



HEADS UP

Autumn 2015

Volume 6, Issue 3

Donation £1

RECOVERY's new Campervan



***YES I WANT TO SPONSOR A RECOVERY ASSISTANCE DOG**

***RECOVERY Assistance Dogs Joining as Candidates of ADUK (Assistance Dogs UK)**

***Animation and Get Growing Projects, and Om in Heart Exhibition**

***Fundraising and Events Dates**

STAR RECOVERY ASSISTANCE DOGS COMING TO THE AGM

It is that time of year again where we would like to invite you to our AGM meeting on Thursday 8 October 2015 from 2pm - 5pm. The meeting will be held at Evington Park House, Cordery Road, Evington, Leicester, LE5 6DE.

Please buy the RECOVERY Annual Report for 2015 as that will give you some idea of what we will be discussing. Also we need to agree some changes to the Constitution about training RECOVERY Assistance Dogs all over the UK. Also some Members would like to discuss making RECOVERY a Christian Charity open to all faiths and none. Finally we have had a suggestion about changing the name of the charity to RECOVERY Assistance Dogs. So do come to help us vote about these changes and for the new Trustees for 2015-2016.

Presenting us with some comedy will be some local stand up comics which will make it an enjoyable afternoon. Also some of the star RECOVERY Assistance Dogs will be giving a short display about how they help their owners. While their owners will tell them what these dogs do for social inclusion, freedom from anxiety and any other Mental Health symptoms. There will also be a buffet lunch served from 1pm - 2pm in the Doggy Dindle Cafe, where you can enjoy a variety of food.

You are more than welcome to come and we would appreciate it if you would let us know before October that you would like to attend so that we can send you the Agenda for the meeting and minutes from last year's AGM meeting.



Please contact Anj or Liz if you would like to come and the contact details are on the back of the Heads Up Magazine. We look forward to hearing from and seeing you at the AGM.



YES I WANT TO SPONSOR A RECOVERY ASSISTANCE DOG

We have over 15 dogs being sponsored by generous people. If you could afford to help the minimum would be £4.34 a month. The best part of it is you have a close relationship with your RECOVERY Assistance Dog as you get a letter from them every 3-4 months, a Heads Up Magazine, a recent photo of the dog and a Certificate of Congratulations. You can sponsor 1-4 dogs and you can have the certificate and letters sent as a gift to a friend or relation.

The training of the Assistance Dogs is completely free for the Survivors and your sponsorship helps with this. When the dog is fully trained and has completed:

- * All three levels of Level 1 Basic Access Training, Level 2 Skilled Assistance and Level 3 Individual Emotional Assistance
- * Bronze, Silver and Gold Kennel Club Good Citizen Dog Scheme Awards (GCDS)

Then the dog graduates and all the Sponsorship goes to the Survivor to pay for vet bills, dog food and Vis Jackets.

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On the next page is an example of the letter from Ella a Pyrenean Mountain Dog who has helped her Master to cope with depression, loneliness and instability. Please let us know if you want to sponsor a dog as it is easy to set up a direct debit with GoCardless. We just need you to fill in a Sponsorship Form and then GoCardless will send you an email so that you can add your bank details. We look forward to you learning all about how your chosen dog helps with Mental Health recovery.

SPONSORSHIP Letters and Certificates

THIS IS AN EXAMPLE OF A LETTER TO A SPONSOR FROM A RECOVERY DOG:

Dear Michael,

Thank you so much for sponsoring me to be fully trained as a RECOVERY Assistance Dog. I would like to tell you something about my job and the satisfaction I get from being able to help.

I love my work and feel it is my mission to help my Master to recover from Mental Health problems. I just enjoy being with him all the time. It is my duty to protect

him and I know how to help him feel safe and free from anxiety. I have been taught to walk closely to help him with mobility problems. This means that anytime he needs protection he can ask me to 'stay close' and I will make sure that we stay in control of the situation. I am particularly good at social inclusion. I have the ability with the use of the hormone Pheromone to ensure that the humans I am with



have stability and peace. I am taught not to go up to people unless I hear the cue "Go and say hello Ella" then I can encourage other humans to communicate with my Master.

My Master has had problems with panic attacks. I know before he is going to have one. I can feel the atmosphere changing. I am a large Pyrenean Mountain dog so I can jump up and put my paws round his neck and give him a big hug. I lick and kiss his face making reassuring noises. This always works.

One of the best things about being a RAD Dog is that we can go everywhere together. I have this special coat that allows me into shops, Supermarkets, theatres, cinemas, trains, buses and even on planes to go abroad. I am a truly blessed pooch!

I have enjoyed telling you about my duties as a RECOVERY Assistance Dog and would like to write to you about developments in our lives every 4 months. Please find enclosed a photo of me and will send you a new one with each letter.

Thanks again for your support and I would love to hear from you too.

Yours Sincerely,



Lady Ella Davies

NEW PROJECTS: RECOVERY Animation Project, RECOVERY Gets Growing and Om in Heart

RECOVERY ANIMATION PROJECT

We are making an Animated Film with Kieron Edwards about how Faith can help with Mental Health.

RECOVERY has received Near Neighbours funding from the Church Urban Fund for an Animation Project. We started this on Monday 15 June from 1.00pm – 4:00pm.

It is for anyone with Mental Health problems who believes that being creative can help them recover.

In most areas in Leicester there 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.

CREATIVE THERAPIES AND ROB GEE HELP SURVIVORS TO RECOVER MENTAL HEALTH

RECOVERY is holding an Exhibition of 'Om In He Poetry and Art' at:

Victoria Hall, Oakham 10am-4pm on Monday 7 September – Saturday 12 September. On the Saturday will be a tabletop sale.

Everyday you will be able to see and buy work done by Mental Health Survivors.

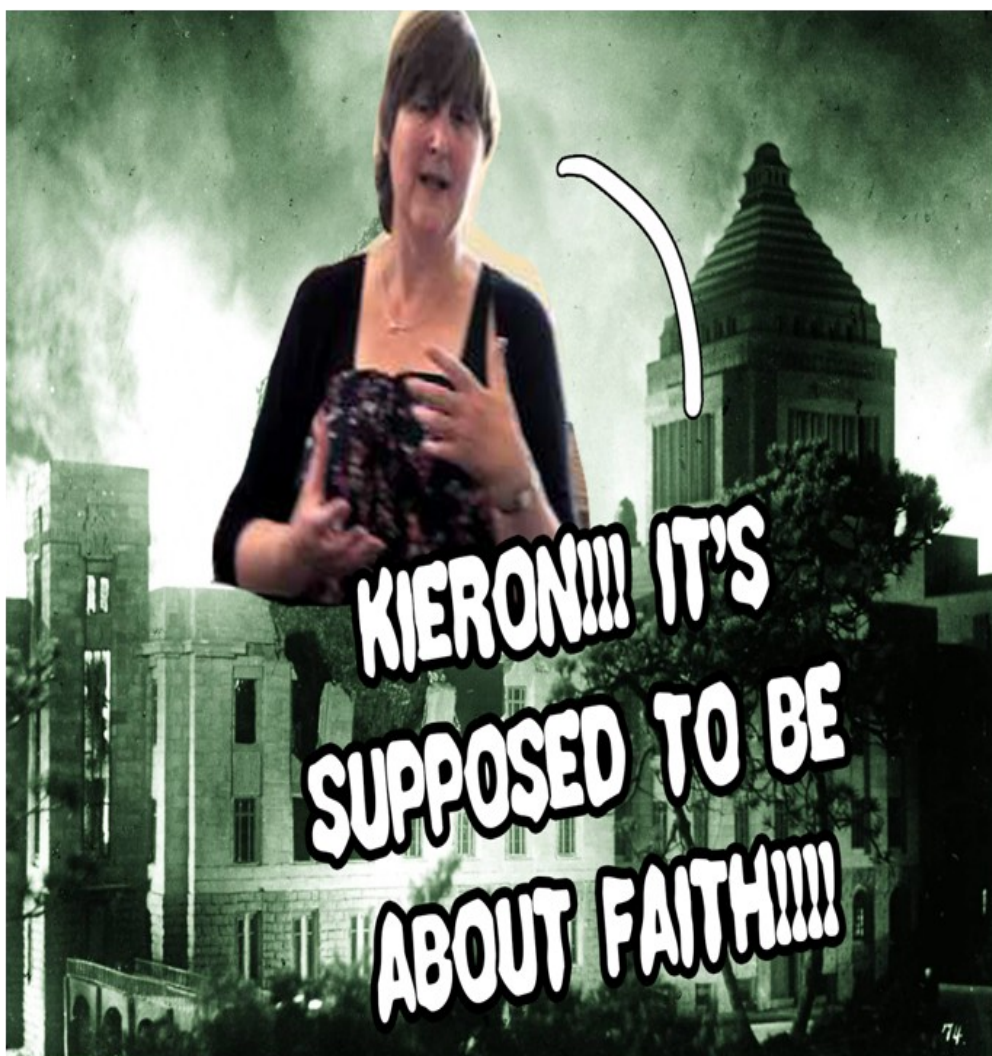
Knighton Library, Clarendon Park Road, Leicester 10am-4pm on Saturday 26 September. A Poetry Workshop with Rob Gee, famous local Comical Poet will be held.

In 2016 the Exhibition will go to Bradgate Unit, Glenvale Gallery and other venues in Leicester, Leicestershire and Rutland.

RECOVERY GETS GROWING PROJECT SECURED 10 WEEKS FUNDING.

We will be renting an Allotment off Saffron Acres Project in order to grow vegetables and fruit.

- Therapeutic - good for mental health
- Have fun!
- Learn new skills
- Meet people
- Gain skills for your CV
- Increase self esteem
- Get a CV reference
- Gain certificates for your contribution
- Gain knowledge in growing fruit and vegetables



RECOVERY Assistance Dogs Joining as Candidates of ADUK (Assistance Dogs UK)

RECOVERY Assistance Dogs Joining as Candidates of ADUK. RECOVERY Assistance Dogs was set up in July 2011 as part of the Charity RECOVERY. Their charitable objective is to help people with Mental Health problems by:

- Finding a creative therapy to aid recovery.
- Being free to choose their treatment and having capacity.
- Having freedom from force and fear.

A founder Member Liz Maitland, who helped set up the charity originally in 2004, in Oakham, Rutland says:

"I noticed that my mother, who had Alzheimer's, found purpose and support from her black and white spaniel Mimi."

Often people become quite dependent on their dogs and need them for protection everywhere they go. Liz continues:

"It was easy to start up the project because shops, restaurants and pubs had been so supportive of Mimi coming in without a coat. My Mother would not go anywhere without her."

In 2011 Andy Cooke of Canine Partners and Rita Howson of Support Dogs on 27 February 2012 met with Liz and Joe Maitland. We were delighted that they were enthusiastic about assistance dogs for Mental Health and encouraged us to become members of ADUK by following certain criteria. This includes:

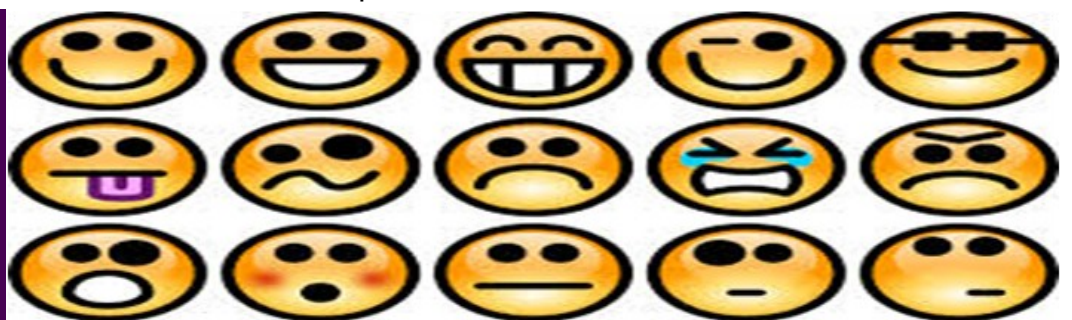
- 6 months minimum training before any dog could get a Vis coat.
- We call the dogs RECOVERY Assistance Dogs.
- We have to be in existence for at least a year. Have a Constitution, a body of staff or volunteers. Have a mission and primary purpose to train dogs to overcome difficulties created by disability that hamper the pursuit of a normal healthy life.



- Have an identifiable training programme and structure, with identified outcomes and a method of quantifying the work and performance of the dog, in assisting its human partner.
- To have produced 5 trained assistance dogs and successfully partnered them with a human client, for at least a year.

We fulfilled all this criteria and in August 5, 2013 we sent off the ADUK Application Form and 5 referees to the Board of ADUK. A few weeks later we were told that our Application had been rejected as they had changed their rules. Assistance Dogs Organisations now had to apply directly and firstly to ADI (Assistance Dogs International).

We are talking to Michele Jennings the Chairperson of ADUK about being able to be candidates of ADUK while applying to Assistance Dogs Europe as well. Michele Jennings Chair of Assistance Dogs UK is talking to other ADUK Members in order to advise on how the RECOVERY Application can be processed.



RECOVERY Rendezvous dates September - November 2015

Fri 18 September - Training for Pax Christi Icon
Fri 25 September - Planning for AGM
Fri 02 October - Assertiveness Training
Fri 09 October - RECOVERY Staff handbook policy Meeting
Fri 16 October - New Members Welcome Pack
Fri 23 October - Planning Pensions
Fri 30 October - Update new members Welcome Pack
Fri 6 November - Assertiveness Training 2
Fri 13 November - Planning Personal Budgets

Fundraising dates September - December 2015

Sat 19 September - Sponsored Dog Walk at Abbey Park
Sat 26 September - Knighton Library Art and Poetry Exhibition
Sat 03 October - Coalville
Sat 10 October - Grantham
Sat 10 October - Brent Cross
Sat 17 October - Lutterworth
Sat 24 October - Coventry
Sat 31 October - Stoke On Trent
Sat 7 November - Hinckley
Sat 14 November - Rugby
Sat 21 November - Oadby
Sat 28 November - Nottingham
Sat 05 December - Nuneaton
Sat 12 December - Soar Valley Race Night at Clarendon Pub
Sat 19 December - Kettering

Events

Sponsored Dog Walk at Abbey Park - 19 September
Knighton Library Art and Poetry Exhibition and
Rob Gee workshop - 26 September
RECOVERY AGM - 8 October
The Race Night at The Clarendon Pub - 12 December



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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.