

Riding the waves of success: Bike Maintenance Workshops

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INTRODUCTION

- Background
- Aims
- Workshops
- Bike maintenance according to VdT MoCA
- Conclusion



BACKGROUND



- Analytical survey and focus groups.
- Difficulty engaging male service users.
- Lack of male orientated activities on the ward.
- Difficulty engaging service users at self-differentiation level.



WHAT WE DID NEXT

- Partnership work contact made with Rebike a local project run by Youth Works CIC.
- Meeting to discuss the MoCA principles, the aims of the project, grading of the activity, and any potential risks.
- We developed protocols for self-differentiation, self-presentation, passive participation and imitative participation

To provide male
orientated activity

To create potential
opportunities for service
users when discharged

To build service
users confidence

AIMS

To encourage
social ability

To develop the skills
of service users

To create a more positive
& recovery focussed
environment

To encourage
work ability

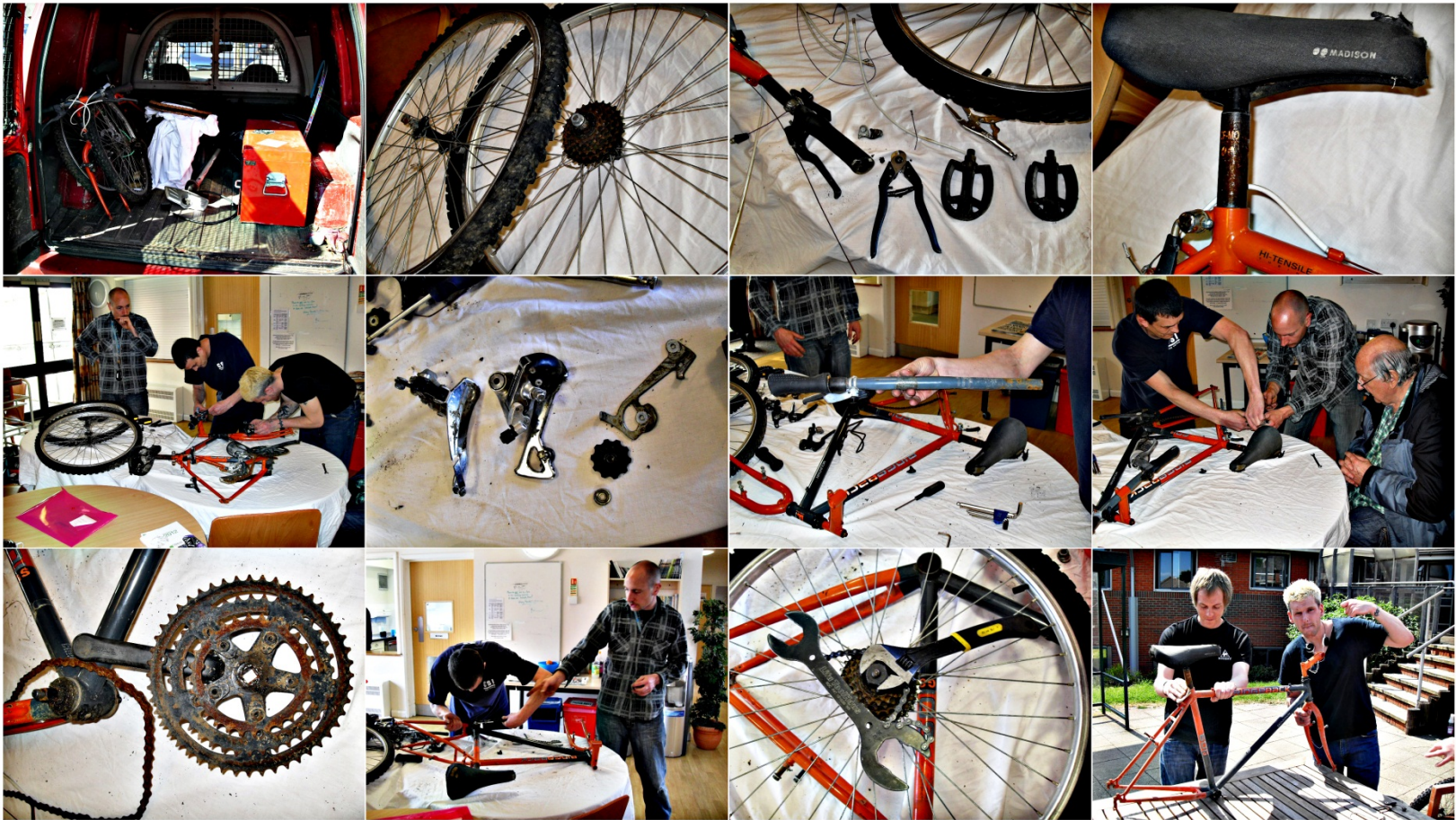
To promote stronger
links with community
services

OVERVIEW OF THE WORKSHOPS

- Week 1 - Introduction to bike maintenance and safety, basic puncture repair.
- Week 2 - Components of a bike and servicing
- Week 3 - Mechanics, rebuilding and gearing
- Week 4 - Brakes and alignment.
- Week 5 - Testing and recap of previous weeks
- Initial pilot project was very successful
- Continued for further 5 weeks
- The service users decided they would like to renovate a bike from start to finish.



The 5 week programme



Level 2: Self-Differentiation

- To engage in a simple activity.
- To encourage focus of attention for short periods of time.
- To increase concept formation of self, objects and the general environment



- To increase individuals' awareness of others and encourage basic interactions.

Level 3: Self-Presentation

- To improve self esteem.
- To promote acceptable behaviour.
- To provide basic tool handling skills.
- To promote awareness of social norms and socially acceptable behaviour.
- To improve interaction and communication skills.
- To increase awareness of themselves on the environment.



To experience fun and enjoyment!



Level 4: Passive Participation

- To learn a skill and improve knowledge.
- To improve social skills and norm awareness.
- To encourage work habits (pre vocational skills).
- To include service users in the planning and decision making.
- To improve self esteem.
- To improve task concept.

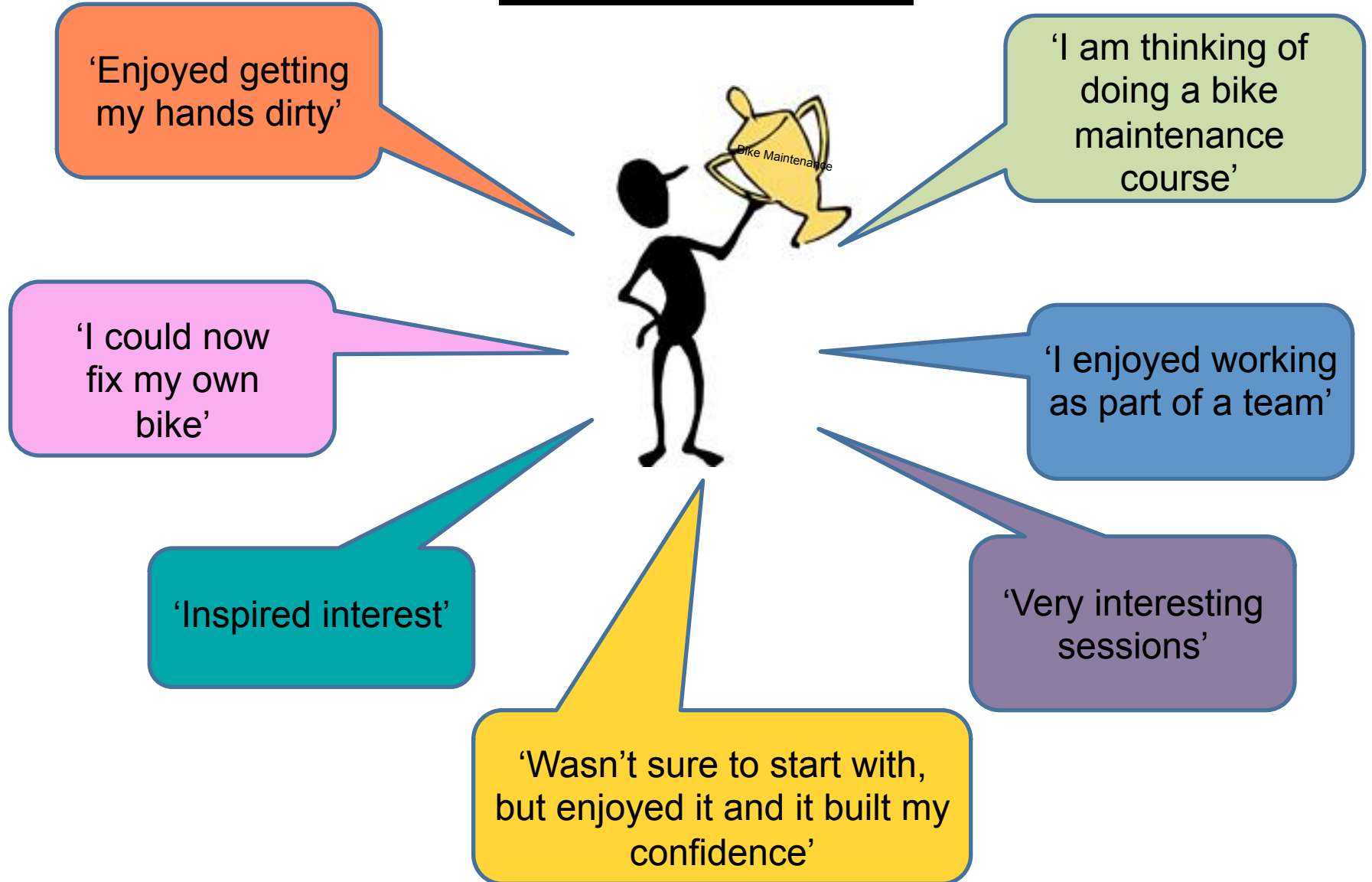


Level 5: Imitative Participation

- To increase awareness of product standards.
- To consolidate fundamental components of task concept.
- To exercise and improve higher social skills.
- To experience new situations and develop socially appropriate behaviour.



FEEDBACK















KEEP RECYCLING!!

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