



# HEADS UP

Spring 2015

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Donation £1

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- NOEL MOULES**

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# THE SPIRITUAL CONNECTION BETWEEN ALL CREATION

BY NOEL MOULES

RECOVERY Dogs give emotional support and guidance because of the spiritual connection between Survivors and animals. This connection helps with the particular symptoms of the survivor such as panic attacks, protection from fear and anxiety. The dogs help to create a bond between the Survivor and the community that creates a feeling of harmony. RECOVERY works hard to get this message to all Survivors. The RECOVERY Dogs have had 100% success in keeping their owners out of hospital and with stable Mental Health.

## RIGHT ACTIONS COME FROM LIVING IN HARMONY WITH ANIMALS.

Noel Moules' talk at the 2014 RECOVERY AGM highlights that a registered Assistance Dog does not just assist and protect Survivors. Noel discusses the bond between a human and our animals saying that it is deep and mysterious. He says that: "A truly righteous person is one that lives in harmony with wild animals".

As RECOVERY is all about animals and healing it is important to remember that truly spiritual people have an amazing bond with animals and a sense of oneness with them that really helps them to develop. Our oneness with animals helps with social inclusion. He points out that it is about "companionship not ownership" and 'dominion with' rather than 'dominion over' them. RECOVERY dogs are companions that can help with loneliness, agoraphobia and anxiety as well as many other things. 'Noel mentions that we have hardly begun to know how extensive the relationship between humans and animals can be. We can discover these new relationships with from an intensively trained RECOVERY dog. Many of RECOVERY Clients agree that it is more about them teaching us as than us teaching them.



## WILD NATURE ALL MOVING AND LIVING IN HARMONY WITH SURVIVORS



Through the RECOVERY dogs, our clients have been discovering a harmony with wild nature. We agree that Nature was created to be a companion for us. It helps us to appreciate and learn from the meekness within animals and see it as a strength that helps us to build perfect control. Horses are also a form of therapy that helps Mental Health. While riding a horse you build up a sense of strong-mindedness so as not to feel fear, as this is something that the horse can sense and so could make the experience difficult. This fear training helps bring out a Survivors' true nature and can help to eliminate this symptom. This is a project that we are thinking about extending in 2015 with RECOVERY .





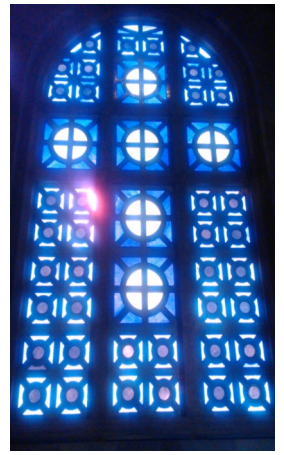
# MILLI THE GOLDEN COCKER SPANIEL'S BLOG

18 January 2015,

So we are staying for the weekend at Mount Saint Bernard Abbey. Mum is a Roman Catholic. This means most days we go to church for the Mass. Mimi (my black and white Cocker friend) and I love going as we meet our friends here. Everyone praises us for being such "good dogs" and sitting in the pew while Mum goes up for the bread and wine.



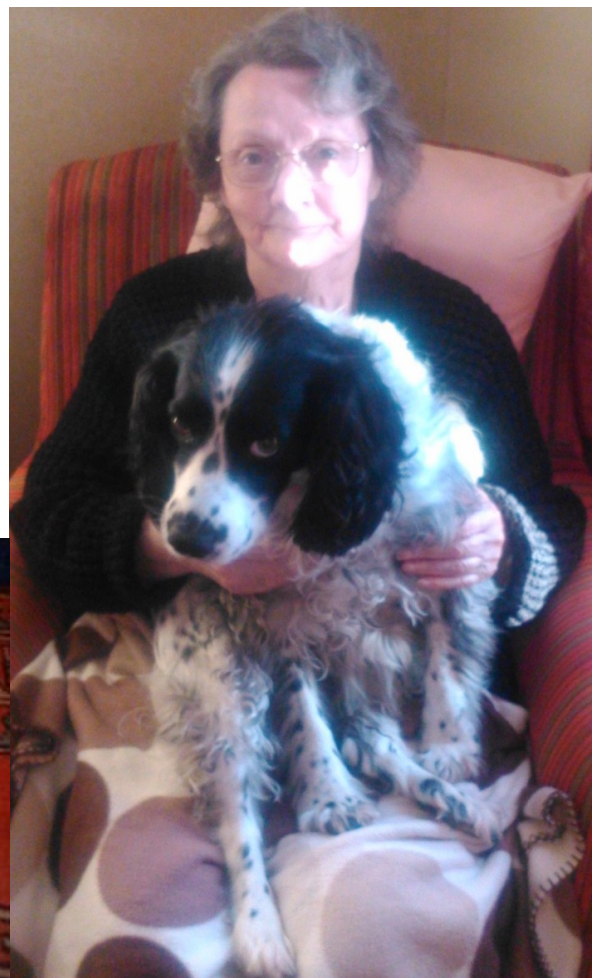
Poor Mum has had to put up with another 'challenging dog' to train! But this one is easier than the last. She is called Lola and is a Yorkie, quite thin and a very fast runner. I liked her from the outset as she let me eat her food. This was until Mum noticed. She will make it as a RECOVERY Assistance Dog as she is obedient, loving and wants to help. Lola came yappy, moaning and bouncy. Now she is calmer, rarely barks and is fun to be with. We race around together through the woods and she comes back to Mum when called. I have helped by setting a good example. I round her up when Mum calls. I make sure that she doesn't bark or yap by growling a reminder. She goes straight to her bed when asked now. Mum has found a new home for Lola with a Survivor.



Us dogs do a great work helping Survivors with Mental Health problems to feel loved and have a purpose in life. By helping them to be free from fear and anxiety we keep them out of hospital. We love them with unconditional love, never argue, protect them with our lives and do anything to please them and make them happy. It seems to work. We get a warm bed, lots of loving cuddles, food, walks and full time companionship. Everyone wins. If you know anyone who wants a RECOVERY Assistance Dog let Mum know. It has to be the best home for the dog and the best dog for the Survivor. Contact Mum please on the details at the end of the Magazine. She would love to help you to find the perfect partnership or train your dog if you have one already.

Also if you want to sponsor me Milli, Mimi, Sparky or Rizzo. Please do ring Mum or fill in the 'Sponsor a RECOVERY Dog form' attached or on the website. This would really help, as the Survivors do not pay for training their dog. Also once the RAD Dog is fully trained food and vets bills are paid for with sponsorship.

Thanks so much for your help and look forward to hearing from you. Look on [www.RECOVERY4Wellbeing.org](http://www.RECOVERY4Wellbeing.org) for more of the blog or further information.





## RIZZIO HAS OPENED THE DOOR TO MY CAGE

### by Sharon Lawrence

Rizzo has been my true lifesaver since he's become my official and Registered Assistance Dog with RECOVERY. Rizzo was accepted with the charity Dog A.I.D, but they couldn't find a trainer for him in the area so they wouldn't register him. After years of asking and constantly being told they had no one to help me train Rizzo, they told me about RECOVERY that helps train Assistance Dogs for mental health and I've never looked back.

I completed all the forms to register him, this included my vets, consultants, doctors and people who knew me; which was a heart lifting experience with all the nice things they all wrote about us. My vets really praised me and admired the commitment I have put into all my dogs welfare over many years. What my friends wrote also gave me a boost, it felt so good, I never realised that people thought this way.

I was accepted by RECOVERY but still had to convince the coordinators that Rizzo was trained to a very high standard and to please test him first and I didn't need a trainer. Well, after quite some time Lizzie agreed and tested him, boy oh boy did he shine, he passed every step with a natural instinct. Rizzo is an amazing dog; his connection with me is so strong, he's very much attuned to me and knows instinctively when I'm not in a good place and will distract me until I feel better.

Rizzo is my life giver, having him as a Registered Assistance Dog has opened my world. I hated going out. I found it, and still do find it, hard leaving him behind. So I don't do that anymore because I can legally have him with me at all times. I need Rizzo with me in the car, he's so calming. If there's a traffic jam I freak out. I can't stand them, it's a horrible feeling of being trapped. I have abandoned my car on the motorway and the police have needed to blue light down the hard shoulder to get me out of the situation.



That's how bad it is. I need Rizzo with me, I talk to him when we shop, he gets my mind off the people who are hustling and bustling around me. I can't stand all that, so I chat to him, "shall I get this, shall I get that". I show him the products, silly really but to me its inclusion and making life bearable. When he's with me I don't get so angry around people because I know it will upset him and I can't do that to him. With him by me I'm able to think about my actions and try harder to integrate.

Rizzo has proven himself as an excellent Assistance Dog and is well trained in what he needs to do. He's come to my aid at my Doctors, Consultants, Police and hospital staff; he has impressed all of them. The latest was the Director of The White Lodge Centre for disabled people, Rizzo started to nudge me and put his face in my knees, I knew to listen, I stroked him and said I was ok but he wasn't leaving me, then I had a panic attack, it wasn't one of my worst but bad enough, with concentrating on him I was able to compose myself after a short while. Well there was one very impressed Director who was amazed at what Rizzo actually did. My doctor was trying to get blood from my arm and it hurt me, I could feel my heart beating faster, then Rizzo was up and came in between us and started to paw and nudge me, until I settled down. He's done the same with other consultants as I really don't like being touched and hate doctors so I'm already anxious before I attend my appointment.

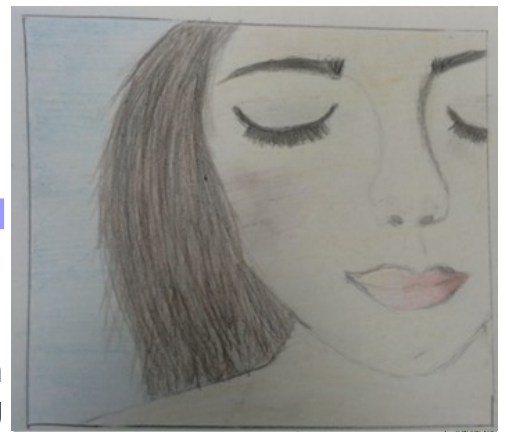
The feeling of freedom I have just having Rizzo with me, knowing he's just there is calming. My home is my sanctuary and my cage but Rizzo has opened the door to my cage. He has given me the confidence to step outside knowing I'm being looked after.



# NEAR NEIGHBOURS ANIMATION PROJECT

Every Tuesday we hold a Therapeutic Art workshop from 12pm until 2pm where survivors can learn new art skills in a relaxing atmosphere with a different theme each week. Our art teacher Kieran will help you advance in skills that you wish to such as portraiture, painting or even animation. This week we learnt how to draw different images from different angles and different perspectives such as how to draw something in 3D. You can draw and create whatever you like in our Art workshops though, and you don't always have to stick to the theme – in fact we encourages you to continue with whatever you feel comfortable making.

RECOVERY wants to talk to you about creating an animated film about how faith can help in Mental Health recovery. RECOVERY is applying for funding for a 'Near Neighbours Animation Project' that we hope you will want to involved in. It is for anyone with Mental Health problems who believes that being creative can help them recover. In Highfields area in Leicester is a big need for the Community to support and be inclusive towards Mental Health Survivors. The outcome will be for people to recognise that people with Mental Health issues need to have choice and control in their lives. If you want to be part of this exciting movement for freedom from force and fear within Mental Health do contact Kieran at RECOVERY.





## RECOVERY Rendezvous dates February - May 2015

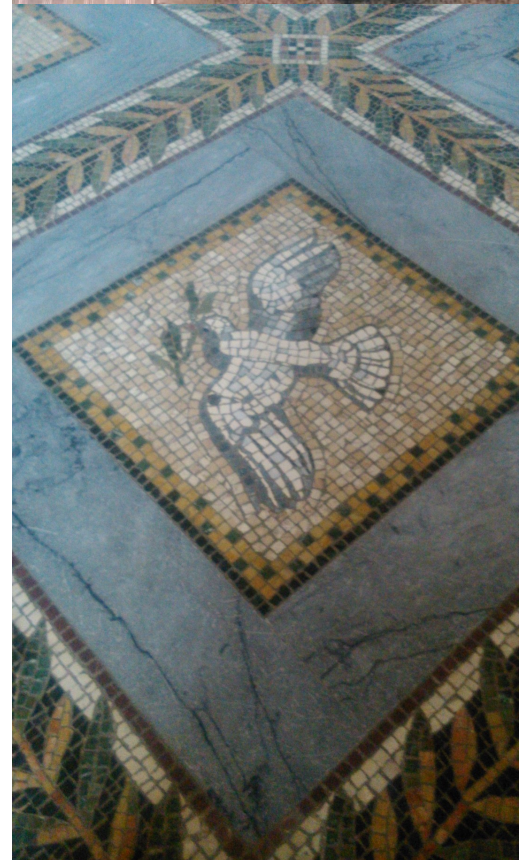
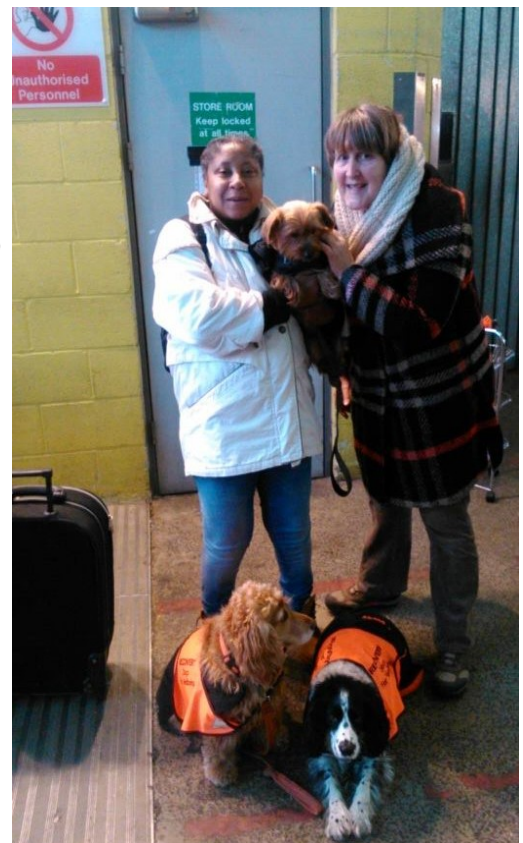
- 6 February - Monitoring and Evaluation
- 13 February - Mentoring Training Part 2
- 20 February - Mentoring Training Part 3
- 27 February - Media Campaign Planning
- 6 March - Autism Talk by Leicester Autism Information Hub
- 13 March - Planning for Poetry Book Exhibition
- 20 March - Youth Project Training
- 27 March - Conscientious Objectors Campaign
- 3 April - Easter
- 10 April - WRAP Planning (Advance Directives)
- 17 April - The Care Act 2014- Part 1
- 24 April - The Care Act 2014- Part 2
- 1 May - The Care Act – Part 3
- 8 May - STAR Wards training
- 15 May - RICAPP in the future

## Fundraising dates February – May 2015

- Sat 31 January - Queens road street Collection and Stall
- Sat 7 February - Godalming street Collection and Stall
- Sat 14 February - Stamford street Collection and Stall
- Sat 21 February - Oakham street Collection & Stall
- Sat 28 February - Northampton street Collection and Stall
- Sat 07 March - Stoke-on-Trent street Collection and stall
- Sat 14 March - Derby street Collection and stall
- Sat 21 March - Loughborough street Collection and Stall
- Sat 28 March - Melton Mowbray street Collection and Stall
- Sat 4 April - Uppingham street Collection and Stall
- Sat 11 April - Beaumont Leys street Collection and Stall
- Sat 18 April - Fineshades Wood Stall
- Sat 23 May - Birmingham street Collection and Stall

## Events

- Crowdfunding Launch - April
- Soar Valley Race Night at Clarendon Pub - June
- Narrow Boat Holiday 6 - 11 July
- Sponsored Dog Walk at Abbey Park - 19 September
- Ceilidh Barn Dance at Holy Cross Church - March

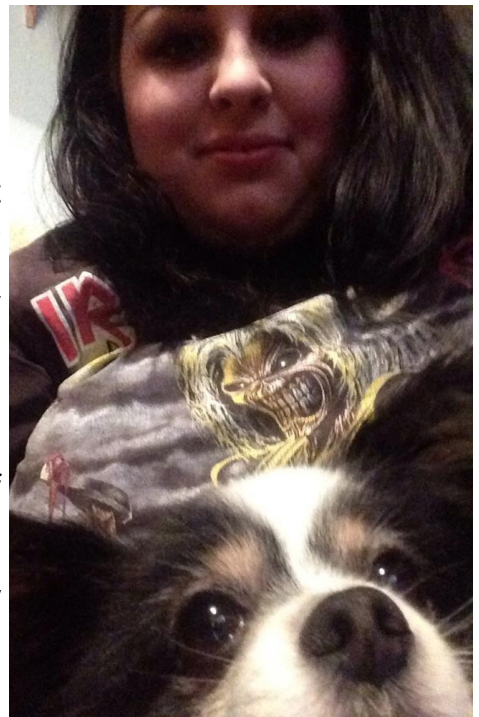




## SPARKY BRINGS LIGHT INTO MY LIFE

My life was a mess before Sparky came into my life, I'd lost the support and love of my family and friends because of my mental health conditions. With Sparky I've made some friends for life as he helps me socialise again. I've spoken to more people whilst walking him for a matter of minutes than I have in about 5 years because I get flustered and anxious near more than two people at a time. With the help of Sparky I went out to dinner with my husband and some friends for the first time in years, Sparky was so well behaved and the staff loved him!

I've been suffering with Borderline Personality Disorder, Depression and Anxiety for almost 10 years and found myself scared to go outside. With Sparky I'm able to go out to walk him and able to go into shops again because he makes me feel safe. I get night terrors and I sometimes hallucinate despite my medication, Sparky helps me relax and ground myself by licking my hand and cuddling me until I calm down.



He may be a tiny dog, but he's had a huge impact on my life. I really couldn't imagine life without him. He helps the pain of the past melt away every time I look into his eyes.

I don't think I've laughed so much in my life when Sparky jumped in my father in laws pond as soon as I took him outside to explore. Luckily Phill, my husband, was on hand with a towel! We still have a lot of things to work out together, I'm still petrified of buses, groups of people and more but I know that with Sparky's help I'll start to recover.

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Charity Number: 1125395

Company Registration Number: 7787796

RECOVERY is a charity for Wellbeing that spreads the word about how people can recover from Mental Health needs with the healing of memories through Creative Therapies.

RECOVERY Dogs for Mental Health assist Survivors emotionally and help them to find Wellbeing. We campaign against compulsion and for freedom of choice.