

Wellbeing in Rehabilitation – January

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 we are discussing our trip to Buxton. It was identified during a 'My Service My Say' meeting that the service users would like to visit Buxton, to have a walk around the Pavilion Gardens, go to a traditional tea room and have a walk in the Peaks. This was arranged and supported by the Occupational Therapy staff. So far, two visits have taken place, with two different groups of service users. With each visit, the service users have enjoyed the journey over to Buxton, relaxing and soaking up the beautiful views, commenting and discussing their surroundings. They have enjoyed reminiscing about family holidays and family members whilst in the traditional tea rooms, and have explored the local area. We have completed a lovely walk around the gardens, whilst there, promoting physical exercise. Feedback regarding the visit was well received, with service users stating that 'it was great, I loved being out' and 'sitting in the tea room drinking tea and chatting was a great change, something new, something fun.'



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

See you all next month