

Recovery Forum News

Issue 1

July 2014

The West Suffolk Recovery Forum has been running for 9 months and we are continually trying to improve the experience for everyone and find ways to achieve more at each meeting. In an attempt to free up time for discussion at the Forum, we have produced this leaflet to provide an update from the local recovery project. There will not be a repeat of the update at the Forum but feel free to bring any queries/comments along with you.

Previously.....

We have so far been discussing questions such as 'what do we mean by recovery?'

'How can we develop our recovery college?'

'How can we get more involved in community recovery projects?'

'How can we develop our own recovery project?'

We decorated some 'hands' with messages of recovery for our college way..... (See right)

At the last Recovery Forum you asked.....

For more access to information and application forms

For a leaflet about the Peer Tutor role

For a wider range of courses at the Recovery College

If we were going to use the "Introduction to recovery" course as a recruitment method



Since the last Forum we have.....

Recruited more peer and staff tutors to deliver a wider range of courses

Started new courses on:

- ❖ Wellness Planning
- ❖ Thinking about risk
- ❖ Telling your Story

Begun planning new courses (from next academic year) in the following categories:

- ❖ Youth –steering group started
- ❖ Later life –steering group about to start
- ❖ Spirituality-steering group planned
- ❖ Hearing voices-course development started
- ❖ ACT on life –course development started

(Please ask if you wish to be involved in any if the above)

Started Peer Support Worker training to enable Peer Support Workers to be recruited to work on the wards and in the community after July 2014

Created two new posts to support the Recovery Project

- ❖ West Suffolk Recovery project co-ordinator (temporary co-ordinator Janice White-permanent post being advertised)
- ❖ Recovery Project Partner Support (Sue Price)

Here is the latest news on

- ❖ **The Recovery College** Thanks to several hard working tutors and new students, the college is doing amazingly well as we now have recruited many new tutors and have started new courses this semester. We had some teething problems with communication and registration but we are slowly sorting that out. We are still receiving fantastic feedback and learning from all comments made. We recently held a planning meeting for next academic year and have new courses planned for then and others are on the way. *Sue Howlett 25/06/14*
- ❖ **Research / Outcomes** "There are two main areas of focus for the Research and Evaluation workstream; the experience of Peer Support Workers (PSWs) and the impact of the Recovery College. The first intake of PSWs are progressing through their training programme. A research proposal to evaluate their experience has been submitted to the Ethics Committee for approval. Eventually, it is hoped that the experience of the PSWs, the service users they interact with and staff they work alongside will be compared. Feedback data has been collected from attendees of the Recovery College and is awaiting detailed analysis." *Tania Nolan 25/06/14*
- ❖ **Peer Support Workers** – "I have just finished my third day of placements on Abbeygate ward and it is VERY enlightening being on the other side of the fence. The staff from day one have shone with dedication for those in their care. The people on the ward are full of character and some manage to giggle and be



'saucy' despite their illnesses. I have been accepted by both staff and the people we care for...I use the term 'we' because I have been treated as part of the team.

I am really enjoying the Peer Support course and my fellow students are all real gems, who each bring something different to each lecture and we often learn something new from each other.

As part of my peer support training, I had to write a wellness plan...I already had one, but when I revisited I had achieved the goals I had set myself. I started afresh with a whole new plan and set of goals. My life had changed so much in four months and I hadn't really noticed....That is the power of RECOVERY journeys!"
Carla Swan 16/6/14

❖ **Living Beyond Illness** - The Life Beyond Illness group aims to provide Recovery-focused tools and to develop community-based Recovery opportunities for service users and carers. We have developed My Recovery Journey, which is being adopted as a tool for service users and care co-ordinators and is used as part of Wellness Planning. We would like to raise awareness of this work, and develop Local Community Resource Maps with service users, carers and partner organisations. We are also looking at building libraries of Recovery stories, developing community cafes, and establishing recovery focused care farms with an emphasis on co-production. *Steve Lerpiniere 18/06/14 (Steve will be facilitating the discussion group on this topic at the Forum)*

❖ **Staff Journey** The Staff Development Day which took place on Friday 25th April 2014 at Lynford Hall was an opportunity for service users, carers and staff to listen, discuss and debate 'Lived experience in the workforce', and the values, challenges and opportunities that this brings. There were many speakers ranging from Occupational Health and Trust Directors, to first-hand lived experience.

There was a fantastic presentation from Phil Morgan, Lead for Recovery and Social Inclusion at Dorset HealthCare University NHS Foundation Trust, who gave a great insight into the ImROC project and how this relates to lived experience. But for me the most moving accounts were those told by the 'Hidden Talents' group, who gave us some real grounding stories about their personal experience of mental health issues, and how they utilize this experience into their work.

The day was about our values and beliefs as individuals and as a Trust, and the culture change occurring in light of the ever growing wave of 'recovery', so for me it was ensuring as an organisation we ride the crest of this wave, and make sure we aren't all consumed underneath it! I'm glad to say it felt to me as a Trust that is learning to Surf! *Mike Seaman 25/6/14*

❖ **ImROC – The Organisational Journey** – Chris Hedges and Celia Scott-Molloy – Integrated Delivery Team managers for the West Suffolk Locality – attended the third Trust-wide meeting of the Organisational Change group on 4th June 2014. The group is attended by a wide range of people including service users, governors, a non-executive director, as well as clinical staff and managers. It was only a small gathering this time but we managed to cover some important topics including:

Service user involvement in recruitment of staff:

There is general agreement that this should be an expectation for all clinical positions, but we did have a lively debate about whether this should apply to 'back room' staff such as accountants and buildings managers. This led us to question how much these back room staff need to know about recovery and ImROC, and we were able to agree that they need to know and understand this far more than they do at the moment, if we are to become a fully recovery based organisation. We weren't able to agree about service users having to be on every interview panel, so this is for further discussion.

Electronic Clinical Records:

We also discussed the recently announced introduction of a new electronic recording system, known as Lorenzo, which is due to be launched in the Trust some time in 2015. We agreed that this group needs to

exert influence to ensure that recovery is a concept that is clearly represented in all the documents and letters that it will be producing, including Care Programme Approach paperwork, Wellness plans and so on.

The group meets every 2 months. Chris Hedges and Celia Scott-Molloy will continue to represent the locality at the group. *CH / CSM 16/6/14 (Chris will be facilitating the discussion group on this topic at the Forum)*

Other news

❖ One day Workshop –



Sue Howlett and Amanda Green (Peer tutor in Norfolk) will be involved in a one-day workshop being held at UEA Sports Park Norwich on 26th September 2014, presenting the British model of recovery colleges with visitors from Japan presenting the *Tohjisha-Kenkyu* model. *Tohjisha-kenkyu* (loosely translated as: “ Patient’s study of themselves”) started in Urakawa Bethel House in February 2001 among mental health patients and was supported by social workers. It is also used as a model for health issues and some disabilities. *Tohjisha-kenkyu* assumes that patients do not know themselves well and need to study themselves. It also accepts that all patients have an individual and unique perspective on their own lived experience and that they are the authority on their own condition.

It:

1. Makes it possible for patients to “rest on the shelf” as well as face their problems.
2. Recovers patients’ right to talk about their suffering in the public sphere by taking on the form of a study.(Isolation from the public sphere was a particular problem in Japan)
3. Recovers patients’ personal history and re-identifies them.
4. Makes it possible for patients to enter into a community of study and enhance connections with their peers.

In Britain, as we know, the Department of Health commissioned the ImROC project to enable the recovery model to be embedded in the mental health services. As part of this, Recovery Colleges seek to adopt an educational, rather than a therapeutic approach, helping people make sense of what has happened, find meaning, and become experts in managing their own lives. In this way the Recovery Project finds direct parallels with the Japanese experience.

Contact Tom Shakespeare (tom.shakespeare@uea.ac.uk) for further details if you would like to attend.

The Nottingham Recovery Project Team are our (NSFT) new Recovery ‘buddies’. We will have the opportunity to visit Nottingham in their Learning set days, please ask if you are interested.





BBC voices project

We are fortunate to have the opportunity to be involved in this project. It is an opportunity for: a group of people to get the film making skills with a view to then go onto to train others; for the Recovery College to collect some narratives; the potential to create films for training and marketing.

The recovery project is looking for someone from each locality to complete a group of individuals who will learn film making skills with a view to filming recovery stories in the future. We need people who can fulfil the criteria below:

- Able to travel to Norwich independently
- Can manage a full days training twice
- Attend our editorial group meetings
- Is reliable
- Enjoys working in a team
- A keen interest in film making
- Is positive about working in new ways with people with Mental Health problems

Trust induction



We are planning now to include Recovery as part of the Trust induction.

Forum - 4th July

For this Forum we will be holding small workshops to help us all build on the last Forum and achieve some actions.

The facilitators for the day are.....

Sue Howlett - “I am Modern Matron in West Suffolk and have a passion for recovery and engagement. I have taken the lead for service user involvement and for the development of the recovery project in this locality. I am also joint lead in the Trust's recovery project for the Recovery College, working in co-production with colleagues and others with a lived experience of mental health problems to develop the College in West Suffolk and across the Trust. This project has been amazingly inspiring and rewarding and the highlight of my career. I enjoy every moment whether I am working in the college, meeting new peers or congratulating peers as they move on to the next step of their recovery, either in or on from the project.

I am hoping the forum offers the opportunity for all recovery partners to join in the discussions and developments around recovery”

Sue Price - "I have recently retired after nearly 30 years working in mental health services, based in the Community. My clinical background was in Occupational Therapy which, as an 'enabling' profession has always given a recovery focus to my practice, although probably not always recognised. I have also had involvement in teaching the Recovery Model to support workers and represented the Assertive Outreach Team in the User/Carer groups such as SCIP/SWAG. I now work alongside Sue Howlett to support users, carers and staff to become involved in the many aspects of the Recovery agenda.

I look forward to meeting you soon."

Jasmine Ross (speaker) "I am the Senior Advisor with Shaw Trust for Ipswich, Suffolk Coastal, Babergh, St Edmunds and Forest Heath areas delivering the Suffolk Employment Service programme. The programme is an employability one for clients with either LD or mental health conditions.

I support a team of Advisors based in Ipswich, Bury and Thetford. Shaw Trust is a National Charity predominantly working with vulnerable client groups on government funded programmes, social enterprises and charity shops."

Nikki Sullivan (facilitator) "I consider myself as someone who loves everything Recovery, particularly since my care co-ordinator supported me to develop my own wellness plan. It was this passion for Recovery that sparked a link between me and Sue Howlett, the matron at Wedgwood, and we embarked on a piece of work at Wedgwood to bring a recovery tool from the Tidal Model (Barker,2006) to the wards at Wedgwood. This was an exciting project as I was able to bring my own lived experience and also the experience of being a carer to this project-and this I now know to be an early version of co-production as Sue and I worked equally in all aspects of the work. So it was an easy transition in to the Recovery project and I have now moved into various roles, co-delivering the peer support work course, peer tutor in the college, joint peer lead for the college and many other parts of the Trust project. I have thoroughly enjoyed this part of my life; it has inspired and motivated me every day! I've met so many new people and learnt so much, it has been great to be able to give something back to the service whilst still getting something so positive from it."

Steve Lerpiniere (facilitator) "I am Strategic Marketing Manager for NSFT and I feel very strongly that Recovery should be at the heart of everything that a modern mental health service provides. I am especially keen to build links with partner organisations and provide new opportunities in Norfolk and Suffolk for service users and carers. I lead on the Life Beyond Illness workstream because this is the area I am most passionate about. I am also a founding director of Appleseed, a new Social Enterprise developing care farms and ecotherapy as part of recovery in our region."

Chris Hedges (facilitator) "I qualified as a social worker in 1987 and have had a varied career working with people with physical difficulties as well as in mental health. I am currently manager of Bury North IDT based in Newmarket. I am committed to the recovery approach and I am particularly interested in how organisations can change and improve."

Telling your story.....

Are you ready to tell your recovery story? We are looking for volunteers who would be willing to speak for 10 minutes to either this or a future forum about their own personal recovery story. We would like to have two people at each forum.

If you are interested or would just like to explore the idea please either speak to or contact Sue Price. She would be happy to talk to you about what this would involve and to help you craft your own particular tale.

Get more involved

If you would like to become a tutor, a Peer Support Worker or become involved in developing new courses please speak to Sue Howlett, Sue Price or Janice White.

Contact the Recovery Project

General Queries

Janice White – West Suffolk Recovery Project Co-ordinator (01284) 719767 janice.white@NSFT.nhs.com

Sue Price – Recovery Project Partner Support - Please contact via Janice White

Course Bookings

Charlotte Allinson-Smith – ImROC senior administrator (01603) 421169 recovery.college@nsft.nhs.uk

Helpful websites

www.recovery-college.org.uk (Norfolk and Suffolk Foundation Trust website)

www.getselfhelp.co.uk (Free downloadable worksheets)

www.psychologytools.org (Free downloadable worksheets)

www.devonpartnership.nhs.uk ('Beyond the storms' – Recovery stories)

www.rethink.org

www.mind.org.uk

www.time-to-change.org.uk

See also how one person's story has challenged public perceptions

<http://home.bt.com/lifestyle/wellbeing/living-with-bipolar-disorder-11363905617082>

