



## Wellbeing in Rehabilitation – October 2017

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 Blackpool. It was identified by the service users that they would like to visit Blackpool to see the lights. The OT and nursing team arranged the visit, enabling 4 service users to attend each trip. The group left the unit at 2pm and made the journey over to Blackpool. Once there, they walked the pier, ate fish and chips and soaked up the atmosphere of the bustling beachside town. When it was dark, the group drove through the light parade and enjoyed looking at the displays, commenting on them.

The trip was identified during the 'My Service My Say' meeting and was service users led. It was identified by staff that the therapeutic aims of the session were identified to be...

- Increase social inclusion by engaging in society
- Reduce stigma and discrimination from society
- De-institutionalisation
- Reminiscence
- Increase empowerment
- Increase self-confidence and self esteem
- Engage in something meaningful and purposeful
- Increase functional abilities
- Increase daily living skills
- Promote physical health and wellbeing

The feedback from service users was that 'it was great' a 'really fun day out'. 'I enjoyed being off the unit' and 'It took me back to my childhood when I went with my family'.

We rely on service user ideas, suggestions and feedback in order to develop and improve our service provided in order to meet the needs of the service users, enabling them to reach their rehabilitation goals and progress with their recovery journey. Therefore, please keep the great ideas coming!

Any feedback is welcome - Please send it to [bethan.woodcock@cwp.nhs.uk](mailto:bethan.woodcock@cwp.nhs.uk)

See you all next month