



Your guide to **Alina Ward** Cygnet Elowen Hospital

**Personality Disorder with
Disordered Eating**



Alina Ward

Derbyshire

Registered address: Cygnet Elowen Hospital
The Field,
Shipleigh,
Heanor
DE75 7JH

Alina Ward is part of Cygnet Elowen Hospital. This is owned by Cygnet. Cygnet Elowen Hospital is in Derbyshire.

The people we care for in Alina Ward are:

- Female
- 18+





Up to 12 people can stay in Alina Ward. We believe it is important to work together.

Your family, carers, staff and other professionals may all be involved in supporting your recovery, if this is right for you.

We aim to help you:

- learn new skills
- build confidence
- feel ready for the future

People we support



At Alina Ward we care for and support women aged 18 and over who have been diagnosed with a personality disorder.

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

You may have eating difficulties as well as personality disorder.

You may also be autistic.

Some women may need extra medical support, such as feeding through a tube.

You may have experience of:

- hurting or harming yourself
- not looking after yourself
- problems eating or with food
- using substances like alcohol or solvents
- bad things happening to you in your life
- moving between different services or places to live

Therapies and Activities



We support those with complex personality disorder who also have eating difficulties. This means women who may need help with both their mental health and approach to food.



Our specialist staff and therapists will work with you to provide the right support and treatment.

Some of the therapies may include:

- therapies to deal with trauma and difficult experiences
- therapies that help you be kinder to yourself
- therapies that help you manage strong emotions
- therapies to help your mind and body process emotions
- dietetic support to help you understand food, nutrition and your relationship to eating



Your team will talk to you about what support is right for you.

Our team



There are a range of people to help you during your stay at Alina Ward:

- Psychiatry team
- Psychology team
- Occupational Therapist
- Social Worker
- Nurses
- Dietitian
- Hospital Manager
- Clinical Manager
- Ward Manager

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
- dining room
- quiet lounges
- large communal areas
- teaching kitchens
- therapy rooms
- Autism friendly environments
- large gardens



Address

Cygnets
4 Millbank, 3rd Floor,
Westminster,
London,
SW1P 3JA

Telephone

0207 123 5706

Website

www.cygnetsgroup.com

CYG_ER_219 | Date of Preparation: 09/03/26



Accessible
Information
Standard