

Our philosophy

Our aim is to use activities and tasks creatively and therapeutically to achieve goals that are meaningful to you and relevant to your daily life.

You can expect to be treated as an individual while you are in hospital.

The OT programme is designed to offer different activities to meet different people's needs.

You will be respected, irrespective of your gender, status, age, race, colour, religion, disability or sexual orientation.

Contact us

Your ward OTs are

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Occupational Therapy Department

Juniper Ward, Long Fox Unit,
Weston-super-mare
01934 836 480

For information on Trust services visit
www.awp.nhs.uk

PALS

To make a comment, raise a concern or make a complaint, please contact the Trust's Patient Advice and Liaison Service (PALS)

Tel: 01225 362900
Free phone: 0800 073 1778
Email: awp.pals@nhs.net

Other formats and languages

If you need this information in other formats (such as large print, audio, Braille) or in another language, please call.

Lead: Head Occupational Therapist
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Next review: October 2016



Avon and Wiltshire
Mental Health Partnership
NHS Trust

A Guide to Occupational Therapy

Juniper Ward,
Long Fox Unit

You matter, we care

What is occupational therapy?

Occupational Therapy (OT) promotes independent living and recovery. It does this by identifying your skills and needs.

We use therapeutic activity – anything you find meaningful, enjoyable or necessary - to support your recovery.

Taking part in meaningful occupation (activities) helps us stay well and can help in recovery from mental health problems.

We won't tell you how to live your life – we'll support you to move towards your goals in a friendly and non-judgmental way.

About us

The Occupational Therapists at Juniper Ward are specialists in mental health.

They are healthcare professionals who have to be registered with the Health and Care Professions Council (HCPC).

How can OT help?

One of the team will meet with you to ask you about your interests and needs and to find out what is important to you.

Your Occupational Therapist can work with you to develop an individual programme. This may include a variety of one-to-one sessions and groups which aim to:

- Develop or regain skills and coping strategies
- Improve your confidence around other people
- Improve your self confidence
- Improve skills of everyday life – for example your cooking skills, money management, or getting around town
- Practice a skill or learn a new one
- Develop a new leisure or work interest
- Help with the continuing assessment of your progress and needs.

What do people do in OT?

Examples of activities which others have found useful at Juniper Ward include:

- Art and craft
- Pottery
- Cooking or baking
- Using a computer
- Going for a walk or being outside
- Playing games and quizzes
- Anxiety management and relaxation
- Job searching, writing a CV etc
- Gardening

The timetable of group sessions is changed regularly.

Please ask a member of staff to find out what is happening each week.

Any suggestions are always welcome!