

*Improving lives together*

# Autism Services

- > Residential Services with Nursing
- > Residential Services



# Welcome

Cygnnet was established in 1988. Since then we have developed a wide range of social care services for adults with autism, learning disabilities and those requiring elderly care within the UK.

We have built a reputation for delivering pioneering services and outstanding outcomes for the individuals in our care.



**Our expert and highly dedicated care team of 11,500 employees support 7,500 individuals across 150 services to consistently make a positive difference to their lives.**

Cygnnet Social Care is part of the Cygnnet Group which also provides healthcare services for young people and adults in England, Scotland and Wales.



Click the buttons to find out more about our Autism Spectrum Disorder Services

- Introduction
- Our Resident Profile
- Our Services at a Glance
- Our Model of Support
- Residential Services with Nursing
- Residential Services
- Case Study
- Map
- How to Make a Referral

## Contents

|  |           |
|--|-----------|
| <b>Introduction</b>                      | <b>03</b> |
| <b>Our Resident Profile</b>              | <b>04</b> |
| <b>Our Services at a Glance</b>          | <b>05</b> |
| <b>Our Model of Support</b>              | <b>06</b> |
| <b>Residential Services with Nursing</b> |           |
| Thornfield Grange, Co. Durham            | 08        |
| <b>Residential Services</b>              |           |
| Amberwood Lodge, Dorset                  | 09        |
| Beeches, Nottinghamshire                 | 10        |
| Birches, Nottinghamshire                 | 11        |
| Broughton House, Lincolnshire            | 12        |
| Broughton Lodge, Cheshire                | 13        |

|                                 |           |
|---------------------------------|-----------|
| Devon Lodge, Hampshire          | 14        |
| Elston House, Nottinghamshire   | 15        |
| Glyn House, Staffordshire       | 16        |
| Marion House, East Midlands     | 17        |
| Nightingale, Dorset             | 18        |
| No.12 High Street, Lincolnshire | 19        |
| Oakhurst Lodge, Hampshire       | 20        |
| Pines, Nottinghamshire          | 21        |
| The Squirrels, Hampshire        | 22        |
| <b>Case Study</b>               | <b>23</b> |
| <b>Map</b>                      | <b>25</b> |
| <b>How to Make a Referral</b>   | <b>26</b> |





Click the buttons to find out more about our Autism Spectrum Disorder Services

[Introduction](#)

[Our Resident Profile](#)

[Our Services at a Glance](#)

[Our Model of Support](#)

[Residential Services with Nursing](#)

[Residential Services](#)

[Case Study](#)

[Map](#)

[How to Make a Referral](#)

## Introduction

**C**ygnet has over 20 years' experience of delivering the best outcomes for individuals with autism and learning disabilities, who may present with behaviours that challenge.

Our residential services, with and without nursing, offer residents an organised and efficient care pathway delivered in environments that promote structure, security, consistency and understanding - essential for individuals who live with autism and its day-to-day challenges.

# STOMP

Cygnet supports STOMP and has committed to the STOMP pledge **Stopping the over-medication of adults and young people with a learning disability, autism or both.**

## Our resident profile:

- > Primary diagnosis of autism and associated learning disability and/or mental health needs
- > May present with behaviours that challenge
- > Communication challenges
- > Forensic history
- > Likely a history of multiple exclusions and placement or family breakdowns
- > May have an EHCP (Education, Health & Care Plan)
- > May be subject to DoLS (Deprivation of Liberty Safeguards) or Care orders
- > Require bespoke support and care



16/18+ years



Male/Mixed  
Gender



Mental Health Act Status:  
Informal/DoLS



Click the buttons to find out more about our Autism Spectrum Disorder Services

Introduction

**Our Resident Profile**

Our Services at a Glance

Our Model of Support

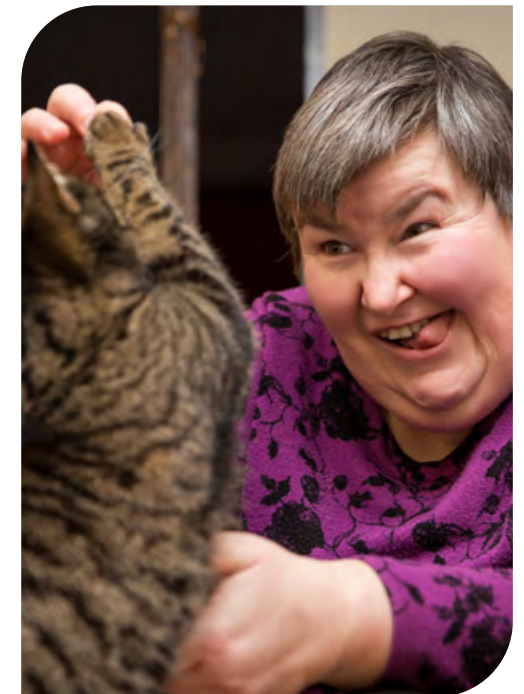
Residential Services with Nursing

Residential Services

Case Study

Map

How to Make a Referral



## Our services at a glance:

- Highly individualised and consistent care
- Specialist care pathways and interventions focusing on:
  - Stabilisation of behaviour
  - Lifelong learning
- Daily living skills development
- Positive Behaviour Support, incorporating the use of accredited intervention techniques
- Sensory integration
- PAS-ADD (mental health screening)
- TEACCH style specialist learning programmes
- ASDAN and OCR Skills for Life schemes
- Compensatory communication techniques including:
  - A Picture Exchange Communication System (PECS)
  - Pictures
  - Symbols
  - Objects of reference
  - Signing

## Our multi-disciplinary teams:

- Psychiatry
- Psychology
- Occupational therapy
- Speech and language therapy
- Nursing
- Activity coordinators
- Specialist trained support workers

## Our outcome measurement tools:

- Social Care LD GAP
- Behaviours that Challenge
- Health Risk Levels
- Eating & Drinking
- Personal Care & Hygiene
- Domestic Tasks
- Communication
- Social interaction
- Community Presence & Participation
- Activity Engagement
- FCSP (Functional Communication and Skills Profile)



Click the buttons to find out more about our Autism Spectrum Disorder Services

[Introduction](#)

[Our Resident Profile](#)

[Our Services at a Glance](#)

[Our Model of Support](#)

[Residential Services with Nursing](#)

[Residential Services](#)

[Case Study](#)

[Map](#)

[How to Make a Referral](#)



# Our Model of Support

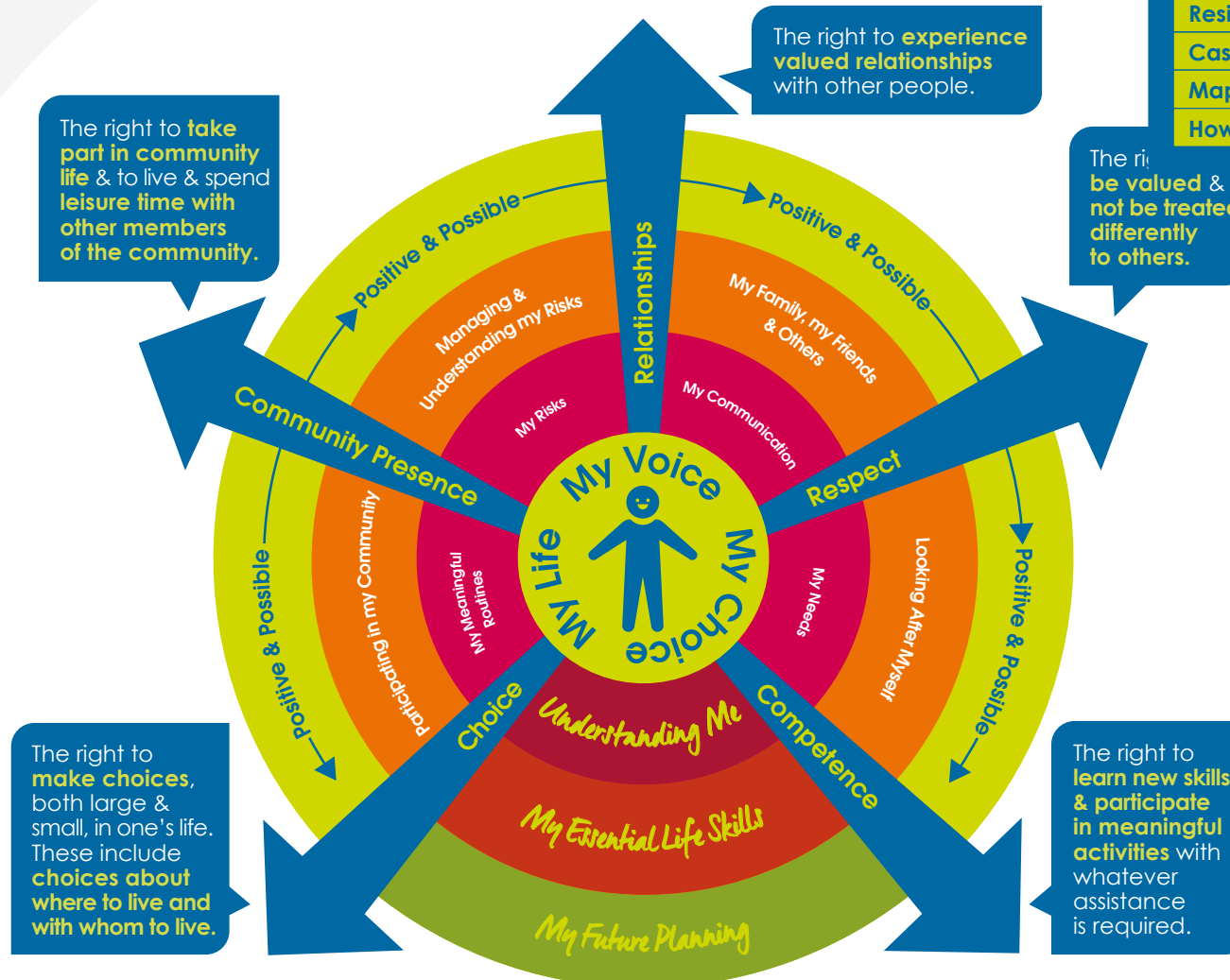
At Cygnet we believe that each individual with **autism** has the right to a happy and fulfilled life regardless of their level of support.

To help guide us and make sure we are all working together to achieve this we have formed **Our Model of Support for our Residential Services**. A guide that shows what we do as an organisation to support **autistic people**.



Click the buttons to find out more about our Autism Spectrum Disorder Services

|                                   |
|-----------------------------------|
| Introduction                      |
| Our Resident Profile              |
| Our Services at a Glance          |
| <b>Our Model of Support</b>       |
| Residential Services with Nursing |
| Residential Services              |
| Case Study                        |
| Map                               |
| How to Make a Referral            |



Adapted from: O'Brien, C. L., & O'Brien, J. (2002). The origins of person-centered planning: A community of practice perspective.





# Thornfield Grange, Co. Durham

60 Etherley Lane, Bishop Auckland, Co Durham, North East DL14 7QZ

Residential Services with Nursing



18+ years



Mixed Gender



9 placements

**T**hornfield Grange is a specialist residential service with nursing for adults living with autism, learning disabilities and complex needs. Based in Bishop Auckland, County Durham, Thornfield Grange supports individuals with behaviours that may challenge, as well as those who have significant difficulties with social engagement.

The service is split into 2 sections, the main house with 6 en-suite bedrooms and single occupancy flats for 3 individuals who may require additional support.

**3 single occupancy flats** - These self-contained living areas provide the opportunity for 3 individuals with more challenging needs to live in their own space with staff support. Each flat has a lounge, kitchen/diner and en-suite bedroom. These 3 flats are located in the grounds of Thornfield Grange and each has its own garden, whilst also having access to the service's main gardens.

**6 en-suite bedrooms** with multiple lounges and dining facilities. Other facilities within the service that are accessible to all individuals include an Activity of Daily Living ADL skills kitchen, a brand new state of the art sensory room designed to develop and engage individual's senses. Within the grounds, there is an allotment, which is looked after by the residents. Other outdoor activities are available and there is a large lawn with patio and seating areas for residents and their visitors to enjoy as well as a sensory garden.

We aim to provide a safe, comfortable and effective care environment for those in our care, promoting independence and community integration. On-site we have our multi-disciplinary team (MDT) who assist and support us to provide outcome based care and support pathways.



## Our facilities:

- > En-suite bedrooms, which residents are supported to personalise
- > Multiple good sized living and dining areas
- > An Activities of Daily Living (ADL) skills kitchens
- > Sensory room
- > Gardens including seating area, allotment and sensory garden

Thornfield Grange is accredited by the National Autistic Society's Autism Accreditation programme.



## Our community links:

- > Town centre
- > Cafés pubs & restaurants
- > Arts complex
- > Leisure centres & cinemas
- > Public transport links
- > Auckland Castle with a deer park



On-site ASDAN moderator – supporting the development of skills



Brand new state of the art sensory room



Monthly house meetings



Click the buttons to find out more about our Autism Spectrum Disorder Services

Introduction

Our Resident Profile

Our Services at a Glance

Our Model of Support

Residential Services with Nursing

Thornfield Grange, Co. Durham

Residential Services

Case Study

Map

How to Make a Referral



Jack's Journey

Find out more >

Read about how the team at Thornfield Grange transformed Jack's life.





# Amberwood Lodge, Dorset

6 St Osmunds Road, Parkstone, Poole, Dorset, Wessex BH14 9JN

## Residential Services



18+ years



Mixed Gender



9 placements

**Amberwood Lodge is a specialist residential service for adults with autism and learning disabilities, who may have behaviours that challenge.**

Based just a 10 minute drive from the seaside, Amberwood Lodge is a beautiful building providing specialist support for nine individuals. Within the service we have a large communal lounge, a sensory room, an IT and activity room and two kitchens; one large homely kitchen that individuals use independently to make drinks and snacks for themselves and their visitors, as well as a second kitchen where residents assist the cook to prepare meals and plan menus for the week. Additionally we have a lovely spacious garden with an abundance of outdoor activities, including a lovely summerhouse.

As part of our care pathway, our service enables individuals to build upon their skills to achieve further independence, self-advocacy and confidence, leading to better quality of life. Residents can gain skills through extended learning on a number of accredited platforms.

The integrated MDT consists of occupational therapy, speech and language therapy, psychology and psychiatry. The team works together to support the development of daily living skills and reduction in maladaptive behaviours.

Our staff use non-aversive positive approaches and are trained in specialised intervention techniques and sensory integration strategies.

### Our facilities:

- En-suite bedrooms
- Spacious communal areas
- Garden with outdoor seating and summer house
- Multi-sensory room
- IT and activity facilities



### Our community links:

- Local high street shops and restaurants
- Close to the New Forest
- Farmer Palmers
- Durlston Country Park
- Monkey World
- Leisure centres
- Local beaches
- Superbowl
- Moors Valley Country Park

### Homely environment



### Close to the beach



### On-site multi-disciplinary team

consisting of occupational therapy, speech and language therapy, psychology and psychiatry



### International days

each month the residents pick a new country, decorate the house and are supported to cook food from that country



### Spacious gardens

with outdoor activities and a garden house



Click the buttons to find out more about our Autism Spectrum Disorder Services

### Introduction

### Our Resident Profile

### Our Services at a Glance

### Our Model of Support

### Residential Services with Nursing

### Residential Services

Amberwood Lodge, Dorset

Beeches, Nottinghamshire

Birches, Nottinghamshire

Broughton House, Lincolnshire

Broughton Lodge, Cheshire

Devon Lodge, Hampshire

Elston House, Nottinghamshire

Glyn House, Staffordshire

Marion House, East Midlands

Nightingale, Dorset

No.12 High Street, Lincolnshire

Oakhurst Lodge, Hampshire

Pines, Nottinghamshire

The Squirrels, Hampshire

### Case Study

### Map

### How to Make a Referral



### Jordan's Journey

Find out more >

Read about how the team at Amberwood Lodge transformed Jordan's life.



# Beeches, Nottinghamshire

Retford Road, South Leverton, Retford, Nottinghamshire, East Midlands DN22 0BY

## Residential Services



18+ years



Mixed Gender



12 placements

**B**eeches is a specialist residential service for adults with autism and learning disabilities who may also present with behaviours that challenge. We aim to provide a safe, comfortable and effective care environment for those in our care, promoting independence and community integration.

We encourage and enable the individuals we support to lead a full and happy life. We work with them to ensure they have more choice and control in their lives. We find out their strengths, abilities and preferences so that the care provided can be as person-centred and meaningful to each individual as possible.

Beeches has 12 en-suite bedrooms which are split across two living units, Witham and Trent. Each unit has plenty of communal living areas including kitchens, lounges and dining room. We also have a conservatory, multi-sensory room, IT suite and art and craft facilities. Externally we have two gardens with plenty of space for individuals to take part in sports and activities as well as plenty of green space for them to relax and enjoy the peace and quiet.

The home is located near the towns of Retford, Worksop, Mansfield and Lincoln, providing easy reach to local amenities. This allows residents to benefit from a full range of community activities, including attending functions at the community hall, walks in the countryside, as well as other local amenities.

Our activity co-ordinator supports individuals in creating person-centred activity planners and developing daily living skills both inside the home and out in the community. The integrated multi-disciplinary team (MDT) consists of occupational therapy, speech and language therapy, psychology and psychiatry. Our staff use least restrictive practice approaches and are trained in specialised intervention techniques and sensory integration strategies.



## Our facilities:

- > En-suite bedrooms
- > Three lounges
- > Conservatory
- > Multi-sensory room
- > Recreational and arts facilities
- > Two gardens, one tailored especially for individuals who have Pica diagnosis

**In-house multi-disciplinary team (MDT) including psychology, speech and language therapy and occupational therapy**

**Independent advocate attends the service regularly**

**Meeting individuals sensory needs through person-centred activities**

**Easy read and other accessible information available to all residents**

**Wide range of indoor activities available including arts and crafts, cookery and discos**



Click the buttons to find out more about our Autism Spectrum Disorder Services

- Introduction
- Our Resident Profile
- Our Services at a Glance
- Our Model of Support
- Residential Services with Nursing
- Residential Services**
- Amberwood Lodge, Dorset
- Beeches, Nottinghamshire
- Birches, Nottinghamshire
- Broughton House, Lincolnshire
- Broughton Lodge, Cheshire
- Devon Lodge, Hampshire
- Elston House, Nottinghamshire
- Glyn House, Staffordshire
- Marion House, East Midlands
- Nightingale, Dorset
- No.12 High Street, Lincolnshire
- Oakhurst Lodge, Hampshire
- Pines, Nottinghamshire
- The Squirrels, Hampshire
- Case Study
- Map
- How to Make a Referral

**Jamie's Journey**

[Find out more >](#)

Read about how the team at Beeches transformed Jamie's life.



# Birches, Nottinghamshire

Eton Avenue, Newark, Nottinghamshire, East Midlands NG24 4JD

## Residential Services



18+ years



Mixed Gender



6 placements

**Birches is a specialist residential service for adults with autism and learning disabilities, who may also present with behaviours that challenge. We aim to provide a safe, comfortable and effective care environment for those in our care, promoting independence and community integration.**

Birches has 6 en-suite bedrooms as well as numerous communal spaces including 2 lounges, a dining room, a sensory room, IT suite and a large kitchen. Externally there are 2 gardens, one large garden with a swing, trampoline and vegetable patch and a quiet sensory garden also. The home is located near to the bustling town and city centres of Newark, Lincoln, Grantham and Nottingham, providing easy reach to local amenities, including parks, pubs, restaurants and leisure facilities.

As part of our care pathway, we enable each person to build upon their skills to achieve further independence, self advocacy and confidence, leading to a better quality of life. The team supports each individual to create personcentred activity planners and develop daily living skills both inside the home and out in the community. The integrated multi-disciplinary team (MDT) consists of occupational therapy, speech and language therapy, psychology and psychiatry.

Our staff use least restrictive practice approaches and are trained in specialised intervention techniques and sensory integration strategies. We understand that the relationships our residents have with their family and friends are very important and integral to their wellbeing. Therefore we ensure that we enable the individual to stay in touch with loved ones and can facilitate home visits.

### On-site multi-disciplinary team

consisting of occupational therapy, speech and language therapy, psychology and psychiatry



'Birches Blog' noticeboard updated weekly with useful information for residents



Supporting residents to step-down along their pathway to supported living



Easy read and other accessible information available to all residents



### Our facilities:

- > En-suite bedrooms
- > Lounge
- > Dining room
- > Activities of daily living kitchen
- > Large garden including a sensory garden, vegetable patch, swing and trampoline
- > Sensory room



**i** Click the buttons to find out more about our Autism Spectrum Disorder Services

Introduction

Our Resident Profile

Our Services at a Glance

Our Model of Support

Residential Services with Nursing

Residential Services

Amberwood Lodge, Dorset

Beeches, Nottinghamshire

Birches, Nottinghamshire

Broughton House, Lincolnshire

Broughton Lodge, Cheshire

Devon Lodge, Hampshire

Elston House, Nottinghamshire

Glyn House, Staffordshire

Marion House, East Midlands

Nightingale, Dorset

No.12 High Street, Lincolnshire

Oakhurst Lodge, Hampshire

Pines, Nottinghamshire

The Squirrels, Hampshire

Case Study

Map

How to Make a Referral





# Broughton House, Lincolnshire

High Street, Brant Broughton, Lincolnshire, East Midlands LN5 0SL

## Residential Services



16+ years



Mixed Gender



29 placements

**Broughton House is a specialist residential service for adults with severe learning disabilities, autism and behaviours that challenge. We aim to provide a safe, comfortable and effective care environment for those in our care, promoting independence and community integration.**

On site we have our multi-disciplinary team (MDT) who assist and support us to provide outcome based care and support pathways. The integrated MDT consists of psychiatry, psychology, occupational therapy and speech and language therapy. The team supports the development of daily living skills and reduction in maladaptive behaviours.

Broughton House is divided into five different living areas to support individuals within smaller environments. The main part of the building offers nine beds, with four beds in both the Coach House and The Flat. On-site there are two separate properties, Sutton House and Sandbeck House, each with six beds.

### Our facilities:

- > En-suite bedrooms
- > Spacious communal lounges and dining rooms
- > Multi-sensory room
- > Recreational and arts facilities
- > Expansive grounds with large courtyard, the orchard, netball/basketball court, swings, trampoline and other play equipment
- > Computer suite

### Our community links:

- > Whitepost Farm
- > Newark Castle
- > Local leisure centres and swimming pools
- > Stapleford Wood
- > Whisby Nature Reserve
- > Rural Countryside Walks
- > Village amenities

Each living area within Broughton House offers the individuals we support individualised living spaces, creating an environment that will support them for moving along their care pathway to more independent living. As part of their pathway, we enable them to build their skills to help them achieve the things they want out of life. Set in a beautiful rural location, the service has plenty of outdoor space for individuals to enjoy, including countryside walks that help support those who are anxious in crowded spaces. The individuals we support can gain skills through extended learning on ASDAN courses.

Our staff use least restrictive practice approaches and are trained in specialised safety intervention techniques and sensory integration strategies.

**Expansive spacious gardens for individuals to enjoy time on their own or taking part in activities**



**Exceptional links with local health services including GP, dentist, chiropodist, optician etc**



**Personalised and structured activity scheduled**



**People's Council meets monthly residents have their say and make choices on the environment, activities, food and much more**



Click the buttons to find out more about our Autism Spectrum Disorder Services

[Introduction](#)

[Our Resident Profile](#)

[Our Services at a Glance](#)

[Our Model of Support](#)

[Residential Services with Nursing](#)

[Residential Services](#)

[Amberwood Lodge, Dorset](#)

[Beeches, Nottinghamshire](#)

[Birches, Nottinghamshire](#)

[Broughton House, Lincolnshire](#)

[Broughton Lodge, Cheshire](#)

[Devon Lodge, Hampshire](#)

[Elston House, Nottinghamshire](#)

[Glyn House, Staffordshire](#)

[Marion House, East Midlands](#)

[Nightingale, Dorset](#)

[No.12 High Street, Lincolnshire](#)

[Oakhurst Lodge, Hampshire](#)

[Pines, Nottinghamshire](#)

[The Squirrels, Hampshire](#)

[Case Study](#)

[Map](#)

[How to Make a Referral](#)





# Broughton Lodge, Cheshire

London Road, Oak Grove, Macclesfield, Cheshire North West SK11 0JG

## Residential Services



18+ years



Mixed Gender



20 placements



Scan the QR code or click here to watch a short video on how the team helped transform Jaden's life

**Broughton Lodge is a specialist residential service for adults with autism and a learning disability who may present with behaviours that challenge. We aim to provide a safe, comfortable and effective care environment for those in our care, promoting independence and community integration. On site we have our multi-disciplinary team (MDT) who assist and support us to provide outcome based care and support pathways.**

Depending on the individual's level of need, we have three living areas within the service offering different levels of support, including support for young men and women leaving an educational provision:

- **Sutton** (8 placements) & **Langley** (8 placements) provide a high level of support for individuals who may be stepping down from a hospital setting or have experienced multiple placement breakdowns.
- **Bosley** (4 placements) supports individuals who are preparing to move onto supported living. They provide a structured programme of vocational activity and daily living skills to enable the individual to experience a less restrictive environment safely.

As part of our care pathway, our service enables residents to build upon earlier learnt skills to achieve further independence, self-advocacy and confidence leading to better quality of life. Residents can gain skills through extended learning via accredited platforms.

Our staff use non-aversive positive approaches and are trained in specialised behaviour interventions and sensory integration strategies.

### Our community links:

- Cafés and restaurants
- Libraries
- Shops
- Countryside walks and parks



### Our facilities:

- En-suite bedrooms, which residents are supported to personalise
- Multiple good sized living and dining areas in all areas of the service
- Activities of Daily Living (ADL) skills kitchens
- Sensory room
- 4 large gardens with seating areas and outdoor activities
- Large activity room containing a multisensory projector, pool table, exercise equipment and a large interactive tablet

On-site multi-disciplinary team consisting of **occupational therapy, speech and language therapy, psychology and psychiatry**



Regular **person-centred meal planning / taster sessions with chef** (families invited too)



Implemented **reducing restrictive practice**



You said we did **board with actions from monthly resident house meetings**



**Person-centred recruitment** Recruiting staff to match the interests of the individual



Click the buttons to find out more about our Autism Spectrum Disorder Services

### Introduction

[Our Resident Profile](#)

[Our Services at a Glance](#)

[Our Model of Support](#)

[Residential Services with Nursing](#)

[Residential Services](#)

[Amberwood Lodge, Dorset](#)

[Beeches, Nottinghamshire](#)

[Birches, Nottinghamshire](#)

[Broughton House, Lincolnshire](#)

[Broughton Lodge, Cheshire](#)

[Devon Lodge, Hampshire](#)

[Elston House, Nottinghamshire](#)

[Glyn House, Staffordshire](#)

[Marion House, East Midlands](#)

[Nightingale, Dorset](#)

[No.12 High Street, Lincolnshire](#)

[Oakhurst Lodge, Hampshire](#)

[Pines, Nottinghamshire](#)

[The Squirrels, Hampshire](#)

[Case Study](#)

[Map](#)

[How to Make a Referral](#)



*Liam's Journey*

[Find out more >](#)

Read about how the team at Broughton Lodge transformed Liam's life.



# Devon Lodge, Hampshire

23A Grange Road, Hedge End, Southampton, Hampshire, Wessex SO30 2FL

## Residential Services



18+ years



Mixed Gender



12 placements

**D**evon Lodge is a specialist residential service for adults with autism and learning disabilities, who may have behaviours that challenge. We aim to provide a safe, comfortable and effective environment, promoting independence and community integration. Person-centred planning is at the heart of everything we do, based on each person's specific needs. We understand that consistency and continuity of care is important for the individuals we care for.

Located in Hedge End, Southampton, Devon Lodge has 12 placements; eight in the main house and four in the annexe. The service has plenty of rest and recreation areas, both inside and outside in the large garden, providing a safe and homely environment.

As part of our care pathway, Devon Lodge enables each person to build upon their skills to achieve further independence, self-advocacy and confidence, leading to a better quality of life.

Our activity co-ordinator supports individuals in creating person-centred activity planners and developing daily living skills both inside the home and out in the community. The integrated multi-disciplinary team (MDT) consists of occupational therapy, speech and language therapy, psychology and psychiatry.

Our staff use least restrictive practice approaches and are trained in specialised intervention techniques and sensory integration strategies.

## Our facilities:

- > En-suite bedrooms
- > Spacious communal areas
- > Multi-sensory room
- > Recreational and arts facilities
- > Garden with outdoor seating and a summer house



## On-site multi-disciplinary team

Consisting of occupational therapy, speech and language therapy, psychology and psychiatry



## Person centred

meal planning, including regular sensory food tasting



## Person centred

keyworker allocation – staff and resident interests are matched



## 2 spacious gardens

with outdoor activities including an art building



Brand new state of the art sensory room



## Our community links:

- > New Forest walks
- > Eastleigh leisure complex
- > Cinemas
- > Queen Elizabeth Country Park
- > Local shops and retail park
- > On main bus route
- > Autism/learning disability specialist nightclub



Click the buttons to find out more about our Autism Spectrum Disorder Services

[Introduction](#)

[Our Resident Profile](#)

[Our Services at a Glance](#)

[Our Model of Support](#)

[Residential Services with Nursing](#)

**[Residential Services](#)**

[Amberwood Lodge, Dorset](#)

[Beeches, Nottinghamshire](#)

[Birches, Nottinghamshire](#)

[Broughton House, Lincolnshire](#)

[Broughton Lodge, Cheshire](#)

[Devon Lodge, Hampshire](#)

[Elston House, Nottinghamshire](#)

[Glyn House, Staffordshire](#)

[Marion House, East Midlands](#)

[Nightingale, Dorset](#)

[No.12 High Street, Lincolnshire](#)

[Oakhurst Lodge, Hampshire](#)

[Pines, Nottinghamshire](#)

[The Squirrels, Hampshire](#)

[Case Study](#)

[Map](#)

[How to Make a Referral](#)



*Paul's Journey*

[Find out more >](#)

Read about how the team at Devon Lodge transformed Paul's life.

**Elston House is a specialist residential service for adults with autism and learning disabilities, who may also present with behaviours that challenge. We aim to provide a safe, comfortable and effective care environment for those in our care, promoting independence and community integration.**

Person-centred planning is at the heart of everything we do, based on each person's specific needs. We understand that consistency and continuity of care is important for the individuals we care for.

Elston House has six en-suite bedrooms in the main part of the house and a two bedroom apartment, which has its own kitchen, living and dining space to promote more independent living. The main part of the house has a lounge, dining room, activity & computer room and a sensory room, as well as a spacious kitchen where individuals are encouraged to practice their daily living skills.

The home is located in the small rural village of Elston, yet Lincoln, Newark and Nottingham are not far away. Elston House has extensive grounds that cover approximately five acres which includes an enclosed garden and managed woodlands.

### Our facilities:

- > En-suite bedrooms
- > Lounge
- > Dining room
- > 5 acres of gardens, managed woodland, sensory garden, vegetable patches and tennis courts
- > Activities of daily living kitchen
- > Sensory room
- > 2 bed apartment



As part of our care pathway, we enable each person to build upon their skills to achieve further independence, selfadvocacy and confidence, leading to a better quality of life.

The team supports each person to create person centred activity planners and develop daily living skills both inside the home and out in the community. The integrated multi-disciplinary team (MDT) consists of occupational therapy, speech and language therapy, psychology and psychiatry. Our staff use least restrictive practice approaches and are trained in specialised intervention techniques and sensory integration strategies.

We understand that the relationships our residents have with their family and friends are very important and integral to their wellbeing. Therefore we ensure that we enable the individual to stay in touch with loved ones and can facilitate home visits.

**Extensive 5 acres of grounds** including gardens, managed woodlands and tennis courts



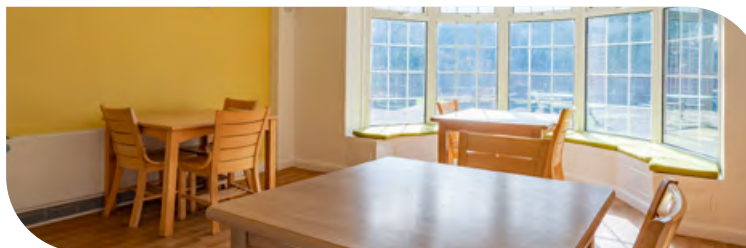
**Families are fully involved**



**Individualised meal planning** including takeaways



**Activity co-ordinator** to help plan person-centred activities and trips



Click the buttons to find out more about our Autism Spectrum Disorder Services

[Introduction](#)

[Our Resident Profile](#)

[Our Services at a Glance](#)

[Our Model of Support](#)

[Residential Services with Nursing](#)

[Residential Services](#)

[Amberwood Lodge, Dorset](#)

[Beeches, Nottinghamshire](#)

[Birches, Nottinghamshire](#)

[Broughton House, Lincolnshire](#)

[Broughton Lodge, Cheshire](#)

[Devon Lodge, Hampshire](#)

[Elston House, Nottinghamshire](#)

[Glyn House, Staffordshire](#)

[Marion House, East Midlands](#)

[Nightingale, Dorset](#)

[No.12 High Street, Lincolnshire](#)

[Oakhurst Lodge, Hampshire](#)

[Pines, Nottinghamshire](#)

[The Squirrels, Hampshire](#)

[Case Study](#)

[Map](#)

[How to Make a Referral](#)





# Glyn House, Staffordshire

78 Uttoxeter Road, Blythe Bridge, Stoke-on-Trent, Staffordshire, West Midlands ST11 9JG

## Residential Services



18+ years



Mixed Gender



5 placements

**G**lyn House supports people with autism, learning disabilities and complex behavioural support needs. We provide specialist care and support which is tailored to individual needs, promoting independence and community integration.

The service can also offer specialist care for those individuals who are on their care pathway from children's to adult services and also young adults who require tailored support to meet their needs.

Situated in the bustling residential area of Blythe Bridge, Stoke-on-Trent, Glyn House is a large detached property for 5 individuals. We have good transport links with Blythe Bridge station being half a mile away and Stoke-on-Trent less than a ten minute drive.

In the service we have a number of communal areas for individuals including lounge, conservatory, dining room, sensory room as well as a well-equipped activity room. Promoting independence is very important to the team and the individuals we support are encouraged to prepare food and drink for themselves and their visitors. Developing self-care and daily living skills is a key element of daily life at Glyn House. Externally there is a large garden with plenty of green space allowing residents to relax and enjoy the outdoor space.

Person-centred planning is at the heart of everything we do, based on the specific needs of the individuals we support. We understand that consistency and continuity of care is really important and will work with the individual, their family and other important individuals in their lives to ensure we can provide them with the very best support.

## Our facilities:

- > 4 en-suite bedrooms
- > 1 single occupancy flat, offering en-suite room, lounge and kitchen / diner
- > Communal kitchen, lounges, dining room and utility room
- > Large garden
- > Activity room and sensory room



## Our community links:

- > Blythe Bridge Library and community centre
- > Local shops, cinemas and restaurants
- > Parks and woodlands
- > Local special education colleges

**Regular themed days** - including exploring different foods, decorations and activities from around the world



Providing a **stepping stone** for young adults into adult services



Supporting people to enhance their skills and their social circles



Click the buttons to find out more about our Autism Spectrum Disorder Services

[Introduction](#)

[Our Resident Profile](#)

[Our Services at a Glance](#)

[Our Model of Support](#)

[Residential Services with Nursing](#)

**Residential Services**

[Amberwood Lodge, Dorset](#)

[Beeches, Nottinghamshire](#)

[Birches, Nottinghamshire](#)

[Broughton House, Lincolnshire](#)

[Broughton Lodge, Cheshire](#)

[Devon Lodge, Hampshire](#)

[Elston House, Nottinghamshire](#)

[Glyn House, Staffordshire](#)

[Marion House, East Midlands](#)

[Nightingale, Dorset](#)

[No.12 High Street, Lincolnshire](#)

[Oakhurst Lodge, Hampshire](#)

[Pines, Nottinghamshire](#)

[The Squirrels, Hampshire](#)

[Case Study](#)

[Map](#)

[How to Make a Referral](#)



**Ryan's Journey**

[Find out more >](#)

Read about how the team at Glyn House transformed Ryan's life.





# Marion House, East Midlands

5 Central Avenue, Borrowash, Derby, East Midlands DE72 3JZ

## Residential Services



18+ years



Mixed Gender



5 placements

**M**arion House is a specialist residential service for adults with autism and moderate to severe learning disabilities, who may have behaviours that challenge. We aim to provide a safe, comfortable and effective environment, promoting independence and community integration. Person-centred planning is at the heart of everything we do, based on each person's specific needs. We understand that consistency and continuity of care is important for the individuals we care for.

Marion House is a five bed home consisting of 1 bedroom on the ground floor, 3 bedrooms on the first floor and 1 studio apartment on the second floor. All bedrooms have en-suite bathrooms. There is a large garden and a separate therapy / activity annex.

The home is situated in a leafy village close to local amenities. Derby City Centre is 4 miles away and Nottingham City Centre is 14 miles away. Marion House is easily accessible due to good road and rail links.

As part of our care pathway, Marion House enables each individual to build upon their skills to achieve further independence, self-advocacy and confidence, leading to better quality of life.

Our team supports individuals in creating person-centred activity planners and developing daily living skills both inside the home and out in the community. Our staff use least restrictive practice approaches and are trained in specialised intervention techniques and sensory integration strategies.

**Independent advocate** attends the service

**Person-centred** keyworker allocation, staff and resident interests are matched

Monthly **pet therapy**

**Excellent location** close to countryside and local towns

**Person-centred meal planning**, including regular sensory food tasting

**Spacious garden** with outdoor activities including an therapy/ activity annex

**Our facilities:**

- En-suite bedrooms
- One studio apartment
- Spacious communal lounge and dining room
- Accessible kitchen
- Therapy / activity annexe
- Large garden



Click the buttons to find out more about our Autism Spectrum Disorder Services

- Introduction
- Our Resident Profile
- Our Services at a Glance
- Our Model of Support
- Residential Services with Nursing
- Residential Services**
- Amberwood Lodge, Dorset
- Beeches, Nottinghamshire
- Birches, Nottinghamshire
- Broughton House, Lincolnshire
- Broughton Lodge, Cheshire
- Devon Lodge, Hampshire
- Elston House, Nottinghamshire
- Glyn House, Staffordshire
- Marion House, East Midlands
- Nightingale, Dorset
- No.12 High Street, Lincolnshire
- Oakhurst Lodge, Hampshire
- Pines, Nottinghamshire
- The Squirrels, Hampshire
- Case Study
- Map
- How to Make a Referral





# Nightingale, Dorset

46 & 48 Stourcliffe Avenue, Bournemouth, Dorset, Wessex BH6 3PX

## Residential Services



18+ years



Mixed Gender



10 placements

**N**ightingale is a specialist residential service for adults with autism and learning disabilities who may present with behaviours that challenge. We aim to provide a safe, comfortable and effective care environment for those in our care, promoting independence and community integration.

Based in Bournemouth with beautiful views of the sea, Nightingale consists of two detached properties that are connected by an entrance vestibule. Within the service there are spacious communal lounges, two kitchens, dining rooms as well as a sensory room and activity space. Externally in the garden, individuals are supported to take part in sports and activities as well as be able to relax and enjoy the peace and quiet.

Just a two minute walk to the coast, the service is situated within a bustling community with plenty of local amenities to help promote integration and independence. The residents are encouraged to be involved in the local community as much or as little as they wish to be. As part of our care pathway, Nightingale enables each individual to build upon their skills to achieve further independence, self-advocacy and confidence, leading to better quality of life.

Our activity co-ordinator supports individuals in creating person-centred activity planners and developing daily living skills both inside the home and out in the community. The integrated multi-disciplinary team (MDT) consists of occupational therapy, speech and language therapy, psychology and psychiatry. Our staff use least restrictive practice approaches and are trained in specialised intervention techniques and sensory integration strategies.

Links with local community to support education, work placements and activities



Independent advocate attends the service



Excellent location - close to beaches, countryside and local towns



Achieved the Dignity in Care award

Dignity in the heart, mind & actions  
[www.dignityincare.org.uk](http://www.dignityincare.org.uk)

"Thank you to all staff at Nightingale, I know my daughter was being well cared for." Parent

## Our facilities:

- En-suite bedrooms – individuals are encouraged to personalise their own room
- Spacious communal areas
- Multi-sensory room
- Recreational and arts facilities
- Garden with outdoor seating



**i** Click the buttons to find out more about our Autism Spectrum Disorder Services

Introduction

Our Resident Profile

Our Services at a Glance

Our Model of Support

Residential Services with Nursing

Residential Services

Amberwood Lodge, Dorset

Beeches, Nottinghamshire

Birches, Nottinghamshire

Broughton House, Lincolnshire

Broughton Lodge, Cheshire

Devon Lodge, Hampshire

Elston House, Nottinghamshire

Glyn House, Staffordshire

Marion House, East Midlands

Nightingale, Dorset

No.12 High Street, Lincolnshire

Oakhurst Lodge, Hampshire

Pines, Nottinghamshire

The Squirrels, Hampshire

Case Study

Map

How to Make a Referral





# No.12 High Street, Lincolnshire

12 High Street, Brant Broughton, Lincolnshire, East Midlands LN5 0SL

## Residential Services



18+ years



Mixed Gender



5 placements

**No.12 High Street is a specialist residential service for adults with autism and learning disabilities, who may have behaviours that challenge. This service enables individuals to take a step closer to independent living within a safe and comfortable community setting.**

Person-centred planning is at the heart of everything we do, based on individual needs. We understand that consistency and continuity of care is important for the individuals we care for.

The service has four en-suite bedrooms, as well as a one bedroom apartment. This apartment has an en-suite bedroom, a kitchenette, lounge and their own access to the communal garden. This apartment gives an individual the option to live independently in their own space, or to join in socially in the communal spaces within the house.

As part of our care pathway, our service enables residents to build upon their skills to achieve further independence, self-advocacy and confidence, leading to better quality of life. Individuals can gain skills through extended learning on a number of accredited platforms.

Interventions are matched according to individual needs and our life skills development programmes are overseen by our activity coordinators. The integrated MDT consists of occupational therapy, speech and language therapy, psychology and psychiatry. The team supports the development of daily living skills and reduction in maladaptive behaviours.

## Our community links:

- > Whitepost Farm
- > Mansfield Museum and Art Gallery
- > Newark Castle
- > Grantham Mencap club
- > Stapleford Wood
- > Whisby Nature Park
- > Countryside walks
- > Village amenities

Our staff use non-aversive positive approaches and are trained in specialised intervention techniques and sensory integration strategies.

A combination of person-centred planning, measurement of progress and a full multi-disciplinary approach ensures the best outcomes for each individual.

## Our facilities:

- > En-suite bedrooms – individuals are encouraged to personalise their own room
- > Spacious communal lounge and dining room
- > Multi-sensory room
- > Accessible kitchen
- > Recreational and arts facilities
- > Garden with outdoor seating and swings



Individuals are supported to have **maximum choice and control of their lives**



We encourage **family contact** (where appropriate)

**Staff support individuals in the least restrictive way possible and in their best interests**



**Person centred therapeutic timetable**



Click the buttons to find out more about our Autism Spectrum Disorder Services

[Introduction](#)

[Our Resident Profile](#)

[Our Services at a Glance](#)

[Our Model of Support](#)

[Residential Services with Nursing](#)

[Residential Services](#)

[Amberwood Lodge, Dorset](#)

[Beeches, Nottinghamshire](#)

[Birches, Nottinghamshire](#)

[Broughton House, Lincolnshire](#)

[Broughton Lodge, Cheshire](#)

[Devon Lodge, Hampshire](#)

[Elston House, Nottinghamshire](#)

[Glyn House, Staffordshire](#)

[Marion House, East Midlands](#)

[Nightingale, Dorset](#)

[No.12 High Street, Lincolnshire](#)

[Oakhurst Lodge, Hampshire](#)

[Pines, Nottinghamshire](#)

[The Squirrels, Hampshire](#)

[Case Study](#)

[Map](#)

[How to Make a Referral](#)





# Oakhurst Lodge, Hampshire

137 Lyndhurst Road, Southampton, Hampshire, Wessex SO40 7AW

## Residential Services



18+ years



Mixed Gender



8 placements

**O**akhurst Lodge is a specialist residential service for adults with autism and learning disabilities who may present with behaviours that challenge. We aim to provide a safe, comfortable and effective care environment for those in our care, promoting independence and community integration.

Person-centred planning is at the heart of everything we do, based on the specific needs of the individuals in our care. We understand that consistency and continuity of care is important for our residents.

The home is located on the outskirts of the New Forest in a community setting between Southampton and Lyndhurst. Within the service we have a number of communal areas including lounges, dining room, spacious kitchen and an activity room, in addition, each individual has their own en-suite bedrooms.

Externally there is a large garden that enables individuals to participate in a number of different outdoor activities, including a BBQ, a basket swing, ball games and a lovely gazebo providing a comfortable seating area.

As part of our care pathway, our service encourages individuals to achieve further independence, self-advocacy and confidence, leading to a better quality of life. Interventions are matched according to each person's needs and our life skills development programmes are overseen by our activity coordinator.

The integrated multi-disciplinary team (MDT) consists of occupational therapy, speech and language therapy, psychology and psychiatry. The team supports the development of daily living skills and reduction in maladaptive behaviours.

Our staff use positive person-centred approaches and are trained in specialised intervention techniques and sensory integration strategies. A combination of person-centred planning, measurement of progress and a full multidisciplinary approach can only result in the best outcomes for each individual.

### Our facilities:

- > En-suite bedrooms
- > 2 lounges
- > Dining room
- > Kitchen
- > Activity room
- > Large garden



### Our community links:

- > Good transport links into Totton and Southampton
- > Local shops, pubs and restaurants
- > Forest walks
- > Long down dairy farm
- > Local beaches



**Themed weekends**  
each weekend the residents pick a new country, they decorate the house and prepare food from that country

**Independent advocates** attend the service weekly



Close to the **beach** and the **New Forest**



Wide range of **indoor activities** available including arts and crafts, cookery and discos



Click the buttons to find out more about our Autism Spectrum Disorder Services

[Introduction](#)

[Our Resident Profile](#)

[Our Services at a Glance](#)

[Our Model of Support](#)

[Residential Services with Nursing](#)

[Residential Services](#)

[Amberwood Lodge, Dorset](#)

[Beeches, Nottinghamshire](#)

[Birches, Nottinghamshire](#)

[Broughton House, Lincolnshire](#)

[Broughton Lodge, Cheshire](#)

[Devon Lodge, Hampshire](#)

[Elston House, Nottinghamshire](#)

[Glyn House, Staffordshire](#)

[Marion House, East Midlands](#)

[Nightingale, Dorset](#)

[No.12 High Street, Lincolnshire](#)

[Oakhurst Lodge, Hampshire](#)

[Pines, Nottinghamshire](#)

[The Squirrels, Hampshire](#)

[Case Study](#)

[Map](#)

[How to Make a Referral](#)



*Ethan's Journey*

[Find out more >](#)

Read about how the team at Oakhurst Lodge transformed Ethan's life.



# Pines, Nottinghamshire

203 Park Hall Road, Mansfield Woodhouse, Nottinghamshire, East Midlands NG19 8QX

## Residential Services



17+ years



Mixed Gender



7 placements

**P**ines is a specialist residential service for people with autism and learning disabilities, who may have behaviours that challenge. We aim to provide a safe, comfortable and effective care environment for those in our care, promoting independence and community integration.

Pines has 7 en-suite bedrooms as well as numerous communal spaces including lounge, dining room, sensory room, activity of daily living kitchen as well as a nice garden.

Located down a quiet lane, just a 15 minute drive from the bustling town of Mansfield, the individuals we support have access to a large amount of community facilities and activities, including horse riding, swimming and visiting the library.

As part of our care pathway, Pines enables each individual to build upon their skills to achieve further independence, self-advocacy and confidence, leading to a better quality of life.

The team supports each individual to create person-centred activity planners and develop daily living skills both inside the home and out in the community. The integrated multi-disciplinary team (MDT) consists of occupational therapy, speech and language therapy, psychology and psychiatry.

Our staff use least restrictive practice approaches and are trained in specialised intervention techniques and sensory integration strategies.

### Our facilities:

- > En-suite bedrooms
- > Lounge
- > Dining room
- > Garden
- > Sensory room
- > Activities of daily living kitchen

**Easy read and other accessible information** available to all residents

**Supporting individuals** to enhance their skills and their social circles

**Excellent location** with easy access to Mansfield town and Nottingham

**Supporting residents** on holiday

**Residents meetings** take place monthly including 'you said, we did'



Click the buttons to find out more about our Autism Spectrum Disorder Services

- Introduction
- Our Resident Profile
- Our Services at a Glance
- Our Model of Support
- Residential Services with Nursing
- Residential Services**
- Amberwood Lodge, Dorset
- Beeches, Nottinghamshire
- Birches, Nottinghamshire
- Broughton House, Lincolnshire
- Broughton Lodge, Cheshire
- Devon Lodge, Hampshire
- Elston House, Nottinghamshire
- Glyn House, Staffordshire
- Marion House, East Midlands
- Nightingale, Dorset
- No.12 High Street, Lincolnshire
- Oakhurst Lodge, Hampshire
- Pines, Nottinghamshire
- The Squirrels, Hampshire
- Case Study
- Map
- How to Make a Referral





# The Squirrels, Hampshire

Manor Road, Chilworth, Hampshire, Wessex SO16 7JE

## Residential Services



18+ years



Mixed Gender



9 placements

**T**he Squirrels is a specialist residential service for adults with autism and learning disabilities, who may present with behaviours that challenge. We aim to provide a safe, comfortable and effective care environment for those in our care, promoting independence and community integration.

The Squirrels has 9 bedrooms with en-suite shower rooms; three on the ground floor and six on the first floor. The service has plenty of space, both inside and outside in the large garden. Communal living areas include a large lounge, dining room, a cinema room and activity room known as The Hub, as well as a couple of communal bathrooms and a sensory room. Externally in the large garden individuals are supported to take part in sports and activities as well as be able to relax and enjoy the peace and quiet.

The home is located in the beautiful village of Chilworth just a short distance from Southampton and its vast array of community facilities. There are pleasant woodland walks and parks on our doorstep along with the usual amenities you would expect to find in a village. The residents are encouraged to be involved in the local community as much or as little as they wish to be. As part of our care pathway, The Squirrels enables each individual to build upon their skills to achieve further independence, self-advocacy and confidence, leading to better quality of life.



## Our facilities:

- > Bedrooms with en-suite shower and toilet
- > Large garden with outdoor seating
- > 2 communal bathrooms
- > The Hub – includes a cinema room and activity room
- > Large lounge
- > Multi-sensory room
- > Recreational and arts facilities

Our activity co-ordinator supports individuals in creating person-centred activity planners and developing daily living skills both inside the home and out in the community. The integrated multi-disciplinary team (MDT) consists of occupational therapy, speech and language therapy, psychology and psychiatry. Our staff use least restrictive practice approaches and are trained in specialised intervention techniques and sensory integration strategies.

## Our community links:

- > Shops
- > Country parks
- > Woodland walks
- > Local beaches
- > QE2 Activity Centre – activity sessions and day services for those with autism, learning disabilities and sensory impairment

**On-site multi-disciplinary team** Consisting of occupational therapy, speech and language therapy, psychology and psychiatry



**Easy read and other accessible information available to all residents**



**Focussed on reducing restrictive practice**



Click the buttons to find out more about our Autism Spectrum Disorder Services

### Introduction

### Our Resident Profile

### Our Services at a Glance

### Our Model of Support

### Residential Services with Nursing

### Residential Services

Amberwood Lodge, Dorset

Beeches, Nottinghamshire

Birches, Nottinghamshire

Broughton House, Lincolnshire

Broughton Lodge, Cheshire

Devon Lodge, Hampshire

Elston House, Nottinghamshire

Glyn House, Staffordshire

Marion House, East Midlands

Nightingale, Dorset

No.12 High Street, Lincolnshire

Oakhurst Lodge, Hampshire

Pines, Nottinghamshire

The Squirrels, Hampshire

### Case Study

### Map

### How to Make a Referral



# Ryan's<sup>\*</sup> Journey

## Glyn House, Staffordshire

Specialist residential service for adults with autism and learning disabilities



### Ryan's history

Ryan comes from a large family with lots of siblings and at a very young age, he was diagnosed with Autism. He lived at home and attended a day service, however they soon struggled to meet his needs and manage his behaviour. It was later decided that in order to give Ryan the dedicated support he require, that he would benefit from residential care. He was placed within a service, upon the service closing, Ryan was referred to Glyn House.

### When Ryan came to us

When Ryan joined us at Glyn House he was very reserved, he liked his own space and feeling that others were too close to him would trigger anxious behaviours. He would isolate himself away from others as much as possible. His previous placement had supported Ryan to improve some aspects of his personal care, however his daily living skills needed developing. Ryan still required lots of staff support to complete tasks and often needed things like cooking and cleaning to be done for him.

When feeling anxious or overstimulated, Ryan could lash out and display aggression towards others. Ryan is non-verbal, which led him to feel frustrated if he couldn't express his needs. Due to these risks he was not able to access the community.

### Ryan's care

With knowledge of Ryan's anxieties around change and his personal space, staff took things very slowly when Ryan had just moved in. They allowed him space to sit alone in the lounge, initially observing from the doorway. Gradually, they would increase communication with Ryan and move closer, until he was happy with staff sitting in the same room. It was slow progress but the team were patient and persistent, working at a pace that Ryan was comfortable with.

Once they had built more of a trusting relationship, staff were able to encourage communication with Ryan by using photo cards. They took photos of every possible element of his day so that he was able to prompt staff for the things he wanted or needed. This allowed Ryan to find comfort in routine, and with the staff having a clear idea of Ryan's needs they were able to encourage him to complete tasks more independently.

The team found that giving Ryan the responsibility to take initiative with daily tasks, choose his clothes for example, led to him feeling calmer and being able to complete the tasks without feeling frustrated. The team also introduced Ryan to their sensory room, which he responded well to, and the amount of incidents began to reduce.

In order to support Ryan to access the community, a staged approach was used. The service's car was parked on the courtyard and Ryan was supported to explore inside and get used to sitting down and putting his seatbelt on, so that the new sensory experience could be managed by himself and at his pace.

Staff continued to offer new therapeutic activities and experiences for Ryan, he is happy to try out the new things with staff, but knows what he likes and loves to stick to his routine.

### Ryan today

Ryan has made fantastic progress which staff and his family are proud of. He now makes his own breakfast every morning, with staff on hand if he asks for help.

Although still preferring his own space and time alone, he has a good relationship with the staff and is more tolerant of other residents – taking himself away for alone time when he needs to. He is coping well with challenges such as changes in other residents or new staff.

Ryan has been out and about in the car for short drives and the team are working towards visiting some quiet parks in the near future. Ultimately, they hope that Ryan will be able to access some community based activities and will continue to work with him to enable him to achieve this goal.

*\*Name has been changed to protect his identity.*



Click the buttons to find out more about our Autism Spectrum Disorder Services

[Introduction](#)

[Our Resident Profile](#)

[Our Services at a Glance](#)

[Our Model of Support](#)

[Residential Services with Nursing](#)

[Residential Services](#)

[Case Study](#)

[Map](#)

[How to Make a Referral](#)



**The relationships that staff have built with Ryan has been pivotal in him being able to access the community, it is great to be able to support him and give him the opportunity to explore the world around him.**  
Service Manager





# Map | Our specialist services by region

## Residential Services with Nursing

**1 Thornfield Grange**  
60 Etherley Lane, Bishop Auckland,  
County Durham, North East DL14 7QZ  
T: **01388 602 920**

## Residential Services

**2 Amberwood Lodge**  
6 St Osmunds Road, Parkstone,  
Poole, Dorset, Wessex BH14 9JN  
T: **01202 007339**

**3 Beeches**  
Retford Road, South Leverton,  
Retford, Nottinghamshire, East  
Midlands DN22 0BY  
T: **01427 807630**

**4 Birches**  
Eton Avenue, Newark,  
Nottinghamshire,  
East Midlands NG24 4JD  
T: **01636 550576**

**5 Broughton House**  
Brant Broughton,  
Lincolnshire,  
East Midlands LN5 0SL  
T: **01400 272929**

**6 Broughton Lodge**  
London Road, Oak Grove,  
Macclesfield North West,  
SK11 0JG  
T: **01625 468951**

**7 Devon Lodge**  
23A Grange Road, Hedge  
End, Southampton, Hampshire,  
Wessex SO30 2FL  
T: **01489 772820**

**8 Elston House**  
Top Street, Elston, Newark,  
Nottinghamshire,  
East Midlands NG23 5NP  
T: **01636 526067**

**9 Glyn House**  
78 Uttoxeter Road, Blythe  
Bridge, Stoke-on-Trent,  
Staffordshire,  
West Midlands ST11 9JG  
T: **01782 389161**

**10 Marion House**  
5 Central Avenue, Borrowash,  
Derby, East Midlands DE72 3JZ  
T: **01332 321940**

**11 Nightingale**  
46 & 48 Stourcliffe Avenue,  
Bournemouth, Dorset,  
Wessex BH6 3PX  
T: **01202 419537**

**12 No. 12 High Street**  
12 High Street, Brant Broughton,  
Lincolnshire,  
East Midlands LN5 0SL  
T: **01400 272929**

**13 Oakhurst Lodge**  
137 Lyndhurst Road,  
Southampton, Hampshire,  
Wessex SO40 7AW  
T: **023 8029 3589**

**14 Pines**  
203 Park Hall Road, Mansfield  
Woodhouse, Nottinghamshire,  
East Midlands NG19 8QX  
T: **01623 633 152**

**15 The Squirrels**  
Manor Road, Chilworth,  
Hampshire, Wessex SO16 7JE  
T: **02382 351 805**



# How to Make a Referral

For more information or to make a referral, please contact your regional Business Relationship Manager or email: [sc.referrals@cygnethealth.co.uk](mailto:sc.referrals@cygnethealth.co.uk)

- 1** Referral made to Cygnet Social Care and a desktop assessment is undertaken to review suitability for placement
- 2** If a suitable placement is identified, an assessment is arranged and undertaken by our specialist team
- 3** Feedback is provided on whether our service can meet the individual's needs
- 4** Detailed placement proposal is formulated to include care plans and funding information
- 5** Once placement is confirmed, transition plans are developed with all relevant stakeholders and admission date is agreed

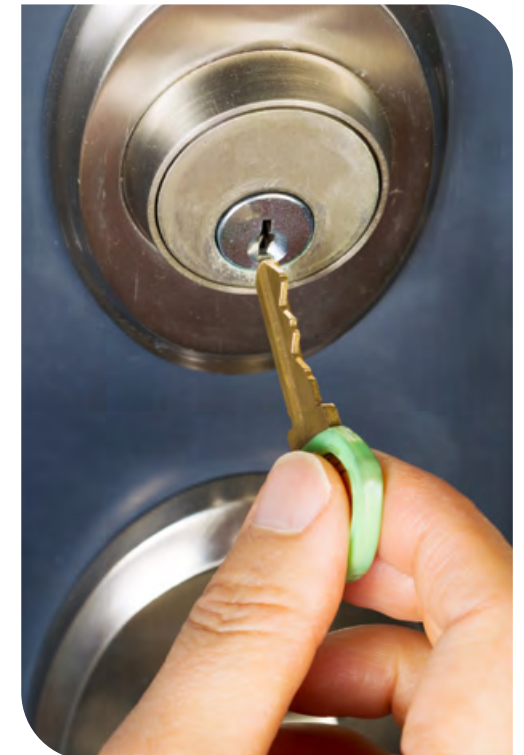


## Social Care Referrals



Click the buttons to find out more about our Autism Spectrum Disorder Services

- Introduction
- Our Resident Profile
- Our Services at a Glance
- Our Model of Support
- Residential Services with Nursing
- Residential Services
- Case Study
- Map
- How to Make a Referral







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 **0207 123 5706**

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