

Your guide to

Cedar House



Cedar House in Kent is a specialist service providing supportive, therapeutic rehabilitation and care for adults with complex needs, usually with a primary diagnosis of a Learning Disability.

Situated in a rural location with spacious grounds, our site is intentionally split into five separate bungalows/houses. Not only does this arrangement better reflect future community living but we know from experience that our patient group do better in small familiar environments where there are less people and less noise. Our layout also enables us to place patients in the unit specifically geared to their age, gender and their particular rehabilitation and support needs. On the same site is Poplar House, a transitional service for those preparing to move on. Our service is suitable for men and women aged 18 and upwards with:

- **A personality disorder, learning disability, developmental disorder or autistic spectrum disorders**
- **Challenging behaviour and/or behaviour that offends**
- **Multiple and complex needs**

We can also admit patients with a forensic history or individuals detained under the Mental Health Act 1983 (2007 or on a Deprivation of Liberty Safeguard Order (DoLS).

We aim to provide a high quality, person-centred care pathway and evidence-based approach to assessment, treatment, rehabilitation and recovery. Our treatment programmes include individual and group therapies. All our therapies are delivered within a well-established evidence-based psychological model of care known as Positive Behaviour Support (PBS).

We support our patients to gain skills and coping strategies to help them live with or overcome the challenges posed by their illness or condition. Developing skills not only builds confidence and encourages self-esteem but also equips our patients with skills for life. At Cedar House we don't just focus on self-care, wellbeing, health promotion and daily living skills, we also look at building confidence through education. From the point of admission, we are focused on the skills an individual needs to develop in readiness for discharge or the next stage of their journey. Our Education and Therapy department employs a qualified teacher along with Occupational Therapists that lead a team of three technical instructors and a sports development practitioner to deliver a variety of activities.

Our Educational activities are broken down into two key areas: Cedar Academy and Cedar Recovery College.

Our Cedar Academy enables us to offer a variety of educational

courses that help our patients develop educational, functional and social skills. Many of our patients have had poor experiences in formal education, resulting in poor confidence and a lack of desire or interest to continue with education. The programmes and qualifications we offer are designed for learners of all abilities. Our approach to education is very relaxed and each individual determines how long they engage for and how demanding the topic may be. As patients increase their attendance there is a notable increase in their willingness to engage for longer and to approach subjects that they found more challenging.

Our Cedar Recovery College offers an innovative education-based approach towards mental health recovery and is the first of its kind in the independent sector nationally for patients with a primary diagnosis of a Learning Disability. The premise for Recovery College is that relevant recovery focussed interventions should be delivered by both a clinician and a person with lived experience of mental health issues whilst ensuring that a patient-centred approach remains the dominant theme.

At Cedar House we have achieved this by encouraging the person with lived experience to take a central role in the development and delivery of the curriculum. We now have six patients trained as Peer Trainers helping others with their recovery. For our Peer Trainers they too are benefitting from the skills they are learning from undertaking this role which in turn is helping them on their own recovery journey.

Overview

40 beds split over five houses/bungalows

- CQC registered as an independent hospital
- On site Multi-Disciplinary Team (MDT)
- Use of Brain in Hand technology to help patients self-manage
- On site Cedar Academy offering sessions to develop educational, functional and social skills through group and individual sessions
- On site advocacy service
- Education and therapy centre
- Games room and gymnasium
- Attractive gardens with seating areas, outdoor hard sports court and horticultural areas including a woodland walk
- Minibus for outings/ appointments

Our Care

A dedicated highly-experience Multi-Disciplinary Team of clinicians, nurses, therapists and teachers provide treatment within an individual, person-centred, holistic model of care.

We recognise that patients have basic needs and wishes just like anyone else and that challenging or offending behaviour is a maladaptive attempt to meet these needs.

Working closely with each individual we can develop a shared understanding of their behaviours, identify their strengths and agree a plan of goals.

Supporting our clinical team are a team of housekeeping, catering, maintenance and administration staff.



Enquiries & Referrals

Monday to Friday

9.00am - 5.00pm

01227 833 700

cedar.house@huntercombe.com

"If you need help, then psychology are there to give you sessions to support you, in getting out and staying out of hospital if you put the effort in. You have the ability to talk and share stories about your lives, to do jobs and activities that help you to feel normal and interact with people. Being at Cedar helps you to feel that you are part of a community with a choice of activities or things to do in our lives"

- Current patient

Contact us



Cedar House

Dover Road, Barham, Canterbury, CT4 6PW

Location

- Set in a rural location just off the A2 (9 miles from Canterbury and 11 miles from Dover)
- Nearest train station is Snowdown on Southeastern line
- 15-minute bus ride from Canterbury Bus Station
- Gatwick International Airport, 1 hour, 15 min drive away
- Free on-site parking

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group
Believing and achieving together

The Huntercombe Group is one of the UK's leading independent specialist health care providers in the areas of:

- Adult Mental Health
- Specialist Brain Injury
- Child and Adolescent Mental Health Services (CAMHS)

For more information on our hospital and our services, please visit our website:

www.huntercombe.com

or follow us on:   