

Aderyn

Penperlleni, Nr Pontypool,
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Aderyn hospital is a Level 2 mental health inpatient rehabilitation service that provides care and treatment for men who have an identified mental health rehabilitation need. This includes people who may also have a learning disability, who have a diagnosis of autism or Personality Disorder (PD). Reasonable adjustments will be made to accommodate the specific needs of each patient.

There is a 2-bedroom rehabilitation cottage in the grounds. This offers the opportunity of a care pathway as a pre-discharge service or support for those requiring more confidence in achieving full independence.

This service takes a therapeutic approach, supporting individuals to learn new skills and maintain the abilities needed for community living and promoting social inclusion. The care is provided in a warm, supportive environment that aims to maximise each person's potential, increase their self-esteem, promote independence, and improve their overall quality of life.

Service at a glance:

2 Level 2 service

 17 beds* total

 Service for **men**

 Age **18** and over

**with an additional 2 beds in the cottage*

Who we support

Aderyn can support men

- Age 18 and over
- Who have an identified mental health rehabilitation need. This includes people who may also have a learning disability, who have a diagnosis of autism or PD
- Who have behaviours that challenge or are perceived to challenge services
- Who may have a history of substance or alcohol misuse
- Who may have a history of trauma
- Who may have forensic history and/or stepping down from secure services
- People identifying as men, whether they are transitioning or not, and those identifying as non-binary, gender fluid, gender non-conforming or gender queer
- Detained under the Mental Health Act 1983 (amended 2007) or informal
- Aiming for a return to community or community-based care





What we do

Aderyn takes a recovery-informed approach, empowering individuals through active programmes that instil hope and opportunity. We use the Recovery Star tool, which supports individuals with diverse short-term and long-term mental health needs.

The therapeutic environment promotes patient recovery, safety, and positive interpersonal relationships. We support symptom reduction through medication management and/or ongoing therapy, increased self-management of symptoms and reintegration into the community by developing social connections, employment, education, and leisure activities.

What support we offer

We take a collaborative recovery approach that is trauma-informed and evidence based. This approach ensures patients receive holistic personalised care community-oriented rehabilitation.

The clinical team provide psychological input and evidence-based interventions including Cognitive Behavioural Therapy (CBT), mindfulness and relapse prevention programmes. We have clinicians trained in autism assessment and diagnosis.

Service users learn self-management techniques, such as recognising symptoms, resolving conflicts, and controlling anger. Individual and group therapies include, relapse prevention, substance abuse, and Eye Movement Desensitization and Reprocessing (EMDR) for past trauma. Relaxation and mindfulness activities, including yoga, are also offered.



The team

Our Multidisciplinary Team (MDT) at Aderyn:

- Hospital Director
- Consultant Psychiatrist
- Registered Mental Health Nurses
- Practice Nurse
- Psychologist
- Occupational Therapist and Therapy Support Workers
- Social Worker
- Support Workers

Enabling individuals to reach full potential

Individually tailored programmes of care follow a “work, rest, and play” format. Core sessions include mental health recovery, psychological support, Wellness Recovery Action Plans (WRAP) and drug and alcohol recovery. There is also time to develop and pursue interests and leisure activities such as community gym, discovery trips, shopping and bike rides. This is reviewed regularly to remain relevant to progress and goals.

Aderyn offers a variety of real work opportunities one and community work experience, including roles as a Recycling Lead, Hygiene Lead in the practice kitchen, Horticulture Assistant, and Newspaper Delivery Person. The clinical team also collaborates with external agencies to offer patients appropriate work experience opportunities. Aderyn works closely with Welsh Universities, in particular the University of South Wales, and support student placements at the unit.

Our surroundings

Aderyn is located in a picturesque part of Wales with easy access to community resources and has convenient public transport nearby. People are encouraged to develop strong community engagement.

How to make a referral:



24h referral line
0800 218 2398



Send an email to:
referrals@elysiumhealthcare.co.uk



To view our video tour, please visit
elysiumhealthcare.co.uk

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