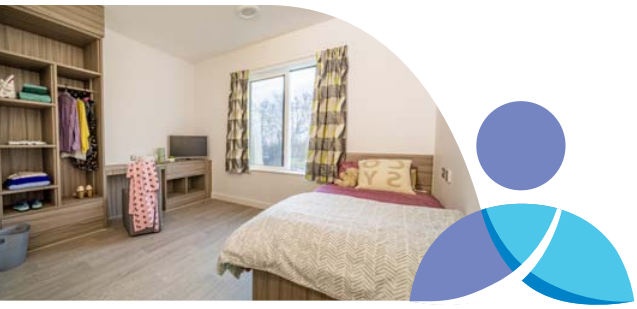
Elysium
Learning Disabilities
and Autism

Cefn Carnau

Low Secure Rehabilitation for People with Learning Disabilities

Part of Ramsay Health Care

elysiumhealthcare.co.uk



An Overview of Cefn Carnau

Cefn Carnau is a purpose-built, low secure hospital located in the peaceful countryside of Caerphilly, South Wales. Our service is designed to support adults aged 18 and over who are living with learning disabilities, autism, and associated mental health conditions, including personality disorders. We provide a safe, therapeutic environment where individuals can work towards reducing behaviours of concern and developing the skills needed for more independent, community-based living.

Our Wards

- **Bryntirion Ward** – for women
- **Dderwen Ward** – for men

At Cefn Carnau, we believe in the power of person-centred care. Our approach is rooted in Positive Behavioural Support (PBS), which promotes dignity, independence, and the use of the least restrictive practices. Every person we support is encouraged to take an active role in shaping their care and recovery journey. We don't just provide care—we nurture potential, helping individuals build real futures through inclusion, opportunity, and empowerment.

Our mission is to give people choice and control over their lives, encourage participation in everyday activities, and support access to meaningful work—whether paid or voluntary. We are committed to reducing behaviours of concern and enhancing quality of life. All of our staff are highly trained in understanding complex needs, autism, and sensory processing, ensuring that care is both compassionate and effective.

Who We Support

- Adults aged 18+
- Individuals with mild to moderate learning disabilities or autism
- People with complex mental health, physical health, or sensory needs
- Those with forensic histories or risks
- Individuals detained under the Mental Health Act (1983, amended 2007) in line with the Code of Practice for Wales

Therapies & Assessments

- Cognitive Behavioural Therapy (CBT)
- Dialectical Behavioural Therapy (DBT)
- Compassion-Focused Therapy (CFT)
- Acceptance & Commitment Therapy (ACT)
- Eye Movement Desensitisation & Reprocessing (EMDR)
- Forensic Risk Assessments (e.g. HCR-20, ARMIDILO-S)
- Relapse Prevention and Anger Management

Our Multidisciplinary Team (MDT)

- Consultant Psychiatrist
- Forensic Psychologist
- Assistant Psychologists
- Therapy Support Assistants
- Occupational Therapy Team
- Social Worker
- Qualified Nurses & Healthcare Assistants
- Additional support from Speech & Language Therapy and Dietetics as needed

Specialist assessments available:

- WAIS-IV
- ADOS-2
- ADI-R

Elysium Healthcare

A Healing Environment, Designed with Purpose

Our hospital environment has been thoughtfully designed to promote healing and comfort. Each individual has access to a spacious en-suite bedroom, therapy and sensory rooms, quiet spaces, and a multifaith room. We also provide ADL kitchens to support daily living skills, a gym and wellness area, family and visitor lounges, and a central café that encourages social interaction and workplace readiness.

We understand the importance of sensory-friendly design. Our spaces are adaptable and calming, with adjustable lighting, low-stimulation areas, and access to sensory aids such as sunglasses and ear defenders. Temperature is carefully monitored, and sensory maps help individuals navigate the environment with confidence. Quiet zones and sensory rooms offer peaceful spaces for relaxation and emotional regulation. We also work with local venues to provide community access through quiet hours and adapted experiences.

Get in touch:

To discuss a referral or learn more about Cefn Carnau, please contact us:

24 hour referral line: **0800 218 2398**

Email: **referrals@elysiumhealthcare.co.uk**
or: **referrals@elysiumhealthcare.co.uk**

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

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