

The Limes

Specialist Rehabilitation Service

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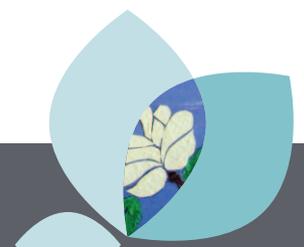
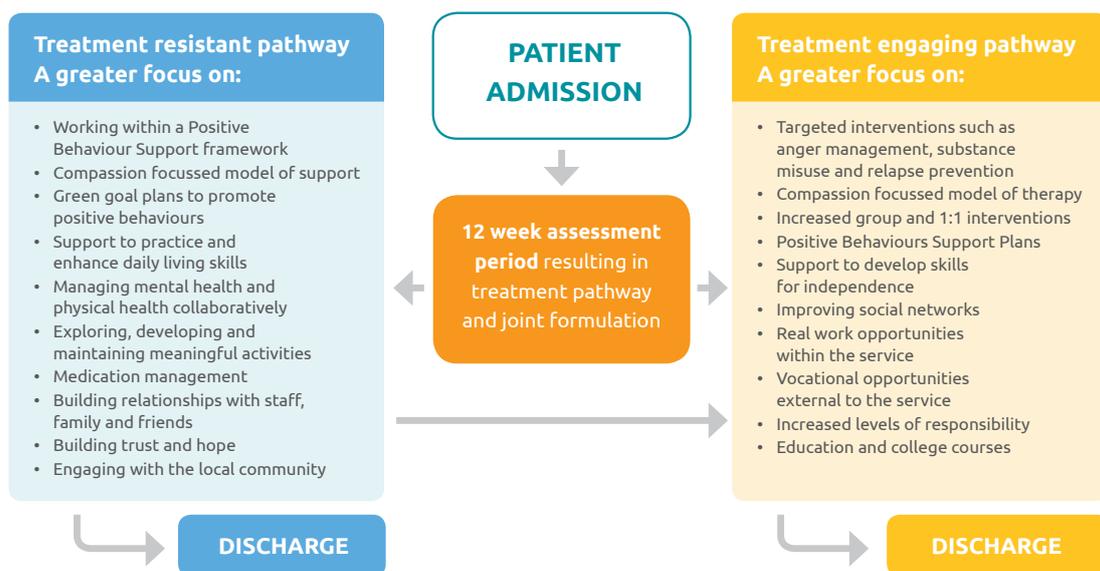


Overview

The Limes is a specialist rehabilitation service for men with a mental illness and/or Personality Disorder. The aim of the service is to equip the service user with the skills needed for increased independence and community living. The service uses a unique compassion focussed model and focuses its interventions on a recovery that is unique to each individual.

Treatment pathways at The Limes

There are two treatment pathways available at The Limes; treatment resistant and treatment engaging. The treatment resistant cohort have a greater focus on collaboratively managing their mental and physical health, building relationships with staff, friends and family and engaging with the local community. The treatment engaging cohort have a greater focus on targeted interventions, increased levels of responsibility and further developing skills for independence.





Model of Care

The Limes offers a unique model that combines Positive Behavioural Support (PBS) with Compassion Focussed Therapy (CFT). PBS enables patients to understand the function of their behaviours and enables patients to develop the ability to share that with others in their lives. CFT has a focus on nurturance and compassion and supports patients to become less critical and judgemental of themselves and others. The combination of the two models helps break down the internal threat system that often prevents people moving on from services. CFT works alongside a range of psychosocial interventions, offence related work and relapse prevention programmes provided at The Limes.

Community Integration and Discharge Preparation

There is significant emphasis upon accessing mainstream resources within the local community and providing patients with the opportunity to develop robust community skills. The service is located in the village of Langwith, Nottinghamshire and is just a short walk away from local amenities. Public transport is readily available, enabling patients to develop their confidence in using the bus and train network.

The location of The Limes provides the ideal place for patients to develop the essential life skills required for a successful and meaningful life in the community. Actively using the community resource will assist service users in generating social networks external to the service that can be utilised upon discharge from the service, mitigating the risk of relapse or isolation.

The Environment

The Limes provides eighteen ensuite bedrooms with access to communal areas including a lounge, dining area and rehabilitation kitchen. The rehabilitation kitchen is modelled on a domestic kitchen and provides patients with the opportunity to cater for themselves and for others.

There is a multi-purpose room where patients can use a computer, attend employment workshops or engage in group therapy and leisure time. Patients have access to a large garden area and allotment where they can grow their own fruits and vegetables. WiFi is available throughout the building and patients have access to technology as a learning, social and leisure resource.

Admission Criteria

- Males over the age of 18
- Primary diagnosis of Mental Illness with:
 - Complex mental health needs including Personality Disorder
 - Challenging behaviours
 - Substance and alcohol misuse
- May have a mild Learning Disability
- May or may not be detained under the Mental Health Act 1983 (Amended 2007)
- May have a forensic history
- May be treatment resistant

"The therapy activities at The Limes have helped me be more confident."

Patient feedback

