Improving lives together

Highly Specialised Autism Spectrum Disorder Service for Men

Larch Court, Cygnet Hospital Colchester, Essex

Good



Now taking referrals

Larch Court at Cygnet Hospital Colchester supports men with autism, learning disabilities and complex needs. The team also supports individuals who are detained under the Mental Health Act, as well as those who have complex behaviours, or who have significant difficulties with social engagement.

We encourage the men in our care to make their own choices and live as independently as they are able to. To achieve this, we have developed our model of care in which the in-house multi-disciplinary team (MDT) adopt a values-based social model of disability with **My Choice, My Voice, My Life** sitting at the heart of the model.



Male

18+ years

4 beds

Our service user profile:

- Men, aged 18+ years
- Diagnosis of and learning disability
- Individuals will have additional complex needs including co-morbid mental illness, behaviours that challenge, epilepsy, ADHD, personality disorder, significant impairment in social and adaptive functioning
- Individuals may be informal or may be detained under the Mental Health Act /Deprivation of Liberty safeguards



Our service at a glance

Larch Court offers placements for four men in independent living areas. The living areas include self-modulation sensory facilities, with a programmable sensory menu to accommodate personal preferences, strengths and abilities of each individual.

The team focus on enabling individuals to achieve three key targeted outcomes:

- Reduction in behaviours that challenge
- Increase in pro-social presentation
- Progress to future out of hospital placements within lesser restrictive environments



The service is located in the heart of the community in Colchester which is Britain's oldest recorded town. The men we support have access to a wide range of community facilities locally including, Colchester Zoo, Colchester Football Club, beautiful parks and excellent shopping and dining facilities. Physical health is a high priority at Larch Court and our dedicated physical health nurse works closely with GP's, dentist's and other external agencies.

Our facilities:

- En-suite bedrooms
- Extensive communal areas including lounge and dining room
- Activities of daily living kitchen and laundry service
- Quiet room
- Sensory room
- Large garden
- Multi-faith room
- Gym
- Activity centre
- IT room

Rated **'Outstanding'** in Caring, and **'Good'** overall by the CQC

Weekly drop-in sessions with the responsible clinician (RC)

Supporting people through an **inclusive communication** approach

Supporting service users to access local volunteering job opportunities

Supporting service users' **sensory processing needs**

STOMP

We are committed to the STOMP pledge (Stopping the over-medication of adults and young people with a Learning Disability, Autism or both)

100% of men dishcharged in the last two years stepped down along their care pathway

Data from 01.10.24 -01.10.26

Supporting men to progress along their journey to **indpendent living**

Disability exercise specialist delivering fitness and wellbeing programmes for individuals in our on-site gym

Large garden including plenty of space for football and other sports and also for growing fruit and vegetables

Truly holistic approach to assessing, planning and delivering care and treatment



Activities of daily living kitchen supporting with skill development

Links with the adult **community college**

Our community links:

- Colchester football club
- Colchester Zoo
- Adult community college
- Colchester leisure world
- Dedham boating lake for picnics and paddling
- Cafés and restaurants
- Shops
- Voluntary work placements



"I have found staff to be very understanding of my sons complex needs and I can see progress being made with him. Currently I can not see how you can improve the support as he is being very well looked after and staff are taking time to understand him."
– Family member

Our Multidisciplinary Team (MDT):

- Consultant Psychiatrist
- Specialty Doctor
- Occupational Therapist
- Occupational Therapy Assistant
- Speech and Language Therapist
- Speech and Language Therapy Assistant
- Psychologist
- Assistant Psychologist
- Physical Health Nurse
- Ward Manager
- RNLD & RMN'S
- Support Workers
- Disability Exercise Specialist
- Safeguarding Lead

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 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 Hospital Colchester
Boxted Road, Mile End, Colchester, Essex, East CO4 5HF

Phone number
01206 848 000



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