



HEADS UP

RECOVERY Charity - Celebrating 10 years in 2014

Spring 2014

Volume 5, Issue 1

Donation £1

Walk Yourself Happy with RECOVERY's Sponsored Dog Walk on September 6, 2014



HAVE YOU GOT A DOG OR DO YOU AGREE THAT DOGS ARE WONDERFUL FOR WELLBEING?

Will you be part of RECOVERY's movement to help people to recover from Mental Health problems with the help of a RECOVERY Dog? Are you able to raise funds for the RECOVERY Dog Training Programme by getting people to sponsor you to walk 10 miles from Abbey Park to the 'White Horse Pub in Birstal and back? The minimum sponsorship is £50 and this money will help to pay for training, ongoing support and for each Graduate RECOVERY Dog to have full individual sponsorship.

If you want to come on the walk please contact Liz or Taz on 07581282899 or Email: admin@RECOVERY4Wellbeing.org Or you can download a Sponsored Walk Form from www.RECOVERY4Wellbeing.org



RECOVERY Dogs For Wellbeing

The RECOVERY Dogs for Wellbeing was set up July 2011 as the PAWS (Pets As Wellbeing Support) Project. It has been a success with:

- 72 Dogs being trained
- 10 Dogs have already passed the Assessment for Basic Assess Training and have their RECOVERY Dog coats.
- Only 5 Dogs have not continued because they feel the scheme is not for them or their dog.
- We are candidates for Assistant Dogs Europe and UK.

**THE TOTAL WE NEED TO RAISE
WITH YOUR HELP IS £11,700.**

- Dogs training over 1½ years with group and one-to-one support.
Each dog costs: 1 Induction £15, 5 one-to-one visits (£20 each visit) £100, travel expenses £50.
5 RECOVERY Dog Jackets (£20 each)
Total = £185
- Ongoing Support for fully trained RECOVERY Dogs
Each dog costs: 2 one-to-one visits per year (£40), travel expenses £20. Total = £60 per year
- Individual Sponsorship for a dog.
£23 for a bag of complete dried food for a month. Vet bills include inoculations, flea and worm control £10 per month. RECOVERY Insurance for each dog £12 per month.
Total = £45 per month/£540 per year.

We need to raise £2,220 for 12 dogs to be fully trained, £300 for 5 Graduate RECOVERY Dogs and their owners to be supported and £9180 for 17 dogs to have individual sponsorship in 2014-2015. If you would like to help with individual sponsorship of the RECOVERY Dogs in training then do get in contact. We would be grateful of sponsorship of £3-£45 per month. Please do look on www.RECOVERY4Wellbeing.org for more details and how to sign up.



Milli and Mimi
Graduated
RECOVERY
Dogs



Ella at
Level 3



Rizzo at
Level 2



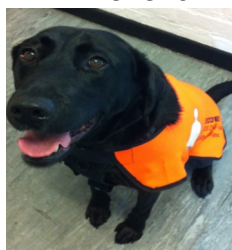
Chewie at
Level 2



Star at
Level 2



Django at
Level 1



Hector at
Level 1



Harold at
Level 1

Kaiser at
Level 1

Mega at
Level 1

Guinness at
Level 1

Indie at
Level 1

Alfie and
Leyla at
Level 1

RECOVERY DOGS TRAINING



Milli flew in an aeroplane to Glasgow

RECOVERY Dogs give emotional assistance and help people to recover their wellbeing. They are registered assistance dogs and have an intensive training that helps to protect their owner from:

Anxiety

Loneliness

Panic Attacks

The RECOVERY dogs help with:

Social Inclusion

Exercise

Protection

We train the dogs to 3 Levels and each level takes 6 months. In total the training takes 1½ years.

Level 1

Basic Access Training – The dogs are trained to be well behaved when out and about with access to all Supermarkets, shops, malls, theatres, buses and aeroplanes.

Level 2

Skilled Assistance – The RECOVERY Dogs are trained for support with any Survivors' particular symptoms:

Panic attacks – training the dog to alert the Survivor as to an attack.

Epileptic fits – the dog will let the Survivor know when a fit is coming.

Agrophobia – the dog (or dogs) can be protective in crowds or help the person to get out of the house.

Level 3

Individual Emotional Assistance –

The RECOVERY Dogs encourage the Survivor to be centred and stable by:

Creating a still and peaceful atmosphere.

Reminding Survivors to do quiet time or Centering Therapy

Encouraging rest for the Survivor

The dogs encourage the person to rest by:

Not chatting endlessly as human support can do

Being there and having 'a night in with the dogs'.

No arguing.

The dogs encourage exercise by being a great reason for a walk and always been available for something fun to do.



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.



OVERY

—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 March-April 2014

Friday 21 March- feedback for health & wellbeing event

Friday 28 March- Noel Moules 'Putting peace in each others hands'

Friday 4 April - youth volunteering policy

Friday 11 April- Ezrin Raja life coach presentation

Friday 25 April- Heavenly Inspired, Healing Therapist

Friday 2 may - 'om in he' Art & poetry workshop

Friday 9 may - Mentoring training

Friday 16 may - Conscientious Objectors For Mental Health

Friday 23 may - Youth project Trainings

Friday 30 may - Advocacy for Survivors of planning

Fundraising dates March-April 2014

Sat 22 March- Leicester street collection and stall (Queens Road)

Sat 29 March- Bristol street collection and stall

Sat 5 April - Newbury street collection and stall

Sat 12 April- Birmingham street collection and stall

Sat 26 April- Market Harborough street collection & stall

Sat 3 May - Oakham street collection and stall

Sat 10 May- Hinckley street collection and stall

Sat 17 May- Loughborough street collection & stall

Sat 24 May- Guildford street collection and stall

Sat 31 May- Beaumont Leys Shopping centre

REFLEXOLOGY is a safe and effective treatment for mental and physical health.

Please contact me for a ½ hour treatment at £15 and 1 hour at £25.

Email me Kellyclifton1979@hotmail.co.uk or reach me on 07848402169

Piano Lessons can be therapeutic and healing. Tuning & repairs, lessons and sales.

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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. She can be reached at sangitadevani@yahoo.com and by mobile on 07400030311

AROMAHAVEN

Crystal Healing Therapy is a Holistic way to restore and balance your entire system, leaving you feeling tranquil and refreshed.

Contact Pamela
on 0116 2108730
or www.aromahaven.co.uk



**Putting power in
your hands**



**YOUR JOURNEY TO WELLBEING
WITH RECOVERY**

Abbott System RECOVERY

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**Phone / PC / office electronics just not
working right or at all?**

**Ryan Abbott is a 5 year veteran in the IT
sector. Fixing everything from slow down to
blown out components, from phones to
building wide networks.**

07934900429

Ryanabbott.RECOVERY@gmail.com

STEP 1

INTRODUCTION

Meet RECOVERY and let us know your needs.

STEP 2

CREATE YOUR ACTION PLAN

**We will discuss your needs and with a Social
Worker you can create a Support Plan**

STEP 3

YOU CHOOSE WHO YOU WANT TO SUPPORT YOU

You can have anyone of your choice.

STEP 4

YOUR QUALITY OF LIFE AND WELLBEING IM- PROVES

We can help you get the outcomes you require.



Winners of the
Leicestershire Law
Society Firm of
the Year 2012



Specialists in Mental Health
& Immigration Law



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Award Winning, Qualified Legal Representatives

**Representation at Mental Health
Review Tribunal hearings**

Advice under the Legal Aid Scheme

Clients detained under civil provisions

Hospital orders

Transfer provisions

Community treatment orders

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.thaliwalbridge.co.uk



HEADS UP



RECOVERY,

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

Phone: 0116 253 2073

E-Mail: RECOVERY4Wellbeing@gmail.com

Web: RECOVERY4Wellbeing.org

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.