



Your guide to Cygnet Lodge Lewisham

Mental Health Rehabilitation

Cygnets Lodge Lewisham

London

Registered address: Cygnets Lodge Lewisham,
44 Lewisham Park,
Lewisham,
London
SE13 6QZ

Cygnets Lodge Lewisham is owned by Cygnets.
Cygnets Lodge Lewisham is located in London.

The people we
care for here are:

- Male
- 18+





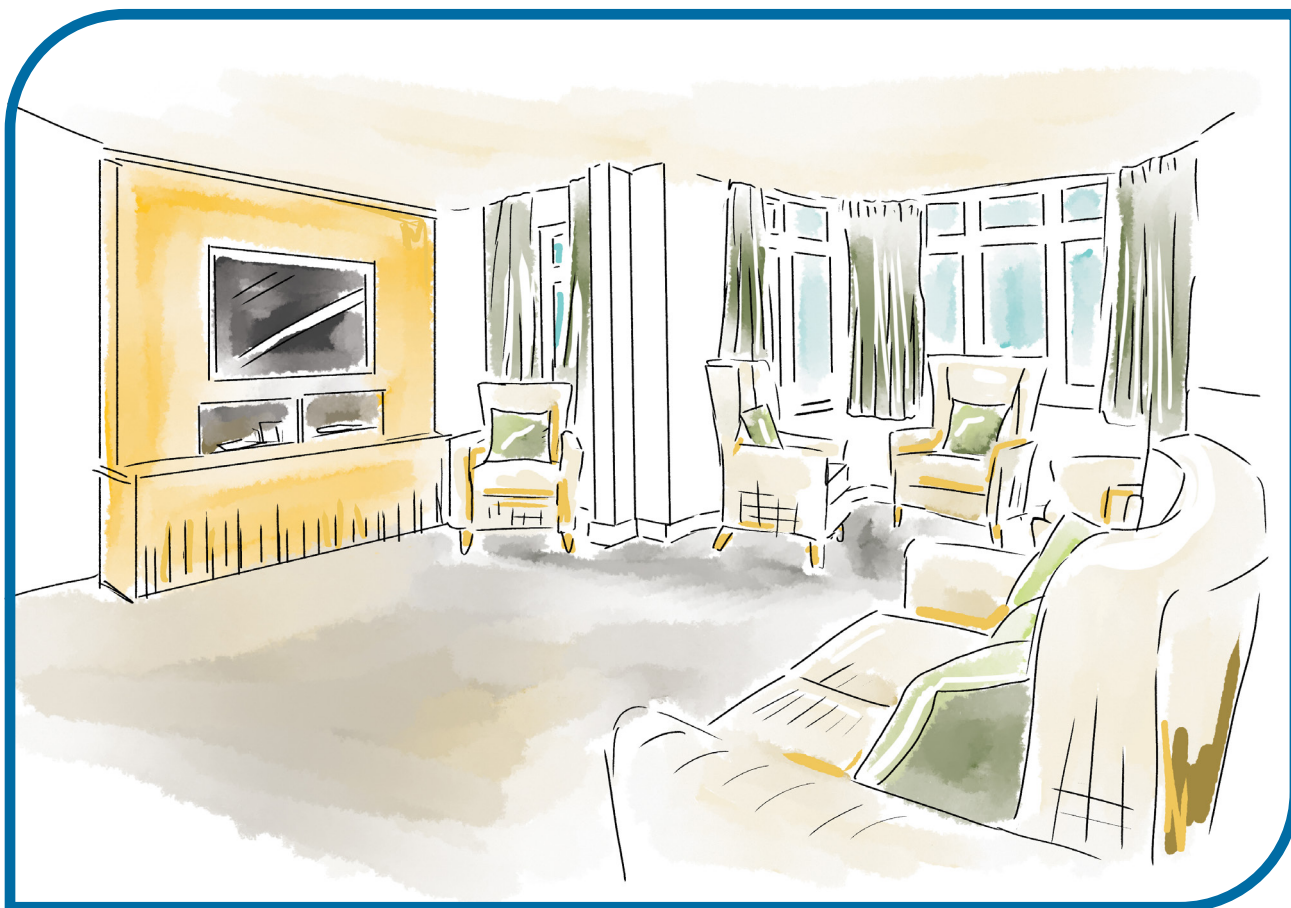
Up to 19 people can stay at Cygnet Lodge Lewisham. The house is in a quiet residential area overlooking a beautiful park.

While you stay with us we will give you support to enhance your personal skills and help you to be more involved in the community. We want you to feel safe and comfortable.



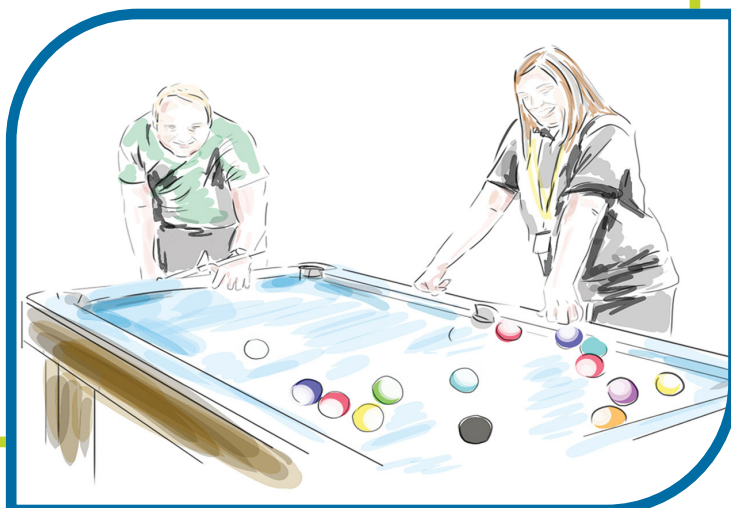
Living spaces

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.

We also have a variety of activity rooms and even a pool table.



Our team



There are a range of staff available to you. They will be supportive and encouraging.

We will make sure you have what you want and need to maximise your independence and help you in your recovery.

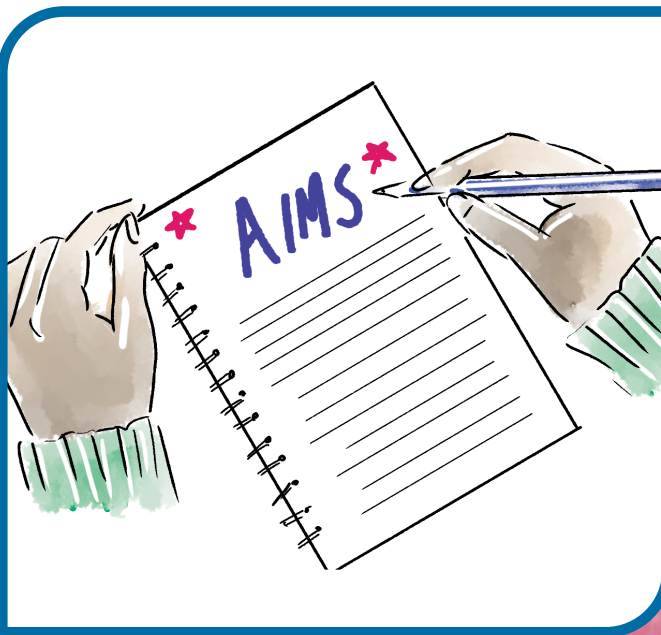
Who is here to help you?

- Hospital Manager
- Nurses
- Ward Manager
- Medical Director
- Clinical Manager
- Responsible Clinician
- Clinical Team Leader
- Psychology Team
- Art Psychotherapist
- Support Workers
- Occupational Therapy Team
- Mental Health Advocate



Aims

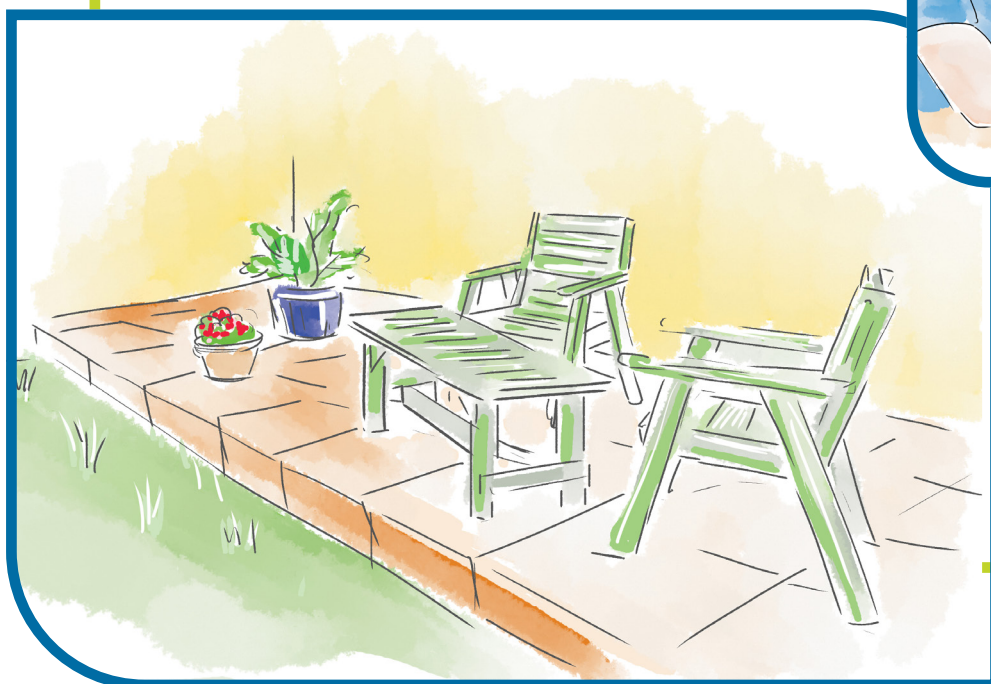
We will work with you to make a **person-centred plan**. We will talk to you about your needs and aims and jointly make a plan to make you be as independent as possible. Our aim is to help you in the best way for you.



Our facilities

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

- en-suite bedrooms
- therapy kitchen
- variety of activity rooms
- dining room
- living room
- enclosed garden



Activities



Our focus is to help you increase your independence where possible, through work and education as well as at social and leisure facilities.



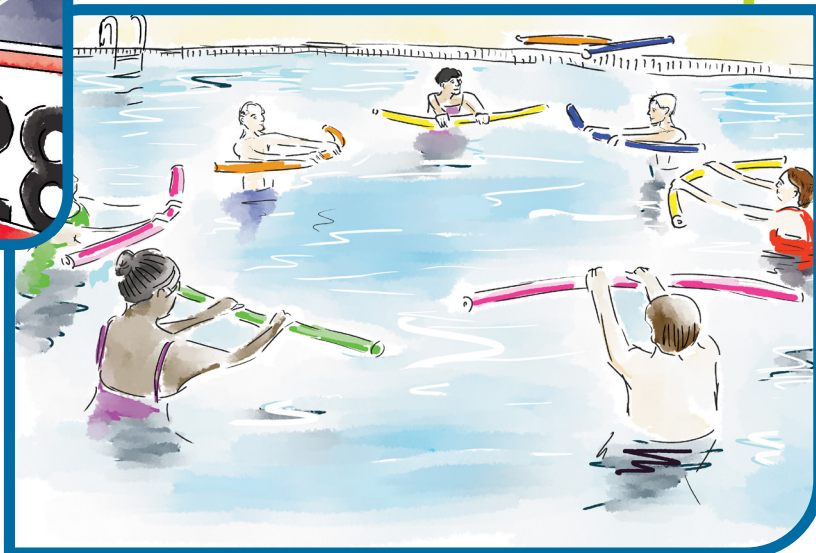
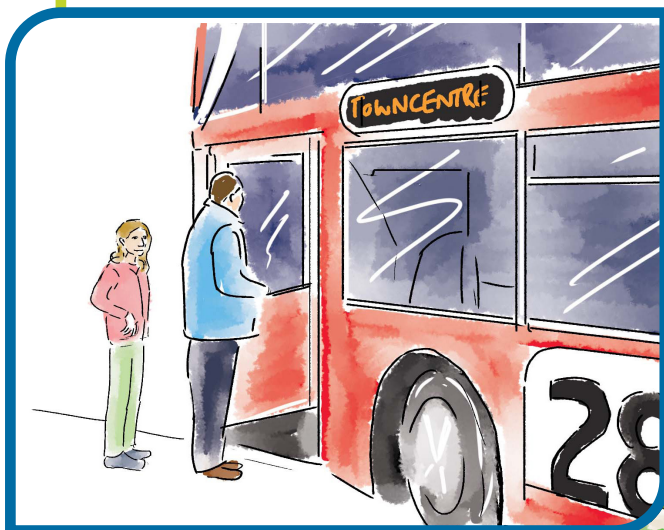
We have weekly community meetings and if you want you can be involved with the people's council. This is a meeting where people get involved in what happens at Cygnet Lodge Lewisham. You can share your opinions and have your say about what you think.



Community

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

- Lewisham high street
- Local shops
- Sport and leisure centres
- Libraries
- Good transport links to central London.



Job Support

Staff will give you support and guidance to explore vocational opportunities on-site and in the community.

We can help you to:

- write a CV
- apply for a job
- apply for volunteer work
- practice for interviews
- gain more skills



Your notes

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Address

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Website

www.cygnatgroup.com

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Accessible
Information
Standard