



Gwella bywydau gyda'n gilydd

Ein Llwybr Gofal Arbenigol i Fenywod yng Nghymru

Yr Wyddgrug, Sir y Fflint

- > Gwasanaeth Iechyd Meddwl Diogelwch Isel
- > Gwasanaeth Anhwylder Personoliaethol Diogelwch Isel
- > Adsefydlu Cleifion Mewnol Cymorth Uchel (Lefel 2) - Dan Glo
- > Gwasanaeth Adsefydlu Cymunedol / Agored (Lefel 1)

Llwybr NEWYDD yn agor yn gynnar yn 2027, yn derbyn atgyfeiriadau nawr

Improving lives together

Our Specialist Care Pathway for Women in Wales

Mold, Flintshire

- > Low Secure Mental Health Service
- > Low Secure Personality Disorder Service
- > High-Support Inpatient Rehabilitation (Level 2) - Locked
- > Community / Open Rehabilitation Service (Level 1)

NEW Pathway opening Early 2027, now accepting referrals

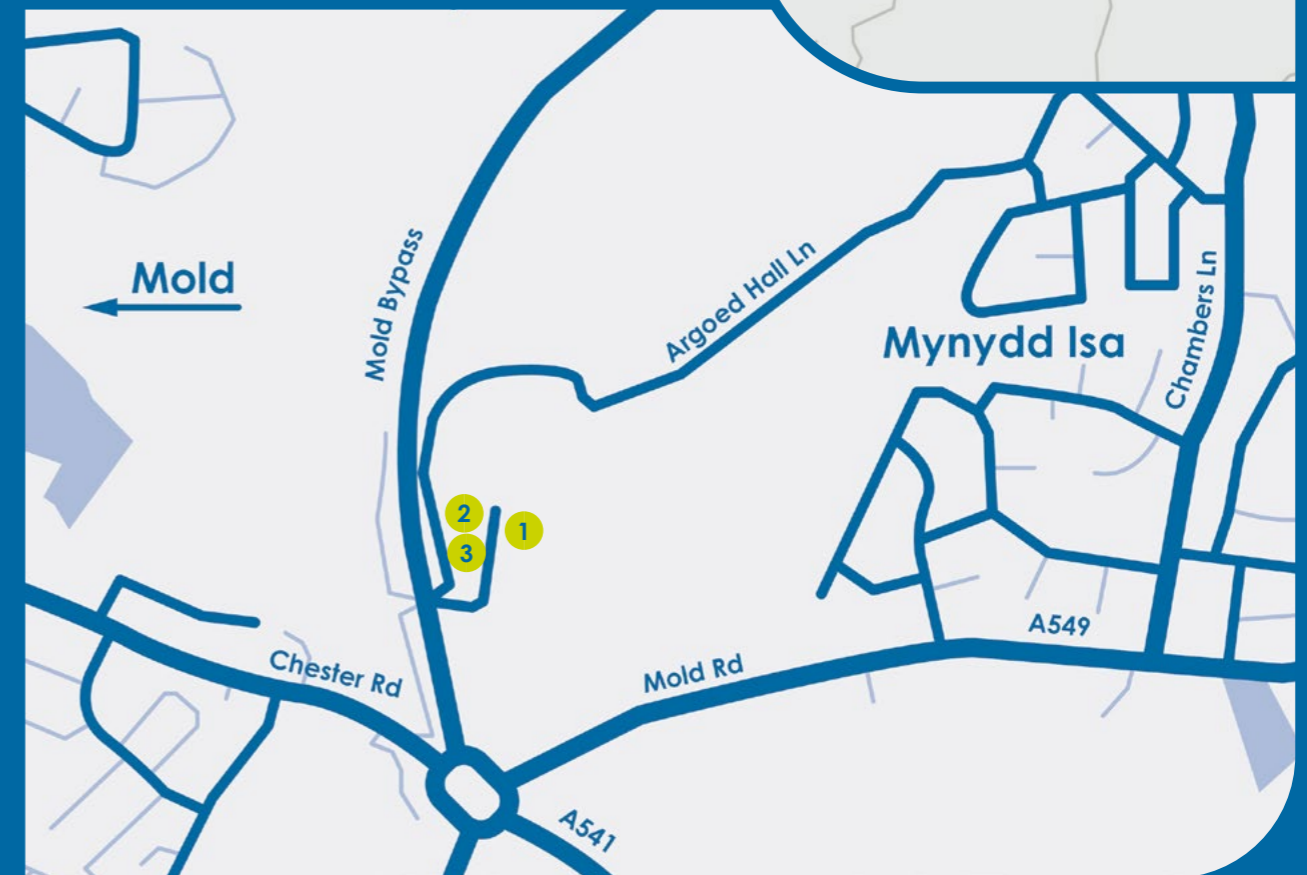


Ein Lleoliad

Argoed Hall Lane, Yr Wyddgrug, Sir y Fflint,
Wales CH7 6FQ

Our Location

Argoed Hall Lane, Mold, Flintshire, Wales CH7 6FQ



- 1 Cygnet Delfryn House, Sir y Fflint
- 2 Cygnet Delfryn Lodge, Sir y Fflint
- 3 Rhyd Alyn, Sir y Fflint

- 1 Cygnet Delfryn House, Flintshire
- 2 Cygnet Delfryn Lodge, Flintshire
- 3 Rhyd Alyn, Flintshire

Ein Llwybr Gofal Arbenigol i Fenywod yng Nghymru

Mae Cygnet Delfryn, yng ngogledd Cymru, yn cynnig llwybr o ofal diogel i adsefydlu cymunedol / agored i gyd ar un safle, wedi'i gynllunio'n benodol ar gyfer menywod. Bydd y gwasanaeth arbenigol hwn yn cefnogi menywod sydd â salwch meddwl, anhwylder personoliaethol a / neu anghenion cymhleth eraill ar wahanol gamau o'u taith adfer.

Mae'r gwasanaeth wedi cael ei ddylunio i gefnogi blaenoriaeth allweddol Llywodraeth Cymru a GIG Cymru i wella iechyd menywod ac ehangu gwasanaethau arbenigol i fenywod Cymru. Yn unol â Strategaeth Cymru Iachach a Chanllawiau Cynllunio GIG Cymru, rydym ni'n darparu continwwm gofal llawn yng Nghymru, gan helpu i leihau lleoliadau y tu allan i'r ardal a galluogi cleifion i gael gofal yn nes at eu cartref. Mae'r dull hwn yn cefnogi unigolion i gadw mewn cysylltiad â'u teuluoedd, cymunedau lleol a rhwydweithiau cymorth, sy'n chwarae rhan hollbwysig yn y gwaith o sicrhau canlyniadau adfer cynaliadwy a thymor hir.

Mae ein timau hynod brofiadol yn cynnwys staff sy'n siarad Cymraeg a Saesneg i gefnogi gwell cysur, ymddiriedaeth a chyfathrebu. Gan weithio ar y cyd, mae ein timau'n asesu anghenion unigol ac yn creu llwybrau rhyddhau pwrpasol sy'n cefnogi'r broses o bontio'n llwyddiannus i'r gymuned.

Wedi'i leoli yn Sir y Fflint, mae Cygnet Delfryn yn elwa o fynediad hawdd at gefn gwlad a mannau gwyrdd hardd, ar yr un pryd â bod o fewn cyrraedd rhwydd i gymuned hyfryd sy'n cynnwys canolfannau hamdden, siopau, bwytai a chaffis. Mae gennym ni hefyd gysylltiadau cryf â gwasanaethau lleol sy'n gallu cynnig cyfleoedd addysgol a galwedigaethol, i feithrin rhwydweithiau cefnogol a hyder personol.

Ein llwybr:



Ein tîm:

- > Cyfarwyddwr Ysbyty
- > Rheolwr Clinigol
- > Rheolwr Ward
- > Seiciatrydd Ymgynghorol
- > Meddyg Arbenigol
- > Seicolegydd
- > Therapydd Galwedigaethol
- > Gweithiwr Cymdeithasol
- > Nyrsys Cyffredinol Cofrestredig a Nyrsys Iechyd Meddwl Cofrestredig

Our Specialist Care Pathway for Women in Wales

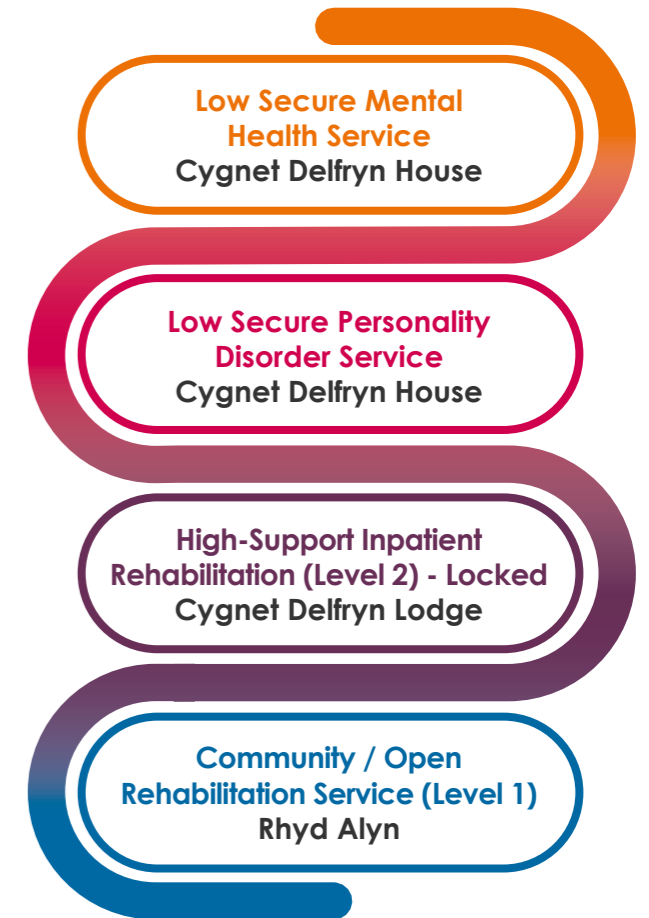
Cygnet Delfryn, located in North Wales, offers a pathway from secure care through to community / open rehabilitation all on one site, specifically designed for women. This specialist service will support women with a mental illness, personality disorder and / or other complex needs at different stages of their recovery journey.

The service has been designed to support the Welsh Government and Welsh NHS key priority to improve women's health and expand specialist services for Welsh women. In line with A Healthier Wales Strategy and Welsh NHS Planning Guidance, we provide a full continuum of care within Wales, helping to reduce out-of-area placements and enable patients to receive care closer to home. This approach supports individuals to stay connected to their families, local communities and support networks, which play a vital role in achieving sustainable, long-term recovery outcomes.

Our highly experienced teams include both Welsh and English speaking staff to support enhanced comfort, trust and communication. Working collaboratively, our teams assess individual needs and create bespoke discharge pathways that support a successful transition towards the community.

Located in Flintshire, Cygnet Delfryn benefits from easy access to beautiful countryside and green spaces, whilst also being within easy reach of a lovely community featuring leisure centres, shops, restaurants and cafés. We also have strong links with local services that can offer educational and vocational opportunities, to build supportive networks and personal confidence.

Our Pathway:



Our Team:

- > Hospital Director
- > Clinical Manager
- > Ward Manager
- > Consultant Psychiatrist
- > Specialty Doctor
- > Psychologists
- > Occupational Therapists (OT)
- > Social Worker
- > Registered General Nurses (RGN) and Registered Mental Health Nurses (RMN)



Cygnet Delfryn House, Sir y Fflint

Gwasanaethau Diogelwch Isel i Fenywod



Menywod



18+



27 gwely mewn 2 ward

NEWYDD

v Yn agor
yn gynnar
yn 2027



Cygnet Delfryn House, Flintshire

Low Secure Services for Women



Female



18+ years



27 beds in 2 wards

NEW
Opening
Early 2027

Bydd Ward Awen yn darparu gofal tosturiol i hyd at 12 o fenywod sydd ag anhwylder personoliaethol y mae angen triniaeth arnynt mewn amgylchedd diogelwch isel.

Mae Ward Elyn yn wasanaeth 15 gwely a fydd yn cefnogi menywod sydd â salwch meddwl mewn lleoliad diogelwch isel.

Nod ein holl wasanaethau diogel yw monitro, rheoli a lleihau risg mewn lleoliad diogel a therapiwtig, er mwyn helpu unigolion i symud ymlaen tuag at fyw'n fwy annibynnol.

Gan ddefnyddio dull therapiwtig tosturiol, bydd ein fîm yn darparu cymorth arbenigol i'r menywod yn ein gofal i hyrwyddo adferiad, rheoli salwch meddwl a gwella eu sgiliau byw bob dydd.

I'r menywod sydd angen rhagor o gymorth cyn dychwelyd i'r gymuned, mae gennym Cygnet Delfryn Lodge a Rhyd Alyn, sy'n gallu cynnig cymorth arbenigol parhaus drwy lwybr rhyddhau wedi'i deilwra.



Proffil defnyddwyr gwasanaeth:

- > Menywod, 18 oed â hyn
- > Yn cael eu cadw o dan y Ddeddf Lechyd Meddwl, gan gynnwys rhai o dan gyfyngiadau'r Weinyddiaeth Gyfiawnder
- > Angen asesiad a thriniaeth mewn amgylchedd diogel (nid oes modd eu rheoli'n ddiogel mewn amgylchedd anniogel)
- > Risg weithredol neu bosibl i'w hunain a / neu i bobl eraill
- > Diagnosis sylfaenol o salwch meddwl/ anhwylder personoliaethol ac efallai bod ganddi ddiagnosis eilaidd fel awtistiaeth
- > Gall fod ag ymddygiad heriol neu ymddygiad sy'n peri risg
- > Gall fod â diagnosis deuol o gamddefnyddio sylweddau



Awen Ward will provide compassionate care for up to 12 women with a personality disorder requiring treatment in a low secure environment.

Elyn Ward is a 15-bed service that will support women with a mental illness in a low secure setting.

All of our secure services aim to monitor, manage and reduce risk in a safe and therapeutic setting, in order to help individuals progress towards more independent living.

Using a compassionate therapeutic approach, our team will provide specialist support to the women in our care to promote recovery, manage mental ill health and enhance their daily living skills.

For the women who require further support before returning to the community, we have Cygnet Delfryn Lodge and Rhyd Alyn, which can offer continued specialist support through a tailored discharge pathway.



Service user profile:

- > Women, aged 18+
- > Detained under the Mental Health Act, including those under Ministry of Justice restrictions
- > Requiring assessment and treatment in a secure environment (unable to be safely managed in non-secure environment)
- > Presenting active or potential risk to themselves and / or others
- > Primary diagnosis of mental illness / personality disorder and may have secondary diagnoses such as autism
- > May be exhibiting challenging or risk behaviours
- > May have dual diagnosis with substance misuse





Cygnet Delfryn Lodge, Sir y Fflint

Adsefydlu Cleifion Mewnol Cymorth Uchel (Lefel 2) – Dan Glo

Gwasanaeth Adsefydlu Cymunedol / Agored



Menywod



18+ years

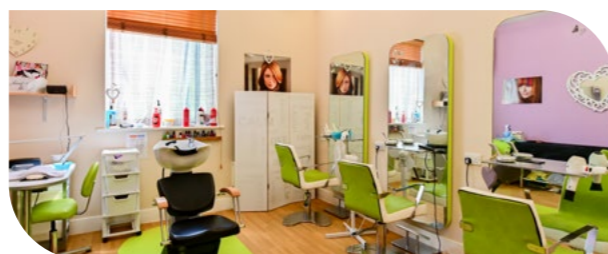


24 gwely

Mae Cygnet Delfryn Lodge yn darparu gwasanaeth adsefydlu iechyd meddwl hyblyg i fenywod gan gynnwys Adsefydlu Cleifion Mewnol Cymorth Uchel (Lefel 2) ac Adsefydlu Cymunedol / Agored (Lefel 1). Mae'r model adsefydlu hwn ar ddwy lefel yn sicrhau bod menywod yn cael y gefnogaeth sydd ei hangen arnyh nhw wrth ddatblygu annibyniaeth ar eu cyflymder eu hunain.

Mae menywod sy'n cael eu lleoli gyda ni yn aml yn dod o nifer o leoliadau sydd wedi methu, rhaglenni triniaeth sydd wedi methu neu maen nhw'n dod o leoliadau diogel. Rydym ni'n cefnogi unigolion i adeiladu strwythur a phwrpas yn eu bywydau bob dydd, gan ganolbwyntio ar weithgareddau ystyrlon fel gwirfoddoli, cyflogaeth, addysg ac ymgysylltu â'r gymuned.

Mae ein tîmau'n helpu menywod i ymdopi â heriau bob dydd, o fynd i apwyntiadau'n annibynnol i reoli perthnasoedd a chyfrifoldebau - gan sicrhau eu bod yn gallu pontio i'r gymuned a ffynnu ynddi'n hyderus.



Proffil defnyddwyr gwasanaeth:

- > Menywod 18 oed a hŷn
- > Yn cael eu cadw o dan Ddeddf Iechyd Meddwl (1983) neu'n anffurfiol
- > Diagnosis sylfaenol o salwch meddwl gyda:
 - Cydafiacheddau cymhleth
 - Camddefnyddio sylweddau, cyffuriau ac alcohol
 - Ymwrthedd i driniaeth
 - Ymddygiad a allai herio
- > Yn anelu at ddychwelyd i'r gymuned neu i ofal yn y gymuned
- > Hanes o gamdriniaeth rywiol neu drais domestig
- > Mae diagnosisu nodweddiadol yn cynnwys: sgitsoffrenia, anhwylder sgitsoaffeithiol, anhwylder affeithiol deubegynol neu iselder
- > Gall fod â diagnosis eilaidd o anabledd dysgu ysgafn, awtistiaeth neu anhwylder personoliaethol
- > Gall fod â hanes fforensig a/neu fod yn gadael gwasanaethau diogel
- > Gall fod â hanes o dderbyniadau aciwt dro ar ôl tro



Cygnet Delfryn Lodge, Flintshire

High-Support Inpatient Rehabilitation (Level 2) – Locked

Community / Open Rehabilitation Service



Female



18+ years



24 beds

Cygnet Delfryn Lodge provides a flexible mental health rehabilitation service for women including High-Support Inpatient Rehabilitation (Level 2) and Community / Open Rehabilitation (Level 1). This dual-level rehabilitation model ensures that women receive the support they need while developing independence at their own pace.

Women placed with us often come from multiple placement breakdowns, failed treatment programmes or are stepping down from secure settings. We support individuals build structure and purpose in their daily lives, focusing on meaningful activities such as volunteering, employment, education, and community engagement.

Our teams help women to navigate everyday challenges, from attending appointments independently to managing relationships and responsibilities - ensuring they can transition to and thrive in the community with confidence.



Service user profile:

- > Women aged 18+
- > Detained under the Mental Health Act (1983) or informal
- > Primary diagnosis of mental illness with:
 - Complex comorbidities
 - Substance, drug and alcohol abuse
 - Treatment resistance
 - Behaviours that may challenge
- > Aiming for a return to community or community-based care
- > History of sexual abuse or domestic violence
- > Typical diagnoses include: schizophrenia, schizoaffective disorder, bipolar affective disorder or depression
- > May have secondary diagnoses of mild learning disability, autism or personality disorder
- > May have a forensic history and / or be stepping down from secure services
- > May have a history of repeated acute admissions





Rhyd Alyn, Sir y Fflint

Gwasanaeth Adsefydlu Cymunedol / Agored i Fenywod



Menywod



18+



6 gwely

Gwasanaeth adsefydlu agored / cymunedol chwe gwely (lefel 1) i fenywod yw Rhyd Alyn. Rydym ni'n cefnogi unigolion sydd wedi gallu symud ymlaen drwy'r llwybr ysbyty yn Cygnet Delfryn House neu Lodge, yn ogystal â derbyn atgyfeiriadau uniongyrchol gan wasanaethau adsefydlu cleifion mewnol dibyniaeth uchel eraill neu gan y gymuned.

Rydym ni'n cynnig lleoliad diogel a chartrefol sy'n galluogi menywod i ganolbwyntio ar eu hadferiad parhaus a symud yn ôl i ffordd o fyw lwyddiannus a mwy annibynnol – gyda'r fantais o barhau i gael mynediad at yr un fîm amlddisgyblaethol ag yn Cygnet Delfryn Lodge.

Mae Rhyd Alyn yn eiddo hardd, ar wahân gyda digon o le y tu allan yn edrych dros gefn gwlad trawiadol. Mae gan bob unigolyn ei ystafell wely en-suite ei hun, ac mae'n cael ei annog i'w phersonoli. Mae gan y gwasanaeth fannau byw o faint da gan gynnwys lolfâ, ystafell fwyta a chegin. Mae gan y menywod rydym ni'n eu cefnogi fynediad hefyd at y gampfa a'r salon harddwch sydd drws nesaf yn Cygnet Delfryn Lodge.



Proffil preswylwyr:

- > Gall fod ar Orchymyn Triniaeth Gymunedol neu'n anffurfiol
- > Diagnosis sylfaenol o salwch meddwl gyda:
 - Cydafiacheddau cymhleth
 - Camddefnyddio sylweddau, cyffuriau ac alcohol
 - Ymwrthedd i driniaeth
 - Ymddygiad sy'n herio
- > Hanes o gamdriniaeth rywiol neu drais domestig
- > Diagnosisau nodweddiadol: sgitsoffrenia, anhwylder sgitsoaffeithiol, anhwylder affeithiol deubegynol, iselder, neu anhwylder personoliaethol
- > Gall fod â diagnosis eilaidd o anabledd dysgu ysgafn neu anhwylder ar y sbectwm awtistiaeth



Rhyd Alyn, Flintshire

Community / Open Rehabilitation Service for Women



Female



18+ years



6 beds

Rhyd Alyn is a six-bed community / open rehabilitation (level 1) service for women. We support individuals who have been able to progress through the hospital pathway at Cygnet Delfryn House or Lodge, as well as accepting direct referrals from other high dependency inpatient rehabilitation services or from the community.

We offer a safe and homely setting that enables women to focus on their continued recovery and transition back into a successful and more independent lifestyle – with the advantage of continuing to access the same Multidisciplinary Team (MDT) at Cygnet Delfryn Lodge.

Rhyd Alyn is a beautiful, detached property with plenty of outside space overlooking the stunning countryside. Each individual has their own ensuite bedroom, which they are encouraged to personalise. The service has good-sized living areas including a lounge, dining room and kitchen. The women we support also have access to the gym and beauty salon located next door at Cygnet Delfryn Lodge.



Resident profile:

- > May be on a Community Treatment Order (CTO) or informal
- > Primary diagnosis of mental illness with:
 - Complex comorbidities
 - Substance, drug and alcohol abuse
 - Treatment resistance
 - Behaviours that challenge
 - History of sexual abuse or domestic violence
- > Typical diagnoses: schizophrenia, schizoaffective disorder, bipolar affective disorder, depression, or personality disorder
- > May have secondary diagnoses of mild learning disability or autism spectrum disorder

Ein Proses Atgyfeirio

- 1 Atgyfeiriad at Charlotte Swarbick ar 07860 752 330 / CharlotteSwarbrick@cygnethealth.co.uk neu Cygnet Bed Hub ar 0808 164 4450 / chcl.referrals@nhs.net
- 2 Trefnu asesiad a'i gynnal drwy ein fim asesu / rheoli
- 3 Rhoi adborth ynghylch a yw ein gwasanaeth yn gallu diwallu anghenion yr unigolyn
- 4 Llunio pecyn asesu, gan gynnwys cynlluniau gofal a gwybodaeth am gyllid
- 5 Cytuno ar fynediad a threfnu cynlluniau ar gyfer pontio gyda'r fim atgyfeirio ar ôl cadarnhau derbyn y lleoliad

Our Referral Process

- 1 Referral made to Charlotte Swarbick on 07860 752 330 / CharlotteSwarbrick@cygnethealth.co.uk or Cygnet Bed Hub via 0808 164 4450 / chcl.referrals@nhs.net
- 2 Assessment arranged and undertaken via our assessment / 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 the referring team following confirmation of acceptance of placement



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