

# Llanarth Court

## Secure mental health services

Llanarth Court is a specialist hospital providing medium and low secure care for men and women with mental illnesses and personality disorders, and for men with a learning disability. We also have a 4-bedded open rehabilitation bungalow.

The Llanarth Court grounds, in Monmouthshire, offers extensive leisure and therapeutic areas, including a swimming pool.

Our therapy programme focuses on patients' holistic needs with the aim to improve their quality of life. We are a sector-leading example of how providing a wide variety of care settings and a clear care pathway in the direction of recovery, can be achieved for all patients.

### Service overview

Llanarth Court is a 114-bedded unit, split across seven wards:

- **3 low secure wards**
- **2 medium secure wards**
- **1 female unit**
- **1 male open rehabilitation unit**

We believe that the environment in which treatment takes place, is as important as the therapy itself. Llanarth Court provides:

#### Fitness and leisure:

- **Swimming pool**
- **Sports hall**
- **Fitness suite**

#### Therapeutic areas:

- **Art rooms**
- **Practice kitchens**
- **Vast amount of grounds, giving patients access to green space**
- **Social club**

#### Vocational and educational facilities:

- **Horticulture and craft centre (woodwork, carpentry, horticulture)**
- **Education room**
- **Patient-run coffee shop**



### Patient profile

Llanarth Court is suitable for patients that fit the following profile:

- **Men and women aged 18 years and over**
- **Presenting with a mental illness and/or personality disorder**
- **Men with a learning disability**

## Treatment programme

The provision of recovery is a central part of the care provided throughout Llanarth Court, enabling patients to choose to engage in a range of occupations that have meaning and purpose, and are necessary for quality of life.

Llanarth Court runs a 12-week rotational therapeutic programme to help to address patients' holistic needs. Programmes are repeated as required for each individual to help to manage risk, develop coping strategies and provide insight into their own specific needs. They include:

- **Mental health awareness groups**
- **Medication awareness groups**
- **Physical healthcare**
- **Individualised therapy**
- **Substance awareness programme**
- **Dialectical behaviour therapy (DBT)**
- **Cognitive behavioural therapy (CBT) for managing difficult emotions**
- **Mentalisation based therapy (MBT)**

Occupational therapists play an important role in identifying occupations that are associated with, or lead up to, offending behaviour. Within the recovery approach, occupational therapy plays a part in supporting and instilling hope for patients' goals and aspirations.

The therapy department supports individuals to retain and learn new skills that support their daily living, with an emphasis upon community reintegration.

Vocational rehabilitation plays an important role in supporting patients to establish meaningful and productive roles. The facilities at Llanarth Court support this, offering a wide range of activities in a number of different therapeutic environments.

## Our team

Our multidisciplinary team is led by:

- **A responsible clinician**
- **Clinical or forensic psychologists**
- **Occupational therapists**
- **Therapists**
- **Social workers**
- **Ward managers**



## Our location

Llanarth Court, Llanarth, Raglan, Abergavenny  
Monmouthshire, NP15 2YD (Sat Nav NP15 2AU)



## Find out more

For more information or to discuss how we can help, please contact our admissions department by:

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