

Improving lives together

Medium Secure Mental Health Service for Men

Peplau Ward, Cygnet Hospital Stevenage, Hertfordshire

Good

Peplau Ward supports men in a medium secure environment where individuals can receive specialist assessment and treatment.

Peplau Ward can support individuals who may experience behaviours that are challenging, including self-harm or aggression. This can include men who might be considered a risk to others or who have been involved in the criminal justice system. Many service users in our medium secure services have experienced difficulties with substance misuse, legal highs and alcohol.

The aim of our secure services is to help individuals learn how to manage their mental health and reinforce their daily living skills, to prepare them for life in a community setting, or in the least restrictive environment possible.

All wards at Cygnet Hospital Stevenage work closely together to provide a seamless secure care pathway for men and women. Working closely with NHS case managers and commissioners, we are able to provide solutions for service users requiring step-down service options both on-site at Cygnet Hospital Stevenage and across our national network of rehabilitation and specialist services.



Accepting Referrals



Male



18+ years



14 beds

Our service user profile:

- Men, aged 18+ years
- Detained under the Mental Health Act, including those under Ministry of Justice restrictions
- Requiring assessment and treatment in a secure environment
- Presenting active or potential risk to others
- Have a diagnosis of:
 - Severe and enduring mental health problems
 - Psychotic disorder
 - Schizoaffective disorder
 - Schizophrenia
 - Personality disorder
- May be exhibiting dangerous and challenging behaviour
- May have dual diagnosis with substance misuse
- Personality Disorder or communication needs relating to deafness

Therapy Programme

There are a range of therapies available at Peplau Ward. We also offer drop-in clinics and weekly groups including mental health awareness groups, a cognitive behavioural therapy for psychosis programme, substance misuse support and offence related rehabilitation groups such as Reasoning and Rehabilitation.

Therapy Programme

- Group Therapy
- Substance Misuse Programme (SMU)
- Individual Therapy
- Cognitive Analytic Therapy (CAT)
- Schema Focused Therapy (SFT)
- Acceptance and Commitment Therapy (ACT)



Our Model of Care

Phase One

Understanding Me
Pre-Admission & Admission

Getting to know my team and support group.

Phase Two

My Skills Assessment

Understanding my needs and support required for a safe future.

Phase Three

My Independence Treatment

Building trust, actively engaging in treatment and re-learning new skills.

Phase Four

Preparing to Move On
Transition & Discharge

Consolidating skills and moving on to a safe, purposeful and meaningful future.

Multidisciplinary (MDT) team consisting of:

- > Occupational Therapist
- > OT Assistant
- > Assistant Psychologist
- > Specialty Doctor
- > Responsible Clinician
- > Social Worker
- > Clinical Team Leaders
- > Ward Manager

Activity / art room

where service users can create, pottery and art



DBT informed skills groups

- mindfulness, interpersonal effectiveness, distress tolerance and emotional regulation



Hospital recording studio. A brand new state of the art, sound insulated space to record and mix music and explore musical tastes



Regular themed celebrations and parties

Full time tutor offering bespoke classes and qualifications through our accredited Recovery College



Fully equipped gym



En-suite bedrooms



86% of those discharged in the last 12 months were able to **move to a similar or lower level service***



Vocational programme enabling service user to develop a range of job specific skills with a variety of roles such as: cleaning, painting and decorating, catering assistant and grounds keeper



Fitness instructor visits 3 times a week and service users also have use of local facilities such as swimming (dependant on leave)



*Data from a 12 month period ending May 25



Scan the QR Code to view a virtual tour of Cygnet Hospital Stevenage



Make a referral

- 1 Referral made to your **regional Business Relationship Manager** or 0808 164 4450 / 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?

Cygnet Hospital Stevenage
Graveley Road, Stevenage,
Hertfordshire SG1 4YS

Phone number
01438 342 942



CYG-946 | Date of Preparation: 08/10/25

Please visit cygnetgroup.com for more info | Follow us on social media:

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Respect

Care