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Care Quality Commission reports published today focussing on children's and surgery services at North Cumbria's hospitals

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North Cumbria hospitals celebrate Occupational Therapy Week

Posted on Monday 7th November 2016

Staff at Cumberland Infirmary in Carlisle are raising awareness with patients of the Occupational Therapy service during Occupational Therapy (OT) week which runs from 7th – 13th November.

Occupational Therapy staff who work for North Cumbria University Hospitals NHS Trust will be handing out leaflets to patients with tips on how they can maintain their wellbeing whilst in hospital. This includes advice on bringing belongings in from home and maintaining a home-like routine during their stay.

OT week, which was launched by the College of Occupational Therapists, aims to raise awareness about the services and careers available. Occupational therapy is the use of particular activities as an aid to help people recover and recuperate from illness.

A group of occupational therapists have designed the leaflet. Rachel Gibbs, occupational therapist for NCUH, said: "Recovery isn't just about getting better physically – it's about promoting independence and wellbeing and helping patients settle back into a 'normal' lifestyle. We know that receiving occupational therapy is a key part of recovery and our aim is to help as many patients as possible in a positive way."

To find out more about occupational therapy services visit the Occupational Therapists website www.cot.co.uk



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