

Ann's ^{*}Journey

Cygnnet Lodge Salford, Manchester

High Support Inpatient Rehabilitation (Level 2) Service for Women

Ann's history

During Ann's childhood she enjoyed playing with friends, going on holidays, and caring for her beloved horse.

Life took a challenging turn when she experienced the significant loss of her grandfather, a pivotal moment that would affect her in the years to come.

In her twenties, Ann started drinking more heavily, and by the age of 35, she was sectioned under the Mental Health Act for the first time. Over the years, Ann found herself moving in and out of mental health services, struggling to settle into the various wards she encountered. The instability of her care and the difficulty in finding the right support made these years particularly hard.

When Ann came to us

When Ann first arrived at Cygnnet Lodge Salford, she was petrified and overwhelmed by fear. The staff were there to help her through the transition. Through their reassurance and support, Ann began to feel more settled and less frightened. Their compassion helped her to adjust to her new environment, slowly building the foundation for her recovery.



Ann's care

Occupational therapy played a crucial role in helping her rebuild her confidence and become familiar with the local area.

The nursing team developed care plans that were centred around Ann's specific needs, helping her work towards reducing her risks.

Through psychological formulation and a Positive Behaviour Support (PBS) plan, Ann started to better understand herself and her triggers. She spent time developing life skills, from cooking and baking with occupational therapy to managing her weekly 1-1 sessions with the nursing team, which focused on exploring recovery journals.

Ann attended all psychology groups and individual therapy sessions, which helped her learn more about her medication and become involved in decisions regarding her treatment. As she progressed along the care pathway, she joined more community-based groups, including a walking group that helped her build confidence in going out.

This period also allowed Ann to work on budgeting skills and expand her interests in music, dancing, arts and crafts, as well as her love for animals.

During the consolidation phase of her pathway, Ann applied for a therapeutic earnings role as a Tuck Shop attendant. The Occupational Therapy team helped her with CV writing and interview practice, and through this role, she developed her communication, social, and mathematical skills.

In the final discharge phase, Ann moved to the independent flats at Cygnnet Lodge Salford, here her medication was reduced, and she had increased leave to visit her mother's home. All the skills she had developed and the hard work she put in led to her becoming informal—no longer requiring the restrictions of formal care.

Ann today

This year, Ann celebrated a major milestone: discharge from Cygnnet Lodge Salford and a transition to supported living.

Before her discharge, Ann worked on a graded exposure plan with the occupational therapy team and relapse prevention strategies with psychology. The team provided the reassurance she needed to move on.



***Name has been changed to protect her identity.**

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To make a referral or for more information about **Cygnnet Lodge Salford** please call **0808 164 4450** / email **chcl.referrals@nhs.net** or contact your regional Business Relationship Manager