

Community rehabilitation service for women

Ty Alarch
Merthyr Tydfil, Wales

NEW
Opening
early 2023
and now
accepting
referrals



Ty Alarch is a six bed community rehabilitation service for women who have been able to progress through the hospital pathway at Cygnet St. Teilo House. We also accept referrals from other high dependency inpatient rehabilitation services as well as directly from the community.

We offer a safe, comfortable and homely setting that enables women to focus on their continued recovery and transition back into a successful and more independent lifestyle – with the advantage of continuing to access to the same multi-disciplinary team (MDT) at Cygnet St Teilo House.



Female



18+ years



6 beds

Our resident profile:

- > May be on a Community Treatment Order (CTO) or informal
- > Primary diagnosis of mental illness with:
 - Complex comorbidities
 - Substance, drug and alcohol abuse
 - Treatment resistance
 - Behaviours that challenge
- > History of sexual abuse or domestic violence
- > Typical diagnoses: schizophrenia, schizoaffective disorder, bipolar affective disorder or depression
- > May have a diagnosis of personality disorder
- > May have secondary diagnoses of mild learning disability or autism spectrum disorder

Our service at a glance

Located over 3 floors, the service has 6 en-suite bedrooms with spacious communal living areas including lounges, dining room, kitchen, accessible bathroom as well as a lovely garden with space to relax or socialise.

Our dedicated staff are focused on empowering individuals to continue to develop key life skills and further coping mechanisms, within a peaceful setting. Each resident has a bespoke treatment plan with the ultimate aim of living independently. Access to the community forms an important part of the treatment plan, enabling individuals to find employment and further learning opportunities.

For both leisure pursuits and for social training such as shopping and using public transport, Ty Alarch is ideally placed. Located in Merthyr Tydfil it has easy access to community facilities whilst also being very close to some beautiful Welsh countryside.



Person centred
therapeutic timetable



Access to multiple
local groups
independently



Access to Cygnet St Teilo House's
MDT providing a wide range
of person centred therapies



Homely
environment
with 24-hour support



Supporting individuals to
access local job opportunities,
both volunteering and paid



We encourage
family contact
(where appropriate)



We encourage the women
we support to set their own goals
and work collaboratively to
achieve success



We empower the women we support
to enable them to learn and practice
skills and manage their illness in
the community



Our community links:

- > Bryn Bach Park
- > Easy access to the Brecon Beacons National Park
- > Numerous local libraries, colleges and community centres, providing IT, Maths, English and Language courses
- > Learning activity centre
- > Merthyr leisure centre
- > Job Centre Plus
- > Local community shops and supermarkets
- > Volunteering opportunities
- > Social and craft groups
- > Horse riding centre and rock climbing

Where are we?

Ty Alarch
Park Terrace, Merthyr Tydfil
Wales CF47 8UY



CYG-1040 | Date of Preparation: 20/04/22



For more information or to make a referral
please call **0808 164 4450** or email
chcl.referrals@nhs.net

Our referral process:

- 1 Referral made to Cygnet referrals team via **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

Please visit cygnethealth.co.uk for more info | Follow us on social media:   

Integrity

Trust

Empower

Respect

Care