

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 with 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 'Good'
by the CQC ★★★★★

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

**Supporting
individuals**
through inclusive
communication
approach

Supporting service users
to access local volunteering job
opportunities and in-house
therapeutic earnings

STOMP

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

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

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



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



Supporting service users'
**sensory
processing
needs**



**Activities of daily
living kitchen**
supporting with skill
development



Links with
the adult
community
college



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



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 multi-disciplinary 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 & RMNs
- > 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?

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

Phone number
01206 848 000



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Integrity

Trust

Empower

Respect

Care