

## Wellbeing in Rehabilitation – April

The therapy team on Lime Walk, in Macclesfield, a specialist Open Rehabilitation, Recovery and Assessment Unit for service users with chronic and enduring mental health problems, have started a blog to promote understanding and awareness of mental health, personal responsibility, education, self-advocacy, support and hope for service users, carers and their families.

The ward is for service users who require interventions to improve their quality of life and help people to develop their skills and abilities to allow them to be as independent as possible. We further aim to help people to understand their difficulties and develop better ways of doing things, and supporting individuals in improving their health and wellbeing. In this blog we aim to provide information on the service we provide, promote change and service development and gain feedback and solve problems through your comments.

The therapy team have been encouraging service users to utilise public transport for therapeutic activities. This is with the aim to increase their community living skills for discharge. It also gives the therapy team the opportunity to assess service users occupational functioning in a different environment, being able to assess their motivation, pattern, communication and interaction skills, process and motor skills. This will support other assessments completed to support future discharge planning needs.

The service users have also gained enjoyment and a sense of empowerment by using the transport. They stated that they have been given the opportunity to gain confidence in using facilities available to them and also gain mastery in new skills involved in the task of getting the bus.

The team are discussing with the service users where we can next visit using public transport, enabling the service users to widen and explore community opportunities available.



Any feedback is welcome - Please send it to

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See you all next month