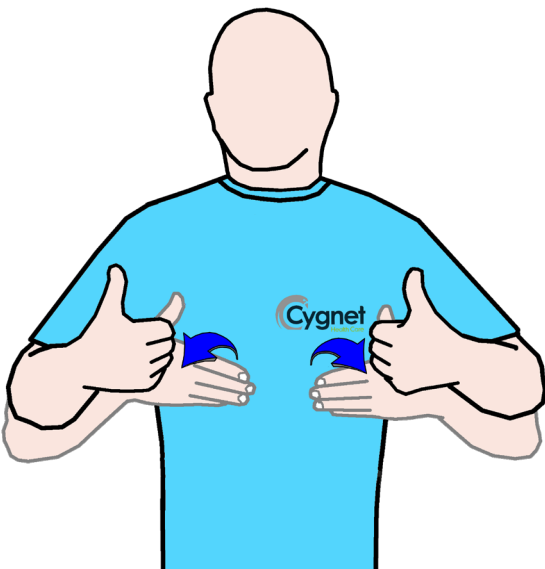
Phase 4

Preparing to move on

Moving on to a safe and meaningful future.

Person centred planning

The people who use our services helped to create the award winning **All About Me Deaf recovery package**. This package helps people to tell us what they need, makes you aware of your rights and the services available to you.



We will work with you to make a care plan. Care plans can be made in a way that is suitable for you, for example as a filmed BSL version.

Our facilities

We will try to make your stay with us as pleasant as possible. Some of the facilities available to you are:

- Recovery College and Media Suite
- Sensory Equipment
- Therapy garden
- Occupational Therapy Kitchen
- Gym



Activities



There are plenty of activities for you to get involved with. You can work on daily living skills, such as cooking or laundry these will be timetabled into your plan to help you gain more independence.



If you want you can be involved with the **people's council**. This is a meeting where people get involved in what happens in Upper West. You can share your opinions and have your say about what you think about your care.



You can also get involved in the National Service User Awards, these awards celebrate projects created by service users which help others.

Community

When the time is right you are encouraged to go out into the community. Nearby we have:

- Woodland walks around Elton reservoir.
- Course at Bolton and Rochdale colleges
- Local Deaf Clubs in Bury, Bolton and Manchester
- Leisure activities including going to the gym and bowling



People we support

You may present with serious risk of self harm or suicide

You must be 18 years old and above

You may be deaf or hard of hearing

You may have complex communication needs

You have been admitted under the Mental Health Act

You may present risk of escape

You may have been diagnosed with a personality disorder

You may have a criminal record

You may have a history of aggressive behaviours

You may have a learning disability

You may have autism

You may have a history of treatment resistance



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