Kneesworth House Hospital
Secure and step down services
Based in Hertfordshire in spacious grounds, Kneesworth House Hospital offers a range of specialist recovery pathways, all at one site.

The Hospital provides low/medium secure and recovery services for men and women who have a diagnosis of mental illness and/or personality disorder, as well as men who have a learning disability. The service also includes an acute ward for women.

**Service overview**

We offer a seamless care pathway across medium, low secure and recovery services.

Patients are central in contributing to the development of their treatment plans. Many chair their Care programme approach (CPA) meetings and most patients engage in the patient council with some even participating in the training programme of new members of staff.

**MEDIUM SECURE CARE**

- Focused on risk reduction, gaining insight and developing skills foundation to the core offending behaviour programmes

**LOW SECURE CARE**

- Focused on building and consolidating core skills and relapse prevention strategies, focusing on application

**REHABILITATION AND RECOVERY SERVICES**

- Focused on developing skills for independence, understanding own relapse prevention strategies and reintegration back into community settings

**ACUTE CARE**

- 24/7 urgent acute service provision for women
- Admission decisions within one hour of referral being received

**Treatment care pathways**

Kneesworth House Hospital is in the unique position, as a multi-faceted service, to offer complete discharge pathways to its patients. All patients are offered a 12-week individualised treatment timetable, which includes a range of clinical therapies and specialist multi-disciplinary team (MDT) input.

Our pathways include:

**MALE LEARNING DISABILITY SERVICE DISCHARGE PATHWAY**

- **Icknield** – medium secure unit
- **Bungalow 69** – open rehabilitation

**MALE MENTAL HEALTH SERVICE DISCHARGE PATHWAY**

- **Ermine** – medium secure service
- **Clopton** – medium secure personality disorder (PD) service
- **Orwell** – low secure
- **Nightingale** – inpatient locked rehabilitation unit
- **Wortham** – inpatient locked rehabilitation unit
- **Swift** – open rehabilitation houses
- **Bungalows 63 and 67** – open rehabilitation

**FEMALE MENTAL HEALTH SERVICE DISCHARGE PATHWAY**

- **Wimpole** – low secure mental health and PD service with 15 beds
- **Fairview** – inpatient rehabilitation unit with six beds
- **Bungalow 65** – open rehabilitation with four beds
- **Bourn** – acute unit with 12 beds
Patient profile

Patients referred to Kneesworth House will be considered for the most appropriate service in line with their specific requirements, including:

- Men and women aged 18 and over
- Those with challenging behaviours and complex forensic histories
- Those diagnosed with mental illnesses, personality disorders and/or learning/intellectual disability
- Those detained under the Mental Health Act and informal patients
- Women who may be experiencing an acute episode of mental ill health

Multi-disciplinary team

Care is provided by an experienced multi-disciplinary team, tailored to patient needs and geared towards developing coping skills and improving independence and skills useful to the patient following discharge.

Our therapy team consists of:

- Psychologists
- Occupational therapists
- Psychiatrists
- Nursing team
- Social workers
- Teachers

A wide range of therapies

Kneesworth House Hospital offers a wide range of clinical therapies, based on an individual needs assessment. Therapies are delivered both individually and in group settings. Therapies include:

- Substance misuse treatment programme
- Management of sexual problematic behaviour programme: Developing New Me Part I Foundation programme & Staying Strong Part 2 Treatment programme
- Fire setting treatment group: Developing New Me Part I foundation programme and Part 2 Treatment Programme
- Various psychoeducational and skills enhancing group programmes
- Violence offending interventions
- Various therapeutic models in individual therapy such as dialectical behaviour therapy (DBT), cognitive behavioural therapy (CBT) and schema therapy
Real and voluntary work opportunities

Real and voluntary work opportunities aim to develop pre-employment process skills including CV workshops, application support, interviews with formalised feedback and training relevant to the role such as health and safety or manual handling. Roles are available on a three-monthly basis.

The hospital also has links with work placements in the community so that patients can pursue volunteer opportunities based upon their own skills and interests.

Real and voluntary work opportunities aim to:

- Identify role-specific skills, strengths and experiences
- Develop role-acquisition skills
- Take on an in-house real work opportunity
- Give appraisals and reviews to identify roles and employment opportunities outside the hospital setting
- Improve problem solving ability and self-esteem
- Promote transition to external work opportunities

Our facilities

Employment and Vocational Service (EVOS) Centre:
- Patients work towards nationally recognised educational qualifications
- Real work opportunities help to prepare people for life beyond hospital

Adult Recreational Centre (ARC):
- Patients can participate in a range of social groups and activities, occupational therapy sessions, leisure activities and a range of weekend events
- Rehabilitation kitchens to support patients with self catering
- Library, DVD library and computer room
- Outdoor and indoor gym and fitness facilities including Pure Essence pampering and massages
- A wide range of sporting activities to access including yoga, tennis, football, volleyball, badminton and other team activities which help to promote physical and mental health

Our location

The hospital is set in its own attractive grounds of over 48 acres on the edge of Royston village in Hertfordshire. Convenient access is provided by the A1M, M11 and A505, and the nearby railway station at Royston, which is on the Kings Cross to Cambridge and Kings Lynn line.

Kneesworth House Hospital, Bassingbourn-cum-Kneesworth, Royston, Hertfordshire, SG8 5JP

Referrals and further information

To make a referral or for enquiries and further information, call us on 01763 255 700 or email priory.referral@nhs.net. For support with mental health emergency placements, 24 hours a day, 7 days a week, call us on 0800 090 1356.