

October 9, 2014

Mental Health teams set themselves community challenges

Staff and patients from Liverpool Hospital's Mental Health Unit and Liverpool and Fairfield Therapy and Recovery Services are cycling and walking their way to better health this Mental Health Month (October).

Teams from the rehabilitation wards have challenged themselves to cycling more than 1,000 kilometres on stationary bikes to raise money for cancer patients.

Consumers and staff have also linked with the therapy and recovery services throughout Liverpool and Fairfield have set themselves the task of completing the 24 Hour Fight Against Cancer Macarthur – the annual walking fundraiser for Macarthur cancer patients.

Team leader for the activities and Senior Occupational Therapist, Jenny Weldon, said community engagement was a vital component of recovery and helps bring both staff and consumers together while reaching goals.

"Recovery from mental health is about being normal and giving back to others, and setting goals helps give a sense of purpose," Ms Weldon said.

"Research shows community engagement and community integration is a huge part of the recovery process of mental illness.

"Sometimes a person's life revolves around their illness and they can feel isolated from their community. Getting involved in community activities like this can boost self-esteem.

"*Being Unique* is the theme for this year's Mental Health Month, so every rotation on the stationary bikes and every step is a unique contribution to helping children with cancer."

Last year a team covered the full 24 hours of the 24 Hour Fight, and Ms Weldon said the team hope to reach that goal again this year.

"This will be the third year that consumers and staff linked with the Therapy and Recovery service have taken part in this event.

"This year we are walking in memory of a consumer that passed away last year, who took part in the first event with us."

For more details on each of the activities, visit the following pages:

<https://greatcyclechallenge.com.au/?gclid=CMnLz-fMxsACFRNffgoddD0Auw>

<http://24hrfight.org.au/>