



Wellbeing in Rehabilitation – November

The therapy team on Lime Walk, a specialist Open Rehabilitation, Recovery and Assessment Unit based in Macclesfield 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 the Lime Walk team's plans to run psychoeducational groups for the carers, service users and staff here at Lime Walk. These sessions will be informal and will be held once a month in the evening. They will be held in the dining room of Lime Walk on the ***last Wednesday of the month***, with the first session being on the ***24th January 2018***. Invites will be sent out to carers and posters placed around the unit, to encourage all to attend. The topics which are going to be covered by various members of the multidisciplinary team (MDT) are listed below.

- WRAP
- Anxiety Management
- DBT
- Mindfulness
- Depression Awareness
- Medication
- Patient journey and Assessments used at Lime walk

As well as the sessions helping to develop all our knowledge and understanding around the topics, they will be a great social event for carers to meet and share experiences, and to further enjoy a cuppa and a piece of cake with a family member. We hope you can attend and will enjoy the sessions!

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

See you all next month