Elysium Healthcare

# The Limes

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The Limes is a Level 2 mental health inpatient rehabilitation service that provides care and treatment for men who have an identified mental health rehabilitation need. This includes people who may also have a learning disability, who have a diagnosis of autism or a Personality Disorder (PD).

Reasonable individualised adjustments will be made to accommodate the specific needs of each patient.

The service provides the highest quality of person-centered care, promoting wellbeing and recovery in a safe, dignified, and respectful environment.

**Service at a glance:**

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

## Who we support

The Limes can support men

- Age 18 and over
- Who have an identified mental health rehabilitation need. This includes people who may also have a learning disability, who have a diagnosis of autism or PD
- Who have behaviours that challenge or are perceived to challenge services
- Who may have a history of substance or alcohol misuse
- Who may have a history of trauma
- Who may have forensic history and/or stepping down from secure services
- People identifying as men, whether they are transitioning or not, and those identifying as non-binary, gender fluid, gender non-conforming or gender queer
- Detained under the Mental Health Act 1983 (amended 2007) or informal
- Aiming for a return to community or community-based care

## What we do

The Limes aims to deliver the highest quality of person-centered care, promoting wellbeing and recovery in a safe, dignified, and respectful environment.

The Limes supports individuals to regain and maintain hope, discover their own potential, and engage in active, purposeful lives. Each service user collaborates with the care team to develop an individualised treatment plan based on their unique needs, goals, and preferences.

The overarching aims of treatment are to focus on collaboratively managing mental and physical health, build meaningful relationships, engage with the local community, reduce risk, increase responsibility, and develop independence skills.

## What support we offer

We encourage individuals to drive their own outcomes and collaborate closely with our staff. Aligning with the recovery approach, we empower individuals to take as much responsibility as possible for their own wellbeing and progress. This includes being meaningfully involved in all decisions about their care, such as participating in Multidisciplinary Team (MDT) meetings, Care Programme Approach (CPA) reviews, risk assessments, and other discussions, in a format that suits their individual communication needs.

The Limes offers a unique integrated model that combines Positive Behavioural Support (PBS), Compassion focused therapy (CFT), and the Safewards framework. PBS helps patients understand the function of their behaviours and develop the ability to communicate this with others. CFT focuses on nurturance and compassion, supporting patients to become less self-critical and judgmental. This combination aims to break down the internal threat system that often prevents people from moving on from services. CFT is incorporated alongside other psychosocial interventions, offence-related work, and relapse prevention programs.

The Safewards framework provides a tested, holistic approach to improving communication between patients and staff, as well as the overall ward environment.

## The team

Our MDT at The Limes:

- Hospital Director
- Consultant Psychiatrist
- Registered Mental Health Nurses
- Psychologist
- Occupation Therapist
- Service User Engagement Lead
- Support Workers

## Enabling individuals to reach full potential

As a community-facing service, most Limes activities and therapies take place off-site to promote social integration and successful community reintegration. There is significant emphasis upon accessing mainstream resources within the local community and providing service users with the opportunity to develop robust community skills.

The Limes has established partnerships with various charities, social enterprises, and educational institutions to provide individuals with opportunities for voluntary work, vocational training, and community engagement.

## Our surroundings

The Limes, located in the village of Langwith, Nottinghamshire, is conveniently situated just a short walk from local amenities. With public transportation readily available, service users can easily build confidence in using the bus and train network.

Each service user has a private ensuite bedroom, with access to a shared bathroom with a bathtub. The therapy kitchen is designed like a home kitchen, enabling service users to prepare meals for themselves and others. Furthermore, there is a multi-purpose room that houses computers, employment workshops, group therapy, and leisure activities. The Limes has a spacious garden and allotment area, where service users can grow their own produce.

## How to make a referral:

24h referral line
**0800 218 2398**

Send an email to:
**referrals@elysiumhealthcare.co.uk**

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

**This information is available in different languages, Braille, Easy Read and BSL on request**

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