

*Improving lives together*

# Cygnet Kenney House, Oldham

- > Specialist PICU for Women
- > Acute Mental Health Service for Women
- > Mental Health Rehabilitation Service for Women (Level 2)





## Introduction

**Cygnet Kenney House is our hospital for women, located in Oldham, which provides a safe and secure care pathway for women with mental health needs.**

We have collaborated with the NHS to develop services to support women from the North West to be treated closer to home. There are three wards at Cygnet Kenney House; Billington Ward, a 12 bed specialist Psychiatric Intensive Care Unit (PICU), Baldock Ward, a 16 bed Acute service and Harben Ward, a 16 bed mental health rehabilitation and recovery service.

The PICU and Acute environments offer rapid access to care, supporting women to move quickly and safely through to the most appropriate and least restrictive setting. The mental health rehabilitation and recovery ward (level 2) supports individuals moving on from the Acute ward, as well as external referrals from other services such as secure, CAMHS, prison services and more.





## Our service at a glance



### Our multidisciplinary team:

- > Responsible clinician
- > Specialty doctor
- > Hospital manager
- > Clinical manager
- > Ward managers
- > Occupational therapists
- > Psychologist
- > Assistant psychologist
- > Nurses
- > Social worker
- > Support workers
- > Mental Health Act administrator
- > Advocacy



### Our therapies and interventions:

(may include but not limited to)

- > Dialectical Behaviour Therapy (DBT) informed therapy
- > Substance misuse programmes
- > Cognitive Behavioural Therapy (CBT) and Cognitive Analytic Therapy (CAT)
- > Schema Therapy
- > Eye Movement Desensitisation and Reprocessing Therapy (EMDR)
- > Hearing Voices groups
- > Active Life programmes
- > Psychoeducation
- > Comprehensive occupational therapy programmes



### Our facilities:

- > En-suite bedrooms
- > Spacious communal areas on each ward
- > Quiet lounges
- > Dining rooms
- > Activities of daily living kitchens
- > Multi-faith room
- > Fully equipped gym
- > Multiple meeting and therapy rooms



## Billington Ward PICU



Female



18+ Years



12 beds

Our 12 bed PICU accepts emergency and crisis admissions. Referrals can come to us from all areas, including acute and prison services.

Our aim is a short, rapid intervention to help individuals regain a sense of control and order in their lives, so they can move to a less restrictive care setting and ultimately return home.

Billington Ward provides expert, intensive, short-term, individualised care for women detained under the Mental Health Act. Individuals will present with increased risks that require them to be assessed and treated in a PICU environment.

## Baldock Ward Acute Ward



Female



18+ Years



16 beds

Our 16 bed emergency acute inpatient service provides a safe and stabilising environment for illness that require an emergency admission.

The ethos of Baldock Ward is about assessing and treating women in the least restrictive environment and planning for discharge in a robust and timely fashion. With a focus on stabilisation, we support individuals to manage their mental health, reinforce daily living skills and prepare for independent life back in the community.

Our team work closely and collaboratively with individuals, their families and the referrer to provide a seamless pathway from referral to discharge. Our approach is recovery focused and supported by a comprehensive multi-disciplinary team, contributing to shorter lengths of stay.

### Our service user profile:

- > Women, aged 18+ years
- > Detained under the Mental Health Act (or informal for Acute)
- > Experiencing difficulties that present a risk to the well-being of themselves or others that cannot be treated in an open environment
- > Diagnoses may include:
  - Acute mental illness
  - Acute depressive illness
  - Psychosis
  - Schizophrenia
  - Bi-polar disorder
  - Personality disorder
  - Dual diagnosis
- > May present with co-morbid presentations:
  - Self-harm
  - Substance misuse issues



# Harben Ward

## High Support Inpatient Rehabilitation Service (Level 2)



Female



18+ Years



16 beds

**Our High Support Inpatient Rehabilitation Service (Level 2) provides a safe and comfortable environment that promotes recovery and helps to bridge the gap between hospital stays and community living.**

Harben Ward offers a care pathway within Cygnet Kenney House, whilst also accepting external referrals.

We are dedicated to understand, stabilise and break the traumatic cycles of relapse that can impact individual's lives. Our care embraces a balanced approach to risk management and therapeutic optimism. The women we support have access to a range of therapies and care planning is co-produced and bespoke.

### Our service user profile:

- > 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
- > History of sexual abuse or domestic violence
- > 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

### Psychology-led interventions:

- > Cognitive Behavioural Therapy (CBT)
- > Dialectical Behaviour Therapy (DBT) informed approach
- > Schema informed approach
- > Brief Solution Focused therapy
- > The Wellness Recovery Action Plan (WRAP®)
- > Mindfulness
- > Behaviour analysis and problem-solving approaches
- > Psychometric assessments
- > Drug and alcohol awareness and relapse prevention
- > Cognitive skills
- > Mental Health relapse prevention
- > Offence-focused interventions
- > Emotional Management interventions including anxiety and anger
- > Motivational enhancement
- > Self-esteem enhancement



# Our referral process

## PICU / Acute referral process:

- 1 Referral made to Cygnet referrals team via **0808 164 4450** / [chcl.referrals@nhs.net](mailto:chcl.referrals@nhs.net)
- 2 Feedback provided on whether our services can meet the service user's needs within 1 hour of receipt of full clinical information
- 3 Admission agreed and arranged with referring team following confirmation of funding



## Mental health rehabilitation and recovery referral process:

- 1 Referral made to Cygnet referrals team via Kim Law - **07798 916 556** [KimLaw@cygnethealth.co.uk](mailto:KimLaw@cygnethealth.co.uk)
- 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

**For All PICU and  
Acute Referrals  
(Adults and CAMHS)**

**0808 164 4450**  
 [\*\*chcl.referrals@nhs.net\*\*](mailto:chcl.referrals@nhs.net)



## Where are we?

### Cygnet Kenney House

Wester Hill Rd, Oldham, North West OL8 2QH



CYG-1457 | Date of Preparation: 06/11/25

Please visit [cygnetgroup.com](https://cygnetgroup.com) for more info | Follow us on social media:

Integrity

Trust

Empower

Respect

Care