

Wellbeing in Rehabilitation – February

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.

A local artist, Gail, has been attending Lime Walk to complete art sessions with the service users, teaching them art skills and also providing them with the opportunity with another, therapeutic activity. A service user who has been engaging well in the weekly art sessions has produced some fantastic work. His work has been recognised, and displayed in Macclesfield Art Lounge. The service user is extremely proud of his achievements. They stated that they completed the art as it was therapeutic and enjoyable, making them feel calm and relaxed, and distracting them from their thoughts. It is great that others can now enjoy the art work created too!



Any feedback is welcome - Please send it to

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See you all next month