

Project HOPE

Health, Opportunity & Purpose for Everyone

October 2012 Newsletter



'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**

Hope, we know is the most essential element of Recovery and although easy to say, much harder to hold for people when they have lost all motivation and direction in life.

I remember when working in project a few years ago, interviewing a gentleman who had been attending a hospital workshop for nearly 20 years. When I asked him what he would like to do in the future, he said 'I will go where I am told and do what I am told'. I spent much time getting to know him, gaining his trust and hearing his story. Enabling him to once again begin to believe in himself and dare to make his own choices.

For me, assisting people to rekindle their dreams and aspirations, when they have long since lost all hope of recovery, is our most important work.

Each one of us have hopes and dreams, even if sometimes they get lost for a while. We all need people around us who can believe in our potential and encourage us to get back into the driving seat.

Recovery visioning event – 14th November

A big reminder about our Recovery event at the Central Baptist church in Chelmsford, we are very excited about sharing news of Project Hope, hearing your views/ ideas and sharing experiences and knowledge. The three workshops- ('West Recovery Hub in Action'/ 'Recovery Star & PATH tools' /'Care Farm') are being pre-booked, so do ensure you get signed up! We are keen to encourage users and carers to come along and share with us their ideas for future services and if able join one of the project steering groups to support our developments.

The main speaker, Dr Jed Boardman, will be giving us an overview of the IMROC project that supports Mental health organisations in whole systems change.
http://www.centreformentalhealth.otg.uk/recovery/supporting_recovery.aspx

Lunch is from 12 noon and the event begins at 1.15pm which allows time for people to view the display boards, network with colleagues and share news/ideas.

If you have not booked your place yet and would like to come, please contact caroline.smyth@nepft.nhs.uk

Project HOPE – Pilot update

Care Farm

Eight people started at the care farm at the beginning of the September term. They have all settled into the farm routine well and, supported by Emma the tutor, been able to choose a task to learn and to develop their skills. The assessment tool being used to monitor their progress has already shown significant improvements in mood and general well-being.

Recovery College

The steering group met to further develop their programme and are planning to commence courses in January 2012.

An afternoon planning session has been organised to undertake foundation planning. Miles Rinaldi from the South west London and St Georges Foundation Trust and the centre for Mental Health has agreed to facilitate this. We are keen to gain more support from service users, please do contact me if you would be interested in joining the steering group or training as a tutor.

Mid Recovery Hub

We are continuing in our search for premises, that are accessible, socially inclusive and non-stigmatising. Most of the work undertaken by the Recovery hub team will be in community settings, in people's homes and community facilities such as libraries, cafes, colleges, however the hub will be a resource centre and offer opportunities for sharing information and planning programmes.

The posts for the Hub team lead, administrator and Housekeeper have been advertised and interviews will take place in the next few weeks.

Re-provision of rehabilitation inpatient services

Severalls house – The new Social worker will start at the beginning of November and is responsible for working in partnership with the unit staff and care co-ordinators to support people, presently residing at Severalls house, to move into alternative accommodation. This process will be led by the service user's needs and (where possible) choice.

Rivendall - attached to Severalls house will be developed into a recovery focused 8 bedded rehabilitation unit, staff will use the PATH and Recovery STAR tools to offer intensive support to people who would like, in the future, to live in a community setting.

Cam Ward (Derwent centre) - is being refurbished during November and December in order to offer a rehabilitation inpatient service to people who require 24 hour support in an inpatient setting, whilst continuing their programme of recovery.

Pilot project - The reduction of beds on Cam ward will enable the staff to work in partnership with a housing support organisation to offer intensive community support. This project will link in with the Essex county council accommodation strategy.

As I have been travelling around meeting and getting to know you all in the last few weeks I have been struck by your 'can do' attitude, commitment to the recovery approach and motivation for change. This, in these constantly changing times is refreshing and I am grateful for your continued support and enthusiasm with Project Hope

Please do contact me with any ideas or news that you would like included in the next newsletter in December, I am particularly keen to hear from service users and carers so that we can ensure we develop the new projects using the knowledge and expertise of people who have lived experience of mental ill health

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