



# HEADS UP

RECOVERY Charity - Celebrating 10 years in 2014

## “RECOVERY puts peace back into YOUR HANDS”

Donation  
£1

**RECOVERY'S VISION IS A SOCIETY OF JUSTICE AND  
FREEDOM OF CHOICE SO THAT MENTAL HEALTH IS  
NO LONGER ABOUT A FAILED LIFE BUT A NEW CREATION.**

**RECOVERY welcomes you to the Health and Wellbeing Event**

**on 7 December, at The Guildhall, Guildhall Lane,**

**Leicester, LE1 5FQ. It will enable you to**

**experience a whole range of natural  
remedies and creative therapies.**

**The day includes Dance, Comedy  
with Rob Gee, Meditation .and  
the RECOVERY Dogs.**

**By booking early you can  
enjoy a one-to-one Therapy  
Session of Reflexology,  
Stress Management,  
Homeopathy, Indian Head  
Massage and Reiki.**

**(See page 3)**

**Anyone can have a Mental  
Health problem and we are  
all one as humans in looking  
for and promoting wellbeing...**

**RECOVERY Health  
and Wellbeing Event  
at The Guildhall  
in Leicester**

**on 7 December 2013  
from 11am-3pm**

**To find out more about  
the Therapies and all the  
other delightful projects  
we do!**



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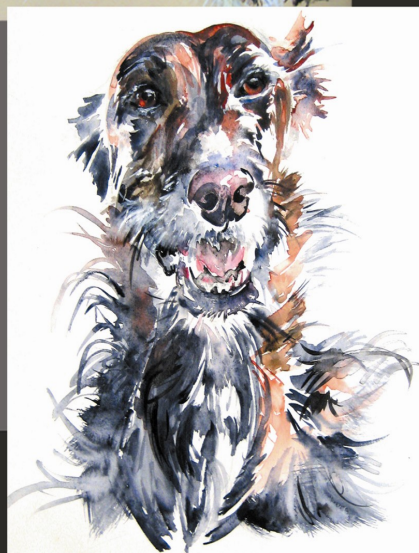
sarah@wonkydogs.com



animal lover

Contemporary  
Pet Portraits  
by Sarah Watson

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# RECOVERY

A charity for wellbeing campaigning against compulsion and for freedom of choice.



People's  
Health  
Trust



Leicester  
City Council



RECOVERY spreads the word about how people can recover from Mental Health needs with Creative/Talking Therapies and Complimentary Alternative Remedies.



Promoting the physical, emotional and mental health of Survivors through:

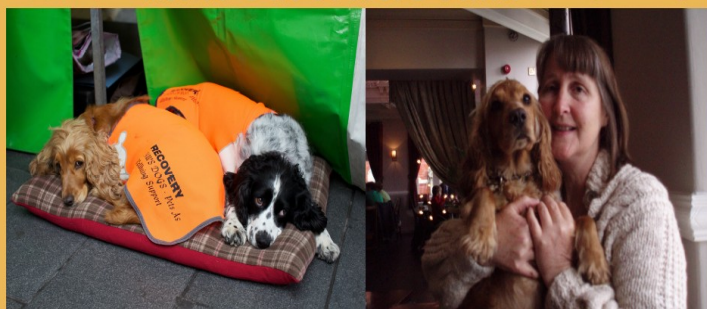
RICAP (RECOVERY Independent Community Advocacy) PROJECT - supports survivors at

home and in the studio.

BEATITUDE YOUTH PROJECT - Improves Wellbeing in Secondary Schools.

PAWS PROJECT - Trains dogs as Emotional Assistance RECOVERY Dogs.

MEDIA PROJECT - 'I'm A Survivor Get Me Out of Here' Film.



RECOVERY, Unit 36A, Vulcan House, Vulcan Road, Leicester LE5 3EF

Tel - 01162532073 / 07581282899

Email - [recovery4wellbeing@gmail.com](mailto:recovery4wellbeing@gmail.com)

[www.recovery4wellbeing.org](http://www.recovery4wellbeing.org)

## RECOVERY Greenacres Christmas

DATE: 13 December 2013

TIME: 12:00 – 14:00

VENUE: The Platform

Greenacres

The Sidings

Leicester

LE4 3BR

07778 512275



Greenacres

RECOVERY will be hosting the show "A Chip in the Sugar" by Alan Bennett, starring the critically acclaimed Phil Norman, before a 1 pm Christmas lunch provided by The Platform Restaurant.

### Starters

Carrot & Coriander Soup served with a warm Bread Roll  
King Prawns in Filo Pastry served with a Salad Garnish & Sweet Chilli Dip  
Creamy Garlic Mushrooms served with a warm Bread Roll

### Mains

Traditional Turkey, with sage & onion stuffing, pig in blanket & Yorkshire pudding  
Slow Cooked Chicken Chasseur  
Mushroom, Cranberry & Brie Wellington (Vegetarian)  
All main meals served with roast potatoes, parsnips & seasonal vegetables

### Sweets

Christmas Apple Granny Crumble, served with custard or cream  
Profiteroles with Chocolate Sauce, served with cream  
Christmas Pudding with Brandy Sauce

Prices for Show and Lunch  
Main course only  
£11.99 for 1 person  
£10.99 for concessions

For more information contact RECOVERY on:

0116 253 2073 «» 07581 282 899

[RECOVERY4wellbeing@gmail.com](mailto:RECOVERY4wellbeing@gmail.com)

[www.RECOVERY4wellbeing.org](http://www.RECOVERY4wellbeing.org)

Unit 36 Vulcan House Leicester LE5 3EF

2 courses  
£13.99 for 1 person  
£12.99 for concessions

3 courses  
£16.99 for 1 person  
£15.99 for concessions

## RECOVERY's

DATE: Saturday 7 December 2013

TIME: 11am - 3pm

VENUE: The Guildhall  
Guildhall Lane  
Leicester  
LE1 5FQ

Please contact  
Guildhall box  
office for tickets  
0116 253 2569



### Group Therapies

Yoga & Centering therapy

RECOVERY Dogs

Zumba & Ballet

### Event

Experience a whole range of natural remedies and creative therapies

### One to one Therapies

Aromatherapy

Reflexology

Homeopathy

Massage

For more information, to have a stall (£10) or for tickets contact RECOVERY on:

0116 253 2073 «» 07581 282 899

[RECOVERY4wellbeing@gmail.com](mailto:RECOVERY4wellbeing@gmail.com)

[www.RECOVERY4wellbeing.org](http://www.RECOVERY4wellbeing.org)

Unit 36 Vulcan House Leicester LE5 3EF

PRICES for Health and Wellbeing Event:  
(everything included + free Lunch)  
£10 for 1 person  
£5 for concessions  
TICKETS £2 EXTRA ON THE DAY.





# RECO

**“JUSTICE IS THE CONCEPT OF PUTTING EVERYTHING RIGHT”-**

RECOVERY is a Survivor-led charity that provides a charismatic, friendly and informal environment for people recovering from Mental Health problems where they can share their views on a platform that enables changes in attitudes and behavior. We have four Projects:

- RICAPP Project – Supports Survivors in their own homes until they are well enough to come into the Studio to join in with Creative volunteering.
- RECOVERY Media Project – In 2012 we made a film 'I Am A Survivor Get Me Out of Here'.  
'Journey to RECOVERY' with clips about the Creative Therapies. Also we are burning a DVD of the 'Justice Like a River Tour' with Garth Hewitt.
- RECOVERY Dogs for Mental Health – Recognises the parts pets play in peoples' recovery of wellbeing. We Survivors' own dogs to become Emotional Assistance Dogs.
- The RICAPP Youth Project – Encourages Young People to find wellbeing in being, not just doing, through Creative Activities like Art, Centering, Music and Filmmaking



RECOVERY has 8 years of experience of Supporting people in their own homes and empowering them to come into the studio to participate in Creative Therapies. A Work Experience Centre supports people on their journey to rebuild skills through volunteering so that they can find work. This is a cost effective individually tailored process that enables Survivors to recover their wellbeing through the relational way of one-to-one and group support.

This saves the NHS and the Council money as people avoid relapses and are pro-active about being part of the Community while fulfilling their potential for an abundant life.

The Fffaf (Freedom from force and fear) Campaign is led by fundraising Survivors who go into the community every Saturday to tell their story. The wider public understands that loss of choice and control in a Survivor's life leads to suicidal feelings. We have a petition with over 500 signatures so that no one will be forced into hospital or on drugs without a proper court case to determine their best interests.



# RECOVERY

## —Noel Moules

### TRAINING DAYS

Every Friday 11am-1pm we have RECOVERY RENDEZVOUS at the studio in Vulcan House where we do training in:

- Trustee Training
- Charity Policies
- Teamwork and Leadership
- Counselling
- Supporting Survivors
- Good Mental Health Practice
- Youth Group Training
- Spirit CBT
- Person Centred Planning
- Mentoring

Also we do regular training with other Statutory and Voluntary Organisations



## WHAT IS IN MY HEART? WHAT IS IN MY HANDS? WHAT IS WITHIN MY REACH?

This was a question that was asked by Noel Moules at the weeks retreat at Iona Abbey. It Reflects what we hope to achieve at RECOVERY every time we engage with a Therapeutic Art Workshop, write a poem or sing a song. At the heart of all our hopes is the belief that we can do something to put things right.

Things have been traumatic within Mental Health treatment since the end of the Middle Ages when they decided that madness was an illness and people should be locked away. We should all be 'Angels of Judgement' who make it our business to put things right. Nowadays people rarely lose capacity when they have Mental Health problems. Most people are voluntary patients.

It is not just about finding healing for ourselves but for everyone around us too. This is why we paint pictures and write songs to go into the 'Om in He' Survivors book of Poetry and Art. It is to reach out into the dreams of others and share our understanding

of the despair and the hell we have experiences So that we never have to go through it again. We have had some brilliant experiences this Year that help us rejoice:

- The 5 days Narrowboat Holiday with Peter Le Marchant trust
- The exhilarating concert with Garth Hewitt's Peace Lake a River Tour.
- Making the film 'Road to Recovery.'
- The Race Night and Quiz night at Clarendon Pub.

"Peace and Freedom is within our reach.  
Let us reach it together."

Liz Maitland, Project Leader







## RECOVERY Independent Mental Health Advocacy Training



The Pre training will start on Monday 25 November. Lasting for 4 weeks.  
The main training will begin on January 13, 2014 and last until June 2, 2014  
It will be held in the RECOVERY studio at 11am until 4.30pm

### What is the course outcome?

Training will lead to a RECOVERY Independent Advocacy Certificate and/or  
a City and Guilds Certificate in Independent Mental Health Advocacy (7566)

### What will I learn?

- Independent mental capacity advocacy - deprivation of liberty safeguards
- Responding to the advocacy needs of different groups of people.
  - Maintaining the independent advocacy relationship
  - Purpose and principles of independent advocacy
  - Providing independent advocacy support

Please would you let us know if you are interested in attending  
by 11 November. Do ring or email for further details.

RECOVERY, Unit 36, Vulcan House,  
Vulcan Road, Leicester, LE5 3EF

0116 2532073 / 07581282899  
RECOVERY4Wellbeing@gmail.com  
www.RECOVERY4Wellbeing.org  
Registered Charity N° 1125395

## RECOVERY Rendezvous dates Nov-Dec 2013

- Friday 15 November - Yves Psychology Presentation
- Friday 22 November - Making It Real Project
- Friday 29 November - RICAPP Client Leaflet
- Friday 6 December - Performance Improvement Workshop
- Friday 13 December - Volunteer Health and Safety at RECOVERY
- Friday 20 December - Shubra (pure white) Meditation
- Friday 10 January - Planning RICAPP Client Leaflet
- Friday 17 January - RECOVERY 'Om In He' Poetry and Art Book planning
- Friday 24 January - Performance Improvement Workshop 2

## Fundraising dates November December 2013

- Saturday 16 November - Oakham Street Collection
- Saturday 23 November - Bedworth Street Collection and Christmas Lights Switch on at Hinckley
- Saturday 30 November - Portsmouth Street Collection and Stall
- Saturday 7 December - Health and Wellbeing Event at Guildhall Leicester
- Saturday 14 December - Bristol Street Collection
- Saturday 11 January - Godalming Street Collection and Stall
- Saturday 18 January - Loughborough Street Collection and Stall
- Saturday 25 January - Uppingham Street Collection and Stall.

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body butter, wheat packs and natural cleaners.  
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**Tina does henna tattooing** as well as decorating candles with paint in henna style. Her  
styles Include traditional, Arabic and glitter henna. There is a 10% discount on Christmas  
orders. She can be reached by [tinamehendi@gmail.com](mailto:tinamehendi@gmail.com) or 07817949177

**Minesh is a Health Coach** who provides nutritious products, milkshakes, herbal hair  
and skin products and he will tell you how Herbal life can transform your health.  
Contact details: [Minesh.herbalife@live.co.uk](mailto:Minesh.herbalife@live.co.uk) / 07842600333.

**Centre for conscious awareness charity**, registered charity number 1116749, Sangita  
will teach people how we can use slow breathing, heal our own bodies, release stress  
and will be showing a demo of this. [sangitadevani@yahoo.com](mailto:sangitadevani@yahoo.com) or 07842600333



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**Section 17 Leave**

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**Our offices are at:**

298 Welford Road,  
Leicester LE2 6EG

0116 274 5252

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





# HEADS UP



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Web: [RECOVERY4Wellbeing.org](http://RECOVERY4Wellbeing.org)

Charity Number: 1125395

Company Registration Number: 7787796

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