

Olympiads Day

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The Regional Mental Health Centre (RMHC) held its eighth Olympics Day with over 60 inmate-patients and some 20 employees participating. It was made possible by the leadership and expertise of many employees and volunteers.

The day's goals were simple but important, to allow inmate-patients to socialize with each other and with staff members by forming sports teams. All inmate-patients and RMHC employees were invited to participate in the activities of their choice, among the following: softball, minigolf, volleyball, tug-of-war, lawn bowling, and horseshoes. It was also a good opportunity to further motivate the inmate-patients to participate in various clinical activities.

At lunchtime, the participants had a picnic under the warm sunshine. At the end of the day, the winners, the most active participants, the best supporters and those who were the most positive in the face of defeat were presented with congratulatory certificates.

It was nice to see the participation of the inmate-patients and employees in this activity. The smiles on everyone's faces said the event was a success. It also provided an opportunity for employees and inmate-patients to interact, which is beneficial for maintaining a therapeutic living environment. Events such as this are in keeping with the RMHC approach, based essentially on respect, positive interpersonal relationships and opportunities for healthy leisure activities.

We would like to extend warm thanks to all the inmate-patients, employees and volunteers from the RMHC who contributed to the success of this activity, which ran so smoothly. ■