



Your guide to Rhyd Alyn

Community Rehabilitation

Rhyd Alyn

North Wales

Registered address: Rhyd Alyn,
Alfonas,
Argoed Hall Lane,
Mold,
Flintshire,
North Wales,
CH76FQ

Rhyd Alyn is owned by Cygnet. Rhyd Alyn is located in North Wales

The people we care for here are:

- Female
- 18+





Up to 6 people can stay at our community rehabilitation service at Rhyd Alyn. The house has large and well-equipped communal areas and landscaped gardens.

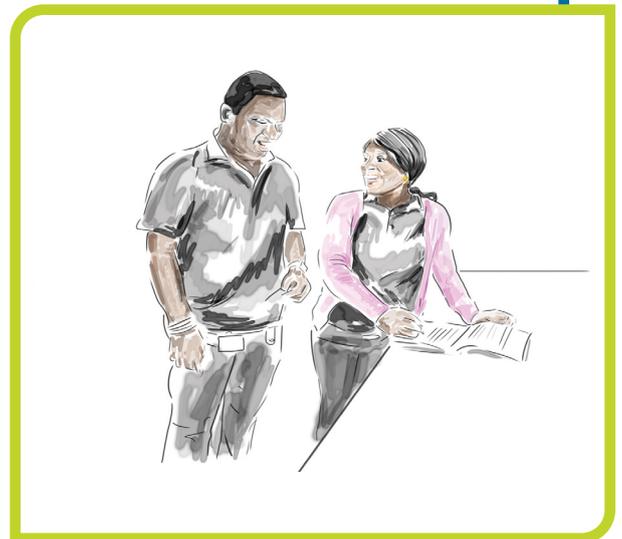
Our aim is to help you towards a more independent way of living as you work to rejoin the wider community.

Our team

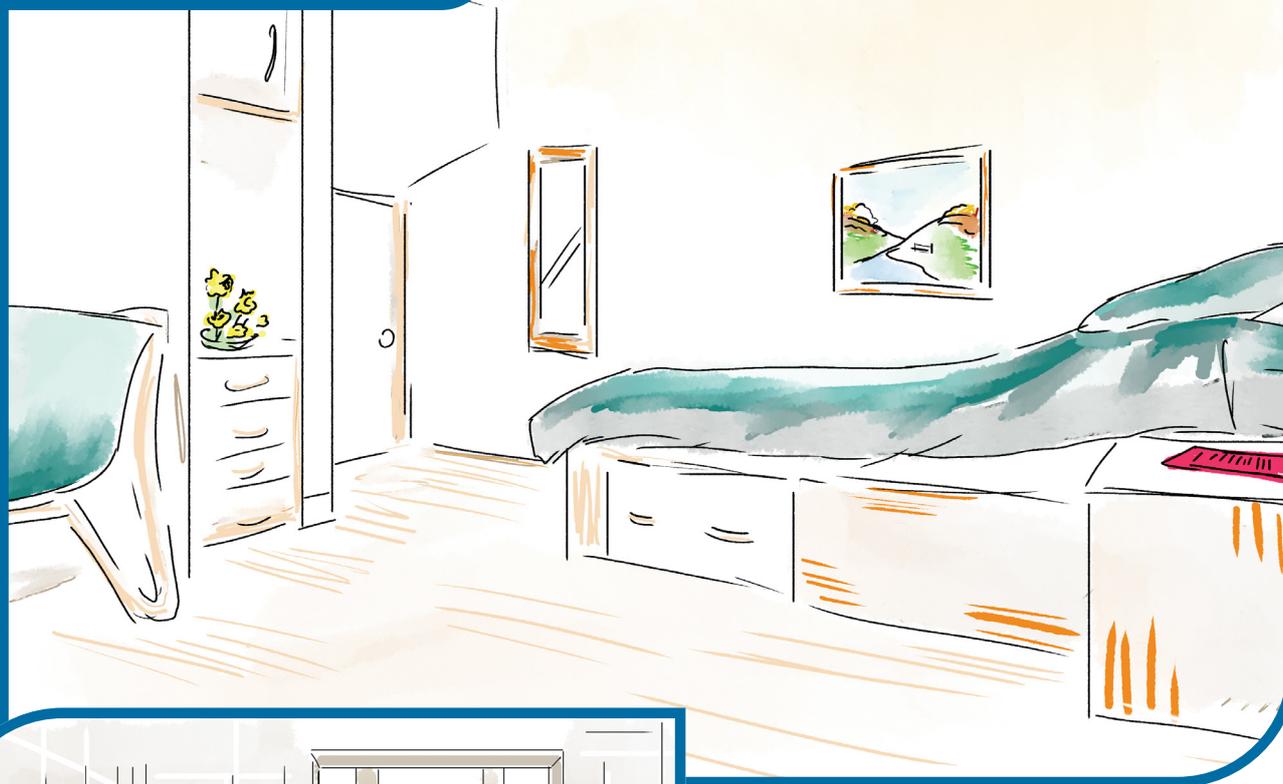
A House Manager oversees the running of the house. They will make sure the support you get is of a high standard.

There is also a team of support workers who have experience supporting people through mental health rehabilitation.

They will make sure you have what you want and need to maximise your independence and help you in your recovery.

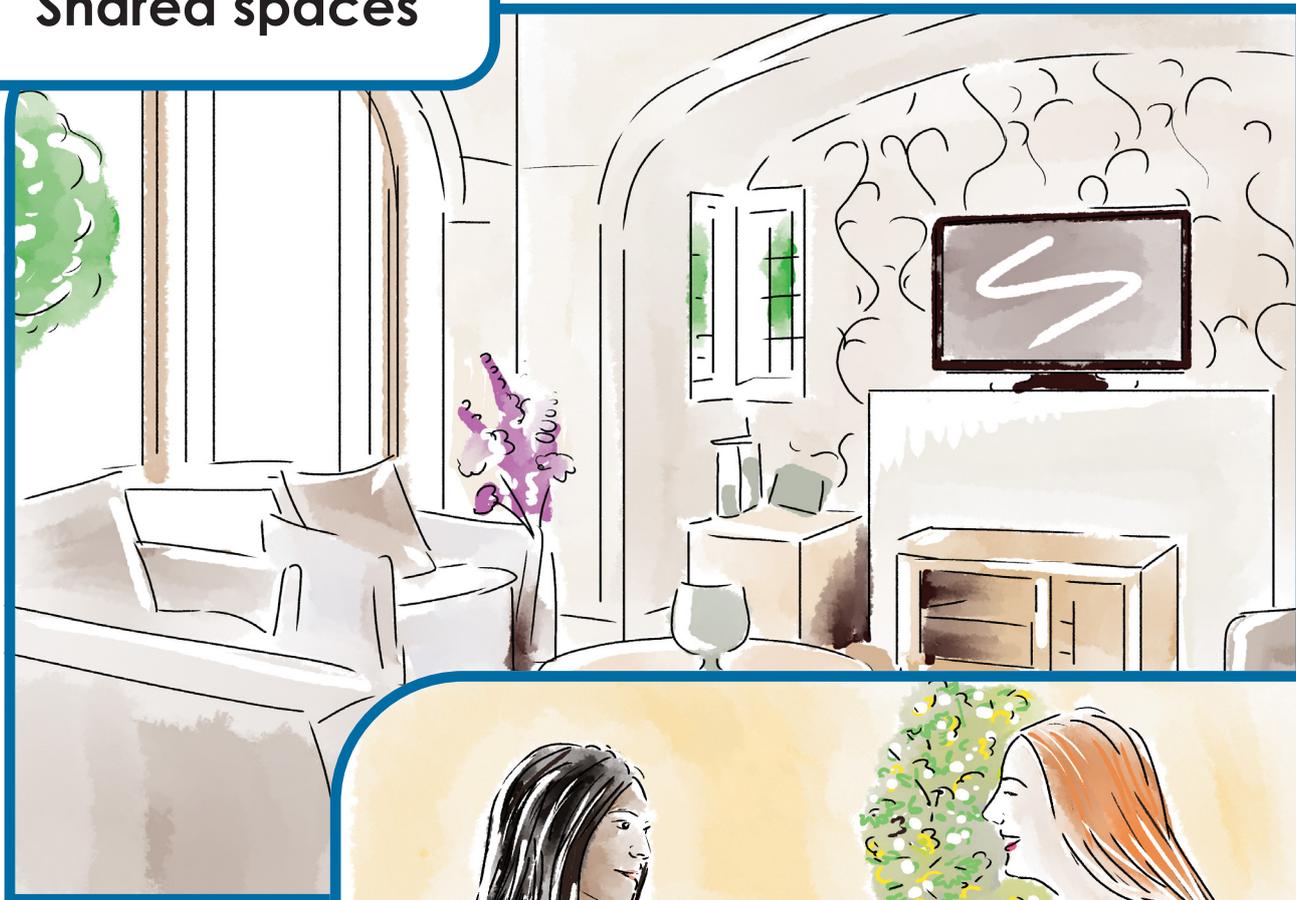


Living spaces



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

Shared spaces



You will share dining and lounge areas with other people.

Outdoors

Outside we have lovely gardens to sit and relax in, along with an allotment and barbecue area.



Goals

We will work with you to help you achieve your goals. Our aim is to help you in the best way for you.



Visitors



You are welcome to have visitors at Rhyd Alyn during your stay.

However, you must arrange this with us before the visit takes place and your visitors will only be allowed in the communal areas of the house.

This is important so that we can make sure the privacy of other service users is respected.

Support for College Courses and Work

If you wish to attend college or to complete other courses, we can help you with this.

Our staff will speak to you about your areas of interest and courses that are available at various colleges as well as other places.

Also, our team can support you if you wish to participate in voluntary or paid work.

We can help you to:

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



This is all part of supporting you to develop various skills that will help you as you return to community life.

Community

Rhyd Alyn is close to Mold, a small market town. We are also only half an hour away from Chester and Wrexham.

Local beauty spots such as Loggerheads Country Park and Moel Famau Mountain are wonderful places to visit.

These will give you plenty of opportunities to practice skills to get out and about. These will help you prepare for life in the future.



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