



Pastoral Cymru

Ty Catrin provides an adult inpatient centre of excellence in personality disorders from a new state-of-the-art purpose-built facility.

A pioneering service for Wales, Ty Catrin is located on the outskirts of Cardiff in South Wales and is set in attractive surroundings right in the heart of the community of Ely.

Who is it for?

Ty Catrin is for men and women aged 18 - 65 whose primary problem is long-standing difficulty with social situations and maintaining interpersonal relationships, often extending back into childhood. We are interested in helping people with a primary personality disorder when such a disorder has reached the extent that it is distressing, personally harmful, hurtful to others and/or interfering with social functioning. We will work with prospective patients to improve their motivation and willingness to engage in treatment.

We can also offer treatment to people with complex difficulties, for example those who have a serious mental illness, such as schizophrenia or bipolar disorder, when personality disorder becomes a limiting step to progress.

We ensure that patients have a reasonable prospect of benefiting from the treatments available before offering them treatment at Ty Catrin.



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www.pastoralcymru.com

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What does Ty Catrin offer?

Ty Catrin offers high quality assessment, treatment and rehabilitation services for these groups of people while they need specialist low secure facilities. Security is provided by the physical quality of the building, which is a locked facility, but also, and more importantly, by clear safety procedures and by staff skilled in managing relationships.

Admission is based on preliminary assessment of individual needs by our experienced staff. Admission may be for more substantial and detailed assessment where that is not possible in less specialist facilities.

Treatment programmes are informed by individual assessments and are evidence based. Patients are involved in both their individual treatment process and the services offered on site. Medication is used as appropriate, and a range of individual and group psychotherapeutic interventions are available.

How long will people stay?

This will depend on individual needs and progress. People admitted for more detailed assessment are likely to stay only weeks, but it is anticipated that those admitted for treatment will stay for up to two years. This is discussed at the time of referral.

The concepts of habilitation and rehabilitation are central to our work. Planning for this starts on admission and is adjusted according to progress. We establish a strong liaison service to ensure that the vision of enabling the patient to take on safe and successful community living is realised at the earliest opportunity.

Other facilities

Ty Catrin has a total of 42 bedrooms, all of which are en suite (including fully disabled facilities), housed in five separate units, each of which has access to its own secure garden.

In addition Ty Catrin provides a full range of educational, vocational and recreational facilities that are consistent across Pastoral Cymru units.

Uniquely, Ty Catrin has a combined gym and swimming pool facility which will provide added incentive for recreational, fitness and therapeutic activities.

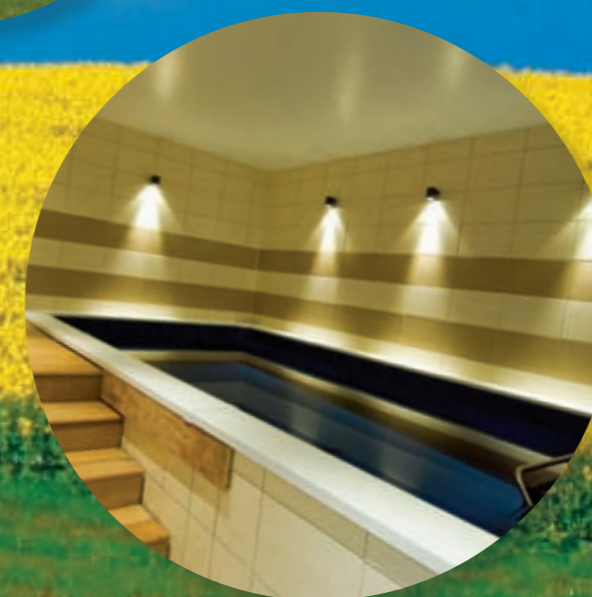
Each individual unit has the following facilities:

- Large communal area/dining room, with drink and snack making facilities
- Therapy kitchen
- Dispensary
- Consulting room
- Smoking lounge
- Television lounge
- Quiet room

Additional facilities are provided which include:

- Indoor swimming pool
- Fully-equipped gymnasium, with qualified physical instructors
- Craft room/workshop
- Group therapy room
- Visiting specialties clinic
- Library
- IT suite
- Relaxation area
- Substantial "Piazza" communal area, with access to shop

Ty Catrin also provides a separate family visiting suite and extensive training and conference facilities for use by care professionals and others.



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