

Cygnet Health Care

Improving lives together

Secure Services

- Medium Secure Mental Health
- Medium Secure Personality Disorder
- Medium Secure Mental Health and Specialist Deaf
- Low Secure Mental Health
- Low Secure Personality Disorder
- Low Secure Mental Health and Specialist Deaf





Next

Welcome

Cygnet was established in 1988. Since then we have developed a wide range of health care services for young people and adults with mental health needs, acquired brain injuries, eating disorders, autism and learning disabilities within the UK. We have built a reputation for delivering pioneering services and outstanding outcomes for the individuals in our care.

We provide services in England, Scotland and Wales and our expert and highly dedicated care team of over 13,000 employees support almost 9,000 individuals each year across 150 services to consistently make a positive difference to their lives.

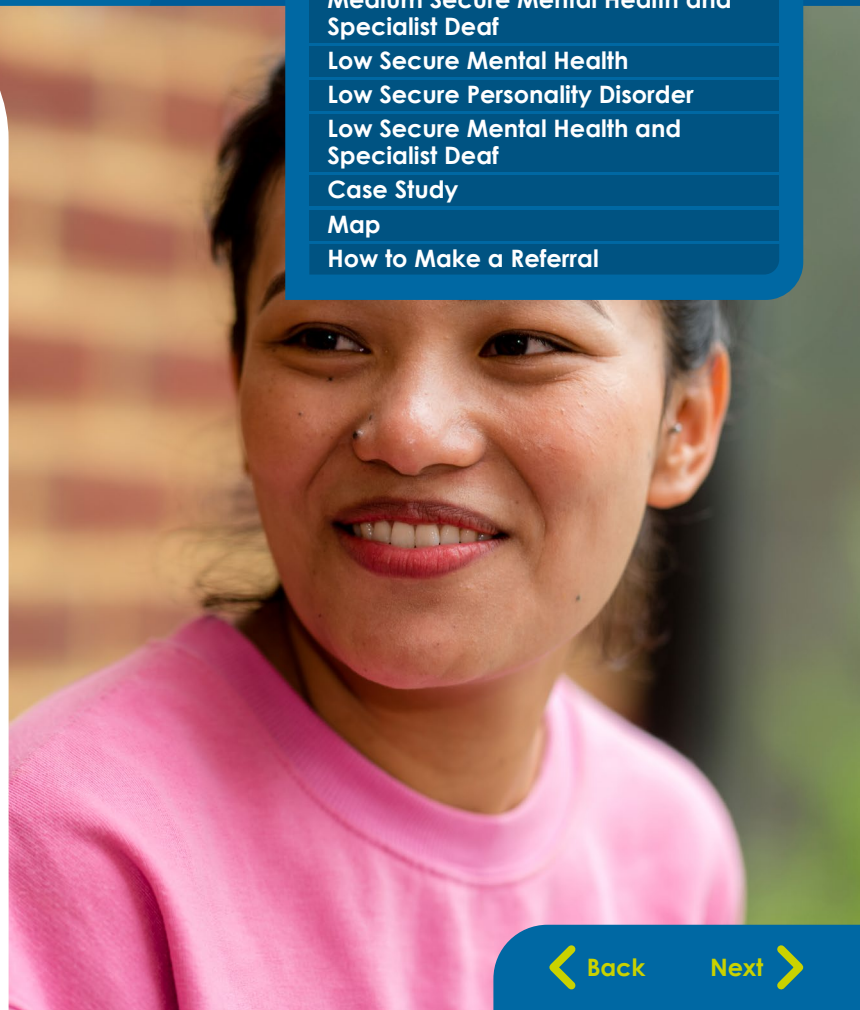
We maintain a good relationship with our quality regulators and undergo regular inspections, with 81% of our services rated 'Good' or 'Outstanding'.

Click the buttons to find out more about our Autism Spectrum Disorder Services

- Introduction
- Our Model of Care for our Secure Mental Health Services
- Our myPath Care Model
- Service User Engagement and Co-production
- Our Outcomes
- Recovery College
- Medium Secure Mental Health
- Medium Secure Personality Disorder
- Medium Secure Mental Health and Specialist Deaf
- Low Secure Mental Health
- Low Secure Personality Disorder
- Low Secure Mental Health and Specialist Deaf
- Case Study
- Map
- How to Make a Referral

Contents

Introduction	03
Our Model of Care for our Secure Mental Health Services	05
Our myPath Care Model	06
Service User Engagement and Co-production	07
Our Outcomes	08
Recovery College	09
Medium Secure Mental Health	
Cygnet Bury Dunes, North West	10
Cygnet Bury Hudson, North West	11
Cygnet Hospital Stevenage, East	12
Medium Secure Personality Disorder	
Cygnet Bury Hudson, North West	11
Medium Secure Mental Health and Specialist Deaf	
Cygnet Bury Dunes, North West	10
Low Secure Mental Health	
Cygnet Hospital Bierley, Yorkshire and Humber	16
Cygnet Bury Dunes, North West	10
Cygnet Bury Hudson, North West	11
Cygnet Churchill, London	14
Cygnet Delfryn House, Flintshire	15
Cygnet Hospital Derby, East Midlands	17
Cygnet Hospital Maidstone, South East	18
Cygnet Hospital Sheffield, Yorkshire and Humber	19
Cygnet Hospital Stevenage, East	12
Cygnet Hospital Woking, South East	20
Low Secure Personality Disorder	
Cygnet Delfryn House, Flintshire	15
Cygnet Hospital Clifton, East Midlands	21
Cygnet Hospital Derby, East Midlands	17
Low Secure Mental Health and Specialist Deaf	
Cygnet Bury Dunes, North West	10
Case Study	23
Map	24
How to Make a Referral	25



Back Next

Introduction

Cygnet Health Care offers over 330 secure beds across its nationwide network of medium and low secure services. This includes a range of highly specialist services for Deaf adults and individuals with a personality disorder.

Our secure services are therapy and recovery-focused, providing assessment, treatment and rehabilitation for both men and women. Our aim is to support individuals to progress through the secure care pathway and into the least restrictive environment possible, while reducing the likelihood of readmission.

Cygnet Health Care's comprehensive network of integrated care pathways means we can support individuals to move through their recovery journey from medium to low secure, and onto specialist step-down rehabilitation services as required. This approach helps reduce length of stay, improves outcomes and experiences for service users and delivers better value for NHS commissioners.

We are able to provide a comprehensive prison transfer assessment service for prisoners, including those who have yet to be sentenced and who need an assessment and clinical recommendation for the courts.

Our service user profile:

- 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
- May require a specialist service for treatment or management of personality disorder, autism spectrum disorder
- May be deaf, hard of hearing or have other complex communication needs

18+ years

Male and Female

Mental Health Act Status: Detained



Click the buttons to find out more about our Autism Spectrum Disorder Services

- Introduction
- Our Model of Care for our Secure Mental Health Services
- Our myPath Care Model
- Service User Engagement and Co-production
- Our Outcomes
- Recovery College
- Medium Secure Mental Health
- Medium Secure Personality Disorder
- Medium Secure Mental Health and Specialist Deaf
- Low Secure Mental Health
- Low Secure Personality Disorder
- Low Secure Mental Health and Specialist Deaf
- Case Study
- Map
- How to Make a Referral



Back Next

Our services at a glance:

- Medium to Low Secure pathway
- Extensive multidisciplinary team input
- Sex Offender Treatment Programmes (SOTP)
- Other offender related programmes including fire setting
- Substance misuse treatment programmes
- Specialist inputs as appropriate including DBT, Communication and Translation specialist, Speech and Language Therapy
- 100% CQUIN compliant
- Recovery colleges
- Quality Network for Forensic Mental Health Services accredited

Our multidisciplinary teams:

- Consultant psychiatrists and specialty doctors
- Clinical and forensic psychology
- Nursing
- Occupational Therapy
- Social work
- Substance misuse practitioners
- Service User Engagement and Recovery College Leads

Our outcome tools:

- HCR-20
- HoNOS Secure / Clustering
- STAR / START risk assessment
- My Shared Pathway
- EssenCES
- Global Assessment of Progress (GAP)
- Recovery Star
- MOHOST
- MoPPs (Move on Plans Protocol)
- BPRS, LUNSERS
- Assessment of Communication and Interaction Skills (ACIS)

Measures

1. Improved quality of life
2. Greater autonomy and independence
3. Reduction in risk behaviour and improved mental, physical and social wellbeing
4. Reduction in length of stay in secure hospitals

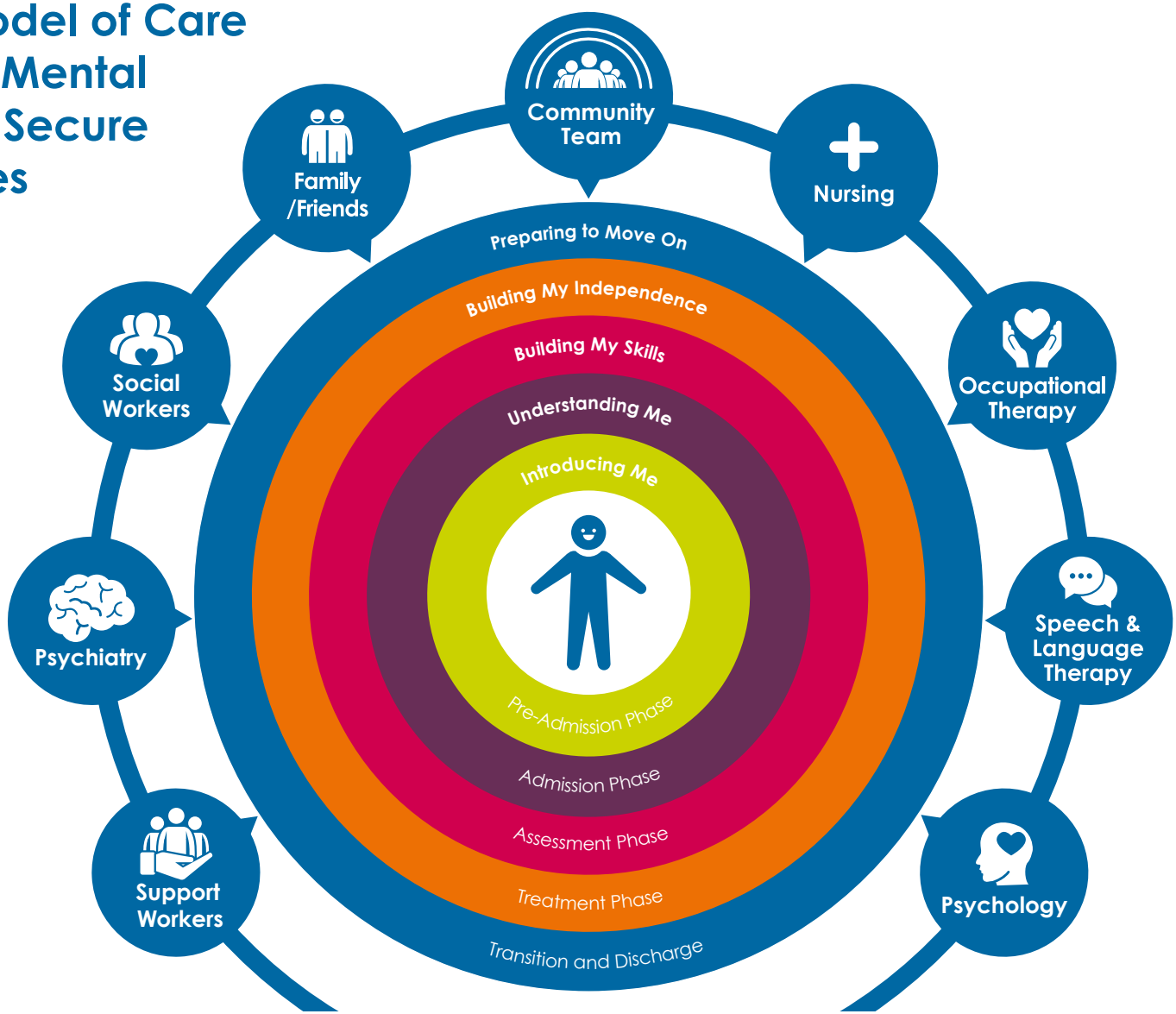


Click the buttons to find out more about our Autism Spectrum Disorder Services

- Introduction
- Our Model of Care for our Secure Mental Health Services
- Our myPath Care Model
- Service User Engagement and Co-production
- Our Outcomes
- Recovery College
- Medium Secure Mental Health
- Medium Secure Personality Disorder
- Medium Secure Mental Health and Specialist Deaf
- Low Secure Mental Health
- Low Secure Personality Disorder
- Low Secure Mental Health and Specialist Deaf
- Case Study
- Map
- How to Make a Referral

Back Next

Our Model of Care for our Mental Health Secure Services



Click the buttons to find out more about our Autism Spectrum Disorder Services

- Introduction
- Our Model of Care for our Secure Mental Health Services
- Our myPath Care Model
- Service User Engagement and Co-production
- Our Outcomes
- Recovery College
- Medium Secure Mental Health
- Medium Secure Personality Disorder
- Medium Secure Mental Health and Specialist Deaf
- Low Secure Mental Health
- Low Secure Personality Disorder
- Low Secure Mental Health and Specialist Deaf
- Case Study
- Map
- How to Make a Referral

Introducing Me

This phase is about the referral and assessment this helps the team make sure you are in the right place for your needs.

Understanding Me

This phase focuses on getting to know you, we will introduce you to the team of people here to help you.

Building My Skills

We will look at what you need to be safe and well. You will work with members of your team to find out your skills and assess any risks.

Building My Independence

You will start building trust with other people. You will be involved in activities and learning skills suited to you.

Preparing to Move On

You will be putting your skills to practice. We will meet with you, your family and carers to discuss moving on to a safe and meaningful life.

Back Next



Our myPath Care Model

To ensure we cater for each person's journey and achieve long-term results, we have created a unique approach to secure care for our service users. Our aim is to balance recovery with security and ensure that each service user is able to participate safely and as fully as possible in their care to achieve a successful discharge from hospital. To help achieve this we apply our care model, **myPath**.

myPath is our overarching care model that serves to monitor service user engagement levels, manage their records, assess individual progress and formulate a personalised and dynamic care plan with measurable targets. Within our secure services, myPath is structured to support individuals with a range of complex care needs including personality disorder, mental illness, ASD and communication needs relating to Deafness, working with them to develop truly individualised programmes that support them through their pathway.

For each individual, a daily risk assessment is completed, which enables dynamic responses to individual presentation within any 24 hour period and ensures immediate support is provided. Each individual is offered a minimum of 25 hours meaningful activity each week, which is evidenced and documented within an individualised activity timetable based around understanding mental health needs and developing daily living skills. All individual care pathways are reviewed in full by the multidisciplinary team on a weekly basis and guided by a dynamic care plan that is closely linked to our specialist outcome tool, the Global Assessment of Progress (GAP). In our secure services, the GAP allows us to measure an individual's progress during their admission, plot the positive developments and changes in well being, whilst formulating plans over potential future risks for longer term management.

In applying myPath, our team is able to be responsive in their approach, determine length of stay, and ensure that people can move as quickly as possible to the most appropriate and least restrictive environment.

Click the buttons to find out more about our Autism Spectrum Disorder Services

- Introduction
- Our Model of Care for our Secure Mental Health Services
- Our myPath Care Model
- Service User Engagement and Co-production
- Our Outcomes
- Recovery College
- Medium Secure Mental Health
- Medium Secure Personality Disorder
- Medium Secure Mental Health and Specialist Deaf
- Low Secure Mental Health
- Low Secure Personality Disorder
- Low Secure Mental Health and Specialist Deaf
- Case Study
- Map
- How to Make a Referral



Back Next

Service User Engagement and Co-production

Service user engagement is central to our model of care and is embedded across all of our services.

Locally at each of our hospitals, service users are placed firmly at the centre of their own care and treatment:

- Care planning and risk assessment with MDT
- Morning planning meetings
- Ward rounds
- 20 CPA standards
- Community meetings
- Participation in staff and service development
- Representation at ward governance and hospital departmental meetings
- Service user and carer satisfaction surveys

In addition to the engagement and co-production evidenced daily on a local level at our units, some examples of initiatives our service users have been involved with co-producing across the organisation include:

- National Lived Experience Awards
- Reducing Restrictive Practice initiatives
- The People's Council
- Recovery Colleges
- Experts by Experience
- Music 2 Empower

Click the buttons to find out more about our Autism Spectrum Disorder Services

- Introduction
- Our Model of Care for our Secure Mental Health Services
- Our myPath Care Model
- Service User Engagement and Co-production
- Our Outcomes
- Recovery College
- Medium Secure Mental Health
- Medium Secure Personality Disorder
- Medium Secure Mental Health and Specialist Deaf
- Low Secure Mental Health
- Low Secure Personality Disorder
- Low Secure Mental Health and Specialist Deaf
- Case Study
- Map
- How to Make a Referral



Scan the QR code or click here to view Music 2 Empower

Back Next

Our Outcomes

In 2025, 91% of adults discharged from our Low Secure Services were able to move to a similar or less restrictive service.

We offer secure services in 7 out of 10 NHS England regions

Core partner in 10 Adult Secure Provider Collaboratives

"I cant express my gratitude enough for your genuine care and support for my son. You have been my rock throughout many challenging times, under standing, guiding and listening."
- Family member

*Data from discharges between Jan 25 - Nov 25 inclusive.

Click the buttons to find out more about our Autism Spectrum Disorder Services

- Introduction
- Our Model of Care for our Secure Mental Health Services
- Our myPath Care Model
- Service User Engagement and Co-production
- Our Outcomes
- Recovery College
- Medium Secure Mental Health
- Medium Secure Personality Disorder
- Medium Secure Mental Health and Specialist Deaf
- Low Secure Mental Health
- Low Secure Personality Disorder
- Low Secure Mental Health and Specialist Deaf
- Case Study
- Map
- How to Make a Referral



Back Next

Recovery College

Cygnet Health Care recognises that each person is an expert in their own care and through our Recovery Colleges we work together with each student on their own personal recovery journey, whatever that may be.

Our Recovery Colleges offer educational courses designed to provide increased understanding of mental health and support individuals through their recovery, promoting hope, opportunity and aspirations for the future. Service users are supported to take an active role in managing their wellbeing and recovery.

Each of our Recovery Colleges are unique and have been developed in co-production with the service users at our secure care services. With a wide range of courses on offer from mental health awareness, mindfulness, healthy living, maths, English, music, film production and more, there is something for everyone. Courses are run on site by service users or staff members for their peers and are designed to suit all skill levels and abilities.

The Recovery Colleges are based upon college principles in all aspects of their culture and operation, taking an educational approach to recovery.

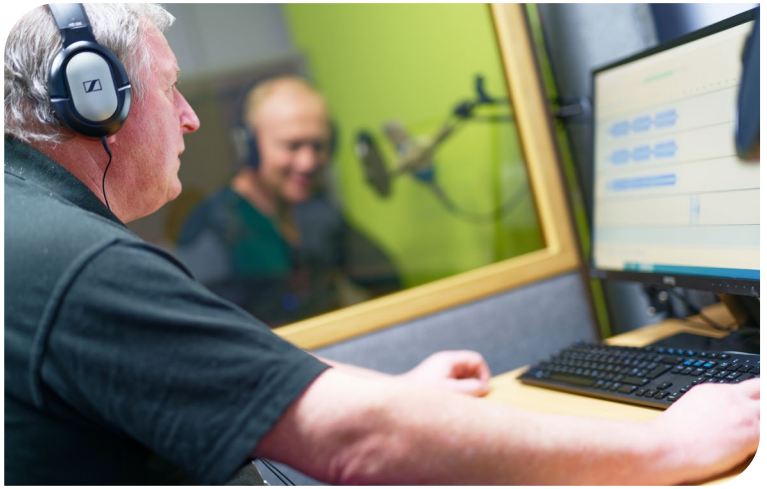
Working in co-production, the Recovery Colleges are places where the expertise of those with lived experience is blended with that of professional health care practitioners, reframing the nature of the relationship between professionals and the individuals who use services to one of shared learning and co-production.

Although accredited courses are on offer, the Recovery College is not a substitute for general education and opportunities offered by local educational establishments. It can, however, provide a route on to mainstream education via, for example, 'return to study' courses or provide service users with an opportunity to build self-confidence to progress if they choose.

I have found it useful to be more actively engaged in the co-production side and it has helped to build up my confidence making me feel that I can do the same in the future
- Student and expert by experience
Cygnet Hospital Beckton

As a student and an expert by experience I find the Recovery College interesting and enables me to learn something new whilst I am in hospital. I enjoy the time I spend in the Recovery College and it is giving me the confidence to go and do other things.
- Student and expert by experience
Cygnet Hospital Bierley





Click the buttons to find out more about our Autism Spectrum Disorder Services

- Introduction
- Our Model of Care for our Secure Mental Health Services
- Our myPath Care Model
- Service User Engagement and Co-production
- Our Outcomes
- Recovery College
- Medium Secure Mental Health
- Medium Secure Personality Disorder
- Medium Secure Mental Health and Specialist Deaf
- Low Secure Mental Health
- Low Secure Personality Disorder
- Low Secure Mental Health and Specialist Deaf
- Case Study
- Map
- How to Make a Referral



Recovery College

Back Next



Cygnet Bury Dunes, North West

Buller Street, off Bolton Road, Bury, North West BL8 2BS

Medium Secure MH | **Medium Secure Mental Health and Specialist Deaf**

Low Secure Mental Health and Specialist Deaf

18+ years | **Male and Female** | **35 beds in 3 wards**

Cygnet Bury Dunes provides a wide range of inpatient mental health services for men and women including specialist deaf services.

Medium Secure

Upper West is Cygnet Bury Dunes's 10 bed medium secure service. Upper West, supports females with a range of complex care needs including personality disorder, mental illness and detachment disorders as well as both hearing and Deaf individuals.

Low Secure

Lower West offers individualised assessment, care and treatment of a wide range of mental disorders, alongside complex communication needs and supports both hearing and Deaf women.

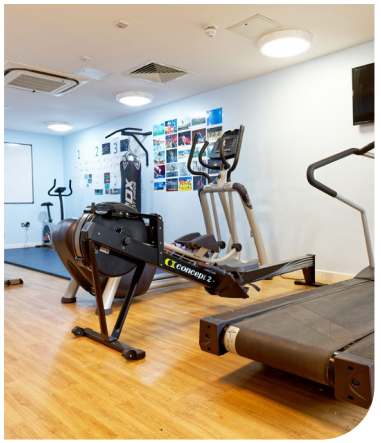
A highly specialised multidisciplinary team provides support to women on Lower West, including a registered consultant with over 10 years' experience within deaf services, access to a qualified speech and language therapist, and full in-house interpreting team.



Bridge Hampton at Cygnet Bury Dunes is our 13 bed Low Secure Mental Health and Specialist Deaf Service for men. The multidisciplinary team includes both Deaf and hearing professionals, providing specialist expertise to meet a wide range of communication and clinical needs.

Service users may have communication needs alongside a mental illness, autism, learning disability or personality disorder. We support them to participate safely and as fully as possible in their care, to achieve outcomes required to be discharged from hospital and continue their care pathway successfully.





Our facilities:

- En-suite bedrooms
- Range of communal spaces
- Gym
- Laundry
- Occupational therapy kitchen
- Therapy garden
- External sports pitch
- Woodland walkways down to the Elton Reservoir

Click the buttons to find out more about our Autism Spectrum Disorder Services

Introduction
Our Model of Care for our Secure Mental Health Services
Our myPath Care Model
Service User Engagement and Co-production
Our Outcomes
Recovery College
Medium Secure Mental Health
Cygnet Bury Dunes, North West
Cygnet Hospital Stevenage, East
Medium Secure Personality Disorder
Cygnet Bury Hudson, North West
Medium Secure Mental Health and Specialist Deaf
Cygnet Bury Dunes, North West
Low Secure Mental Health
Cygnet Hospital Bierley, Yorkshire and Humber
Cygnet Bury Hudson, North West
Cygnet Churchill, London
Cygnet Delfryn House, Flintshire
Cygnet Hospital Derby, East Midlands
Cygnet Hospital Maidstone, South East
Cygnet Hospital Sheffield, Yorkshire and Humber
Cygnet Hospital Stevenage, East
Cygnet Hospital Woking, South East
Low Secure Personality Disorder
Low Secure Mental Health and Specialist Deaf
Cygnet Bury Dunes, North West
Case Study
Map
How to Make a Referral

Back Next



Cygnet Bury Hudson, North West

Buller Street, off Bolton Road, Bury, North West BL8 2BS

Medium Secure PD | Low Secure Mental Health

18+ years | Male and Female | 78 beds in 6 wards

Cygnet Bury Hudson provides a wide range of secure mental health services for men including individuals with a diagnosis of personality disorder.

Medium Secure

West Hampton and Lower East are our medium secure services for men with mental illness and complex needs who present with a high level of risk. We work collaboratively with service users to develop personalised treatment programmes that support progression through their care pathway.

We are able to admit individuals with a dual diagnosis of mental illness and personality disorder, autism spectrum disorder or learning disability.

Low Secure

East Hampton and Upper East are our low secure services for men with mental illness, and both support men experiencing complex mental illness and/or personality disorder.

We also provide two medium secure services that specialise in treating men with a diagnosis of personality disorder; columbus and Madison.



Therapy and activities:

- Dialectical Behavioural Therapy (DBT)
- Schema Focused Therapy (SFT)
- Compassion Focused Therapy (CFT)
- Cognitive Behavioural Therapy (CBT)
- Eye movement desensitization and reprocessing (EMDR)
- Social & daily living skills development
- Education and vocational developments





Our facilities:

- En-suite bedrooms
- Range of communal spaces
- Gym
- Laundry
- Occupational therapy kitchen
- Therapy garden
- External sports pitch
- Woodland walkways down to the Elton Reservoir

Click the buttons to find out more about our Autism Spectrum Disorder Services

Introduction
Our Model of Care for our Secure Mental Health Services
Our myPath Care Model
Service User Engagement and Co-production
Our Outcomes
Recovery College
Medium Secure Mental Health
Cygnet Bury Dunes, North West
Cygnet Hospital Stevenage, East
Medium Secure Personality Disorder
Cygnet Bury Hudson, North West
Medium Secure Mental Health and Specialist Deaf
Cygnet Bury Dunes, North West
Low Secure Mental Health
Cygnet Hospital Bierley, Yorkshire and Humber
Cygnet Bury Hudson, North West
Cygnet Churchill, London
Cygnet Delfryn House, Flintshire
Cygnet Hospital Derby, East Midlands
Cygnet Hospital Maidstone, South East
Cygnet Hospital Sheffield, Yorkshire and Humber
Cygnet Hospital Stevenage, East
Cygnet Hospital Woking, South East
Low Secure Personality Disorder
Low Secure Mental Health and Specialist Deaf
Cygnet Bury Dunes, North West
Case Study
Map
How to Make a Referral



Cygnet Hospital Stevenage, East

Graveley Road, Stevenage, Hertfordshire, East SG1 4YS

Medium Secure Mental Health | Low Secure Mental Health

18+ years | Male | 29 beds in 2 wards

Scan the QR code or click here to view a virtual tour of Cygnet Hospital Stevenage

Cygnet Hospital Stevenage provides a range of secure services for men and women in medium and low secure environments. We provide assessment, treatment and specialist therapies for individuals with a range of mental illness.

Peplau Ward is our medium secure service for men. The service can support individuals who may experience behaviours that are challenging, including self-harm or aggression. This can include individuals 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.

Saunders Ward is our male low secure service providing intensive rehabilitation designed to support individuals to move safely along their care pathway. There is a dynamic programme of therapy and activity, designed to support the transition between inpatient services and the community.

The aim of our secure services is to support service users to manage their mental health more independently and develop the skills needed for successful community living.



Our facilities:

- Outdoor space
- Social areas
- ADL kitchen
- Activity rooms
- Vocational café
- Large indoor gym hall
- Multi-gym and outdoor football pitch

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.

Group Therapy

- Fire setting Intervention Programme for Mentally Disordered Offenders (FIP-MO)
- Substance Misuse Programme (SMU)
- Sex Offender Treatment Programme for Mentally Disordered Offenders (SOTP-MO)

Individual Therapy

- Cognitive Analytic Therapy (CAT)
- Cognitive Behavioural Therapy (CBT)
- Schema Focused Therapy (SFT)
- Acceptance and Commitment Therapy (ACT)

There are also drop-in clinics and weekly groups including fire setting, mental health awareness groups, a cognitive behavioural therapy for psychosis programme, substance misuse support and offence related rehabilitation groups.

TRIANGLE OF CARE



Click the buttons to find out more about our Autism Spectrum Disorder Services

Introduction
Our Model of Care for our Secure Mental Health Services
Our myPath Care Model
Service User Engagement and Co-production
Our Outcomes
Recovery College
Medium Secure Mental Health
Medium Secure Personality Disorder
Cygnet Bury Hudson, North West
Cygnet Hospital Stevenage, East
Medium Secure Mental Health and Specialist Deaf
Low Secure Mental Health
Cygnet Hospital Bierley, Yorkshire and Humber
Cygnet Bury Hudson, North West
Cygnet Churchill, London
Cygnet Delfryn House, Flintshire
Cygnet Hospital Derby, East Midlands
Cygnet Hospital Maidstone, South East
Cygnet Hospital Sheffield, Yorkshire and Humber
Cygnet Hospital Stevenage, East
Cygnet Hospital Woking, South East
Low Secure Personality Disorder
Low Secure Mental Health and Specialist Deaf
Case Study
Map
How to Make a Referral

Back Next



Cygnet Hospital Stevenage, East

Graveley Road, Stevenage, Hertfordshire, East SG1 4YS

Medium Secure Mental Health | **Low Secure Mental Health**

18+ years | Male | 29 beds in 2 wards

Psychological Assessment and Treatment Pathway

We provide a comprehensive psychological assessment and therapy programme across our four secure wards at Cygnet Hospital Stevenage. Our psychologists are trained in a variety of psychological assessment and therapeutic models, allowing them to offer a personalised package of assessment and therapies to service users.

Assessment Stage

- BPRS/MCMI-III
- Joint Formulation
- Specialist Diagnostic Assessment (ADOS/IPDE/PCL-R)
- Motivational Work
- HCR-20 Assessment
- Neuropsychological Assessment (WAIS/R-BANS etc)

Stage One - Treatment

Stabilisation

- Behavioural Management Plans (RAID)
- CBT (Psychosis/ Anxiety Depression)
- Mental Health Awareness
- Dialectical Behavioural Therapy (Full programme & Skills Group only)

Stage Two - Treatment

Exploration & Change

- Acceptance and Committment Therapy
- CBT (Trauma)
- Cognitive Analytical Therapy
- DBT Stage 2 (Trauma)
- Narrative Therapy
- Schema Therapy

Stage Three - Treatment

Offence Related Work

- HP-MO (Fire setting)
- SOTP-MO (Sex offending)
- Anger Management
- Substance Misuse

Stage Four - Treatment

Relapse Prevention

- 1:1 Relapse Prevention
- DBT Stage 3 (Quality of Life)

Click the buttons to find out more about our Autism Spectrum Disorder Services

- Introduction
- Our Model of Care for our Secure Mental Health Services
- Our myPath Care Model
- Service User Engagement and Co-production
- Our Outcomes
- Recovery College
- Medium Secure Mental Health
- Medium Secure Personality Disorder
- Cygnet Bury Hudson, North West
- Cygnet Hospital Stevenage, East
- Medium Secure Mental Health and Specialist Deaf
- Low Secure Mental Health
- Cygnet Hospital Bierley, Yorkshire and Humber
- Cygnet Bury Hudson, North West
- Cygnet Churchill, London
- Cygnet Delfryn House, Flintshire
- Cygnet Hospital Derby, East Midlands
- Cygnet Hospital Maidstone, South East
- Cygnet Hospital Sheffield, Yorkshire and Humber
- Cygnet Hospital Stevenage, East
- Cygnet Hospital Woking, South East
- Low Secure Personality Disorder
- Low Secure Mental Health and Specialist Deaf
- Case Study
- Map
- How to Make a Referral

Back Next



Cygnet Churchill, London

Barkham Terrace, Lambeth Road London SE1 7PW

Low Secure Mental Health

18+ years | Male | 16 beds

Now Open

Click the buttons to find out more about our Autism Spectrum Disorder Services

- Introduction
- Our Model of Care for our Secure Mental Health Services
- Our myPath Care Model
- Service User Engagement and Co-production
- Our Outcomes
- Recovery College
- Medium Secure Mental Health
- Medium Secure Personality Disorder
- Medium Secure Mental Health and Specialist Deaf
- Low Secure Mental Health
- Cygnet Hospital Bierley, Yorkshire and Humber
- Cygnet Bury Hudson, North West
- Cygnet Churchill, London
- Cygnet Delfryn House, Flintshire
- Cygnet Hospital Derby, East Midlands
- Cygnet Hospital Maidstone, South East
- Cygnet Hospital Sheffield, Yorkshire and Humber
- Cygnet Hospital Stevenage, East
- Cygnet Hospital Woking, South East
- Low Secure Personality Disorder
- Low Secure Mental Health and Specialist Deaf
- Case Study
- Map
- How to Make a Referral

Winston Court is our new 16-bed low secure service for men, based at Cygnet Churchill. The service provides assessment, treatment and rehabilitation with the aim to prepare the men we support for a successful life in the community.

We work in collaboration with the men we support to create care plans and goals for the future, including a discharge pathway to a less restrictive setting. Our multidisciplinary team offer specialist interventions, therapies and activities tailored to each individual.

Our model of care is shaped by the people we support, ensuring services remain responsive to individual needs and goals. We use a wrap-around approach that integrates carers, family, and community resources to achieve sustained success.

Cygnet Churchill is a service built on recovery principles of hope, empowerment, wellness, personal responsibility, community focus and connectedness. We are committed to continually improving the experience of the people we support.

Our facilities:

- En-suite bedrooms
- Barber
- Music room
- Gym
- Social Hub
- IT café
- Therapy kitchens
- Spacious communal garden with outdoor seating



Our Therapy Programme aims to:

Therapies are offered on an individual and group basis, and may include:

- Cognitive Behavioural Therapy (CBT)
- Dialectical Behaviour Therapy (DBT) Based Coping Skills
- Eye Movement Desensitisation and Reprocessing (EMDR)
- Art Therapy
- Horticultural Therapy



Individuals are supported to learn healthy coping skills through a range of programmes



Individuals supported to complete vocational courses such as maths and english



4 Daily Living (ADL) kitchens to improve skills

Back Next



Cygnet Delfryn House, Flintshire

Argoed Hall Lane, Mold, Flintshire, CH7 6FQ

Low Secure Mental Health | Low Secure Personality Disorder

18+ years | Female | 27 beds in 2 wards

NEW Opening early 2027

Scan the QR code or click here to read about Cygnet Delfryn House in Welsh

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 provide evidence-based assessment and risk management within a safe and therapeutic environment, supporting individuals towards greater independence.

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.

Our facilities:

- En-suite bedrooms
- Learning centre with library
- Multi-faith room
- Gym
- Activities room
- Therapy kitchen
- Laundry room
- Spacious communal garden with outdoor seating



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







Click the buttons to find out more about our Autism Spectrum Disorder Services

Introduction
Our Model of Care for our Secure Mental Health Services
Our myPath Care Model
Service User Engagement and Co-production
Our Outcomes
Recovery College
Medium Secure Mental Health
Medium Secure Personality Disorder
Medium Secure Mental Health and Specialist Deaf
Low Secure Mental Health
Cygnet Hospital Bierley, Yorkshire and Humber
Cygnet Bury Hudson, North West
Cygnet Churchill, London
Cygnet Delfryn House, Flintshire
Cygnet Hospital Derby, East Midlands
Cygnet Hospital Maidstone, South East
Cygnet Hospital Sheffield, Yorkshire and Humber
Cygnet Hospital Stevenage, East
Cygnet Hospital Woking, South East
Low Secure Personality Disorder
Cygnet Delfryn House, Flintshire
Cygnet Hospital Clifton, East Midlands
Cygnet Hospital Derby, East Midlands
Low Secure Mental Health and Specialist Deaf
Case Study
Map
How to Make a Referral

Back Next



Cygnet Hospital Bierley, Yorkshire & Humber

Bierley Lane, Bradford, West Yorkshire, Yorkshire and Humber BD4 6AD

Low Secure Mental Health

18+ years | **Male and Female** | **31 beds in 2 wards**

Cygnet Hospital Bierley provides male and female low secure services in West Yorkshire, on Bronte and Shelley wards. The aim of our secure services is to support individuals to transition towards independent living, or the least restrictive environment. The teams on our secure wards monitor, manage and reduce risk, whilst balancing therapy and security and preparing service users to lead full and independent lives. Care planning is in alignment with My Shared Pathway and is designed to promote recovery.

Bronte Ward is our 15 bed female low secure service, offering assessment, recovery based treatment and rehabilitation for women who have on-going and challenging mental health problems and may have a dual diagnosis. Women admitted to Bronte Ward may have a history of involvement in the criminal justice system, and may experience behaviours that challenge, such as aggression, self-harm and vulnerability. We are able to support women with a secondary diagnosis of personality disorder.

Shelley Ward is our 16 bed male low secure service, providing recovery based treatment for men whose mental health needs result in continuing and ongoing disturbed or challenging behaviour and who may have a dual diagnosis. Many of our service users have a significant forensic history and we work closely with external agencies including the Ministry of Justice and MAPPA. Individual sex offending treatment is offered on Shelley Ward and RSVP (the Risk of Sexual Violence Protocol) is used on the ward to evaluate risk.

Our facilities:

- En-suite bedrooms
- Secure courtyards, including outdoor therapy space and gym equipment
- Polytunnel
- ADL kitchen
- Therapy and activity spaces including group room, art room and IT classroom
- Sensory room
- Gym

Bronte and Shelley Ward benefit from our regional network of step-down mental health rehabilitation and specialist services, enabling local care pathways for service users to remain close to home and in the least restrictive environment.

The hospital is conveniently located just off the M62, in a quiet suburb of Bradford, with strong links to the local community.

Our Therapy Programme aims to:

- Provide psychological assessment and treatment including individual and group therapies
- Provide rehabilitation tailored to individual needs
- Identify recovery goals in collaboration with the service user
- Help service users regain independence by maximising skills potential
- Work with local services to aid reintegration into the community
- Balance security and therapy
- Access to a standardised treatment programme for those with a history of substance misuse is available via individual and group therapy



Co-produced social hub
featuring games consoles and recording studio

Regular inter-ward events
including seasonal, cultural and reglious celebrations

Click the buttons to find out more about our Autism Spectrum Disorder Services

- Introduction
- Our Model of Care for our Secure Mental Health Services
- Our myPath Care Model
- Service User Engagement and Co-production
- Our Outcomes
- Recovery College
- Medium Secure Mental Health
- Medium Secure Personality Disorder
- Medium Secure Mental Health and Specialist Deaf
- Low Secure Mental Health
- Cygnet Hospital Bierley, Yorkshire and Humber
- Cygnet Bury Hudson, North West
- Cygnet Churchill, London
- Cygnet Delfryn House, Flintshire
- Cygnet Hospital Derby, East Midlands
- Cygnet Hospital Maidstone, South East
- Cygnet Hospital Sheffield, Yorkshire and Humber
- Cygnet Hospital Stevenage, East
- Cygnet Hospital Woking, South East
- Low Secure Personality Disorder
- Low Secure Mental Health and Specialist Deaf
- Case Study
- Map
- How to Make a Referral

> The ward here is great and the staff are lovely, you really have some amazing staff here. - Service user

Back Next



Cygnet Hospital Derby, East Midlands

100 City Gate, London Road, Derby, East Midlands DE24 8WZ

Low Secure Mental Health | **Low Secure Personality Disorder**

18+ years | **Male and Female** | **31 beds in 2 wards**

Cygnet Hospital Derby provides low secure and mental health rehabilitation services for men and women in a modern, purpose-built hospital.

Litchurch Ward is our male low secure service that can support up to 15 men who have mental health or dual/multiple diagnosis needs. The ward is suitable for individuals who are moving on from medium security placements and who have engaged in dangerous and/or chronic challenging behaviour and who may pose a continuing and ongoing risk to others or themselves. We can also support service users who represent a persistent risk of absconding to avoid treatment, those who find it difficult to engage and those who have a dual or multiple diagnosis, which could include substance misuse and / or personality disorder.

Together with our Wyvern Unit and Wyvern Court, Litchurch Ward forms part of our integrated male care pathway at Cygnet Hospital Derby, enabling men who are admitted into a low secure setting to progress towards more community focused rehabilitation.

Alvaston Ward is a 16 bed specialist low secure service for women with a primary diagnosis of emotionally unstable personality disorder and/or mental illness. The ward can support women with highly complex needs and those who have experienced previously unsuccessful placements.

The primary pre-cursor to an admission to Alvaston Ward is that the person is ready to engage in a therapeutic programme. Service users may have a history of involvement in the criminal justice system or may present with significantly challenging behaviour, severe self-neglect and vulnerability.

> **When I came to Cygnet Hospital the staff were so friendly and supported me when I was low… I had a say on my Care Plans and I was happy with them…Cygnet Hospital Derby is a friendly environment and caring. I treat it as my home because it is homely and a safe place.**
> **- Service user**

The multidisciplinary team proactively use Dialectical Behavioural Therapy (DBT) and Schema Therapy. The DBT programme is adapted to the needs of the service users and is tailored for individuals who may have educational or learning difficulty issues, such as dyslexia, which may act as barriers to the standard DBT programme.

Alvaston Ward has achieved the Enabling Environments Award from the Royal College of Psychiatrists' Centre for Quality Improvement.

RC PSYCH ROYAL COLLEGE OF PSYCHIATRISTS

RC PSYCH ROYAL COLLEGE OF PSYCHIATRISTS | FORENSIC QUALITY NETWORK FOR FORENSIC MENTAL HEALTH SERVICES

Psychological Therapy

Our team of forensic, clinical and assistant psychologists offer a variety of therapeutic interventions and personalised packages of therapy to our service users.

The team provide a range of therapies delivered in group and individual settings, including DBT, Schema Therapy, psychodynamic psychotherapy, CBT, trauma work, substance misuse and offending behaviour interventions.

Our facilities:

- En suite bedrooms
- External secure courtyard
- Fully equipped gym
- Art room
- IT classroom
- Therapy kitchen

Click the buttons to find out more about our Autism Spectrum Disorder Services

- Introduction
- Our Model of Care for our Secure Mental Health Services
- Our myPath Care Model
- Service User Engagement and Co-production
- Our Outcomes
- Recovery College
- Medium Secure Mental Health
- Medium Secure Personality Disorder
- Medium Secure Mental Health and Specialist Deaf
- **Low Secure Mental Health**
- Cygnet Hospital Bierley, Yorkshire and Humber
- Cygnet Bury Hudson, North West
- Cygnet Churchill, London
- Cygnet Delfryn House, Flintshire
- Cygnet Hospital Derby, East Midlands
- Cygnet Hospital Maidstone, South East
- Cygnet Hospital Sheffield, Yorkshire and Humber
- Cygnet Hospital Stevenage, East
- Cygnet Hospital Woking, South East
- **Low Secure Personality Disorder**
- Cygnet Delfryn House, Flintshire
- Cygnet Hospital Clifton, East Midlands
- Cygnet Hospital Derby, East Midlands
- Low Secure Mental Health and Specialist Deaf
- Case Study
- Map
- How to Make a Referral

Back Next



Cygnet Hospital Maidstone, South East

Gidd Pond Way, Off Newnham Court Way, Weavering, Maidstone, Kent, South East ME14 5FY

Low Secure Mental Health

18+ years **Male** **17 beds**

Saltwood Ward provides a 16 bed low secure service for men with enduring mental illness, including those with a personality disorder at Cygnet Hospital Maidstone, Kent.

The service is provided in a joint working arrangement with Kent and Medway Partnership NHS Foundation Trust, and promotes shared understanding and practice. The NHS Trust undertakes case management and employs social workers who work at the hospital, while Cygnet Health Care provide psychiatry, nursing, therapy, and ancillary staff, and operate the service. This allows for opportunities of shared learning and shared excellence.

Our integrated multidisciplinary team works collaboratively, combining expertise to deliver high quality care and treatment. The Trust also has extensive community links, which can be particularly helpful for service users moving towards discharge, thus helping to keep lengths of stay to a minimum.

Our male high support inpatient rehabilitation service, Kingswood Ward at Cygnet Hospital Maidstone, provides a pathway for men from Saltwood Ward requiring a step-down to a lower level of security.

Our facilities:

- En-suite double bedrooms
- Extensive social and recreational space
- Activities of Daily Living (ADL) kitchen
- Safe outdoor space
- Provision of on-site evening classes





On **Saltwood Ward** we provide a full therapeutic induction incorporating a structured daily activity programme, which includes:

- Social Group
- Self-Harm Management
- Anger Management
- Dietetic Assessment and Advice
- Life Skills
- Education
- Recovery Groups
- Ward Based Activities
- Daily Planning Meeting
- Current Affairs Group
- Recreational Activities
- Relaxation
- Gardening
- Art Group

Service users on Saltwood Ward also have access to qualified teachers and can undertake on-site evening classes. We are also a registered exam centre, which allows service users to sit exams on-site.

NHS New Care Model Partner

Cygnet Hospital Maidstone is a core and active provider partner in the South East (KSS) New Care Model for Adult Secure Services, led by the three NHS Provider Trusts within the region. The primary focus of the partnership is to be able to offer secure care within the South East region when a service users requires it. Also to keep lengths of stay within secure services as appropriately short as possible, while achieving the treatment goals set out.

Click the buttons to find out more about our Autism Spectrum Disorder Services

- Introduction
- Our Model of Care for our Secure Mental Health Services
- Our myPath Care Model
- Service User Engagement and Co-production
- Our Outcomes
- Recovery College
- Medium Secure Mental Health
- Medium Secure Personality Disorder
- Medium Secure Mental Health and Specialist Deaf
- Low Secure Mental Health
- Cygnet Hospital Bierley, Yorkshire and Humber
- Cygnet Bury Hudson, North West
- Cygnet Churchill, London
- Cygnet Delfryn House, Flintshire
- Cygnet Hospital Derby, East Midlands
- Cygnet Hospital Maidstone, South East
- Cygnet Hospital Sheffield, Yorkshire and Humber
- Cygnet Hospital Stevenage, East
- Cygnet Hospital Woking, South East
- Low Secure Personality Disorder
- Low Secure Mental Health and Specialist Deaf
- Case Study
- Map
- How to Make a Referral

Proud to be a certified Triangle of Care member

Back Next



Cygnet Hospital Sheffield, Yorkshire & Humber

83 East Bank Road, Sheffield, Yorkshire and Humber S2 3PX

Low Secure Mental Health

18+ years | Female | 15 beds

Spencer Ward at Cygnet Hospital Sheffield is a 15 bed inpatient service providing assessment and treatment for women with mental health disorders. Treatment is aimed at identification and management of needs rather than just a particular diagnosis. We are dedicated to providing gender sensitive care and treatment for women detained under the Mental Health Act. Spencer Ward is the only female low secure unit in South Yorkshire.

On **Spencer Ward**, our service users are at the heart of everything we do. We believe that every woman has the potential for recovery, personal growth and an improved quality of life.

Our service is underpinned by the following guiding principles:

1. Empowerment
2. Involvement
3. Person-centred care
4. Evidence based practice
5. Team work

Cygnet Hospital Sheffield is located close to Sheffield city centre, and a wealth of community and transport facilities.

Our facilities:

- En-suite bedrooms
- Large communal lounge
- Separate dining area
- ADL kitchen
- Activities room
- Quiet room / library
- De-stimulus room
- Dedicated child and family visiting area available

Key elements of our service provision

- Effective Multidisciplinary Team (MDT) working
- Effective implementation of the CPA approach
- Individual care planning with service user involvement
- Collaborative risk assessment and risk management with service user involvement
- Close working with local NHS England Specialist Commissioning Team
- Family and carer involvement

Through the above we aim to promote adjustment, prevent relapse and enhance the likelihood of successful reintegration into the community.

Service users can take part in community activities and day trips which include: bowling, mini golf and visits to local parks, trips to Raves Park to visit the llama enclosure. Most activities take place twice a week

Occupational Therapy has helped service users to obtain volunteer jobs in the community and have links with local boarding kennels

Fully equipped gym

Education access at Sheffield City College

"I just wanted to take a moment to express my deepest gratitude for all the help you've given me with my mental health. Your support, guidance, and understanding have meant the world to me, and I couldn't have come this far without you. Thank you from the bottom of my heart for everything you've done for me. You truly are a blessing in my life. - Service user"

Click the buttons to find out more about our Autism Spectrum Disorder Services

- Introduction
- Our Model of Care for our Secure Mental Health Services
- Our myPath Care Model
- Service User Engagement and Co-production
- Our Outcomes
- Recovery College
- Medium Secure Mental Health
- Medium Secure Personality Disorder
- Medium Secure Mental Health and Specialist Deaf
- Low Secure Mental Health
- Cygnet Hospital Bierley, Yorkshire and Humber
- Cygnet Bury Hudson, North West
- Cygnet Churchill, London
- Cygnet Delfryn House, Flintshire
- Cygnet Hospital Derby, East Midlands
- Cygnet Hospital Maidstone, South East
- Cygnet Hospital Sheffield, Yorkshire and Humber
- Cygnet Hospital Stevenage, East
- Cygnet Hospital Woking, South East
- Low Secure Personality Disorder
- Low Secure Mental Health and Specialist Deaf
- Case Study
- Map
- How to Make a Referral

Proud to be a certified Triangle of Care member



Cygnet Hospital Woking, South East

Redding Way, Knaphill, Woking, Wessex, South East GU21 2QS

Low Secure Mental Health

18+ years | **Male and Female** | **29 beds in 2 wards**

Cygnet Hospital Woking provides male and female care pathways, from secure services through to mental health rehabilitation.

Oaktree Ward is our female low secure service, where women can receive assessment and treatment for mental illness; we can also work with women who need more intensive rehabilitation. We provide care for women who may have complex needs, co-morbidity and those who may experience behaviours that challenge.

Greenacre Ward is our male low secure service. Men on Greenacre may experience behaviours that are challenging, including self-harm or aggression and may be considered a risk to others or have been involved in the criminal justice system.

Our teams focus on recovery and rehabilitation, helping individuals progress safely through their pathway and avoid unnecessary delays in discharge. Minimising length of stay is a key focus and our secure wards benefit from being part of our integrated pathways of care, which aim to smooth transitions and shorten lengths of stay. These pathways include our on-site female PICU, Acorn Ward and female mental health rehabilitation service, Picasso Ward, and our neighbouring male mental health rehabilitation service, Cygnet Lodge Woking.

Treatment:

Our services provide three core treatment phases:

- Assessment in safe and supportive environment
- Treatment and engagement
- Recovery and rehabilitation

The final pre-discharge stage focuses on recovery and rehabilitation work and includes daily living skills, offence related work and further psychological interventions. In this phase service users make significant use of community placements and services.

We use a model of treatment based on the principles of the recovery model of care including psychological therapies, occupational therapy, social therapy, physical healthcare and medication. Risk assessment tools are used and a clinical formulation is developed to inform the management plans for each patient.

Our Psychology Department undertakes specialist psychological assessments, including personality, risk and neuropsychological assessments. They also provide individual, group and family interventions. A range of evidence-based therapeutic approaches are offered, including Cognitive Behavioural Therapy (CBT), Dialectical Behavioural Therapy (DBT), acceptance and commitment, motivational interviewing, solution focused approaches and family work.

The hospital benefits from access to a Buddhist Temple nearby, as well as a chaplain who visits weekly

Access to a music studio

Service users can take part in a range of activities including:

- Swimming sessions
- Cycling groups
- Walking groups

Access to a local GP who visits weekly

Service users can benefit from access to a fully equipped gym and gym instructor

Click the buttons to find out more about our Autism Spectrum Disorder Services

- Introduction
- Our Model of Care for our Secure Mental Health Services
- Our myPath Care Model
- Service User Engagement and Co-production
- Our Outcomes
- Recovery College
- Medium Secure Mental Health
- Medium Secure Personality Disorder
- Medium Secure Mental Health and Specialist Deaf
- Low Secure Mental Health
- Cygnet Hospital Bierley, Yorkshire and Humber
- Cygnet Bury Hudson, North West
- Cygnet Churchill, London
- Cygnet Delfryn House, Flintshire
- Cygnet Hospital Derby, East Midlands
- Cygnet Hospital Maidstone, South East
- Cygnet Hospital Sheffield, Yorkshire and Humber
- Cygnet Hospital Stevenage, East
- Cygnet Hospital Woking, South East
- Low Secure Personality Disorder
- Low Secure Mental Health and Specialist Deaf
- Case Study
- Map
- How to Make a Referral

Our facilities:

- En-suite bedrooms
- Outdoor space
- Social areas
- ADL kitchen
- Activity rooms
- Gym

Back Next



Cygnet Hospital Clifton, East Midlands

Clifton Lane, Clifton, Nottingham, East Midlands NG11 8NB

Low Secure Personality Disorder

18+ years | Male | 25 beds in 2 wards

Scan the QR code or click here to watch a short video on Cygnet Hospital Clifton

Cygnet Hospital Clifton is a 25 bed specialist low secure service for men with a personality disorder, who may also present with complex mental health needs.

The treatment model we provide at Cygnet Hospital Clifton is delivered in the context of a psychologically-informed team approach, with the individual at its centre.

We offer tailored multidisciplinary team (MDT) input including psychiatry, nursing, occupational therapy and social work to meet each individual's needs. Our medical interventions are informed by National Institute for Health and Care Excellence (NICE) guidelines.

The hospital is set out across **two wards;**

Ancaria Ward is the admissions / initial treatment ward, which focuses on rehabilitation, in preparation for moving on into the community or supported living. Ancaria Ward offers a defined pathway through to Acorn Ward.

Acorn Ward focuses on rehabilitation, to prepare for a move into the community or supported accommodation.





Cygnet Hospital Clifton has helped me with my recovery by challenging my behavioural problems and changing my thoughts to move to a more positive way, giving me more confidence to deal with different disappointments, changing my ways of thinking and giving me responsibility with (a course on) the Recovery College. - Service User

Cygnet Social Hubs

New Social Hub co-produced with service users

100% of those discharged from Acorn Ward stepped down along their care pathway*

*12 months data as of Oct 24

Our facilities:

- En-suite bedrooms
- Extensive secure gardens
- Gym
- ADL kitchen
- Woodwork shop
- IT classroom
- Recovery College





Click the buttons to find out more about our Autism Spectrum Disorder Services

- Introduction
- Our Model of Care for our Secure Mental Health Services
- Our myPath Care Model
- Service User Engagement and Co-production
- Our Outcomes
- Recovery College
- Medium Secure Mental Health
- Medium Secure Personality Disorder
- Medium Secure Mental Health and Specialist Deaf
- Low Secure Mental Health
- Low Secure Personality Disorder
- Cygnet Delfryn House, Flintshire
- Cygnet Hospital Clifton, East Midlands
- Cygnet Hospital Derby, East Midlands
- Low Secure Mental Health and Specialist Deaf
- Case Study
- Map
- How to Make a Referral



Back Next



Case Study

Ruth's* Journey

Bronte Ward, Cygnet Hospital Bierley, West Yorkshire

Low Secure Service for Women

Click the buttons to find out more about our Autism Spectrum Disorder Services

- Introduction
- Our Model of Care for our Secure Mental Health Services
- Our myPath Care Model
- Service User Engagement and Co-production
- Our Outcomes
- Recovery College
- Medium Secure Mental Health
- Medium Secure Personality Disorder
- Medium Secure Mental Health and Specialist Deaf
- Low Secure Mental Health
- Low Secure Personality Disorder
- Low Secure Mental Health and Specialist Deaf
- Case Study
- Map
- How to Make a Referral

Ruth's history

Prior to her admission to Bronte Ward, Ruth recalls feeling extremely stressed and scared. She explained that she was "completely shut off from the world". She was experiencing auditory hallucinations and felt confused about her symptoms, which only added to the distress she was feeling.

Ruth struggled initially with the new people and staff around her on the ward, they made her feel uneasy and building trust took time. She didn't want to take her medications as she felt they were negatively impacting her mood and weight.

It became clear that Ruth also needed additional support with daily living skills such as housing, finances and rebuilding relationships.



Ruth's care

Ruth appreciated being able to discuss her concerns about the medication with the ward consultant. She was able to work collaboratively with the medical team to identify a treatment plan that worked for her whilst also managing her symptoms.

Reflecting on her daily routine, Ruth shared that occupational therapy was hugely helpful in maintaining consistency and building confidence. She attended walks, groups and cooking sessions which all increased her independence. Ruth said **"It was good to have distractions and stay busy while I was struggling, and then I was able to build on activities which were meaningful to me."**

The social work team worked with Ruth to alleviate some of the other concerns she had, she recalled **"The social worker was very supportive about my housing and finances. She communicated with my mum to help me sort out my passport and helped me to develop relationships with my children again. The social worker saw what was important to me and helped me with my problems."**

During her stay, Ruth was offered and engaged with a number of different psychological treatments. Initially, she began to build therapeutic rapport by attending relaxation-based groups, which helped to increase her capacity for focus.

Ruth later attended an adapted dialectical behavioural therapy (DBT) skills group where she was introduced to mindfulness, distress tolerance, interpersonal effectiveness, and emotion regulation skills. She was motivated to practise these skills after noticing they had helped on a particular occasion over Christmas, where she was feeling uncomfortable being at home with lots of people drinking alcohol around her.

To further support Ruth to manage any cravings or difficult situations, she engaged in a substance misuse intervention which taught her about the impact of substances and explored positive coping strategies to manage urges.

Most recently, Ruth commenced eye movement desensitization and reprocessing (EMDR) sessions to help her to process past experiences and improve her future quality of life.

Ruth was understandably nervous about this, but with reassurance and support from the team, she engaged well.

Ruth described finding this as challenging at times, however, found it helpful to work through some difficult times in a safe space and not feel judged. She shared **"Although EMDR was distressing to start with, safe place imagery and body scan skills have helped me to cope. EMDR has helped me to put my traumatic memories into the right filing cabinet in my head".**

The Bronte team encouraged Ruth to boost her self-compassion; Ruth stated that "through therapy, I was able to develop a more understanding tone towards myself and my experiences".

Click the buttons to find out more about our Autism Spectrum Disorder Services

- Introduction
- Our Model of Care for our Secure Mental Health Services
- Our myPath Care Model
- Service User Engagement and Co-production
- Our Outcomes
- Recovery College
- Medium Secure Mental Health
- Medium Secure Personality Disorder
- Medium Secure Mental Health and Specialist Deaf
- Low Secure Mental Health
- Low Secure Personality Disorder
- Low Secure Mental Health and Specialist Deaf
- Case Study
- Map
- How to Make a Referral

Ruth today

With Ruth's confidence and independence building, she has progressed onto volunteering at the local charity shop, Community Gardens, and with a local church's 'Good Neighbours Project'.

Ruth has recently become a Ward Representative and expressed her enthusiasm for the opportunity, stating, **"It's good that they have this role for people who want to try and change things."**

Ruth is currently in the process of planning for her discharge back home in the community. The team are really proud of her and her progress on Bronte Ward. Ruth has shared that it is important for others struggling to **"Stick at it and things will improve".**









***Name has been changed to protect her identity.**

Map | Our specialist services by region

Medium Secure Mental Health

1 Cygnet Hospital Bury
Buller Street, off Bolton Road, Bury, North West BL8 2BS
T: **0161 762 7200**

2 Cygnet Hospital Stevenage
Graveley Road, Stevenage, Hertfordshire, East SG1 4YS
T: **01438 342 942**

Medium Secure Personality Disorder

1 Cygnet Hospital Bury
Buller Street, off Bolton Road, Bury, North West BL8 2BS
T: **0161 762 7200**

Medium Secure Mental Health and Specialist Deaf

1 Cygnet Hospital Bury
Buller Street, off Bolton Road, Bury, North West BL8 2BS
T: **0161 762 7200**

Low Secure Mental Health

3 Cygnet Hospital Bierley
Bierley Lane, Bradford, Yorkshire and Humber BD4 6AD
T: **01274 686 767**

1 Cygnet Hospital Bury
Buller Street, off Bolton Road, Bury, North West BL8 2BS
T: **0161 762 7200**

4 Cygnet Churchill, London
Barkham Terrace, Lambeth Road London SE1 7PW
T: **020 7928 2334**

5 Cygnet Delfryn House, Flintshire
Argoed Hall Lane, Mold, Flintshire CH7 6FQ
T: **01352 707 220**

6 Cygnet Hospital Derby
100 City Gate, London Road, Derby, East Midlands DE24 8WZ
T: **01332 365 434**

7 Cygnet Hospital Maidstone
Gidd Pond Way, Off Newnham Court Way, Weavering, Maidstone, Kent, East ME14 5FY
T: **01622 580 330**

8 Cygnet Hospital Sheffield
83 East Bank Road, Sheffield, Yorkshire and Humber S2 3PX
T: **0114 279 3350**

2 Cygnet Hospital Stevenage
Graveley Road, Stevenage, Hertfordshire, East SG1 4YS
T: **01438 342 942**

9 Cygnet Hospital Woking
Redding Way, Knaphill, Woking, South East GU21 2QS
T: **01483 795 100**

Low Secure Personality Disorder

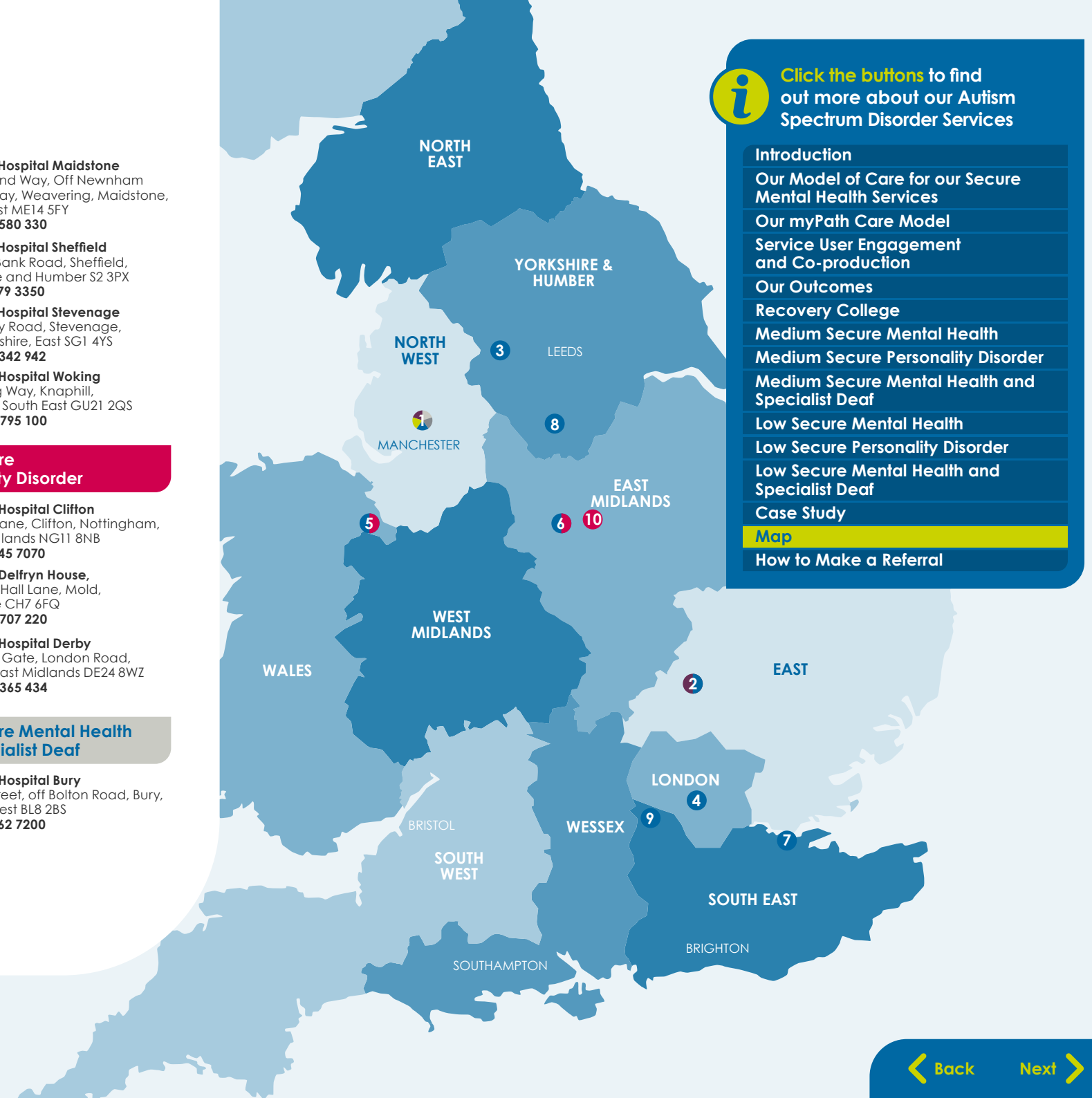
10 Cygnet Hospital Clifton
Clifton Lane, Clifton, Nottingham, East Midlands NG11 8NB
T: **0115 945 7070**

5 Cygnet Delfryn House,
Argoed Hall Lane, Mold, Flintshire CH7 6FQ
T: **01352 707 220**

6 Cygnet Hospital Derby
100 City Gate, London Road, Derby, East Midlands DE24 8WZ
T: **01332 365 434**

Low Secure Mental Health and Specialist Deaf

1 Cygnet Hospital Bury
Buller Street, off Bolton Road, Bury, North West BL8 2BS
T: **0161 762 7200**



Click the buttons to find out more about our Autism Spectrum Disorder Services

- Introduction
- Our Model of Care for our Secure Mental Health Services
- Our myPath Care Model
- Service User Engagement and Co-production
- Our Outcomes
- Recovery College
- Medium Secure Mental Health
- Medium Secure Personality Disorder
- Medium Secure Mental Health and Specialist Deaf
- Low Secure Mental Health
- Low Secure Personality Disorder
- Low Secure Mental Health and Specialist Deaf
- Case Study
- Map
- How to Make a Referral

Back Next

How to Make a Referral

We are able to take referrals 7 days a week.

To make a referral please contact **your regional Business Relationship Manager.**

Alternatively, you can contact the Cygnet Bed Hub on:
0808 164 4450 / chcl.referrals@nhs.net.

Cygnet Bed Hub 24/7 Support

Planned admissions referral steps:

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 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



Click the buttons to find out more about our Autism Spectrum Disorder Services

- Introduction
- Our Model of Care for our Secure Mental Health Services
- Our myPath Care Model
- Service User Engagement and Co-production
- Our Outcomes
- Recovery College
- Medium Secure Mental Health
- Medium Secure Personality Disorder
- Medium Secure Mental Health and Specialist Deaf
- Low Secure Mental Health
- Low Secure Personality Disorder
- Low Secure Mental Health and Specialist Deaf
- Case Study
- Map
- How to Make a Referral

Cygnet Health Care







Improving lives together

Cygnet

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

0207 123 5706

www.cygnetgroup.com

Follow us on social media:

CYG-753 | Date of Preparation: 30/10/26

Back