



# Your guide to Upper Oakwood

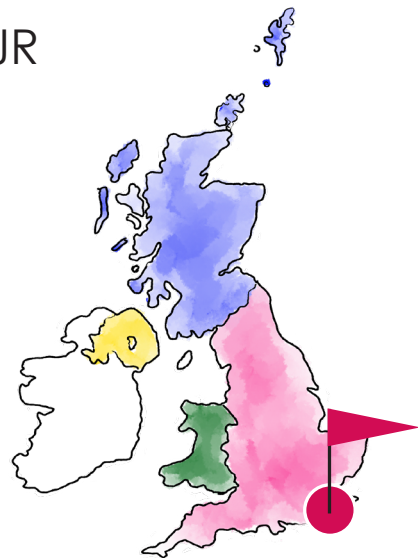
Acute

# Upper Oakwood

Kent

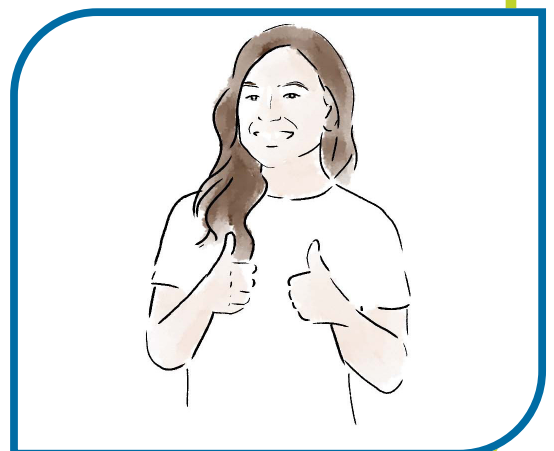
**Registered address:** Godden Green,  
Sevenoaks,  
Kent,  
South-East,  
TN15 0JR

Upper Oakwood is in  
Cygnet Hospital Godden  
Green, this is owned by  
Cygnet. Cygnet Hospital  
Godden Green is located in  
Kent.



The people we  
care for here are:

- Female
- 18+



## People we support



At Upper Oakwood we help you if you need immediate support for your mental health.

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

You may have been diagnosed with:

- Acute mental illness
- Acute depressive illness
- Psychosis
- Schizophrenia
- Bi-polar disorder
- Personality disorder
- Dual diagnosis

You may have a history of:

- Self-harm
- Substance abuse





Up to 6 people can stay at Upper Oakwood We want you to feel safe and comfortable while you stay here.

We will listen to what you want and need to help you in your recovery.

## Our team



There are a range of staff available to you, they are dedicated to understanding you and helping you through the highs and lows of your recovery.

They will support you to manage your mental health, practice daily living skills and prepare for independent life back in the community.

## Aims

We aim to help you by:

- Improving your well-being
- helping you to gain independence skills
- Improving your physical health with health management plans
- supporting you to return to the community
- providing a management plan when you are discharged for your new placement, we will only do this if it is needed



## Our facilities

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

- en-suite bedrooms
- therapy kitchen
- variety of activity areas
- art room
- horticultural garden
- therapy room
- relaxation rooms
- classroom
- dining room
- living room
- enclosed gardens
- gym
- IT café



## Your notes

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Address

Cygnat

4 Millbank, 3rd Floor,

Westminster,

London,

SW1P 3JA

Telephone

0207 123 5706

Website

[www.cygnatgroup.com](http://www.cygnatgroup.com)

CYG\_ER\_212 | Date of Preparation: 31/05/24



Accessible  
Information  
Standard