



# HEADS UP

Summer 2015

Volume 6, Issue 2

Donation £1

## Everything's Rosie

Thanks to  
'Near Neighbours Funding'  
the RECOVERY Animation Project  
is making a new film

Waitrose Raised £610 with  
The Community Matters  
Fund to help train more  
RECOVERY Assistance Dogs



DO WE NEED A  
CHANGE IN THE MENTAL HEALTH LAW?

USE OF HOMEOPATHY WHEN TAKING PSYCHIATRIC DRUGS

RECOVERY Dates - What's Taking Place?



## ROSIE MELTS AWAY MY SOCIAL EXCLUSION

Rosie became part of our lives following a criminal attack on our home.

I was enjoying walking through Hinckley with my family watching the Christmas lights switch on. The streets were crowded with people of all ages, stalls selling festive goods and fireworks were lighting up the sky.

Amongst all the activities a lady handed me a leaflet, she went on to tell me all about RECOVERY and how it helps people suffering from mental health problems. She told me how they train dogs to assist sufferers with Mental Health problems to recover. I remember thinking what a wonderful idea it was and put the leaflet in my pocket in case I met someone who might need the Charity's help. Little did I realise at the time that it was me who would need their support in the not too distant future.

6 months later we had just come back from a lovely holiday and were having a relaxing evening at the home we were renting when the property was subject to a horrendous criminal attack. The windows and frames were smashed to bits showering us and the whole ground floor with glass and debris; I thought we were going to be killed. Men wearing balaclavas and waving axes were reported jumping into a getaway car. To this day we still have no idea why this happened to us. We had to move out of the property immediately, it was absolutely shattering. This event left us so traumatized that we could hardly function. The big problem was that I was so traumatized that I couldn't be left either at home on my own nor could I go out on my own.

Rosie became a part of our lives some 8 months after the attack, from the very first day we had her she has helped me on my road to recovery in so many ways. Very slowly with Rosie by my side I was able to walk to the garden gate, then gradually to the local shop. We bought Rosie our German Shepherd dog when she was only eight weeks old and following discussions with my GP she agreed to endorse my application for Rosie to be trained as an assistance dog to help me recover. I was enrolled by RECOVERY and since then my condition has gradually started to improve.

I suffered panic attacks both at home and when out, having to care and train Rosie meant that I had a focus - something else to think about. Even at her very young age she seemed able to synchronise with how I was feeling on a daily basis. If I was having a bad day she would lie by my side and she was the reason I got up and out for a walk in the fresh air. I know that if I hadn't have had Rosie I would have stayed locked in the house and I dread to think of what the consequences may have been.

It has been a long and emotional road, things that we normally take for granted like shopping and driving to visit family and friends were impossible for me. As Rosie got bigger she was assessed by RECOVERY and passed level 1 meaning she could now wear a Recovery coat and enter practically every building that I needed to go into. This was so wonderful; slowly Rosie and I went out in my car and started to go shopping which was something I had not been able to do alone for over a year. My loss of confidence when talking to strangers is slowly melting away thanks to Rosie and the attention she gets wherever we go. People stop and ask me about Rosie what the RECOVERY coat was is all about, everyone wants to know about the Charity.

I started taking Rosie to local training sessions, another reason to get me out of the house. Through attending all the training classes Rosie has met lots of doggie friends and I now have somewhere to go where I feel safe, she has put some fun back into my life. Recently Rosie passed the Kennel Club Good Citizen Bronze Award and is now in training for the silver, we are so proud of her.

The restless nights not being able to sleep and panicking and screaming at the least noise are mostly a thing of the past. We know that Rosie will soon let us know if anyone strange is around.

With the support of RECOVERY I am hoping to be able to take my recovery one step further. I am a qualified Clinical Aromatherapist and Homeopath. I am going to provide some treatments to benefit others.



## USE OF HOMEOPATHY WHEN TAKING PSYCHIATRIC DRUGS

RECOVERY respects the hopes and desires of the client to recover from their Mental Health problems. Sometimes clients would like to see if Homeopathic remedies would assist them with symptoms or side effects. We would like to point out that Homeopathy should not replace psychiatric drugs if you are taking them. If you do want to lower or go off your drugs then we do NOT recommend this but advise that you consult your GP or Consultant about this.

Many people find they can take Homeopathy alongside psychiatric drugs and they can help with symptoms or side effects of:

Grief- Ignatia

Feeling down – Nat Mur

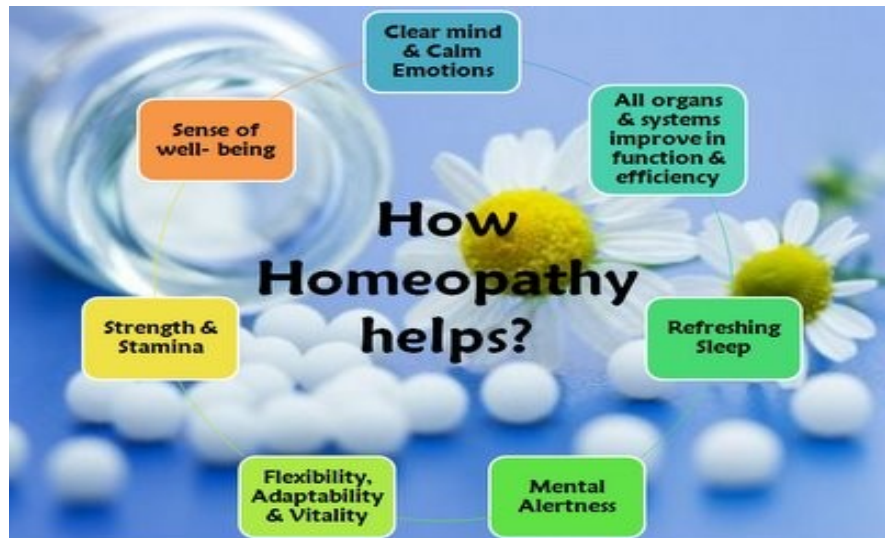
Pain – Ignatia, Chamomilla

Dizziness – Buddleia

Fear – Aconite

Sleeplessness – Valerian

Shock - Arnica



Some of these remedies can be bought in a chemist at 6cc or 30cc potency.

We are happy to help you find a professional Homeopath separate from RECOVERY to help you. This would cost around £65 for the first session and then £35 for subsequent sessions.

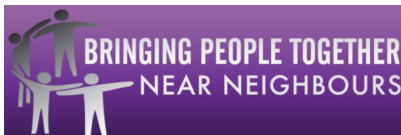
If you want support with Homeopathy we ask you to sign a form to affirm that:

- You are taking Homeopathic remedies of your own free will.
- No one is advising you to stop taking your medication.
- You understand that you should discuss Homeopathy with your GP or Psychiatrist if you so wish.
- Your medication is your own personal business and Staff or Volunteers at RECOVERY do not have any view about whether you should be taking drugs or not.

If you would like further information or help to find a Homeopath please RECOVERY's contact details on the back page.







**RECOVERY ANIMATION PROJECT**  
Help us make an Animated Film about how Faith can help you to recover your Mental Health.



RECOVERY has received Near Neighbours funding for an Animation Project. We are starting on Monday 15 June from 1.00pm – 4.00pm with a Free Lunch included. It is for anyone with Mental Health problems who believes that being creative can help them to 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.

If you are interested for yourself, a friend or someone in your family please contact Anj:

[RECOVERY4Wellbeing@gmail.com](mailto:RECOVERY4Wellbeing@gmail.com)  
07581282899 or 0116 2532073

Visit the website:  
[www.RECOVERY4Wellbeing.org](http://www.RECOVERY4Wellbeing.org)

The venue is:  
RECOVERY Studio, Unit 36, Vulcan House, Vulcan Road, Leicester, LE5 3EF



# STRAD Training



STRAD (Survivors Training RECOVERY Assistance Dogs) is for Survivors of Mental Health problems to learn how to train dogs to be RECOVERY Assistance Dogs.

TRAD Training is for people who would like to train RECOVERY Assistance Dogs but aren't Survivors themselves

STRAD Training is on every Tuesday 3pm-4pm It will be held at:

**Evington Park House, Cordery Road,  
Evington, Leicester, LE5 6DE.**

If you park at the main Car Park then you can walk to the big house in the middle of Evington Park. We will be doing in the training in the Panel Room or outside if the weather is good. It will include:

- Training your dog obedience in Bronze, Silver and Gold Good Citizen Levels.
- Helping you to recover from three Mental Health symptoms (i.e. Anxiety).
- Learning to do a Freestyle routine for fun and fellowship.

If you would like to take part in the S/TRAD Training contact us on:

0116 253 2073 07581 282899

UNIT 36,

Vulcan House, Vulcan Road,  
Leicester, LE5 3EF

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

[RECOVERY4Wellbeing@gmail.com](mailto:RECOVERY4Wellbeing@gmail.com)

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



## Race Night

Brought to you by

**RECOVERY**



The Clarendon Pub

December 12 2015

7pm Start



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 get involved please just turn up at: The Clarendon Pub  
West Avenue (off Queens Rd)  
Leicester  
LE2 1TS

Contact us at:

Tel: 07581282899/01162532073

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

W: [www.RECOVERY4Wellbeing.org](http://www.RECOVERY4Wellbeing.org)

Charity Registration No: 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. We campaign against compulsion and for freedom of choice. Also we train RECOVERY dogs to become RECOVERY Assistance Dogs for Mental Health.



This is a family friendly event.

## Walk Yourself Happy with RECOVERY's

## Sponsored Dog Walk on September 19, 2015



Walking from Abbey Park, Leicester to The White Horse in Birstall, then back to Abbey Park, Leicester.

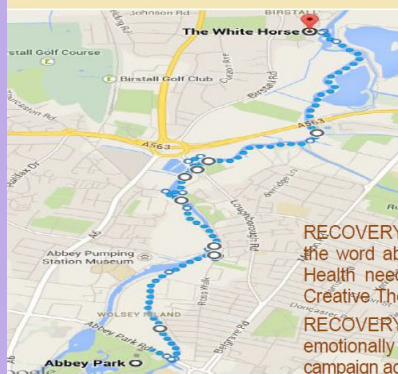
There will be a raffle and Prizes for Top Fundraiser, Youngest Fundraiser and the Cutest Dog.

There will also be refreshments at the start.

- 10 am Open to public for Refreshments and sign in.
- 11am Leave for walk from the Café at Abbey Park, Leicester
- 1pm Arrive in Birstall for picnics or pub meal.
- 2pm Set off again
- 4pm Arrive back in Abbey Park for refreshments, Raffle and Prizes
- 5pm Finish.

**Come see the Band and stalls**

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



UNIT 36,  
Vulcan House, Vulcan Road,  
Leicester, LE5 3EF  
0116 253 2073 07581 282899  
[RECOVERY4Wellbeing.org](http://RECOVERY4Wellbeing.org)  
[RECOVERY4Wellbeing@gmail.com](mailto:RECOVERY4Wellbeing@gmail.com)  
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 Dogs for Mental Health assist Survivors emotionally and help them to find Wellbeing. We campaign against compulsion and for freedom of choice

**All Dogs and Owners are welcome to join in.**





## DO WE NEED A CHANGE IN THE LAW?

### Help us with our Survey.

NHS England has announced a new Mental Health Taskforce that will develop a five year national strategy for mental health, covering all ages. The strategy will be published in the summer, and will be aligned with NHS England's Five Year Forward View for the whole NHS. It is crucial that a wide range of lived experience and professional expertise informs the strategy, and we'd like your help.

# Mental Health Task Force



### Do You Agree With this Statement?

Most of all we need a change in the law. We have had a change of attitude towards Mental Health and this is reflected in the way that people have less fear and are willing to talk about it more. However people are still being locked up when they would be better having support in the Community. Suicides are worse than ever especially on the Wards at Bradgate Unit, Leicester. This is because people cannot live without choice and control in their life and they do not know why they have been sectioned. At least a Tribunal or Court Case would help them understand the causes and make them feel safer.

Many MPs agree the law needs to change to protect and safeguard Survivors of Mental Health. No one should be locked up against their will on a Psychiatric Ward unless they have been a danger to themselves or others. A proper Judge and Jury would decide fairly about this. The Health Professionals are too blinded by the illness with little concern for the history or truth of the situation of the individual. Too often people are locked up without having been dangerous and without feeling ill. This makes the situation worse for everyone. Please let us know how you feel about this by filling in our survey online at: [http://www.recovery4wellbeing.org/#!/campaign/sitepage\\_44](http://www.recovery4wellbeing.org/#!/campaign/sitepage_44)



## Melangel Papillons.

'SPARKY' - Beauty & Brains Combined !



Melanie with Sparky's son -  
'Melangel Time to Shine'  
1<sup>st</sup> in his class at CRUFTS 2015  
Puppies & young dogs  
available for Show, Pets  
or as RECOVERY Assistance Dogs.  
Contact : Melanie Mann 07751 450400  
[www.melangelpapillons.co.uk](http://www.melangelpapillons.co.uk)



## RECOVERY Rendezvous dates June - August 2015

- Fri 12 June - WRAP Planning (Advance Directives)
- Fri 19 June - Fffaf Campaign Training
- Fri 26 June - Pension Planning
- Fri 3 July - The care Act II
- Fri 17 July - Buddhist meditation with PET
- Fri 24 July - Equine Assisted Therapy
- Fri 07 August - The Care Certificate I
- Fri 14 August - The Care Certificate II
- Fri 21 August - Planning For Green Belt

## Fundraising dates June - October 2015

- Sat 13 June - Guildford Street and Stall Collection
- Sat 20 June - Oakham Street and Stall Collection
- Sat 27 June - Oadby Street Collection and Stall
- Sat 4 July - Pets At Home (Fosse Park) Stall
- Sat 11 July - Brent Cross Stall Collection
- Sat 18 July - Uppingham Street Collection and Stall
- Sat 25 July - Stamford Street Collection and Stall
- Sat 1 August - Loughborough Street Collection and Stall
- Sat 8 August - Newbury Street Collection and Stall
- Sat 15 August - Hinckley Street Collection and Stall
- Sat 29 August - Oakham Street Collection and Stall
- Sat 05 September - Harborough Street Collection and Stall
- Sat 12 September - Melton Street Collection and Stall
- Sat 19 September - Birmingham Street Collection and Stall
- Sat 26 September - Stamford Street Collection and Stall
- Sat 3 October - Coalville Street Collection and Stall

## Events

- Narrow Boat Holiday 6 - 11 July
- National Justice and Peace Network— 17 to 19 July
- Equine Assisted Therapy - 24 July.
- Greenbelt — 28 to 31 August
- Art and Poetry Exhibition 29 August
- Sponsored Dog Walk at Abbey Park - 19 September
- The Race Night at The Clarendon Pub - 12 December



one|stop

one|stop



**One Stop is proud to support  
your local community.**

*From magazines to munchies, ice  
creams to pop or just for some shelter  
go to One Stop.*

*Your nearest store is:           5 Grasmere Street  
                                                  Leicester  
                                                  LE2 7PT*

*Opening Hours:                   6am- 11pm Monday – Sunday  
                                              6am- 10pm Summer Holidays*

One Stop Shop raised £997 Funding for RECOVERY.

**THALI WAL & CO**  
SOLICITORS

**Lexcel**  
Practice Management Standard  
Law Society Accredited

## **Specialist Mental Health Advice**

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





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](http://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.