



Now open
and accepting
referrals

Improving lives together

Cygnet Hospital Sherwood

> PICU & Acute Hospital for Men, in Nottinghamshire



Introduction

Cygnet Hospital Sherwood is our state-of-the-art PICU and Acute hospital for men in Nottinghamshire. The service features three wards, including a 12 bed PICU and two 16 bed acute wards.

Cygnet Hospital Sherwood has a full multi-disciplinary team (MDT) who support the acute needs of adults requiring rapid access to mental health services, including those who may need an intensive care environment.

We're focused on length of stay and making sure individuals move as quickly and safely as possible from our services to the most appropriate and least restrictive environment for them. Individuals can step down through the pathways available within Cygnet services. Referrals can come to us from all areas, including acute and prison services.

The services provided at the hospital are:

Fern Ward

12 Bed PICU for men

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accepting referrals

Bramble Ward

16 bed Acute mental
health service for men

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accepting referrals

Treetops Ward

16 bed Acute mental health
service for men

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Fern Ward

PICU



Male



18+ Years



12 Beds

Fern Ward is our 12 bed male PICU accepting emergency and crisis admissions. Referrals come to us from all areas, including acute and prison services.

Our aim is a short, rapid intervention to help individuals regain a sense of control and order in their lives, so they can move to a less restrictive care setting and ultimately return home.

The service provides expert, intensive, short-term, individualised care for individuals detained under the Mental Health Act.

Service users will present with increased risks that require them to be assessed and treated in a PICU.

Our service user profile:

- > Men, aged 18+ years
- > Detained under the Mental Health Act
- > Experiencing difficulties that present a risk to the well-being of themselves or others that cannot be treated in an open environment
- > May present with co-morbid presentations:
 - Self-harm
 - Substance misuse issues
 - Complex needs
- > Diagnoses may include:
 - Acute mental illness
 - Acute depressive illness
 - Psychosis
 - Schizophrenia
 - Bi-polar disorder
 - Personality disorder
 - Dual diagnosis



Bramble Ward Acute Service



Male



18+ Years



16 Beds

Treetops Ward Acute Service



Male



18+ Years



16 Beds

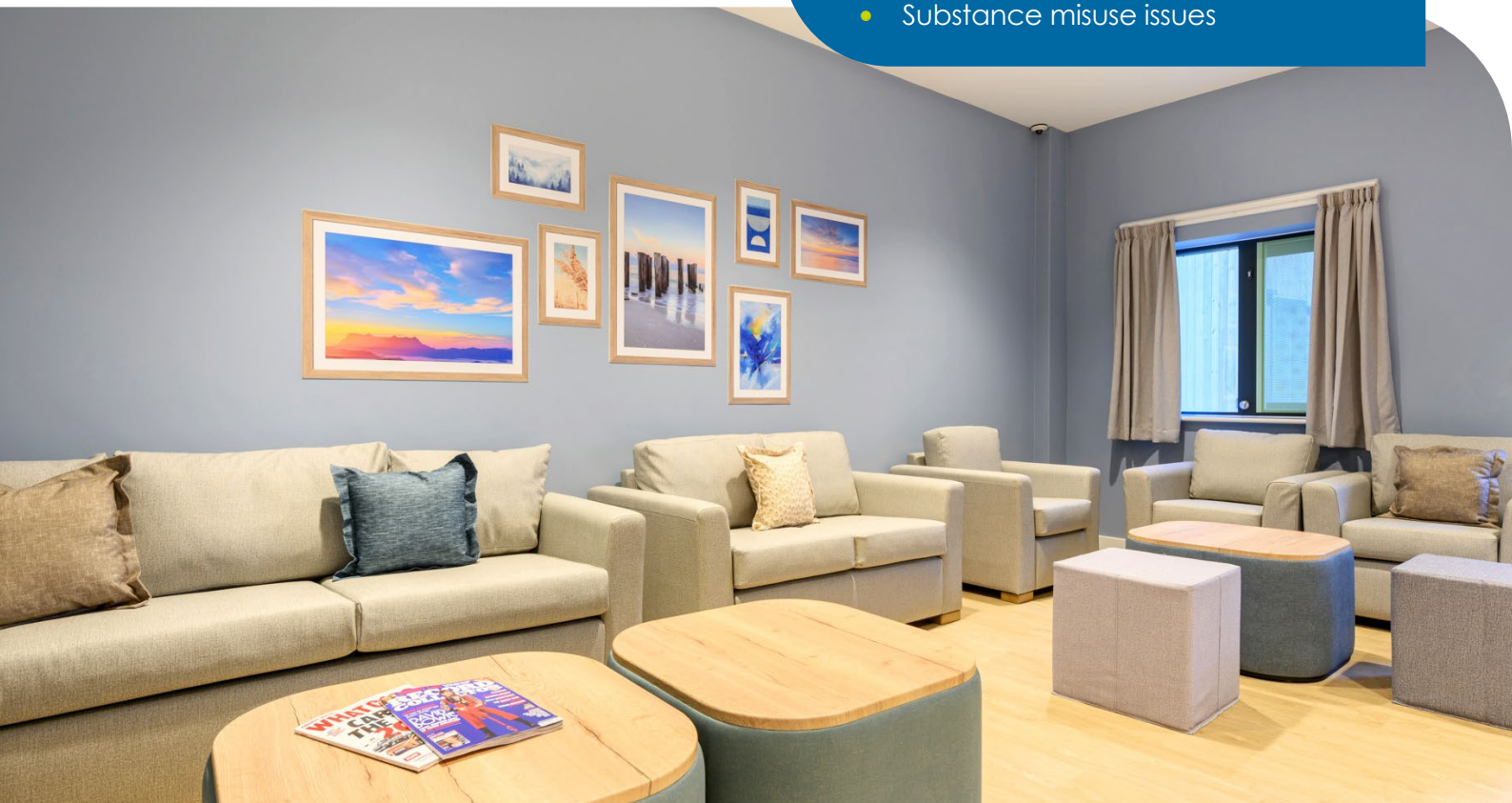
Bramble Ward and Treetops Ward are our 16 bed male emergency acute inpatient services. The services provide a safe and stabilising environment for individuals who are experiencing an acute episode of mental illness and require an emergency admission.

Their ethos is to assess and treat individuals in the least restrictive environment and planning for discharge in a robust and timely fashion. With a focus on stabilisation, we support individuals to manage their mental health, reinforce daily living skills and prepare for independent life back in the community.

Our team work closely and collaboratively with service users, their families and the referrer to provide a seamless pathway from referral to discharge. Our approach is recovery focused and supported by a comprehensive multi-disciplinary team, contributing to shorter lengths of stay.

Our service user profile:

- > Men, aged 18+ years
- > Detained under the Mental Health Act or informal
- > Experiencing difficulties that present a risk to the well-being of themselves or others that cannot be treated in an open environment
- > Diagnoses may include:
 - Acute mental illness
 - Acute depressive illness
 - Psychosis
 - Schizophrenia
 - Bi-polar disorder
 - Personality disorder
 - Dual diagnosis
- > May present with co-morbid presentations:
 - Self-harm
 - Substance misuse issues



Our service at a glance



Our multi-disciplinary team:

- > Responsible clinician
- > Specialty doctor
- > Hospital manager
- > Clinical manager
- > Ward managers
- > Head of care
- > Occupational therapists
- > Psychologist
- > Assistant psychologist
- > Nurses
- > Social worker
- > Support workers
- > Mental health act administrator
- > Advocacy



Our therapies and interventions:

(include but not limited to)

- > Dialectical Behaviour Therapy (DBT) informed therapy
- > Substance misuse programmes
- > Cognitive Behavioural Therapy (CBT) and Cognitive Analytic Therapy (CAT)
- > Schema Therapy
- > Eye Movement Desensitisation and Reprocessing Therapy (EMDR)
- > Hearing Voices groups
- > Active Life programmes
- > Psychoeducation
- > Comprehensive occupational therapy programmes



Our facilities:

- > En-suite bedrooms
- > Spacious communal areas on each ward
- > Quiet lounges
- > Dining rooms
- > Activities of daily living kitchens
- > Multi-faith room
- > Fully equipped gym
- > Multiple meeting and therapy rooms



Our Referral Process:

- 1 Referral made to Cygnet referrals team via 0808 164 4450 / chcl.referrals@nhs.net
- 2 Feedback provided on whether our services can meet the **service user's needs within 1 hour** of receipt of full clinical information
- 3 **Admission agreed and arranged** with referring team following confirmation of funding



For All PICU and Acute Referrals (Adults and CAMHS)

📞 0808 164 4450
✉️ chcl.referrals@nhs.net

Where are we?

Cygnet Hospital Sherwood
Rufford Colliery Lane, Mansfield,
Nottinghamshire NG21 0HR

