

Improving lives together

Specialist Residential Service for Adults with Autism and Learning Disabilities

Elston House, Nottinghamshire

Outstanding 



Elston House is a specialist residential service for adults with autism and learning disabilities, who may also present with behaviours that challenge. We aim to provide a safe, comfortable and effective care environment for those in our care, promoting independence and community integration.

Person-centred planning is at the heart of everything we do, based on each person's specific needs. We understand that consistency and continuity of care is important for the individuals we care for.



Mixed gender



18+ years



8 placements

The people we support:

- > Adults from the age of 18 years
- > Individuals with a diagnosis of autism and learning disability
- > May present with behaviours that challenge
- > May have communication challenges
- > May have associated complex needs
- > May be subjected to DoLS (Deprivation of Liberty Safeguards)



Our service at a glance

Elston House has six en-suite bedrooms in the main part of the house and a two bedroom annexe, which has its own kitchen, living and dining space to promote more independent living. The main part of the house has a lounge, dining room, activity and computer room and a sensory room, as well as a spacious kitchen where the people we support are encouraged to practice their daily living skills.

The home is located in the small rural village of Elston, with Lincoln, Newark and Nottingham also not far away.

Elston House has extensive grounds that cover approximately five acres which includes an enclosed garden and managed woodlands.

As part of our care pathway, we enable each individual to build upon their skills to achieve further independence, self-advocacy and confidence, leading to a better quality of life.

The team supports each individual to create person-centred activity planners and develop daily living skills both inside the home and out in the community. The integrated multi-disciplinary team (MDT) consists of occupational therapy, speech and language therapy, psychology and psychiatry. Our staff use least restrictive practice approaches and are trained in specialised intervention techniques and sensory integration strategies.

Therefore, we ensure that we enable the individual to stay in touch with loved ones and can facilitate home visits.



Rated **'Outstanding'** with the CQC 

Supporting individuals on holiday 

Activity co-ordinator to help plan person-centred activities and trips 

Easy read and other accessible information available to all 

Team Talk Tuesday open door policy 


On-site multi-disciplinary team consisting of occupational therapy, speech and language therapy, psychology and psychiatry 

Extensive 5 acres of grounds including gardens, managed woodlands and tennis courts 

Individualised meal planning including takeaways 

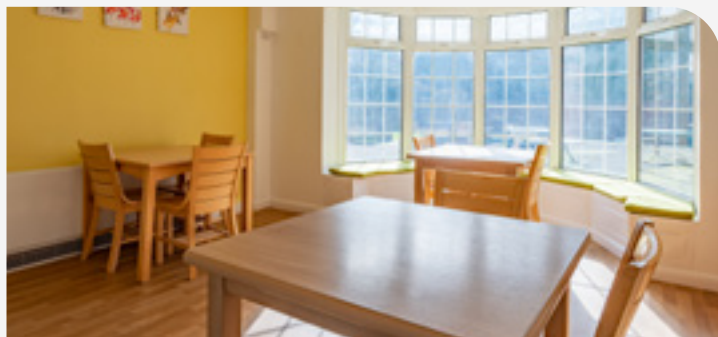
'Elston Echo' quarterly newsletter produced for families 

People's Council meetings take place monthly 

Tools Down at 3:30, daily sociable time for all 

Achieved the **Dignity in Care Award** 

Families are fully involved 



Our community links:

- > Leisure Centres
- > Retail parks and local shops
- > Cinemas and bowling alleys
- > Restaurants, pubs and cafés
- > Good public transport links
- > Local parks
- > Theme parks
- > Horseriding

Our facilities:

- > En-suite bedrooms
- > Lounge
- > Dining room
- > 5 acres of gardens, managed woodland, sensory garden, vegetable patches and tennis courts
- > Activities of daily living kitchen
- > Sensory room
- > 2 bed annexe



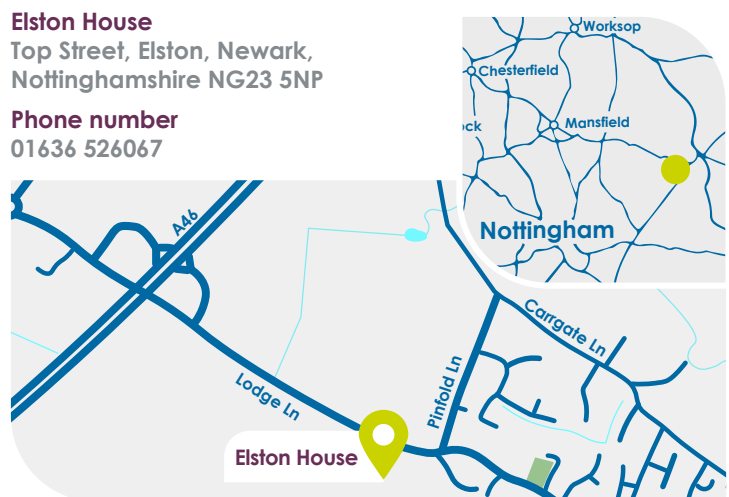
For more information or to make a referral, please contact your regional Business Relationship Manager or email: sc.referrals@cygnethealth.co.uk

- 1 Referral made to Cygnet Social Care and a desktop assessment is undertaken to review suitability for placement
- 2 If a suitable placement is identified, an assessment is arranged and undertaken by our specialist team
- 3 Feedback is provided on whether our service can meet the individual's needs
- 4 Detailed placement proposal is formulated to include care plans and funding information
- 5 Once placement is confirmed, transition plans are developed with all relevant stakeholders and admission date is agreed

Where are we?

Elston House
Top Street, Elston, Newark,
Nottinghamshire NG23 5NP

Phone number
01636 526067



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