Elysium Healthcare

LEVEL 2

Tŷ Grosvenor

Brenig Ward

Level 2 mental health rehabilitation inpatient services

Service at a glance:

- 2 **Level 2** service
- **15** beds total
- Service for **men**
- 18+ Age **18** and over

Tŷ Grosvenor offers Level 2 mental health rehabilitation in a safe, supportive inpatient setting for individuals with complex mental health needs - without the need for high levels of security. Located in the heart of Wrexham, our service is built on a recovery-focused, co-produced model of care.

Our approach

We aim to deliver high-quality, person-centred care that fosters hope, confidence, and independence. From the point of admission, we work collaboratively with service users to develop tailored care plans that support their goals and promote successful discharge into the community.

Who we support

we welcome individuals who:

- Are men aged 18–65
- Have a primary diagnosis of mental illness, including:
  - Mild learning disabilities
  - Autism
  - Personality Disorder (PD)
- Exhibit challenging behaviours
- Have a history of trauma, substance or alcohol misuse, or forensic involvement
- Are stepping down from secure services
- Identify as men (transitioning or not), non-binary, gender fluid, gender non-conforming, or gender queer
- Are detained under the Mental Health Act 1983 (amended 2007) or are informal patients
- Are working toward community reintegration

LEVEL 2

Level 2 mental health rehabilitation inpatient services (higher support needs)

What we do

At Tŷ Grosvenor, we provide a holistic and person-centred rehabilitation programme designed to support individuals with complex mental health needs. Our approach is rooted in compassion, trauma-informed care, and evidence-based practices that promote recovery, independence, and reintegration into the community.

Each individual works closely with our Multidisciplinary Team (MDT) to create a personalised care plan that reflects their goals, strengths, and values. We focus on building therapeutic relationships, fostering emotional resilience, and supporting both mental and physical wellbeing.

Our interventions include one-to-one and group therapies, daily living skills development, and structured routines that encourage self-care, medication management, and meaningful activity. We also support community engagement through volunteering, education, and vocational opportunities, helping individuals build confidence and social connections.

We promote healthy lifestyles through access to fitness programmes, outdoor activities, and local healthcare services. Family involvement is encouraged, with support available to help rebuild and maintain positive relationships.

Technology is integrated into our care, offering access to digital tools for learning, communication, and leisure. Throughout their journey, individuals are empowered to take ownership of their recovery and prepare for a successful transition back into the community.

What support we offer

We offer evidence-based therapies including:

- Eye Movement De-sensitisation and Reprocessing (EMDR)
- Dialectical Behaviour Therapy (DBT)
- Cognitive Behavioural Therapy (CBT)

We have staff trained in the assessment and diagnosis of autism.

The Team

Ty Grosvenor has an established and experienced team of staff that provides specialist person-centred care tailored to meet individual need.

The team consists of

- A Consultant Psychiatrist
- Associate Specialist Doctor
- Occupational Therapist & Technical Instructors
- Psychologist and Psychology Assistants
- Social Worker
- Nurses
- Instructors and Recovery Workers.

Our Surroundings

Located within walking distance of city centre, where you will find banks, shops, restaurants, cafes, leisure centre, gyms and College Cambria. We have links with a local GP surgery that register all patients when admitted to Ty Grosvenor. The local NHS Hospital provides outpatient clinics where needed. We have an NHS Dental Surgery within walking distance of Ty Grosvenor which all patients can register at. We have excellent relationships with several voluntary work placements along with college Cambria if anyone wishes to enrol onto courses. We have a minibus on site to support patients with accessing the wider community. Ty Grosvenor is within reach of Chester, Liverpool and Manchester. The train and bus stations in Wrexham have direct links to many parts of the country. The hospital is surrounded by countryside with many outside activities within easy reach.

On Brenig ward, there is a large dining area, lounge and a communal recreation area, complete with a pool table. All bedrooms have en-suite bathrooms. There's a large occupational therapy room where patients can access a computer, attend employment workshops, or engage in group therapy and leisure time. There is a rehabilitation kitchen and access to an enclosed garden area. Wi-Fi is available throughout the building and patients have access to technology as a learning, social and leisure resource.

Commissioning and Referrals

Ty Grosvenor sits within the Betsi Cadwaladr University Health Board (BCUHB). Beds are commissioned by BCUHB but also from the other Welsh Health Boards and commissioning teams from England.

Our values

Kindness Integrity Teamwork Excellence

Kindness -
in everything we say and do

Integrity -
being honest and doing the right thing

Teamwork -
working together to deliver great care and outcomes

Excellence -
being outstanding at what we do

How to make a referral:

24h referral line 0800 218 2398

Send an email to:
referrals@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.

Ty Grosvenor
16 Grosvenor Road,
Wrexham, LL11 1BU

T: 01978 802800

E: tygrosvenor@elysiumhealthcare.co.uk

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

Elysium Healthcare

Part of Ramsay Health Care

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REHABILITATION SERVICES