



# Your guide to **New Dawn Ward** Cygnet Hospital Beckton

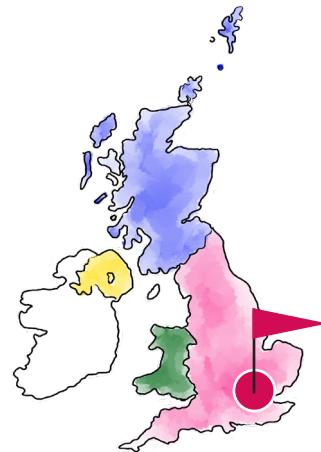
**Personality Disorder**

# New Dawn Ward

London

**Registered address:** 23 Tunnan Leys,  
Beckton,  
London,  
E6 6ZB

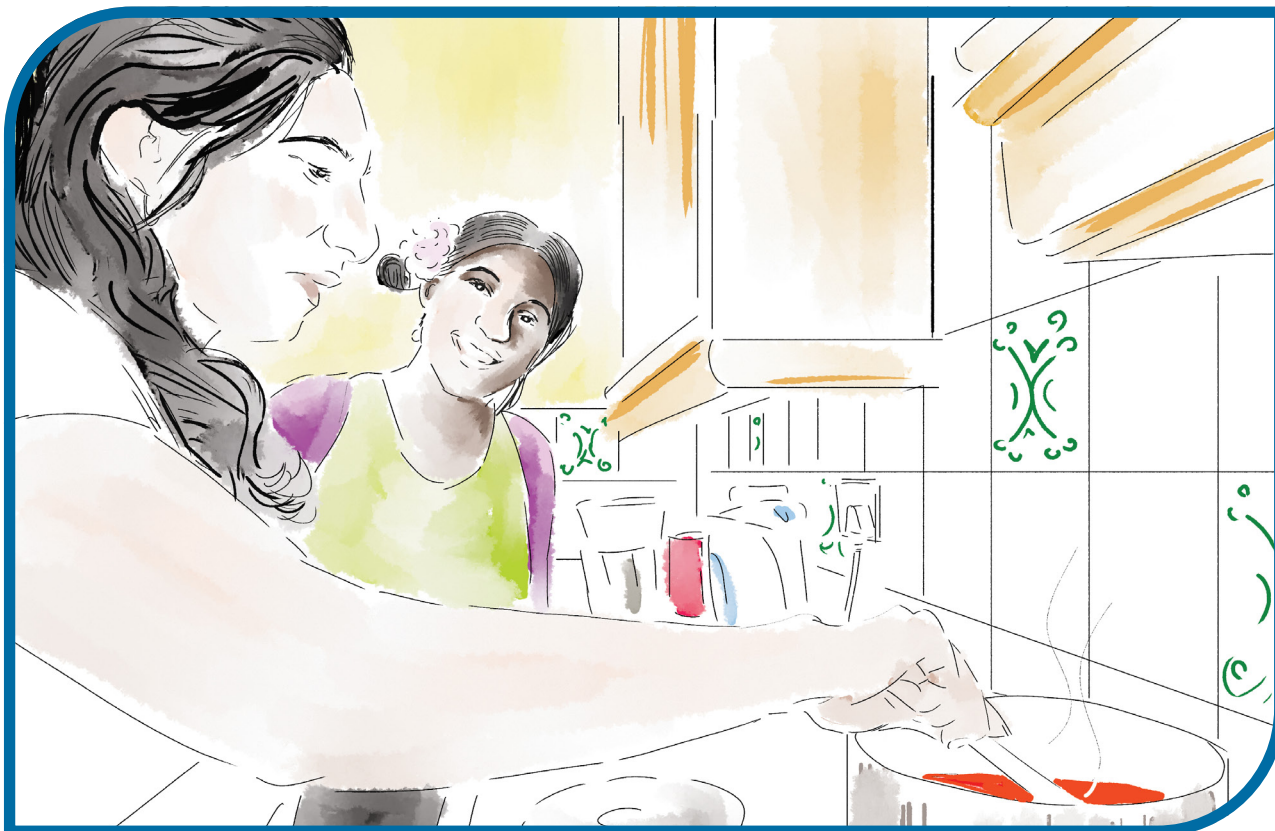
Svanna Ward is in Cygnet Hospital Beckton, this is owned by Cygnet. Cygnet Hospital Beckton is located in London.



The people we  
care for here are:

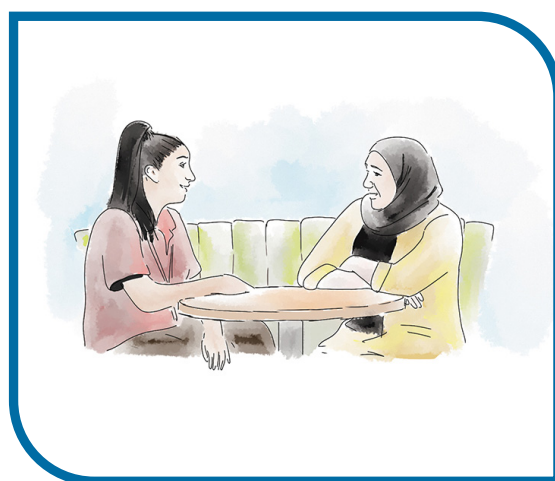
- Female
- 18+





Up to 18 people can stay on New Dawn Ward. We aim to make your stay here as calm and safe as possible. Staff will be supportive and friendly.

**85%** of the individuals discharged from New Dawn Ward in 2023 were able to move closer to home or step down along their care pathway.



## People we support



At New Dawn Ward we care and support for women with a personality disorder who are ready to engage in therapy.

We will support you if you are an informal patient or have been detained under the Mental Health Act.

You have a primary diagnoses of:

- emotionally unstable personality disorder or borderline personality disorder

## Therapies



Our staff are trained to help you deal with your problems in a safe environment.



The main programme of therapy on our ward is Dialectical Behaviour Therapy (DBT) this involves:

- skills training
- coaching
- crisis management therapy



This DBT programme can be adapted to your needs.

We also provide Cognitive Behavioural Therapy (CBT)

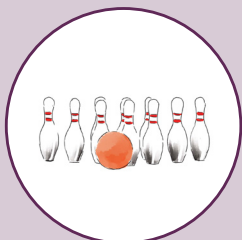
These are some of the activities available to you during your stay at Upping Ward:



enjoy the activity room for group activities such as painting, meeting animals and music sessions



learn cooking and gardening skills



go into the community and go shopping, bowling or swimming



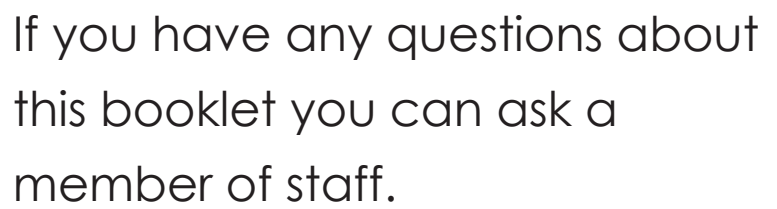
take part in our 'Recovery College' with the possibility to join the local community college



join the 'News and Views' group where service buy magazines and newspapers and discuss what you find with others



play volleyball, aerobics and tennis in local sports groups



You can write notes here:

[illegible]

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