

Aberbeeg Hospital

Specialist Secure Services for Men

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Overview of the Service

A Trusted Partner in Mental Health & Secure Care

Aberbeeg Hospital provides high-quality low and medium secure services for men with complex mental health needs. Our focus is on delivering evidence-based, trauma-informed care that balances risk management, rehabilitation, and least restrictive practice to support positive outcomes.

Located in Caerphilly, South Wales, Aberbeeg offers a safe and structured environment where individuals can receive comprehensive care from a dedicated Multidisciplinary Team (MDT).

Model of Care

Our Specialists Wards:

Bevan Ward (low secure) and **Taliesin Ward** (medium secure)

An MDT oversees both wards, ensuring a consistent, hospital-wide approach that supports patient stability as they transition from medium to low-security services within the facility.

Bevan Ward (low secure) uses a twelve-week therapeutic planning model. This means that service users have a therapeutic timetable devised collaboratively with the multidisciplinary team using meaningful and smart goals for a twelve-week period. Following this, the timetable is reviewed and changed to reflect the development and achievements made. Each service user develops a Positive Behavioural Support (PBS) plan with their Primary Nurse and the wider multidisciplinary team where applicable.

Taliesin Ward (medium secure) works to the same model of care as our low secure environment. Least restrictive practice is at the centre of the care.





Who we support

Aberbeeg Hospital provides care for men aged 18-65 who:

- Are liable to be detained under the Mental Health Act 1983 (amended 2007) and follow the Code of Practice for Wales
- Have an identified mental health need, including those who may also have a learning disability, who have a diagnosis of autism or personality disorder
- Individuals transitioning from the criminal justice system or high-security hospitals

Aberbeeg hospital accepts low-secure referrals from Local Health Boards in Wales. It also accepts referrals for medium-secure care, as assessed and recommended by the Joint Commissioning Committee (JCC) or the Provider Collaboratives (PC).

What we do

At Aberbeeg, we embrace a trauma-informed model of care, using a strengths-based and recovery-focused approach to create holistic tailored treatment plans. Every team member is trained in trauma-informed care, ensuring that our service users receive compassionate, evidence-based support.

- The clinical team provide psychological input and evidence-based interventions including:
- Eye Movement De-sensitisation and Reprocessing (EMDR)
- Compassion Focussed Therapy (CFT)
- Cognitive Behavioural Therapy (CBT)
- The Life Minus Violence Programme (LMV-E)
- Schema-informed therapy.

Other interventions offered include:

- Offence-focussed work
- Substance misuse
- Mindfulness
- Coping, emotion regulation, relationship and social skills
- Relapse prevention

The team

Our MDT at Aberbeeg Hospital

- Hospital director
- Consultant Psychiatrist
- Psychologist
- Occupational Therapy Team
- Social Worker

Facilities & rehabilitation focus

We offer a modern, well-equipped environment that supports both safety and recovery. Each patient has an en-suite bedroom they can personalise to their own taste. The wards feature a dining room, games room with a pool table, computer games, and a refreshments area. The communal spaces are decorated in calming colours with new, comfortable furniture and are wide, light, and spacious. Patients have access to a therapy area, practice kitchen, arts and crafts space, and a wellbeing area with exercise equipment like a running machine, rowing machine, and exercise bike. There are also computers available for educational activities and to stay connected with friends and family. The lounge leads directly to a safe, therapeutic garden.

The medium secure service is designed to provide a comfortable, therapeutic environment inspired by successful models in Denmark and the US that use an open plan layout. This holistic, patient-centred approach aims to support recovery and wellbeing.

Both wards have a multi-faith room, offering a quiet, reflective space for worship or personal contemplation. A Chaplain visits weekly, providing pastoral support to those who wish to engage.

The in-house AIRWAVES radio station and on-site café are both service user-led initiatives that play a vital role in promoting confidence, independence and social engagement, empowering individuals on their journey to recover.

Additionally, our on-site goats and donkeys' sanctuary creates a stimulating environment where service users can thrive and find a sense of purpose.

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

For further information, to arrange a visit, or make a referral, please call our 24 hour referral line: **0800 218 2398** or email: referrals@elysiumhealthcare.co.uk

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