



Wellbeing in Rehabilitation – March

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.

Between the snow days, we have been promoting healthy lifestyles in the community this month. This has been completed by encouraging service users to be more motivated and active in using the local gym, attending therapy walking groups, engaging with the gym instructor in Tai Chi and the community exercise group. Furthermore, during therapy cooking and educations sessions, we have also been promoting healthy eating and discussing the importance of healthy portion control, healthy snacks and healthy lifestyles choices. As Lime Walk is a rehabilitation and recovery unit and service users reside with us for a longer duration, it provides the team with the opportunity to empower service users to make positive changes regarding their physical health, which can massively impact their mood and wellbeing and in turn improve their overall mental health. Service user's feedback has been positive about this, and they have reported to enjoy the community integration using facilities available, and hope to continue this once discharged back into community living.



Any feedback is welcome - Please send it to

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See you all next month