

Improving lives together

Low Secure Mental Health Service for Women

Spencer Ward,
Cygnnet Hospital Sheffield
Yorkshire & Humber

Accepting
Referrals

Spencer Ward at Cygnnet Hospital Sheffield is an inpatient service providing assessment and treatment for women with mental health needs in a low secure environment. Treatment is aimed at identification and management of needs rather than just a particular diagnosis.

On Spencer Ward, service users are at the heart of everything we do. We believe that every individual has the potential for recovery, personal growth and an improved quality of life.

Our service is underpinned by the following guiding principles:

- > Empowerment
- > Evidence based practice
- > Involvement
- > Team work
- > Service user centred care

Cygnnet Hospital Sheffield is located close to Sheffield city centre, and a wealth of community and transport facilities.

We are very happy with the care she has received here, she is definitely in the right place.
- Family member



Female



18+ years



15 beds

Our service user profile:

- > Women, aged 18+ years
- > Detained under the Mental Health Act, including those under Ministry of Justice restrictions
- > Requiring assessment and treatment in a secure environment
- > Presenting active or potential risk to themselves and/or others
- > Primary diagnosis of mental illness and may have secondary diagnoses including personality disorder or autism
- > May be exhibiting challenging or risk behaviours
- > May have dual diagnosis with substance misuse
- > Unable to be safely managed in a non-secure environment

Therapy Programme

We offer a range of therapies, specifically tailored to the individual's needs and preferences. Therapies are offered on both an individual or group format with the aim to support the women to feel safe, make sense of their difficulties, and engage in more safe and prosocial behaviours in response to feelings of distress.

Our team of forensic and assistant psychologists offer a variety of therapeutic interventions and personalised packages of therapy to our service users.

The team provide a range of therapies delivered in group and individual settings, including:

- > Dialectical Behaviour Therapy (DBT)
- > Compassion Focused Therapy (CFT)
- > Schema Therapy
- > Trauma Therapy tailored to individuals own needs
- > Substance misuse and offending behaviour interventions
- > Music therapy

Key elements of our service provision:

- > Effective Multi Disciplinary Team (MDT) working
- > Effective implementation of the CPA approach
- > Individual care planning with service user involvement
- > Collaborative risk assessment and risk management with service user involvement
- > Close working with local NHS England Specialist Commissioning Team
- > Family and carer involvement
- > Through the above we aim to promote adjustment, prevent relapse and enhance the likelihood of successful reintegration into the community



Occupational Therapy has helped service users to obtain volunteer jobs in the community and have links with local boarding kennels



Education access at Sheffield City College



Service users can take part in community activities and day trips which include: bowling, mini golf and visits to local parks, trips to Raves Park to visit the llama enclosure. Most activities take place twice a week



Certified triangle of care member



Occupational Therapist trained in sleep hygiene



Fully equipped gym

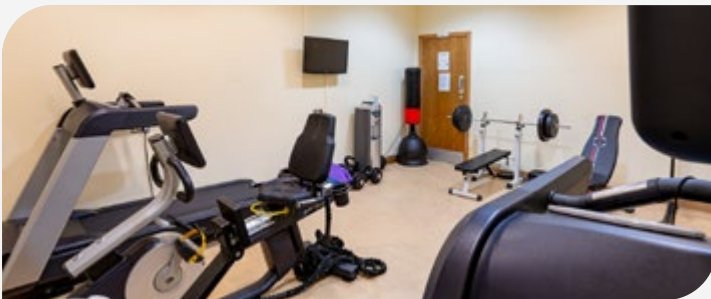


Multidisciplinary (MDT) team consisting of:

- > Ward Doctor
- > Forensic Psychologist
- > Assistant Psychologist
- > Occupational Therapist
- > OT Assistant
- > Responsible Clinician
- > Ward Manager
- > Social worker and Social worker assistant
- > Activity Coordinator

Facilities including:

- > En-suite bedrooms
- > Large communal lounge
- > Separate dining area
- > ADL kitchen
- > Activities room
- > Quiet room / library
- > De-stimulus room
- > Dedicated child and family visiting area available
- > Movie room, with a wii
- > Garden area



Make a referral

- 1 Referral made to your **NHS Partnerships Manager** or 0808 164 4450 / chcl.referrals@nhs.net
- 2 Assessment arranged and undertaken via our management 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?

Cygnets Hospital Sheffield
83 East Bank Road, Sheffield,
South Yorkshire, Yorkshire & Humber
S2 3PX

Phone number
0114 279 3350



CYG-1113 | Date of Preparation: 17/12/24

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