# Your guide to

# **Upping Ward**

# Cygnet Hospital Beckton

**Personality Disorder**

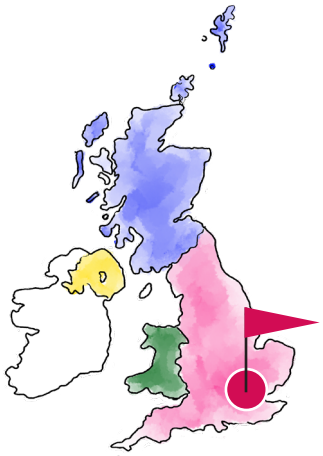
Accessible Information Standard

# Upping Ward

**London**

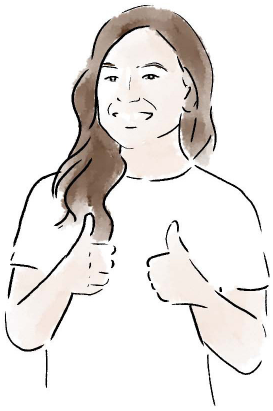
**Registered address:** 23 Tunnan Leys,
Beckton,
London,
E6 6ZB

Upping Ward is in Cygnet Hospital Beckton, this is owned by Cygnet. Cygnet Hospital Beckton is located in London.

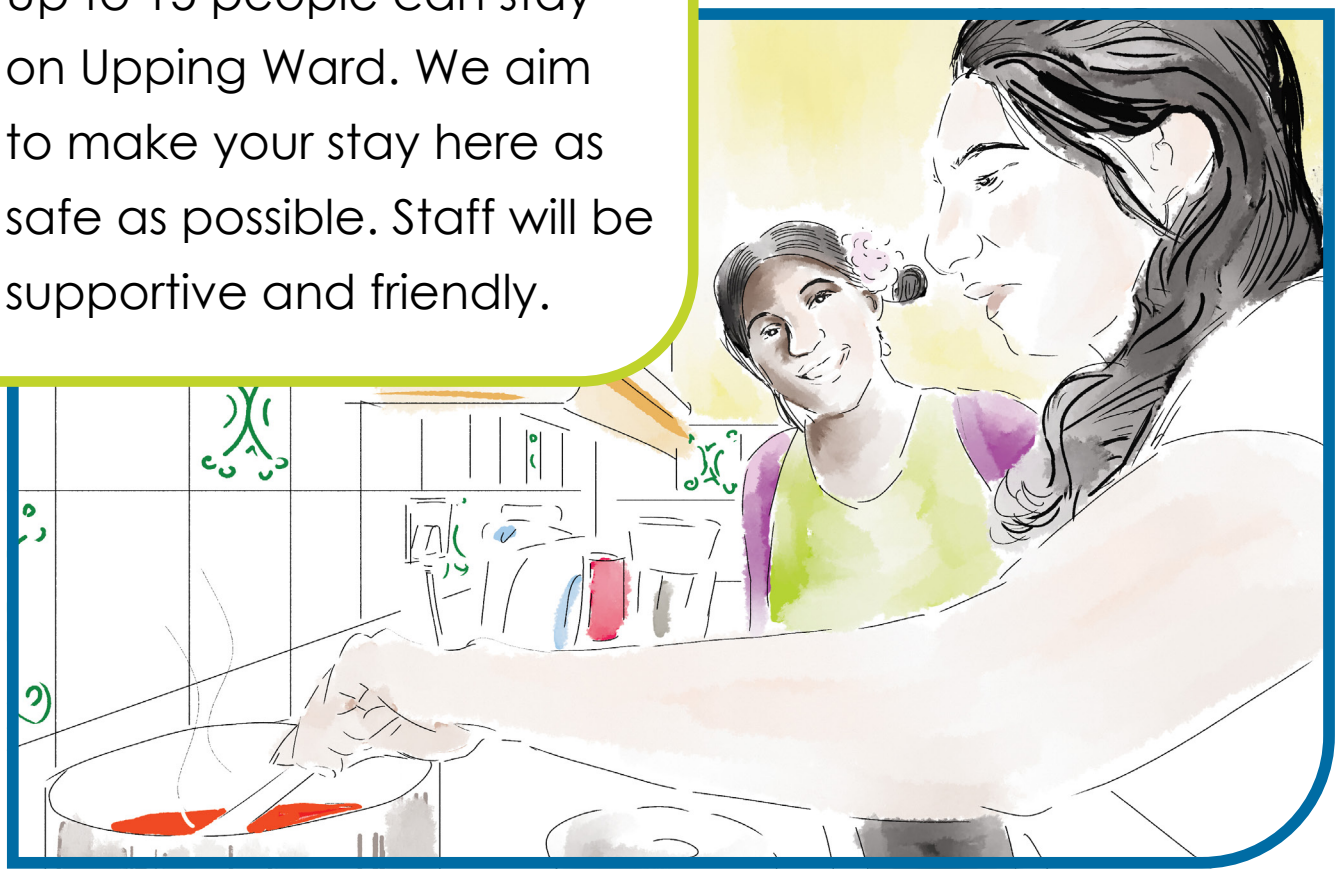


The people we care for here are:

- Female
- 18+



Up to 15 people can stay on Upping Ward. We aim to make your stay here as safe as possible. Staff will be supportive and friendly.



## People we support

At Upping Ward we care and support for women diagnosed with a personality disorder.

We will support you if you are an informal patient or have been detained under the Mental Health Act.

# Model of Care

## Preparing before your stay

1

We prepare for your stay by looking at your care history and talking to your carers, friends and family.

## Getting to know you

2

This phase focuses on getting to know you. We will introduce you to the team of people here to help you.

## Feeling safe

3

You will be involved in activities and learning skills suited to you.

## Therapy and quality of life

4

You will taking part in activities, using the skills you have learnt. You will be taught how to manage risks with coping strategies.

## Preparing to move on

5

We will work on skills you need in the community. You will be part of a moving on group which will support you for this change.

# Our team

- psychology team
- nurses
- ward doctor
- hospital manager
- ward manager
- occupational therapist
- social worker
- ward administrator
- activities coordinator

## Therapies and assessments

Our staff are trained to help you deal with your problems in a safe environment.

The therapies we use here are:

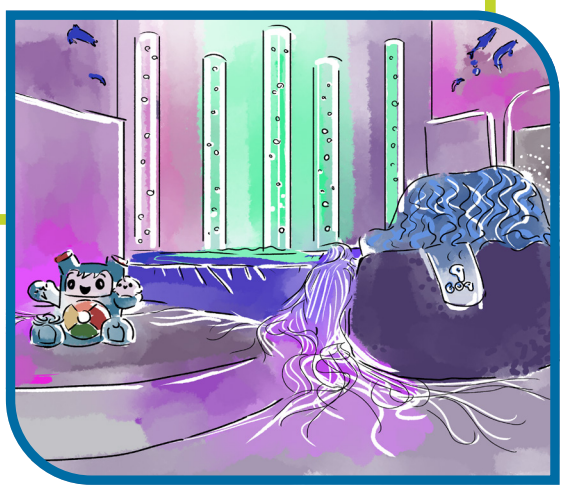
- Cognitive Behavioural Therapy (CBT)
- occupational therapy
- psychological formulations
- music therapy
- art therapy
- mindfulness
- sensory assessments
- Wellness Recovery Action Plan (WRAP)
- Dialectical Behaviour Therapy (DBT)

## Our facilities

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

- Communal living room as well as dining room
- outdoor space
- therapy kitchen

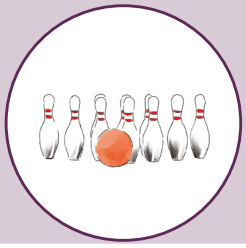
- quiet room
- gym
- sensory room
- art therapy room



These are some of the activities available to you during your stay at Upping Ward:

enjoy the activity room for group activities such as painting, meeting animals and music sessions

learn cooking and gardening skills



go into the community and go shopping, bowling or swimming

take part in our 'Recovery College' with the possibility to join the local community college

join the 'News and Views' group where service buy magazines and newspapers and discuss what you find with others

play volleyball, aerobics and tennis in local sports groups

If you have any questions about this booklet you can ask a member of staff.

You can write notes here:

| | |
|---|---|
| Address | Cygnet<br>4 Millbank, 3rd Floor,<br>Westminster,<br>London,<br>SW1P 3JA |
| Telephone | 0207 123 5706 |
| Website | www.cygnetgroup.com |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