



Press Release
Immediate Release
5 January 2026

Cygnet Hospital Colchester Maintains Triangle of Care Accreditation

A mental health hospital for men in Essex has retained an accreditation for the work it does to involve families and carers in the support of their loved ones.

Located on Boxted Road, Cygnet Hospital Colchester is a 59-bed service for men with learning disabilities, autism spectrum disorders or mental health needs. The Cygnet Health Care service earned its initial Star 1 accreditation in July 2024 following an in-depth assessment process.

It has now maintained the Triangle of Care Star 1 accreditation from Carers Trust, which recognises the service's ongoing commitment to involving and supporting the families and carers of service users.

The assessment team from Carers Trust commended Cygnet Hospital Colchester for its "strong culture of continuous improvement" and "well-embedded" 'think carer' ethos.

The panel also noted the service's strong relationship with Black Belt Advocacy, an independent advocacy service to support carers, with 16 referrals in the last year.

Carers Trust praised the Cygnet Health Care service for many areas of good practice identified in the review, including:

- The development of a Carer Clinic to help the early identification of carers and support their role.
- The provision of carer information packs with the option of translated information.
- Carer Ambassadors deliver Carer Awareness training to the team, not just new starters.
- There are Carer Leads in post on all five of the service's wards and their "ongoing dedication" was highly commended.
- A variety of events to involve carers are offered, including cultural celebrations like Africa Day.

Hospital Manager Lynn McGhee said: "We are incredibly proud to have maintained the Triangle of Care Award. It really reflects the hard work and dedication of our staff to ensure carers are listened to, supported and valued in the recovery journey of the individuals we support. The significance of family and friends cannot be overlooked when it comes to caring for a loved one.

"At Cygnet Hospital Colchester, we have an ongoing commitment to championing the voices of carers and we are pleased that this has not gone unrecognised. We will continue to build on this success."

Triangle of Care is a quality improvement scheme for health and social care providers that promotes safety, recovery and wellbeing by including and supporting unpaid carers. Originally developed by carers, the scheme is run by Carers Trust and recognises healthcare providers that have committed to continuous improvement according to six key 'carers included' standards.

Over 80 mental health providers, including NHS Trusts, charities and private hospitals serving NHS patients, are Triangle of Care members and Carers Trust is gradually opening the scheme to new health and social care sectors. The Triangle of Care is recognised by Care Quality Commission inspectors and supports the NICE recommendations for 'Supporting Adult Carers'. To find out more, visit the [Triangle of Care website](#).