



## Lime Walk Friends and Family Newsletter

December 2017—January 2018

### Happy New Year!

#### Goodbye and Good luck—

To services users that have been discharged from Lime Walk. We wish you all the best in your future. Welcome to new admissions. We hope you settle in well.

#### What have we been up to? -

We all had a great time during the Christmas event on the unit. The join along carol singing was great fun and the atmosphere on the unit was fantastic and festive.

Are planters are coming on well, and service users are continuing to enjoy making them during the woodwork sessions. This will be for sale soon.

#### Social Media—

Have you had chance to look at our monthly Blog?

<http://www.cwp.nhs.uk/services-and-locations/services/lime-walk-open-recovery-and-assessment-unit/>

Also, please continue to follow our Twitter account. [@recoverysteps1](https://twitter.com/recoverysteps1)

#### Dates for your diary—

##### **January 24th 2018—**

Wellness Recovery Action Plan

**6pm—7pm.** Talk with cake, please join us for the event.

##### AQA Awards

We are working towards Lime Walk becoming AQA accredited in woodwork, catering and painting and decorating, so that service users can obtain qualifications whilst residing with us. Watch this space!

##### New groups 2018

New Year new groups! Monthly trips to places of interest are going to be arranged. We're off to Llandudno. A separate Men's and ladies Health group is also being organised, and a new coping strategies group have all been added to the timetable.

You said—Some of the lights are not working around the unit.

We did—It has been reported and estates are repairing them.