

Improving lives together

Low Secure Mental Health Service for Men

Upper East,
Cygnet Hospital Bury (Hudson),
North West



Accepting Referrals

Upper East is a low secure service for men with mental illness which supports those experiencing complex mental illness and / or those with a diagnosis of personality disorder.

The service accepts direct admissions from the community, from rehabilitation or acute services and from prison, however many people step down through the internal care pathway from the medium secure services offered at Cygnet Hospital Bury.

Across all of our medium and low secure services, service users are supported by a dedicated multi-disciplinary team (MDT) who work with people to assess their needs and create a discharge pathway to the community.

Treatment is based on the principles of recovery including psychological therapies, occupational therapy, social therapy, physical healthcare and medication. Risk assessment tools are used and a clinical formulation is developed to inform the management plans for each patient.



Male



18+ years



13 beds

Our service user profile:

- > Men, aged 18+ years
- > Primary diagnosis of mental illness
- > Detained under the Mental Health Act, including Ministry of Justice restrictions
- > Requiring assessment and treatment in a secure environment
- > May have a history of trauma



Our Model of Care

Phase One

Understanding me

Pre-Admission & Admission

Getting to know my team and support group

Phase Two

My Skills

Assessment

Understanding my needs and support required for a safe future

Phase Three

My Independence

Treatment

Building trust, actively engaging in treatment and re-learning new skills

Phase Four

Preparing to move on

Transition & Discharge

Consolidating skills and moving on to a safe, purposeful and meaningful future



Therapy and Activity Programmes

Programmes are tailored to individual needs and our MDT work with service users to identify treatment options. Our full range of programmes includes:

- > Dialectical Behaviour Therapy (DBT)
- > ASSIST (PD intervention)
- > Eye Movement Desensitization and Reprocessing (EMDR)
- > Fire setting
- > Life Minus Violence
- > Cognitive Behavioural Therapy (CBT) for psychosis
- > Schema Therapy
- > Sex Offender Treatment Programme (SOTP)
- > Substance misuse

Service users are also supported by our psychology and occupational therapy departments in anger management, social skills development, daily living skills, healthy living, IT skills training, education and vocational development.

On-site
recording studio



Supporting service users to
volunteer for local charities



Encouraging individuals to
pursue their interests and goals



Regular inter-ward social events
and parties



"Staff at Cygnet are great. They are kind, caring and promoting. I feel cared for and valued here. The staff give me hope and strength to keep moving forward." - Service user



Our facilities:

- > State of the art Recovery College including media suite
- > Sensory equipment
- > Occupational therapy kitchen
- > Therapy garden
- > Gym
- > Woodland walkways down to Elton Reservoir



Our community links:

- > Bury and Rochdale colleges
- > Bleakholt dog sanctuary – dog walking work placements
- > Local Deaf clubs in Bury, Bolton and Manchester
- > Canal and River Trust
- > Leisure facilities including swimming and gym

Make a referral

- 1 Referral made to your **regional 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?

Cygnet Hospital Bury Hudson
Buller Street, off Bolton Road,
Bury BL8 2BS

Phone number
0161 762 7200



CYG-1100 | Date of Preparation: 12/11/24

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