

Improving lives together

Specialist high dependency complex care service for men with learning disabilities

Cygnets Manor, Nottinghamshire

Good

Beds
available
now taking
referrals

At Cygnets Manor we support 20 men with learning disabilities, associated complex needs who may also have behaviours that challenge, in a homely and community facing environment.

When individuals come to Cygnets Manor they can often be mentally and emotionally unstable for varying reasons. We believe that team by creating a calm and inviting environment we can enhance an individual's progress and self-esteem to help them on their care pathway towards a less restrictive setting.



Male



18+ years



20 beds

Our service user profile:

- > Primary diagnosis of learning disability and mental health complex needs
- > Forensic history
- > May present with co-morbid presentations:
 - Challenging behaviour
 - Personality disorder, schizophrenia, depression, bi-polar disorder
 - Dual diagnosis
 - Complex needs and/or multiple diagnoses
- > May be detained under the Mental Health Act or informal
- > May have a history of repeated hospital admissions or a Community Treatment Order

The service at a glance

Cygnets Manor is located in the heart of the community in Shirebrook, Nottinghamshire, just a short walk from an extensive array of local amenities including leisure centres, social clubs, shops, colleges and work placement settings.

We work towards discharge from the point of admission ensuring we work with each individual to create their own pathway to more independent living.



Within the service there are a number of good sized living areas, including lounges, dining areas and activities of daily living (ADL) kitchen, where individuals can develop their skills, as well plenty of outdoor space to enjoy.

Our psychology approach aims to address clinical and forensic risk by drawing upon a variety of therapeutic models and positive behaviour support in order to assist individuals in working towards an empowered and positive future. The occupational therapy to create a sensory-modulated environment and one that is physically safe. It aims to maximise each individual's independence through the We want the men in our care to make their own choices and live as independently as they are able to. To achieve this, our in-house Multi-Disciplinary Team (MDT) supports them with our learning disability model of care. This offers support from the nursing team, psychology, psychiatry, speech and language and occupational therapy as well as art psychotherapy. Support and development of functional activities of daily living and life skills. Our speech and language therapy approaches include a total communication environment, 1:1 and group sessions looking at a variety of communication skills and needs alongside social skills. A range of individualised accessible information is provided where required to facilitate learning and aid understanding.

Bespoke staff training packages tailored to the service and delivered by on-site clinical team



100% of men discharged in 2024 stepped down along their care pathway



Accessible service user led care plans including audio

Weekly Reflective Practice sessions



Links with local welfare for 'Dove Dance'; social evenings and other leisure activities



Rated 'Good' with the CQC in all domains



Weekly 'Well Person's Clinic' and physical education sessions



On-site MDT Team including Art Psychotherapy



0% agency use since the service opened



On-site garden and vegetable patch with gardening opportunities



Decision box to enable service users to make collaborative decisions about the environment



Individuals have the opportunity to enter artwork into art based awards, with positive outcomes, such as service user's work being included in national exhibitions and winning awards



Our community links:

- > Cycling at Rother Valley
- > Links with the local football club
- > Willow tree farm
- > Footgolf
- > Dove Dance
- > West Notts college
- > Local cafés and shops
- > Spot on snooker club
- > Bowling
- > Cinema
- > Lammas Leisure Centre for swimming
- > Kissinggate Leisure Centre

Our facilities:

- > En-suite bedrooms
- > Spacious communal areas
- > Garden with outside seating, a basketball court and facilities to enable individuals to grow their own fruit and vegetables
- > Lounge
- > Café with pool table
- > Dining room
- > Therapy kitchen and laundry service to support skills development
- > Multiple therapy spaces including an art room and a quiet therapy room



Make a referral

- 1 Referral made to your regional Business Relationship Manager or 0808 164 4450 / chci.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 Manor

Central Drive, Shirebrook, Nottinghamshire, East Midlands NG20 8BA

Phone number
01623 741 730



CYG-552 | Date of Preparation: 14/02/25

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Integrity

Trust

Empower

Respect

Care