

Dorset Wellbeing and Recovery Partnership

Welcome to the Spring edition of the Dorset Wellbeing and Recovery Partnership (WaRP) Newsletter.

It is an exciting and busy time for the WaRP as we launch our Recovery Education Centre (REC) for our first pilot term. In this edition of the newsletter you will find further details of the REC and the Hidden Talents project for staff with lived experience of mental illness. As always a big thank you goes out to all those who have been involved in our work, the on-going success of the WaRP is the result of many people's efforts and contribution.

Recovery Education Centre - Pilot Term

As you are all aware, Dorset Healthcare University NHS Foundation Trust (DHUFT) is a Demonstration Site within the Centre for Mental Health's Implementing Recovery for Organisational Change (ImROC) project. Within their methodology and as one of the ten organisational challenges, the Centre for Mental Health describes the need to "*Establish a Recovery Education Unit to drive programmes forward*" (Shepherd et al 2010).

As active participants within the ImROC programme, we are entering a joint venture between the DHUFT and the Dorset Mental Health Forum in setting up a Recovery Education Centre (REC). Given the geography of Dorset, the centre will operate as a number of virtual centres utilising a range of venues within the community.

Key Principles behind the REC are:

- To introduce an educational model which will enable people to learn for themselves and recognise their own potential.
- To provide people with the tools and skills to self-manage, through partnership of expertise by experience and professional expertise; all courses are co-designed and co-delivered.
- To improve people's experience of mental health services (including those who work within them and carers and supporters).
- To enable people to take control of their lives and be able to move beyond mental health services and mental illness.

An educational framework will allow people to see themselves as students. This transformation from patient, staff member or carer to student will be powerful. It enables everyone to learn together as a community and be empowered to find hope to lead a fulfilling life, embrace opportunity through building skills and gain control by putting these skills into practice.

The Recovery Education Centre will facilitate personal growth and provide the opportunity to meet the needs of a large number of people. Through true partnership working, bringing together professional expertise alongside the expertise of lived experience, the REC will offer courses for people who access services, staff, carers and supporters. All the courses will focus on enabling people to manage their own recovery and how best to support someone else's recovery. We are really excited about how mutually beneficial this will be and we believe it will influence how services are provided in the future.

Courses in the pilot term will be running across Dorset, May to July 2012. Some of the courses the REC will be offering include: Introducing Recovery, Wellness Workshop, Wellbeing Toolkit, Recovery Narratives and Working 2 Work. Should you or people you work with who access the service wish to learn more please contact the Recovery Education Centre to register your interest and request a prospectus.

REC Contact Details

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Hidden Talents

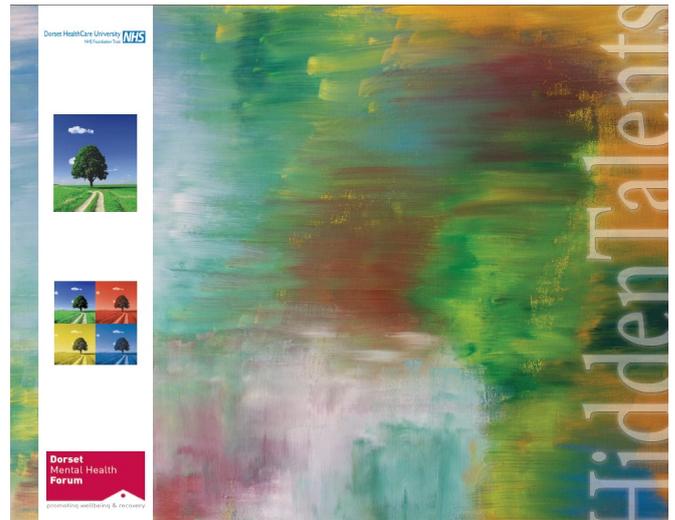
The WaRP and national figure heads of recovery strongly believe the principles and philosophy of wellbeing and recovery apply not only to people who access services but also for staff who work within them (Shepherd et al 2010). Indeed Repper (2009) proposes that Recovery is “common to us all”. This requires that we need to acknowledge the expertise of staff with lived experience of mental illness.

In May 2010 Dorset Community Health Services (now part of Dorset HealthCare University NHS Foundation Trust), as part of the Dorset Wellbeing and Recovery Partnership (WaRP), commenced a unique project aimed at celebrating the lived experience of DCHS staff. The project is called Hidden Talents.

This project is now seen as a central component to the WaRP’s work and DHUFT’s commitment to cultural transformation in line with the ImROC ten organisational challenges to embed the principles of wellbeing and recovery throughout.

We are launching a brochure to showcase and celebrate the work of the Hidden Talents project to date. The brochure includes a foreword by Professor Mike Slade. It contains recovery stories from staff, tips for self-management, how to manage self-stigma and much more.

The ambitions of the project are to make it a pan-Dorset project and to continue building links with Occupational Health, Human Resources and managers around effectively supporting the wellbeing of all staff.



The aims of the booklet are:

- To tackle stigma of mental health problems through the use of recovery narratives and creative expression.
- To take the opportunity to learn from the lived experience of staff and provide some initial guidance about how to effectively support with their emotional wellbeing.
- To improve the experience for everyone accessing and working within the service, by creating a discussion centred around how best to support people, underpinned by the recovery approach.

Tackling Stigma from the Inside Out

Finally the WaRP is launching an anti-stigma and communication campaign for recovery.

Please look out for our posters and postcards promoting “What Recovery Means to Me...” which will be available throughout services and a variety of locations.



This campaign acknowledges recovery is an individual experience and can have a variety of meanings. Alongside promoting the meaning of recovery for the individuals who have taken part in the campaign so far, the WaRP hopes to gather a broader range of people’s definitions of recovery and what recovery means to them. This will be a on going campaign across Dorset.

Please feel free to complete a blank postcard. This campaign is for everyone. Please return to:

Dorset Mental Health Forum / WaRP
29-29a Durngate Street
Dorchester, Dorset, DT1 1JP

Responses to this campaign will form part of an overall Twitter campaign hosted by the Dorset Mental Health Forum to promote recovery and tackle stigma across Dorset.

You can follow the Dorset Mental Health Forum on Twitter, go to www.twitter.com and search [@dorsetmhforum](https://twitter.com/dorsetmhforum).

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