

## Recommendations Moving Forward:

- For the Wellbeing and Recovery Partnership to continue to work with teams and services developing project plans and integrating peer workers into teams with sustainable funding.
- To continue to develop a broad approach to Recovery Education to facilitate recovery orientated practice, affect culture change and to build capacity and sustainability at a local level, to meet a wide range of need and personal outcomes.
- For the Dorset HealthCare Board to reaffirm its commitment to the Recovery approach, incorporating into the personalised and integrated agenda, including identifying priority areas for the WaRP to focus its resources.
- To Increase opportunities for partnership working and Recovery Education with other organisations, to support and facilitate integration of lived experience and co-production across a range of conditions (including carers and supporters), underpinning the DHC Participation strategy, including children and young people.
- To promote the wellbeing of all DHC staff and to facilitate staff support, learning and development being underpinned by the principles of wellbeing and recovery.
- For the REC to be funded so that it is sustainable, with a view to becoming a Wellbeing College and Recovery Education Centre, to cover all long term health conditions, working with Public Health, the CCG and other partners to support and facilitate this.
- To promote Individual Placement Support as the most effective way of supporting people with mental health problems into employment and their communities and to ensure that this approach is adopted within Dorset HealthCare.

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# Dorset Wellbeing and Recovery Partnership



## Executive Summary Biennial Report 2014

The Dorset Wellbeing and Recovery Partnership (WaRP) is a partnership between Dorset Mental Health Forum (a peer-led third sector organisation) and Dorset HealthCare University NHS Foundation Trust (DHC). This partnership brings together lived experience expertise and professional expertise. The aims of the WaRP are to promote the principles of recovery, co-production and wellbeing in order to transform people's experience of mental health services and more broadly how mental health is perceived in Dorset.

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*"Recovery is a personal journey of discovery. It involves making sense of and finding meaning in, what has happened, becoming an expert in your own self-care, building a new sense of self and purpose in life, discovering your own resourcefulness and possibilities and using these and the resources available to you pursue your aspirations and goals" (Perkins et al, 2012)*

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In our previous annual report we identified that we were beginning to see the 'first shoots' of culture change, and over the past two years we have seen these continue to grow, despite (or maybe because of) the difficult social and economic climate. Teams and services have increasingly wanted to work with us; we have been asked to speak nationally and to international audiences; but most significantly we have been making a difference to peoples' lives. People have described to us that working in a recovery focused way has enabled them to realise that their life possibilities can be different and to gain some sense of control and choice. These outcomes have predominantly been driven by the Recovery Education Centre (REC) but also through broader Recovery Education. Fundamental to this is role of co-production, underpinned by the idea that:

***Individuals and communities hold their own solutions.***

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*"Co-production means delivering public services in an equal and reciprocal relationship between professionals, people using services, their families and their neighbours. Where activities are co-produced in this way, both services and neighbourhoods become far more effective agents of change." (Boyle and Harris, 2010)*

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Key to this is generating work streams that explore how co-production and Recovery Education can support a personalised and integrated approach to health and social care across all health conditions. Enabling people who access services and their carers and supporters can move towards being equal partners in their care and treatment.

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*"Any services, or treatments, or interventions, or supports must be judged in these terms – how much do they allow us to lead the lives we wish to lead?" (Repper and Perkins, 2003)*

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For this to happen we are talking about a major transformation of services, which involve thinking differently about the skill mix of teams and care pathways. This needs to be underpinned by learning from and sharing power with people who access services and their carers and supporters, and building partnerships across statutory and 3<sup>rd</sup> Sector organisations.

For the WaRP to continue to meet its broad objectives, it is important that the current approaches are sustainable and effectively resourced. That the principles of Wellbeing and Recovery are adopted more broadly by Dorset HealthCare and partner agencies as the recovery agenda moves from the periphery of services to the core. Working with a broader range of partnership agencies will enable the WaRP to promote the principles of recovery, co-production and wellbeing across communities within Dorset.