

### **Working with the NHS Northwest Innovation Agency April 2023**

The April meeting of the Patient and Public involvement Senate was addressed by a presenter from Zun Told which provides mental health therapy through fiction.

<https://zuntold.com/>

The website is currently being updated, but the principle is that it has a team of counsellors, bibliotherapists and therapeutic practitioners who work with creative writing.

Through the fiction as therapy programme people can talk about what is going on in their life and write about it. They then work with them to help them to understand themselves better and help with any changes they want to make and sort through any feelings or worries they might be having. This is done through therapy writing templates, story -telling, poetry and reading.

The April meeting of the Patient Safety Ambassadors Group was cancelled.

Julia Bate

April 2023