

# The Coppice

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The Coppice is a 7 bed, Level 2 mental health rehabilitation in-patient service situated close to The Spinney Psychiatric Hospital. It is a unique environment with an open plan living space and a large garden.

## Who we support

The Coppice provides high quality treatment and rehabilitation for men aged 18 and over, with a diagnosis of mental disorder and detained under the Mental Health Act 1983 (amended 2007).

The Coppice provides:

24-hour person-centred care, respectful of patients' spiritual, religious and cultural needs, and sexuality support for people to develop their independence and self-management towards recovery. A positive model of care underpins the culture and ethos of the unit, which incorporates Positive Behaviour Support (PBS) to motivate and encourage people.

We strive to enable all patients to achieve their optimal level of functioning and develop a sense of purpose, community participation, meaningful relationships and enjoy a healthy and well balanced lifestyle.

## Service at a glance:

**2** Level 2 service

 7 beds total

 Service for **men**

 Age **18** and over

## The team

The ward is supported by a specialist Multi-disciplinary Team (MDT) comprising of:

- **Consultant Psychiatrist**
- **Clinical Psychologist**
- **Social worker**
- **Nurses**
- **An Advanced Nursing Practitioner**
- **Speech and Language Therapist**
- **Occupational Therapist**
- **Dietician**



## Enabling individuals to reach full potential

The Coppice recognises the intrinsic relationship between occupation, mental health and wellbeing. Our service delivers high quality therapeutic facilities, focusing on recovery, rehabilitation and social inclusion.

Early in patients' journey, rehabilitation goals are agreed with the patient and adaptations to the treatment programme are made to accommodate individual patient's needs. Care plans and rehabilitation programmes are individualised, and each patient is allocated a primary nurse.

Care is reviewed regularly via MDT meetings and Care Programme Approach meetings. A least restrictive practice approach optimises rehabilitation opportunities. Individual occupational therapy assessment and support to optimise functional skills is available.

A strengths-based model is in place. We work alongside the patient to ensure that care and treatment is a collaborative process and evidences input from patients, and whenever possible, led by them. Patients are supported and empowered to be involved in decision making during MDT meetings with support from an Independent Mental Health Advocate as needed or requested. There is also a vibrant Patients' Council which serves to positively influence the patient experience and underpin the patient voice. Families and carers are invited to MDT meetings to share their views and concerns regarding care and treatment of their relatives. There is a carers' forum to discuss ongoing concerns with care and treatment and feedback is taken into consideration and implemented towards enhancing patient care.

The physical health of patients is a priority and we provide access to a GP service, Dietician, Physiotherapist, a Fitness Instructor and Physical Health Nurse.

There are service level agreements with Dentists, Podiatrists and Opticians who can visit the site. We also run a weight management and lifestyle programme called Mission Fit. This is based on NHS 12-week weight loss programme.



### What we do

The service aims to provide rehabilitation and support with the aim of being able to move towards more independent living at a pace suitable for them.

Patients have access to supportive nursing interventions as well as a range of psychological and occupational therapies. These include both group and individualised programmes that can be adapted to meet the needs of the individual.

There is a strong programme of educational and vocational work in accordance with principles of recovery and rehabilitation and the promotion of social inclusion. Interventions are patient specific, task orientated and geared towards patients gaining skills to maintaining positive health outcomes.

### What support we offer

The treatment programme is informed by the recovery approach and an individualised approach according to individual strengths and needs. Treatment is holistic with attention paid to patients' overall recovery goals as opposed to specific treatment goals. This entails addressing social, educational needs and helping patients maintain and build on their connections.

The Multidisciplinary Team (MDT) works collaboratively with the patient to develop holistic bio-psycho-social formulation to understand to the patient's needs. Formulation is informed by diagnostic assessments where necessary. This shared understanding informs the treatment approach as well as specific interventions that include nursing, psychological, occupational and pharmacological interventions.

The MDT provides a variety of interventions that will be adapted to the individual's needs. These include Eye Movement Desensitisation and Reprocessing (EMDR), family interventions and Dialectical Behaviour therapy (DBT) and Cognitive Behavioural therapy (CBT)-based skills sessions. Additionally, all staff are trained in PBS approaches.

### How to make a referral:



24h referral line  
**0800 218 2398**



Send an email to:  
[referrals@elysiumhealthcare.co.uk](mailto:referrals@elysiumhealthcare.co.uk)



To view our video tour, please visit  
[elysiumhealthcare.co.uk](https://elysiumhealthcare.co.uk)

This information is available in different languages, Braille, Easy Read and BSL on request

*Images used are of similar services at Elysium and are intended as a guide.*