



Your guide to Cygnet Fountains

Mental Health Rehabilitation

Cygnets Fountains

Lancashire

Registered address:

Cygnets Fountains
Pleasington Close,
Blackburn,
Lancashire
BB2 1TU

Cygnets Fountains is owned by Cygnets. Cygnets Fountains is located in Lancashire.

The people we care for here are:

- Male
- 18+





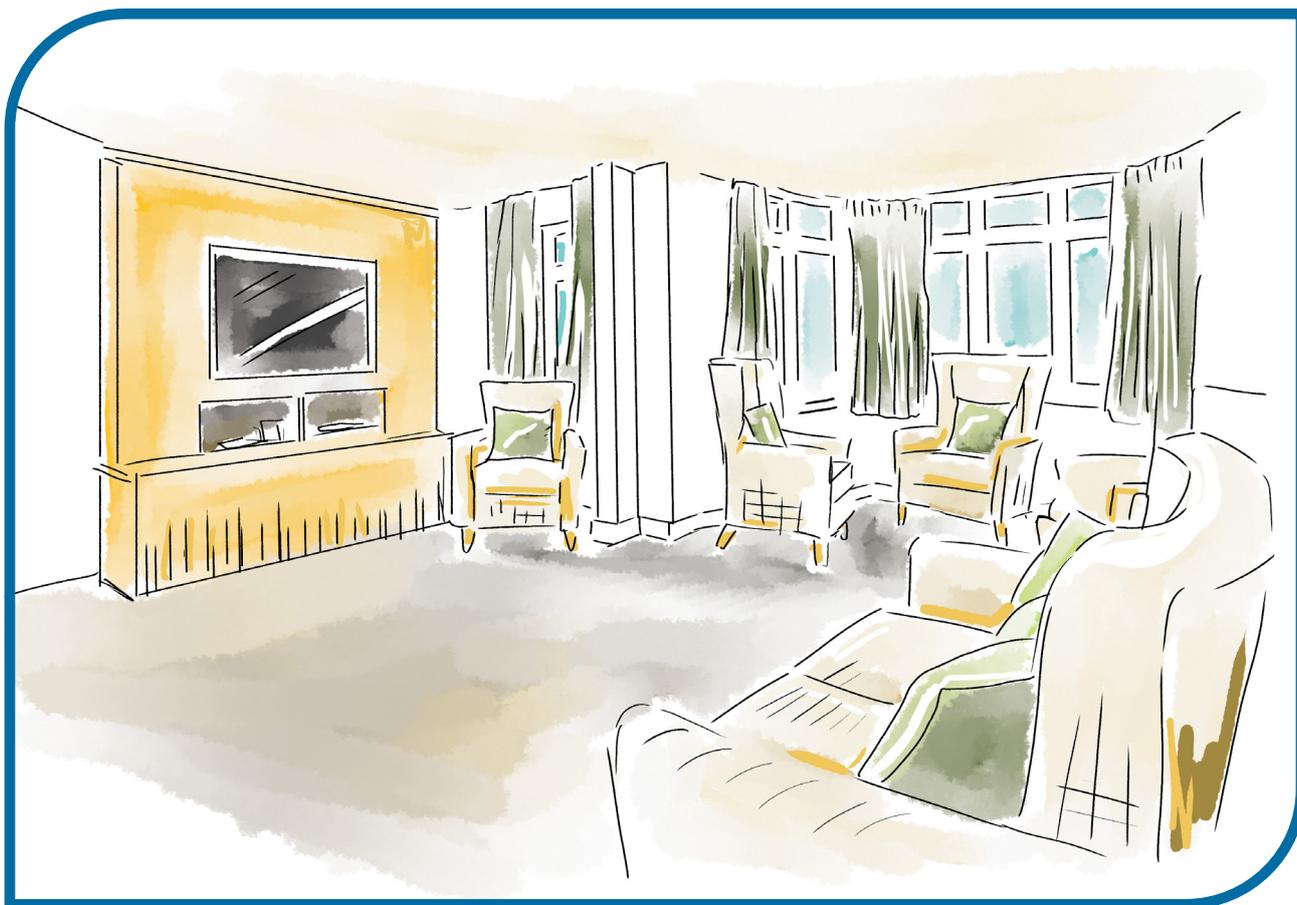
Up to 32 people can stay at Cygnet Fountains. 27 in the main building and 5 in self contained flats. We want you to feel safe and comfortable while you stay here.

We will help you develop skills for a more independent way of living and aim to re-introduce you to community life. We will listen to what you want and need to support you on your pathway to recovery.



Living spaces

You will have your own bedroom and bathroom. You can make this space your own and fill it with your things.

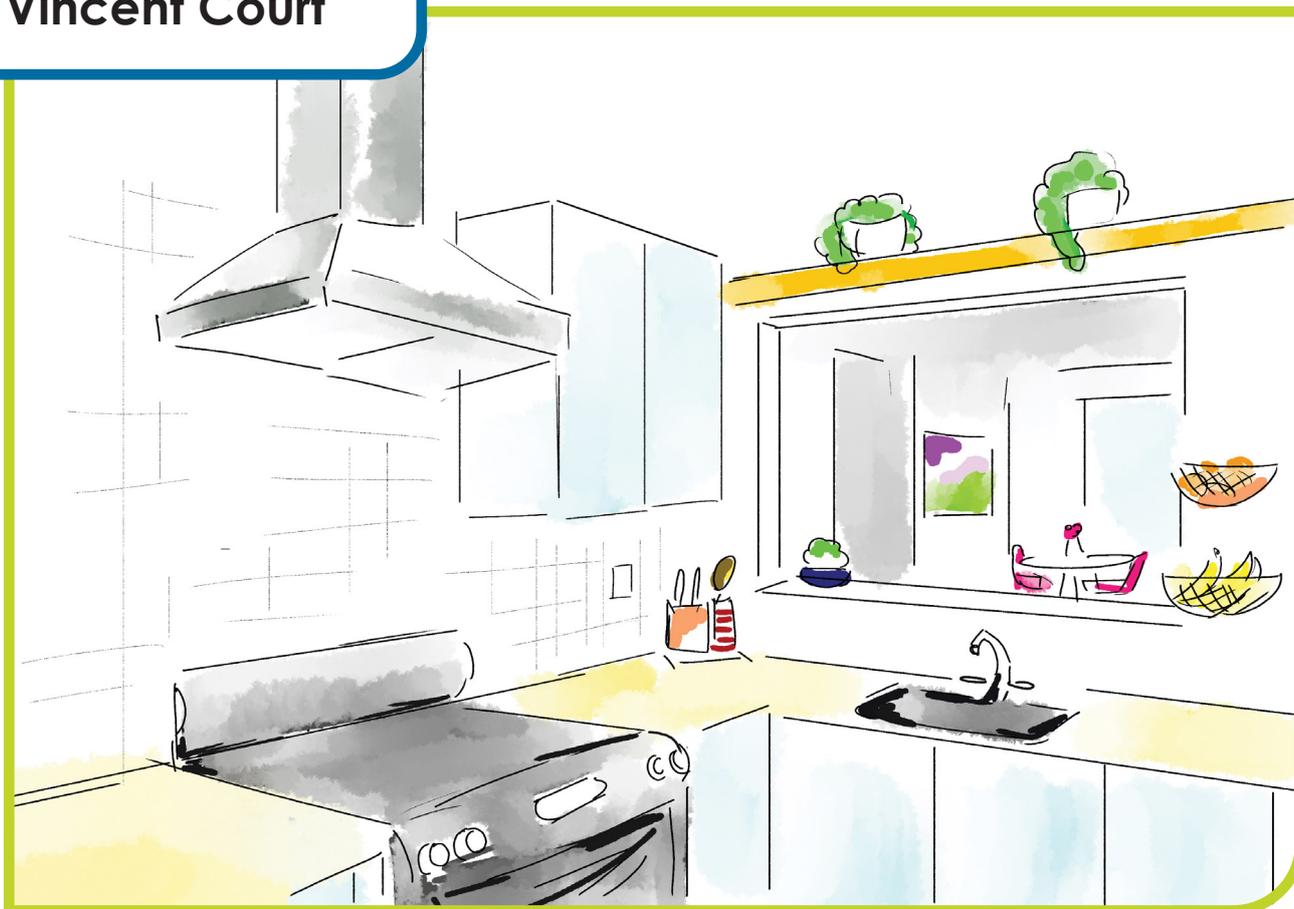


You will share dining and lounge areas with other people.

We also have therapy kitchens for you to practice how to make food.



Vincent Court



We also have 5 self-contained flats. These flats give people space to build on their living skills before they go out into the community.

Our team



There are a range of staff available to you. They will support you, help you to enhance your personal skills and rebuild your life.

We will make sure you have what you want and need to maximise your independence and help you. We will be supportive and encouraging.

Who is here to help you?

- Psychiatrist
- Speciallty Doctors
- Nurses
- Psychologist
- Occupational Therapists
- Hospital Manager
- Head of Care
- Psychology Assistants
- Therapy Coordinators
- Support Workers



Goals

We will work with you to make a **person-centred plan**. We will talk to you about your needs and aims and jointly make a plan to make you be as independent as possible. Our aim is to help you in the best way for you.



Our facilities

We will try to make your stay with us as pleasant as possible. Some of the facilities available to you are:

- En-suite bedrooms
- Private visitors room
- Two large communal
- Living rooms
- Activities room
- Therapy kitchens
- IT café
- 3 garden spaces and an allotment to grow plants or vegetables



Activities



There are plenty of activities to get involved with such as gardening or arts activities. We have even been building hedgehog houses.



You can work on daily living skills, such as cooking and baking these will be timetabled into your plan to help you gain more independence.

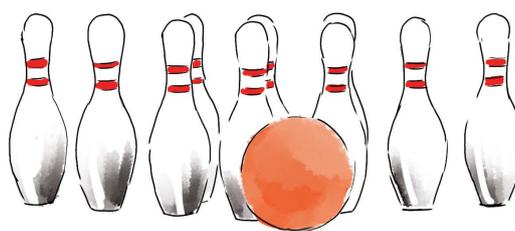


If you want you can be involved with the **people's council**. This is a meeting where people get involved in what happens at Cygnet Fountains. You can share your opinions and have your say about what you think.

Community

When the time is right you are encouraged to go out into the community. Nearby we have:

- Learndirect / Blackburn College
- Waves Community Gym
- Witton Park for cycling
- Samlesbury Hall
- Local cinemas
- 10-pin bowling
- Blackpool Zoo
- Blackburn town centre



Job Support

Staff will give you support and guidance to explore vocational opportunities online and in the community.

We can help you to:

- write a CV
- apply for a job
- practice for interviews
- gain more skills



Address

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Westminster,
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SW1P 3JA

Telephone

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Website

www.cygnetsgroup.com

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