



# HEADS UP

SPRING 2016

Volume 7, Issue 1

Donation £1

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

**\* FAITH CHAMPIONS**



**\*Flora - A Blooming Good Dog**

**\*Fundraising & Events Dates**



## FLORA, RECOVERY ASSISTANCE DOG (IN TRAINING).

Dogs have always played a massive part in my life. My very first dog Randy was born on the same day as myself. Several years later I spent many weeks saving up the money I earned from my paper round to be able to buy Jenny our my loved second family dog. I make no apologies or excuses in saying that I much prefer the company of my dogs to that of most people.

I'm blessed with being the guardian of (or perhaps it's the other way around) an extraordinary Akita Ambassador named Flora. She has the gentlest of natures and an outstanding temperament. We've enjoyed working and training together and Flora has successfully attained her Kennel Club Puppy Foundation Assessment, the Kennel Club Good Citizen Bronze, Silver and Gold Awards, her Kennel Club Stud Book Number as well as her Kennel Club Show Certificate of Merit.



Flora in Hyde Park

Prior to Flora I've suffered from multiple fractures, a car crash, numerous hospital admissions and frequent visits to A&E and my GP as I get no warning the blackouts are about to happen so am unable to safeguard myself. Without any formal training Flora started, and still continues to do so, to alert me to when these blackouts are going to happen. What she does is stands in front of me, takes my hand gently in her mouth and pulls my arm in a downwards motion. Because of this extraordinary intervention I am able to put myself into a place of safety.

Although my blackouts continue I have not suffered any further broken bones or serious injury and this is totally because of Flora. In recent weeks Flora has accompanied me into A&E, an MRI scan, a cardiology appointment and to my GPs. I've have impending cardiac surgery ahead of me and even though I'm apprehensive about this because Flora can be with me it really takes the edge off my anxiety. It's an incredible safety net just having Flora by my side. Because we can access all public areas together I am able to function safely in the knowledge that Flora will take care of me.



Flora with actress Helen George

For her work as a Blue Cross Education Dog, going into schools, Pupil Referral Units, cub and brownie packs and police cadets groups to teach young people how to act responsibly towards and safety around dogs, Flora has been awarded a Commendation from the Director-General of the PDSA for her Devotion to Duty as well as being made an honorary member of the Metropolitan Police complete with her very own badge.

She has also been fortunate enough to win the Kennel Club Good Citizen class at Crufts in 2015 and 2016 which is an amazing achievement. However, putting all those accolades aside, Flora's role as an Assistance Dog has been priceless. Not only does she give me essential emotional support Flora also alerts me to impending blackouts.



Flora at Crufts 2016  
winning the Kennel Club Good Citizens Class.



## SPONSORSHIP Letters and Certificates

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

Thank you so much for agreeing to be my sponsor. I have a great adventure ahead of me in becoming a fully trained RECOVERY Assistance Dog and your support is really very much appreciated. My dad and I have been working very hard and I've already successfully passed my Kennel Club Good Citizen Dog Scheme Bronze, Silver and Gold Awards, which I know will help in the training ahead of me. I even won the Good Citizen Class at Crufts too. How cool is that? I know dad was very pleased.

RECOVERY is a very forward thinking charity that, through my training and their assistance, is enabling me to become a registered Assistance Dog. Many charities might not even consider an Akita for this role but because I'm such a gentle Breed Ambassador and RECOVERY have assessed me on my own individual merits. I'm very grateful for that.

I love the work I do. Due to my dad not being well at times my training will enable me to help protect him and keep him safe. One of the very best things about becoming a RECOVERY Assistance Dog is that we will be able to go everywhere together. Once my Level 1 training has been successfully completed I will be given an extremely special coat. This will enable me to go with my dad into shops, restaurants, supermarkets, cinemas, buses, trains and even on aeroplanes.

I think that will be very exciting although I'm not really sure what an aeroplane is. Dad did try to explain. It sounded very funny.

I've really enjoyed telling you about the start of my training as a RECOVERY Assistance Dog. I'd love to write to you every four months with news of my progress and developments.

I've found a nice photograph of me and will send you a new one with my next letter. It would be lovely to hear from you too if you would like to write.

Thank you once again for your support.

Your kindness really does mean a lot to my Dad and I.

Yours faithfully



Flora (aged 4)



Flora in Finsbury Park.



## Om in heart Exhibition and Animated Film 'Party Animals' Launch

RECOVERY is holding Om in heart Exhibition and Animated Film 'Party Animals' Launch at Newarke House Gardens from Monday 11 April to 4 May, 10am - 4pm and Bradgate Unit from Thursday 5 May to 28 May 2016, 10am - 4pm. Everyday you will be able to see and buy work done by Mental Health Survivors.



### BUDDHA CAN SMELL

Hear, see, smell, taste, feel, Buddha can smell  
The sound of rushing water.  
Leaves and blossoms shaking heads at me,  
Buddha can smell the greenness reflecting my daughter.

The taste of bitterness in mouth  
Feelings trampled on like snakes.  
Butterflies bright white night  
Bringing peace from the south.

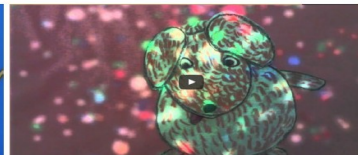
Lizzie J. Maitland

Written at Buddha Maitreya's garden, August 14<sup>th</sup> 2010.

## OMINHEART EXHIBITION AND ANIMATED FILM 'PARTY ANIMALS' LAUNCH



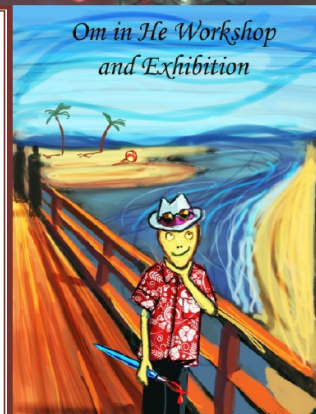
Newarke House Gardens  
Garden Gallery 3  
Monday 11 April- 4 May  
10am-4pm  
Launch on Saturday 16 April at 12pm-4pm



Funded by Near Neighbours Fund.



Come and be entertained and enthralled by our 3 minutes animated film about how FAITH can help with Mental Health. Also see how Creative Survivors of Mental Health problems can write poetry and link it with their Artwork.  
Contact: 0116 253 2073  
RECOVERY Assistance Dogs



Come and be entertained and enthralled by our 3 minute animated film about how FAITH can help with Mental Health. Also see how Creative Survivors of Mental Health problems can write poetry and link it with their Artwork.  
Do come along and meet the RECOVERY Assistance Dogs and find out more about this innovative work to improve our Mental Health.

## Race Night The Clarendon Pub July 30, 2016

Brought to you by



7pm Start

RECOVERY ASSISTANCE DOGS



Buy a horse for £8 and you can win money if it comes in 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup>.  
Companies or Organisations can market their business by sponsoring a race for £30

Charity Race Night in Aid of RECOVERY

Tote betting format in multiples of £1. Cash payout for winners

Each race will be sponsored by local businesses and all money raised will go to the very worthy cause of promoting and supporting Mental Health needs in Leicester and the surrounding areas.

If you would like to join us for great fun and to support a worthy cause please just turn up at:

The Clarendon pub  
West Avenue (off  
Queens Rd)  
Leicester  
LE2 1TS

This is a family friendly event.

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. We campaign against compulsion and for freedom of choice. Also we train RECOVERY dogs to become RECOVERY Assistance Dogs for Mental Health.

Tel: 07581282899  
RECOVERY4wellbeing@gmail.com

[www.RECOVERY4wellbeing.org](http://www.RECOVERY4wellbeing.org)  
Charity Registration No 1125395



Race night sponsored by Thaliwal & Co Solicitors.

## Beatles Tribute Concert

Brought to you by  
RECOVERY ASSISTANCE  
DOGS

28 September 2016  
7 pm – midnight



THE EXCHANGE  
BAR

50 Rutland Street  
Leicester  
LE1 1RD  
0116 251 3434



Listen to all your favorite Beatles classics live performed by 'The upBeatles' local to Leicester  
<http://www.theupbeatles.org/>

Featuring great hits including:  
Martha My Dear, Ob-La-Da, Hey Jude,  
Dear Prudence and Yellow Submarine.



This is a family friendly event.

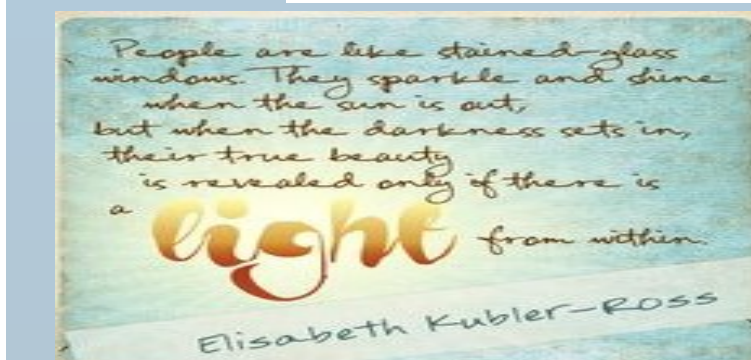
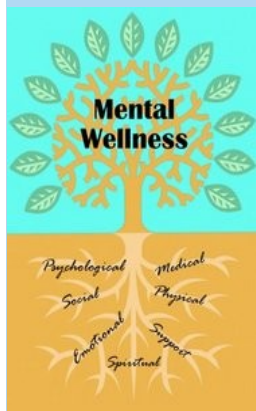
RECOVERY  
Unit 36A  
Vulcan House,  
Vulcan Road  
Leicester  
LE5 3EF

01162532073

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<http://www.recovery4wellbeing.org.uk/>





## FAITH CHAMPIONS WORKSHOP

At the Faith Champions Workshop the aims are to:

- Increase awareness about how FAITH can help with Mental Wellbeing.
- To provide information on how local communities, RECOVERY Assistance Dogs and NHS Services can support people with Mental Health.
- To become a Faith Champion and learn to support yourself and/or others Mental Health from diverse backgrounds.

Some people associate Mental Wellbeing with closeness to God and oneness with others, resulting from time spent praying, studying Sacred Texts and collective worship. Is this what makes us whole, healed and a Spiritual Being?

### “YOU ONLY NEED TO SHOW UP”

Mental health problems are becoming better understood but there remains some concern about the origins of such problems: Are they a result of sin? Of turning our backs on God? Lack of faith? Demon possession? Attack by an enemy? What would you say? Let's talk about it.

Others, who we might normally turn to, may not understand Mental Health problems. They might try to help but give unhelpful advice, or it might be easier for them to try to ignore our distress, or they might seem uncaring in some other way, causing us to feel even more isolated, fearful, depressed, even condemned. It is challenging and this makes people give up.

ALL OF US experience Mental Health problems and 1 in 4 of us have had psychiatric treatment. Mental Health therefore a normal human experience. However, the nature of the problem will lead us to doubt our faith, our role and responsibility in the development of the problems.

Sometimes we doubt God or our relationship with Him. Our relationships with our families, friends, place of worship and God may suffer.

**“ALL OF US experience Mental Health problems and 1 in 4 of us have had psychiatric treatment. Mental Health is therefore a normal human experience.”**

Yet we need to be Spiritual Beings to find peace. Sitting still and doing nothing regularly can help. We do Centering Therapy when we sit still for 20 minutes twice a day. Our mind will only be still in God's presence but you don't need to believe in God to experience the benefits of this practice. YOU ONLY NEED TO SHOW UP. We don't try to stop the thoughts but recognise that they can't harm us. We need those reoccurring thoughts as the silence we enjoy afterwards is when those challenging memories are healed.

In Centering Therapy we use a sacred word to remind our mind to be still. It works. Many people have been healed and recovered from severe Mental Health problems by finding space and stillness in their mind. Contact us at RECOVERY Assistance Dogs and come along to a FAITH CHAMPION WORKSHOP to find out how to recover your wellbeing and help others too.





## RECOVERY Rendezvous Dates April 2016— June 2016

Friday 15 April - Carenotes - Planning/Analysis of Mental Health Support  
Friday 22 April - SAFE- T Suicide Prevention Training  
Friday 29 April - Mental Health Advocacy PIA Project Planning  
Friday 06 May - Planning for Ominheart Exhibition at Bradgate Unit  
Friday 13 May - Planning for Race Nite  
Friday 20 May - Care Certificate 1  
Friday 27 May - Care Certificate 2  
Friday 03 June - Care Certificate 3  
Friday 10 June - Planning for Crufts 2017  
Friday 17 June - Planning for Crowdfunding

## Fundraising Dates April 2016— June 2016

Saturday 16 April - Om in Heart Launch  
Saturday 23 April - Rugby  
Saturday 30 April - Hinckley  
Saturday 07 May - Havant  
Saturday 14 May - Fosse Park  
Saturday 21 May - Loughborough  
Saturday 04 June - Birmingham  
Saturday 11 June - Guildford  
Saturday 18 June - Leicester

## Events

Om in Heart Exhibition at Newarke House Gardens - Monday 11 April to Wednesday 4 May  
Bradgate Unit -Thursday 5 May to Tuesday 28 May  
The Race Night at The Clarendon Pub - Saturday 30 July  
Beatles Tribute Concert - Wednesday 28 September



Fundraising in Tesco  
Coventry



Fundraising in Hereford



Fundraising in  
Kettering Market



Fundraising With  
RECOVERY  
Campervan  
In Uppingham

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One Stop Shop raised £997 Funding for RECOVERY.

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Detained under the Mental Health Act

Section 117 'Aftercare'

Hospital Manager's Meeting

Mental Health Review Tribunal Hearing

**Section 17 Leave**

New Mental Health Act Provisions

Sectioned

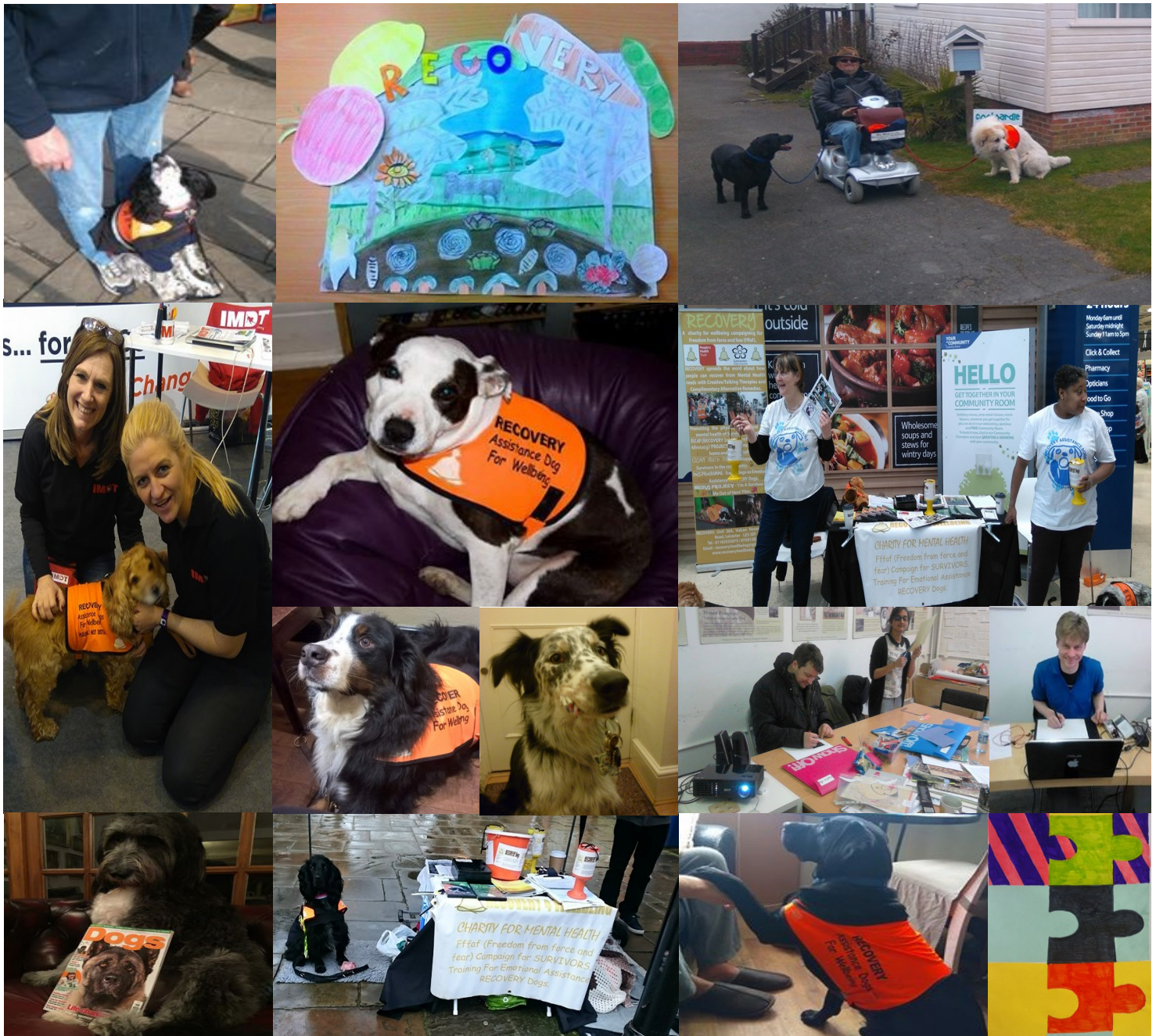
**Our offices are at:**

298 Welford Road,  
Leicester LE2 6EG

0116 274 5252

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





## RECOVERY Assistance Dogs



Finding Ways to Mental Health

RECOVERY,

UNIT 36, Vulcan House, Vulcan Road, Leicester, LE5 3EF

Phone: 0116 253 2073

E-Mail: [RECOVERY4Wellbeing@gmail.com](mailto:RECOVERY4Wellbeing@gmail.com)

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

Charity Number: 1125395

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