

WHAT WE PROMOTE

IMPROVING RECOVERY THROUGH HEALTH AND WELL BEING PROGRAMMES

The aim is to develop and implement a programme which has a positive impact on the lifestyle and health of people that experience a serious and enduring mental health need.



The work was developed via a healthcare assistant role within the Community Mental Health Team, and used the philosophy of the the NICE Guidelines that endorsed the importance of physical activity and physical well being, and focuses on nutrition, healthier choices and the need to increase activity and purpose within the patients own lives.

To achieve this the HCA provided nutritional advice, working with people to educate and improve their nutrition and help maintain a healthy weight. They also used physical activity and education, ranging from a gentle walk to supporting them on various exercise programmes within local leisure centres.

Using this methodology, it resulted in clients recognising the differences that this made to their lives and how their general health and well being improved significantly and resulted in them having,



INCREASED FITNESS AND ENERGY

FUN

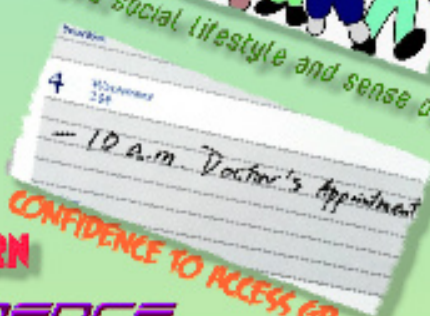


Improved social lifestyle and sense of belonging



INCREASED SLEEP PATTERN

IMPROVED CONFIDENCE



In conclusion, the work has significantly impacted upon the role of the CMHT in improving physical and mental health. This role has been acknowledged as innovative in the way staff can engage with and motivate service users to make a real difference in their lives

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