
Occupational Therapy

Recovery through activity



Doing, Being, Becoming, Belonging



Occupational Therapy Staff

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Relaxation
Physical Activity
Moving On Group
Writing Music
Creative Arts
Baking Cooking
Mindfulness

These activities help improve or develop:

- Concentration and motivation
- Self-confidence and self esteem
- Practical and coping skills

What activities are available?

We offer a range of activities that include every day skills, coping skills, social activities and creative or leisure activities.

Activities offered include:

- Cooking a meal or a snack
- Relaxation and mindfulness
- Art and craft
- Swimming and Gym

Our activity programme also offers Psychotherapy groups using specialist Art Therapists.

What will happen?

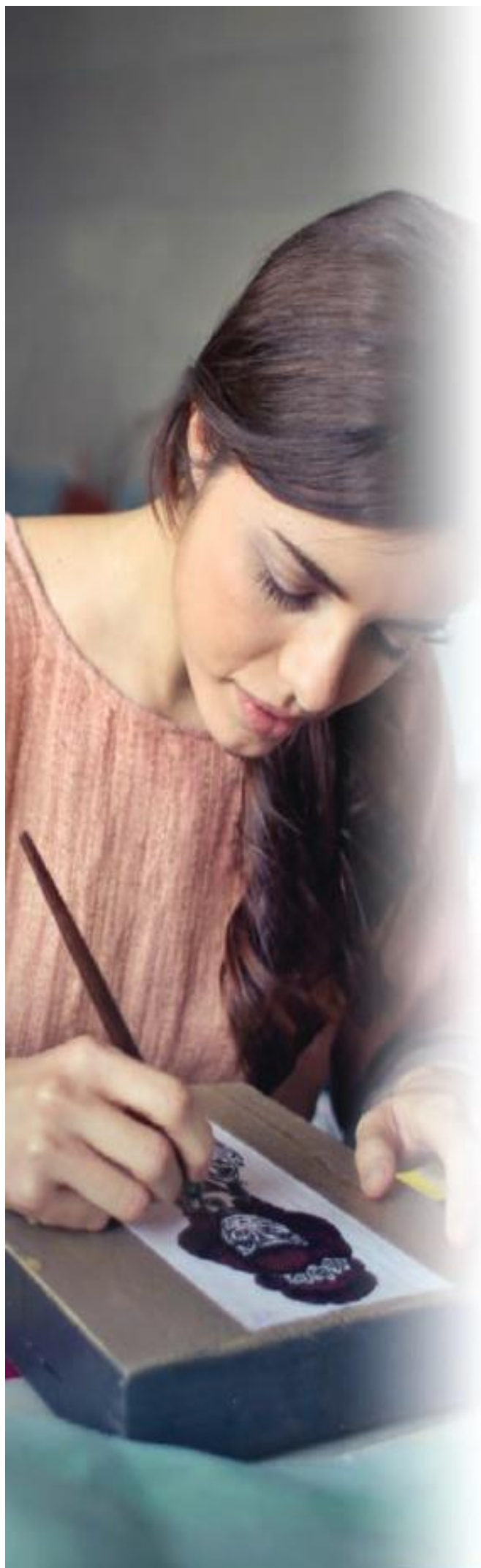
An Occupational Therapist will meet with you and talk through your skills, interests and any current difficulties. They will show you the therapy department and explain what groups and individual activities are available.

Together you can plan a programme that will help you find solutions to problems, re-kindle interests and provide a structure for your time.

Any contact with the OT team is recorded in your clinical notes and contributes to the ongoing assessment and treatment of your mental health and discharge planning.

This treatment programme happens alongside the other treatments you may be offered here including psychology and medication.





What is Occupational Therapy?

Occupational Therapy is an assessment and treatment process that concentrates on what we do, why we do it and why we may be struggling with our usual activities. We believe that occupation is crucial to our sense of wellbeing, and both the individual and group sessions we offer are based around 'doing' things.

What is occupation?

Occupations are all the purposeful normal ways we interact with others and our surroundings. They are things that most of us do like sports, arts & crafts, cleaning and cooking, and specific individual activities depending upon our interests and our skills.

Why do we do things?

Being active or 'doing things' helps us feel more in control of our lives and ourselves. It can motivate us and help to create energy.

Through activities we feel a sense of achievement that helps us to learn and move forward, it brings purpose and value to our lives. Activity can create a feeling of wellbeing.

Why do Occupational Therapy?

What we do can affect how we see ourselves and also how others see us. When life gets on top of us it is important to regain confidence and begin to take control over aspects of our lives.

The individual sessions and groups we offer provide opportunities to share and learn new skills or re-learn old skills.