



Introducing our new Parish Mental Health Occupational Therapist

We are really pleased to introduce to you all our new Parish Mental Health Occupational Therapist (OT); Rozy. She recently completed her Parish Nurse training in Birmingham. I took the opportunity to interview her in the Vine Lounge one Friday evening over a pint of Guinness and cheese and onion crisps for Rozy and a Jack Rabbit red wine for me. She qualified as an OT in 2002 and since then has worked in a variety of different places including people with dementia, older people and CAMHS (Children and Adolescents Mental Health Service) and the home treatment team – looking after acutely unwell people to enable them to stay at home.

In 2014 she set up the recovery support team alongside a nurse. She delivers mental health recovery focused courses for people living with severe and enduring Mental Health Problems (MHP). She wanted to come on-board with Capel Parish nurses to help reduce the stigma of MHP, promote the inclusion in community activities for people living with MHP and increase awareness of the effects of living with MHP whilst offering support to help improve people's well being.

Hope Hub Café was born from Rozy identifying a gap in the services offered to people living with mental health conditions in Capel so as soon as she heard about our parish nurse service she got in touch with us. We have been running the Hope Hub Café monthly since October 2017. She is passionate about helping people learn to live with their mental health conditions and their road to recovery. She has spent lots of time learning all about mindfulness techniques and has recently started an 8 week course in the village.

I got a bit stuck for questions at this point so decided to ask the ones I knew my children would like the answers to. Her favourite animal is a cat and her favourite colour is teal. Her hobbies are crafting and spending time with friends. Her nickname at school was Worzel (because her hair was always a bit messy!). Her favourite subject was music and she still plays the 5-string banjo.

Rozy is also happy for me to tell you that she lives with depression and has done for a number of years so she really can empathise with people living with MHP and the struggles they go through. If you would like to contact Rozy her work email is: Rozy@CapelParishNurses.org.uk

Blessings,

Caroline, your Parish Nurse

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