

Improving lives together

Highly Specialised Personality Disorder Service

Cygnnet Maple House,
Nottinghamshire

NEW
2 Bedroom
Apartment -
Coming Soon

Cygnnet Maple House is our highly specialised service providing assessment, treatment and rehabilitation for women with personality disorder and complex needs in Nottinghamshire.

The aim of the treatment, rehabilitation and re-socialisation programme is to prepare the women in our care for transfer to a less restrictive service, or for life in the community. The team promote 'most empowering practise', an approach that attempts to go beyond least-restrictive practise, and revolves around supporting service users to take ownership of their recovery. We empower the women in our care to build confidence in taking positive risks, whilst providing support and guidance along the way.

We have a substantive multi-disciplinary team (MDT) in-house, who collaborate with individuals to help them achieve their goals. We work closely with the local community, including dieticians and primary care.

Opening Summer 2026: Maple Lodge. Located on the Maple House grounds, this two-bedroom apartment will provide a supported pathway to independence. It offers women a safe space to build confidence for their transition to the community, and will feature two en-suite bedrooms, a shared lounge / dining room and kitchen.



Female



18+ years



16 beds
+ 2 new beds
coming soon

Our service user profile:

- > Women, aged 18+ years
- > Diagnosis of personality disorder with complex mental health needs
- > May be detained under the Mental Health Act
- > May have a history of substance misuse or dependency
- > May have experienced regular placement breakdowns
- > Sustained relational and social functioning problems
- > Forensic or non-forensic history
- > Capacity to engage
- > Referrals accepted from Tiers 1-4

Our approach

We adopt an integrated modular approach to treatment for women with a diagnosis of personality disorder, accounting for diagnostic differences, NICE guidelines and the work of Livesley (2004).

With a focus on interpersonal relationships, we use individual formulation to deliver a personalised and integrated combination of psychotherapeutic and pharmacological interventions. These can include:

- > Dialectical Behaviour Therapy (DBT)
- > Cognitive Behavioural Therapy (CBT)
- > Compassion Focused Therapy (CFT)
- > Eye Movement Desensitisation and Reprocessing (EMDR)
- > Schema Focused Therapy (SFT)

Our aim is to address the core features of personality disorder: emotional regulation, interpersonal functioning, and self-identity and to prepare the women in our care for a transition to life back in the community.

Our facilities:

- > En-suite bedrooms
- > Dining room
- > Therapy kitchen
- > Laundry room
- > Communal lounge / TV room
- > Extensive garden
- > Sensory room
- > Treatment room



Model of Care



"From stepping into maple house I felt a supportive, family-like atmosphere. The staff have time for you and they are very caring and supportive." - **former service user**

Regular parties, celebrations and fundraisers

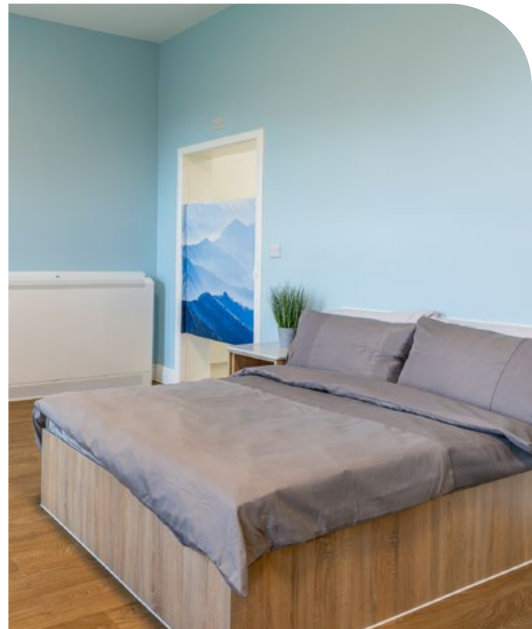
Promoting most empowering practise and positive risk-taking

Working closely with carers, family and friends

Supporting service users to access educational and vocational programmes

Building community skills such as travel confidence, shopping and budgeting skills.

"If someone had told me this time last year that I'd be discharged, I would have laughed at them. I'm just so thankful for the opportunities which have been given to me." - **Former service user**

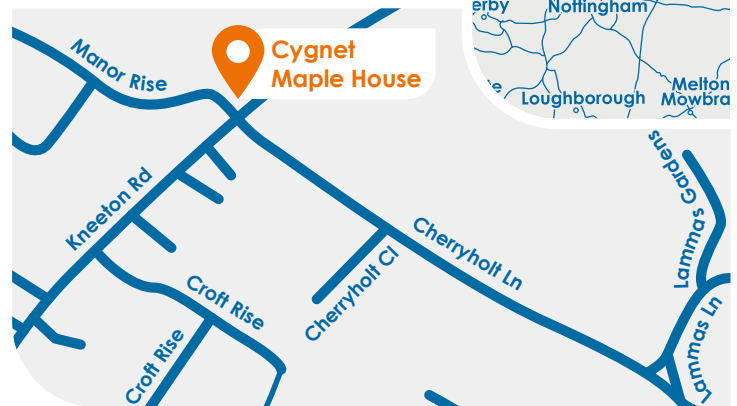


Make a referral

- 1 Referral made to your **regional business relationship manager** or 0808 164 4450 / chcl.referrals@nhs.net
- 2 Assessment arranged and undertaken via our assessment team
- 3 Feedback provided on whether our service can meet the individual's needs
- 4 Assessment pack formulated including care plans and funding information
- 5 Admission agreed and plans for transition arranged with referring team following confirmation of acceptance of placement

Where are we?

Cygnets Maple House
93 Kneeton Road, East Bridgford,
Nottinghamshire NG13 8PJ



CYG-1268 | Date of Preparation: 27/04/26

Please visit cygnetsgroup.com for more info | Follow us on social media: