

Dorset Wellbeing and Recovery Partnership

Welcome to the Summer edition of the Dorset Wellbeing and Recovery Partnership (WaRP) newsletter.

Uncertain times have been afoot since our last newsletter and we appreciate this is a difficult time for many. Change however does provide an opportunity to reflect and share our common experiences whether you are someone who accesses mental health services or a staff member who works within them. Uncertainty can create similar thoughts, feelings and emotions in all of us. This newsletter seeks to highlight the projects the WaRP is focusing on which promote the universal principles around wellbeing and recovery.



3-2-1 ... Take Off!



On 17 May, at the Old Library, Merley House, the Wellbeing and Recovery Partnership held an event to launch three projects which challenge stigma surrounding mental illness and promote the principles of recovery.

The first project, **What Recovery Means to Me...** is a communication campaign that illustrates the individual nature of people's experience of recovery.

"For me recovery is a journey of hope and discovery to better days ahead." Terry

The campaign also offers an opportunity for individuals to send in or tweet (@dorsetmhforum) their own ideas of what recovery means for them. Look out for posters and postcards that promote this campaign,

and go on – you know you want to! Fill one in and tell us what recovery means to you.

Also celebrated at the same event was the **Hidden Talents** project which seeks to utilise the lived experience of NHS staff to challenge negative attitudes towards mental illness and promote organisational change, thus supporting the emotional wellbeing of its entire staff. This project ran initially in the West of Dorset, and on 24 July was launched county wide. Linked to this we are undertaking a survey looking at self-reported levels of mental illness within NHS workers and levels of perceived stigma and discrimination. If you would like a copy of the Hidden Talents booklet please visit:

<http://www.dorsetmentalhealthforum.org.uk/pdfs/other/hidden-talents.pdf>

Finally, this event saw the official launch of the **Recovery Education Centre (REC)**. This project provides people with education and tools to self-manage, promote choice, personal responsibility and ultimately to have control of their own wellbeing.

The courses offered are available to people with personal experience of mental distress, those who access mental health services, their carers and supporters and also to staff members. All of the courses have been co-produced and are co-delivered by a peer specialist from Dorset Mental Health Forum and a health care worker from Dorset HealthCare University NHS Foundation Trust, to combine expertise by experience with professional expertise.

For more information on the REC, including how to register, see the back page of this newsletter or visit:

<http://www.dorsethealthcare.nhs.uk/services/recovery/the-recovery-education-centre.htm>

Recovery Education Centre — First Term Feedback

We completed our pilot term of the Dorset Recovery Education Centre at the beginning of July. We were overwhelmed by the positive feedback we received and are really excited about our Autumn term which starts on 10 September. Keep your eyes open for our flyers and new prospectus.

In our first term we had 78 students register with the Recovery Education Centre. 41% of students described themselves as accessing services, 28% staff (either NHS or 3rd Sector), 25% carers or supporters. 52 students were offered a place on their requested course(s) and 22 students are already on the waiting list for courses next term! Overall we offered 132 places on our courses and 75% of these were filled.

Here are some quotes that students provided on their REC evaluation forms:

"The mixture of people was great. The trainers were very well prepared... an excellent course."

"A course that's believable and encourages hope."

"I believe what you are offering is vital for someone like me to move forward..."

"The course was not what I expected, but was better as it allowed me to develop professionally and personally."

"Thoroughly enjoyable! Even though I don't have an illness myself I feel I have got a lot from the course."

96.7% of students rated their experience with the REC as either Very Good or Good and would attend another course.

One of our peer trainers also shared with us her experience of becoming a trainer within the Recovery Education Centre:

"I'm very excited to be involved in this new REC and it's really powered my own 'recovery journey' – there's nothing like helping other people to make you feel better about yourself is there?"

How to Register with the REC

You can register your interest in the Recovery Education Centre by:

Phone: 07789983863

Email: recovery.educationcentre@dhuft.nhs.uk

Post: Recovery Education Centre, c/o 843 Christchurch Road, Pokesdown, Bournemouth, BH7 6AR

We will then get in touch to meet with you, to discuss your needs and which courses you might find helpful. During this meeting you will be given the opportunity to complete an 'Individual Learning Plan' and will be enrolled on the courses you have selected, if places are available.

Preventing and Managing Violence and Aggression

The Wellbeing and Recovery Partnership has begun presenting on the 5-day Physical Intervention training course. As this is often the first experience people have of Dorset HealthCare we believe it is important from the start to send out positive messages about recovery and not focus solely on managing violence and aggression. The aims of the WaRP's involvement in this training are:

- To introduce new staff to the concept and principles of recovery.
- To learn from the lived experience of people with mental health problems that recovery is possible.
- To explore the challenges and opportunities for working in a recovery orientated way in acute services.
- To understand the skills required to enhance the experience of people who access acute services.
- To provide a greater understanding of the experience of a person who has been restrained in order to improve practice.

Feedback from our involvement in the course has been encouraging and staff comments have included:

"It was so useful to get an insight into the service users who have been through the system. Very interesting and well put across."

"It was interesting to hear the service users' point of view, in particular what did and didn't help their recovery."

"Definitely worth seeing; even though I have seen the recovery team before I learn something new every time!"

"To have the opportunity to hear what it is like to experience being restrained first hand is very helpful as it reminded me that little things like communication can go a long way."

This is just a start and we are looking to build a co-production model of the PI training and review each element from a peer perspective. This links into one of some wider projects around reducing restraint across our acute service.

Contact Details: Phil Morgan – Philip.Morgan@dhuft.nhs.uk ☎ 01305 361371 or
Becky Aldridge – beckyaldrige@dorsetmentalhealthforum.org.uk ☎ 01305 257172
Jackie Lawson – Jackie.Lawson@dhuft.nhs.uk ☎ 01202 492855