



Newsletter  
Summer/  
Autumn  
2012



# Building Recovery Together

## Recovery Devon Newsletter - Connecting With Others

### Events:

#### Next Open Meeting

Wednesday September  
26th 2012

Venue –Methodist Church  
Hall –Fore St. Totnes

Refreshments from 1.30  
Meeting - 2-00-4.30pm

The meetings are open and  
free. All are welcome

We can offer travel ex-  
penses within Devon to  
those who are unwaged.

### How do You Keep Yourself well?

- Keep fresh flowers or a plant by your chair.
- Lose yourself in listening to or making music.
- Learn to spoil yourself with little treats.
- Phone a friend and talk
- Know that sharing of hurt can begin the healing.



### Website

[www.recoverydevon.co.uk](http://www.recoverydevon.co.uk)

### Facebook

[www.facebook.com/recoverydevon](http://www.facebook.com/recoverydevon)

### Twitter

<https://twitter.com>

Welcome! The focus of our latest newsletter is on the many connections that help us towards Recovery. Personal Recovery relates to how people overcome life challenges to build meaningful and satisfying lives whether or not there are on going difficulties. Recovery values Hope, Opportunity and Choice. It recognises that trusting supportive relationships built with those around us, can help people's recovery. Recovery Devon is proud to

be part of the ImROC project. (Implementing Recovery through Organisational Change ). One focus has been on better partnership with people using mental health services, to improve the quality of support so that people receive the help they value. **Recovery Strategy** Several project sites have developed a Recovery Strategy and Devon is now close to producing its own. This aims to identify the principles and practice that can

take Devon forwards, so that staff and people receiving support can build on what people need and what works for them. Devon values strength based working and partnership. We work to share knowledge and to challenge prejudice and stigma around mental health. We aim to improve service delivery and to amplify the voice of hope. Thanks for your support. Thanks also to the Scottish gentleman who kindly sent a cheque and good wishes after our last newsletter.

## Valuing Connection in our lives

Connection is one of the Five Ways to Wellbeing. Connecting with the people around us, family, friends, colleagues and neighbours can be the cornerstones of our lives. When we invest time in developing them, these connections can support and enrich us every day. Search for CLANG on our website.

### Building Our Connections

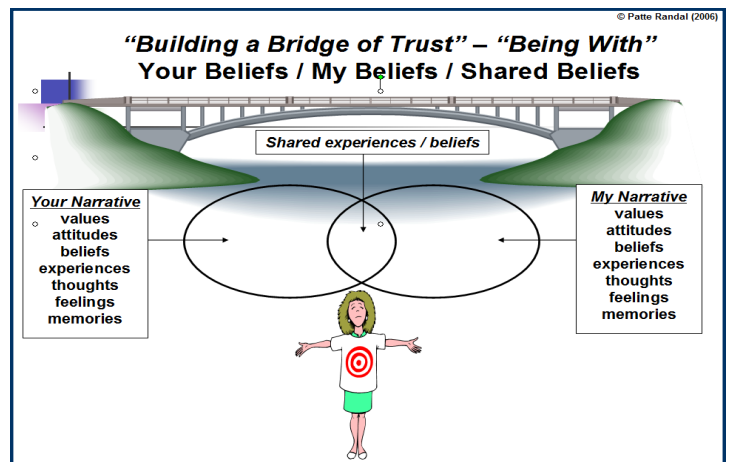
We became a Community Interest Company on 15th June 2012, committed to making Recovery possible.

### National & International Connections

This year Recovery Devon has received two guests from New Zealand.

Julie Leibrich, the gifted author and editor of "A Gift of Stories", and inspiration for our own "Beyond the Storms", spent some memorable time with a group of us. She talked of her new book soon to be published on Sanctuary.

Also Patte Randal, Psychiatrist and contributor to "A Gift of Stories" shared her own lived experience and her Recovery Materials, which she has developed alongside of other people with lived experience through her work. (see below).



"The humanity we all share is more important than the mental illness we may not" - Elyn Saks

## *Working Together for Recovery - Tips from others*

**20 Commandments for Mental Health workers – A nurse blogger has captured person-centred recovery support.**

Thou shalt respect your client and not judge;

Thou shalt increase the well-being, opportunities and happiness of your client;

Thou shalt be in time for appointments and 'phone calls. It will show your client that he matters;

Thou shalt have a well-chosen and well-timed sense of humour;

Thou shalt reconsider your 'professional distance'

if it makes your client feel he stands alone; Show that you are a person too.

Thou shalt not let your bad mood or personal issues influence your professional attitude;

Thou shalt have an open conversation if your client is suicidal and give good support and protection if necessary;

Thou shalt not hide behind a newspaper on the ward or make any other unapproachable impression otherwise;

Thou shalt not hide and chat in the nurses' offices but be with your clients as much as possible to create a safe and friendly environment;

Thou shalt consider family and good friends of your clients as team players (unless it's impossible) and support them well in the interests of your client;

Thou shalt inspire and support your colleagues to make mental healthcare as good and friendly as possible and ask and give feedback on a regular basis to become a 'winning team';

Thou shalt inform your clients well about side effects of medication, observe well and help to find solutions if needed;

Thou shalt not avoid the subject 'sexual side effects of medication';

Thou shalt help your client to get good dental and physical care and support them on doctor & dentist visits if needed;

Thou shalt help your client to exercise on a regular basis (walk, run, cycle etc) to increase their health;

Thou shalt support your client to overcome financial or housing problems and fight bureaucracy;

Thou shalt listen well to the client's aspirations for their life and give support to achieve them;

Thou shalt stand up for the rights of your client;

Thou shalt fight the stigma of mental illness on every opportunity;

Thou shalt help your client to keep up hope.

Shared with permission from NurseWithGlasses - Thank you for these are good practice reminders

<http://20commandments.blogspot.co.uk/2012/04/20-commandments-for-mental-health.html>

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## *Getting in Touch*

**Our Steering Group members are:** Linden Lynn (Co-ordinator), Russ Drayton, Caroline Nicholson, Chukes Maxwell, Darren Bleek, Elaine Hewis, Elina Baker and Geof Lynn, with Glenn Roberts and Laura Lee as Advisers.

If you would like to get more involved, please contact a steering group member or send a message to our email address [recoverydevon@gmail.com](mailto:recoverydevon@gmail.com) or leave a message on 07779 729525. We look forward to hearing from you

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“ Dreams are renewable. No matter what our age or condition, there are still untapped possibilities within us and new beauty waiting to be born.” - Helen Keller