

Improving lives together



# High Support Inpatient Rehabilitation (Level 2) Service for Women

Cygnet Lodge Kenton, London

Beds available  
Now taking referrals



Cygnet Lodge Kenton, in North-West London, is a female high support inpatient rehabilitation (level 2) providing coproduced, goal focussed interventions.

We can support up to 15 women who are ready to step down from short or longer term mental health services. We aim to equip the women in our care with the skills they need to live successfully in the community, therefore reducing the likelihood of requiring future inpatient admissions.



We are proud to be AIMS accredited with the Royal College of Psychiatrists. The AIMS (Accreditation of Inpatient Mental Health Services) rehabilitation project is a national scheme developed to ensure best practice is being achieved in inpatient mental health services.



Female



18+ years



15 beds

## Our service user profile:

- > Admitted informally or under the Mental Health Act (1983)
- > Primary diagnosis of mental illness eg. schizophrenia, schizoaffective disorder, bipolar affective disorder or depression
- > May have secondary diagnoses including mild learning disability, autism, personality disorder or dementia
- > May struggle with substance misuse
- > Treatment refractory and/or may have a history of repeated acute admissions
- > May have a forensic history and/or be stepping down from secure services
- > Aiming for a return to community, or community-based care
- > May have complex comorbidities and/or trauma history

“ We appreciate the reassurance that our daughter is being carefully taken through all the steps she needs to get back to some kind of independence in her life - Parent ”

## Our service at a glance

Our service is particularly helpful for women who have been in hospital for some time and who require additional support as they continue along their pathway towards the least restrictive environment possible for them.

Our main focus is to give women the skills and confidence to enable them to live independently in the community. The occupational therapy team is key in assuring as many activities as possible are held in the community, helping individuals re-integrate and prepare most effectively for discharge.

The service has built strong links with local community-based services within Kenton and Harrow, and aims to support service users through a vocational pathway to gain employment and education opportunities.

Our service provides a high level of individualised care including a multi-disciplinary team (MDT) assessment, care plan formulation and management, followed by pharmacological, therapeutic interventions (psychology and occupational therapy) to enable them to integrate safely into the community.

All treatment plans and interventions are in accordance with National Institute for Health and Care Excellence (NICE) guidelines and evidence-based practice. The service also has sessional input from a fitness instructor and creative facilitators.

We believe that through understanding each individual and their behaviours, we can create an environment and develop care plans which help them succeed. We are committed to working collaboratively with service users, families and experts by experience to drive continuous service development.

## Our multi-disciplinary team:

- > Consultant Psychiatrist
- > Specialty Ward Doctor
- > Psychologist
- > Assistant Psychologist
- > Registered Mental Health Nurses
- > Healthcare Support Workers
- > Occupational Therapists
- > Occupational Therapy Assistants
- > Fitness Instructor

89% of service users engage in over 25 hours of **meaningful therapeutic activities** each week.\*

\*Data obtained Q4 2024



We encourage family **contact** Carers and families are actively encouraged to be involved with the care of their loved one



**Truly holistic approach** to assessing, planning and delivering care and treatment



The occupational therapist (OT) assesses, implements and develops individualised OT treatment programmes according to their diagnosis and identified needs



**Supporting individuals** to access both paid and voluntary work



People's council meetings held monthly to discuss issues they may have with the service



Our psychology team provide sessions with a focus on adapted CBT and informed DBT among other therapies to ensure we meet each individual's needs



We empower the women we support to enable them to learn and practice skills, so that they are able to successfully manage their illness in the community

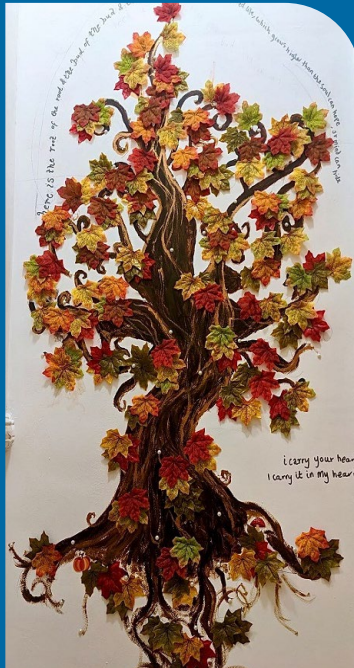


Links with **Recovery College** and other community facilities for ongoing support for our service users



Rated **Good** in all domains by the CQC

Good



The staff treated me with kindness and they were amazing.  
- Service user

Fantastic place - such friendly staff & service users. I am happy.  
- Service user



She has made a really significant progress in mental health recovery since she was admitted to your services.  
- External Health Professional

## Make a referral

- 1 Referral made to your **regional business relationship manager** or 0808 164 4450 / [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?

**Cygnets Lodge Kenton**  
74 Kenton Road, Kenton,  
London HA3 8AE

**Phone number**  
020 8907 0770



CYG-814 | Date of Preparation: 19/12/24

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



Integrity

Trust

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