

A circular photograph showing a man in a white short-sleeved shirt and dark trousers pushing a black wheelbarrow filled with soil and plants. He is in a lush garden with various flowers, including pink and yellow dahlias in the foreground. The background features a well-maintained lawn and more garden beds.

# Aderyn Monmouthshire

Central Referrals 0800 218 2398  
[www.partnershipsincare.co.uk](http://www.partnershipsincare.co.uk)

The logo for Partnerships in care, featuring a blue square with three white circles inside, resembling a speech bubble or a stylized 'P' shape.

**Partnerships in care**  
Changing lives for the better

# Aderyn

Aderyn provides a locked specialised psychiatric recovery and rehabilitation service. The unit has 17 en-suite bedrooms and a range of therapy facilities within its own attractive grounds at Penperlleni near Pontypool in Gwent.

We also offer two independent living bedsits situated in a cottage in the grounds of the hospital. These provide the opportunity for individuals to take that next step towards independence whilst still being able to draw upon the supportive framework the hospital offers.

## Service Aims and Objectives

Aderyn offers treatment and rehabilitation for men with enduring mental health difficulties. The service provides a therapeutic focus on learning new skills and the maintenance of skills necessary for community living, as well as promoting independence and improving the individual's quality of life.

## Treatment Programmes

Treatment programmes at Aderyn are aimed at helping individuals reach their optimum level of functioning. The men have an individualised programme of care that they are encouraged to participate in.

The unit utilises the Recovery Approach with nursing care being built around the Tidal Model, a process of person centred care, the underpinning philosophy of which is that

people can recover their lives. The above philosophy is reinforced by actively involving patients in the evaluation of their progress via the Recovery Star.

## Multidisciplinary Team

Care is provided by a range of experienced healthcare professionals and includes input from: consultant forensic psychiatrists, clinical psychologists, social workers, nurses, occupational therapists and support workers.

All individuals at Aderyn are subject to the provisions of the Care Programme Approach.

## Facilities

All individuals have their own en-suite bedrooms. Facilities for daytime activities and recreation include two lounge areas, a well equipped double kitchen, laundry, a multi-faith room and a large conservatory.

Within the grounds there is a therapy service area which encompasses an art room/group activities room and a work room, where individuals are offered educational activities and the opportunity to learn basic computer skills. Also within the grounds of Aderyn is a horticultural therapy area, with sessions being provided in learning basic gardening skills.

## Admission Criteria:

- Men over the age of 18 years
- Detained and informal men with or without offending histories who require recovery care

- Admissions can be accepted from a range of settings including secure hospitals, psychiatric intensive care units and the community

- Individuals with a degree of dependency relating to mental health, physical health and mobility needs, for whom quality of life is a primary feature of care needs
- Individuals in the community, whose community placement has broken down due to deterioration in mental health, behavioural problems, or crises in personal, domestic and family circumstances. Certain individuals with mental health needs may have just been released from prison or are deemed to be inappropriately placed in a probation/re-settlement hostel.

## Further information and referrals

For further information, to arrange a visit or to make a referral please contact: Karin Wathen, Administration/Referrals Manager  
Tel: 01873 841205  
Email: kwathen@partnershipsincare.co.uk  
or by contacting the PiC 24 hour referrals helpline on 0800 218 2398.

