



Wellbeing in Rehabilitation – December

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.

This month, the fitness instructor, Heather, is discussing her role and usual routine whilst on the unit.

“My basic responsibilities are to encourage service users to lead active and healthy lifestyles and to educate and support them in the pursuit of this whilst they’re accessing rehabilitation and acute inpatient services. I also run physical activity courses for the Recovery College for individuals managing their illnesses in the community.”

Below is an outline of a typical day:

“In the morning, I’ll run a Tai Chi class for the Recovery College and then take a group of service users from Lime Walk to the local leisure centre to engage in a variety of activities ranging from table tennis, squash, badminton, swimming and utilising the gym facilities. In the afternoon, I’ll run an onsite gym session at the Alderley Unit and then take a group of service users from Saddlebridge out on a country bike ride. Alongside this, I encourage and educate service users to eat a healthy, well balanced diet.”

Engaging in regular physical activity has a wide reaching positive effect on the mental and physical health of all service users accessing CWP mental health services.

Any feedback is welcome - Please send it to bethan.woodcock@cwps.nhs.uk

See you all next month