

NEW

Now open &
accepting
referrals

Cygnet Elowen Hospital, Derbyshire

- > Highly Specialised Eating Disorder Service for Adults
- > Complex Personality Disorder Service for Women with Disordered Eating

Introduction

Cygnets Elowen Hospital, our new hospital for adults located in Derbyshire, exemplifies our commitment to excellence in healthcare.

This new service offers a safe and secure care pathway tailored for individuals with eating disorders, as well as those with complex personality disorders with disordered eating. With a dedicated team of specialists and a compassionate approach, Cygnets Elowen Hospital has been designed to provide specialist support and treatment, fostering a positive recovery pathway in a nurturing environment.

There are two wards at Cygnets Elowen Hospital. Nova Ward is a highly specialised eating disorder service, supporting those with low body mass index (BMI). We focus on supporting individuals to attain a healthy BMI and prepare for a return to home.

Additionally we have Alina Ward, a complex personality disorder service for women with a dual diagnosis of co-morbid disordered eating. Both aspects can be treated simultaneously, with the appropriate specialist therapeutic input provided.

We focus on the need for treatment to be collaborative with service users and our dedicated clinical teams will empower individuals to make positive choices that support their recovery. The service offers a phased treatment pathway which aims to help the individual understand and plan their journey through treatment.

Cygnets Elowen Hospital is perfectly placed to benefit from the tranquillity of the surrounding country park, whilst being just a few minutes away from plenty of shops and cafés.





Our service at a glance



Multidisciplinary team:

- > Hospital Manager
- > Clinical Manager
- > Ward Manager
- > Consultant Psychiatrist
- > Specialty Ward Doctor
- > Psychologist
- > Psychology Assistant
- > Occupational Therapist (OT)
- > Social Worker
- > Registered General Nurses (RGN) & Registered Mental Health Nurses (RMN)
- > Dietitian



Facilities:

- > En-suite bedrooms
- > Spacious communal areas on each ward
- > Quiet lounges
- > Dining rooms
- > Activities of Daily Living (ADL) kitchens
- > Multiple meeting rooms
- > Therapy rooms
- > Autism friendly environments (aligned with the SPACE framework)
- > Large gardens

Nova Ward

Now Open
for Admissions

Highly Specialised Eating Disorder Service

Our service user profile:

- > Primary diagnosis of eating disorder
- > May be detained under the Mental Health Act or informal
- > May have a diagnosis of Autism
- > Low Body Mass Index (BMI)
- > May have co-morbid presentations including:
 - Emotionally Unstable Personality Disorder (EUPD)
 - Self-harm
 - Self-neglect
 - History of substance misuse
 - Complex behaviours that challenge
 - Other associated complex needs
- > May have a history of trauma and / or abuse
- > May require Nasogastric (NG) feeding

Our therapies and interventions:

(may include but not limited to)

- > Enhanced Cognitive Behaviour Therapy (CBT-E)
- > Maudsley Model of Anorexia Nervosa Treatment for Adults (MANTRA)
- > Family therapy
- > Cognitive Remediation Therapy (CRT)
- > Cognitive Remediation and Emotional Skills Training (CREST)
- > Informed Dialectical Behaviour Therapy (DBT)
- > Dietetic support and psychoeducation



Mixed
Gender



18+ years



12 beds

Nova Ward provides a highly specialised eating disorder service, supporting individuals with a low BMI. We focus on supporting individuals to restore their weight to a healthy BMI, whilst providing them with the psychological support and skills to continue their recovery journey at home.

We support people in a safe and homely environment and engage with them to understand their personal goals and help to build resilience.

Our holistic approach to recovery includes focusing on the reduction of eating disorder behaviours, building on emotion regulation and interpersonal skills.



Alina Ward

Now Open
for Admissions

Complex Personality Disorder Service for Women with Disordered Eating



Female



18+ years



12 beds

Alina Ward is a complex personality disorder service for those with a dual diagnosis of personality disorder and co-morbid disordered eating.

The service offers a phased treatment pathway which aims to help the individual understand and plan their journey through treatment.

We have collaboratively created our model of care based on an integrated approach whereby family, service users, commissioners and carers are all involved in the rehabilitation and recovery of the individual.

The aim of the treatment and rehabilitation programme is to equip those in our care with the skills and confidence they need to navigate challenges that may come with returning to community or independent living.



Our service user profile:

- > Primary diagnosis of emotionally unstable personality disorder (other personality disorder types will be considered)
- > May be detained under the Mental Health Act or informal
- > Meet the diagnostic criteria for EUPD patients with co-morbid disordered eating
- > May have a diagnosis of Autism
- > May present with co-morbid presentations:
 - Self-harm
 - Self-neglect
 - History of substance misuse
 - Complex needs
 - Disordered eating
- > May have a history of trauma and / or abuse
- > May have experienced previous placement breakdowns
- > May require Nasogastric (NG) feeding

Our therapies and interventions:

(may include but not limited to)

- > Trauma recovery empowerment model
- > Compassion Focussed Therapy (CFT)
- > Radically Open Dialectical Behavioural Therapy (RO-DBT)
- > Informed Dialectical Behaviour Therapy (DBT)
- > The Flash Technique
- > Eye Movement Desensitisation Reprocessing (EMDR)
- > Dietetic support and psychoeducation



Our referral process:

- 1 Referral made to regional Business Relationship Manager or Cygnet Bed Hub via **0808 164 4450** /chcl.referrals@nhs.net
- 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

Where are we?

Cygnet Elowen Hospital

The Field, Shipley, Heanor, Derbyshire,
East Midlands DE75 7JH

