



Wellbeing in Rehabilitation – September 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 the new photography group and the involvement the service users have had in it. It was raised by service users that the art work around the unit, is 'outdated' 'boring' and 'dull'. Therefore, a service user led group was created to change the art work. This group was developed around a well-attended walking group. A number of the service users enjoy attending a regular group walking session, and so this was decided to be the focus of the photography group.

A group of service users regularly attending the walking group, supported by occupational therapy and clinical support worker staff, decided to take a digital camera along with them. The group is aiming to capture nature and abstract pictures, with the aim to print these and display them around the unit. Service user feedback has been positive with comments such as 'It will be a real sense of achievement to have one of my photographs printed and displayed' and 'It's great to be out as a group all looking for a good picture to take. We've had a great laugh'.

The aims of the group are to not only update the ward environment after feedback received about it from service users, but to also enable and empower service users to develop their own creative projects and capture images important to them. This has an enormous therapeutic benefit to the service users including increased confidence and self-esteem. Service users of a varying skill level have all been able to get involved in the group making it available to all, with the aim to include others in the selection, editing and printing process of the photos, enabling the group to meet a wider interest of needs, supporting all to contribute and be involved.

We are all looking forward to the finished displays and would like to thank all the service users for their involvement in making Lime Walk environment visually more inviting and appealing to all.

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

See you all next month