



# HEADS UP

RECOVERY Charity - Celebrating 10 years in 2014

Summer 2014

Volume 5, Issue 2

Donation £1

## 'It Cannot Be the Best for Anyone If It is Not the Best for Everyone'

# Love



For many years innocent people have been labeled and tortured on Psychiatric drugs against their will. They have been sectioned without any court case many times and committed suicide just as often.

However many do survive and get discharged by the Doctors. It is no coincidence that many become born again Christians, as it is Jesus who heals them. Some say that becoming celibate and vegetarian helps them to find peace. Everything falls into place. With the help of homeopathy, Centering Therapy and well-trained RECOVERY Assistance Dogs people can recover their wellbeing.

### CONSUMERS OF MENTAL HEALTH SERVICES

Often Survivors of Mental Health have worked, since a young age, to change peoples' attitudes towards Mental Health in the UK. Many young people have not been believed that they have suffered abuse and have been locked in Psychiatric Wards with severe Mental Health labels. This is typical of poor Mental Health Survivors in UK who, when they suffer some sort of sexual abuse, are shut away without any court case to protect them.





# RECOVERY Dogs

**"We are to serve wild nature in a way that enables it not only to flourish but to achieve its full potential" Noel Moules**



## **"A Truly Spiritual Person lives in Shalom with All Creation"**

**RECOVERY Assistance Dogs for Wellbeing was set up July 2011. Everyone has noticed what a great success these dogs are not just as companions but also as healing for the symptoms.**

- 72 dogs being trained
- 14 Dogs have already passed the Assessment for Basic Assess Training and have their RECOVERY Dog coats.
- 2 Dogs have fully completed the Training
- We are candidates for Assistant Dogs
- Europe and UK.
- Liz and Rosie are training as Kennel Club Accredited Instructors.



**Some of our clients have found horses to be a definite therapy for Mental Health. We are looking at extending this into a project for 2015.**

- It is training in not feeling fear as the horse can sense this so you have to be strong-minded.
- It is the oneness of working with an animal that helps you to develop oneness with humans.



# Dogs for Wellbeing



**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**

## SKILLED ASSISTANCE –

The RECOVERY Dogs are trained to support Survivors' particular symptoms. The dogs may help with any of the symptoms below but RECOVERY will help with actual training in three chosen areas:

- Panic attacks – The dog alerts the Handler to avoid the attacks and helping them to stay calm and focused to shorten the attack if they do have one.
- Stability – The dog enables the Handler to stay upright when dizzy from medication or other problems. Picking up dropped items.
- Waking – It Helps the Handler to wake up and get up in the mornings.
- Protection from fear – The dog is trained to do a room search and turning on lights, alerting the Handler to any threat (like someone approaching the house) or reassurance that there is no threat.
- Safety in the Street – The dog can protect the Handler from walking into a dangerous situation with traffic or crowds. They will guide the Handler home.
- Epileptic fits – The dog lets the Handler know when a fit is coming and helping them to avoid it distracting them.
- Agoraphobia – The dog is protective in crowds or helps the Survivor to get out of the house or back to the house. Two dogs taught to walk both sides of the Survivor can help with anxiety
- Anxiety – trained to bark on command and to cuddle or distract the Handler.
- Social Inclusion – The dog is trained to encourage the Handler to approach and talk to other people. Also we train the dog so that it will only go up to people that it has been allowed to.

# RECOVERY DEMONSTRATES A STRONG ABILITY TO EFFECTIVELY EDUCATE THE PUBLIC ABOUT MENTAL HEALTH WITH THE FREEDOM FROM FORCE AND FEAR CAMPAIGN.



“Evolution Provided The Only Way... to Achieve the Divine Goal of Providing an Essential Freedom and Dignity for All Things”

We work hard to get the message of “Fffaf” freedom from force and fear, across to politicians and the world. Many Survivors in RECOVERY have experienced being forced into hospital on drugs against their will. Being Survivors we have lived to tell the tale. The charity RECOVERY that she set up is now ten years old and is still growing and has many more new projects in the pipeline. The voice and cause of RECOVERY needs to be heard in today's world.

Every Saturday we go fundraising all over the country asking the wider public to sign our Freedom From force and fear (Fffaf Campaign) petition to stop people being forced into hospital on drugs without a court case. Val Day, Acting Chair, and many others have learned fundraising skills with the charity and help them to raise money with a collection tin and selling the DVDs, booklets and Newsletter on the stall. Attitudes towards compulsion in Mental Health have changed and now most people agree that innocent people should be voluntary patients. When Liz and Val started campaigning in 2007 people would not even stop to talk about Mental Health.

We campaign against compulsion and for freedom of choice. Nowadays we have less fear about it and yet, according to figures from the 2010 Mental Health Bulletin, it is evident that the situation of innocent people being locked up against their will is not improving. Out of those who spent time in a Psychiatric hospital 39.4 per cent were detained there under the Mental Health Act a 30.1 per cent rise in the number of people detained in the previous year, rising from 32,429 in 2008/09 to 42,479 in 2009/10. In 2011/12, there were 48,631 admissions or detentions made under the Mental Health Act in England (this is not necessarily the number of people who were detained under the Act as some people are sectioned more than once within a year). This figure is five per cent up on the previous year's figures.

In UK we have a real problem on our hands for freedom and human rights within the Psychiatric System. We could learn from USA where people have to have a Court Case before they can be detained for more than two days or forced on drugs. In the UK people are being detained when they have not been violent to themselves or others but because lies have been told about them. Due to this stigma and discrimination is worse in the UK than in the USA.





AT RECOVERY WE ILLUSTRATE OUR COMMITMENT TO CONSUMER ADVOCACY DESPITE RISKS TO CAREER, FINANCES AND PUBLIC ACCEPTANCE.

“A Sign for the Present:  
My Actions Offer an  
Alternative, More  
Authentic Way of Living”  
- Noel Moules



Many Survivors have given up their career to campaign and work for Human Rights in Mental Health. One of RECOVERY Management Team has given up a career as a Secondary School teacher. If she had continued she would now be earning over £34,000 a year as a Head of Department. She gave up teaching in 2007 to work full time with RECOVERY. She works long hours for less than half this wage. She worked for 3-4 years as a volunteer to set up the charity. She loves to teach in the charity. We have six monthly courses in Employment for Survivors, Creative Enterprises for Survivors and RECOVERY Independent Advocacy Qualification. The next course is to be STRAD (Survivors Training RECOVERY Assistance Dogs) starting in September and accredited by KCAI (Kennel Club Accredited Instructors).

Every week everyone is invited over on a Tuesday for supper and Centering Therapy. This has helped all of us with having stillness and peace in our minds. We hope that by staying close to RECOVERY we will stay out of hospital, continue to raise funds and succeed in our mission for freedom from force and fear. RECOVERY is becoming well known locally and throughout the UK. Liz has been nominated for a Clifford W. Beers award at Mental Health America Charity. This would help USA to know about the plight of Mental Health in our country. They may find a way to help us at RECOVERY to be the change.

“A Symbol for the Future:  
Like a Vision, My Behaviour  
points beyond the Immediate to  
Be a Foretaste of the Renewed  
Heaven and Earth”  
Noel Moules.





# Walk Yourself Happy with RECOVERY's

## Sponsored Dog Walk on September 6, 2014



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

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

There will also be refreshments at the start, throughout the walk and at the end.

10 am Meet at Abbey Park Cafe Open to public for Refreshments and sign in.

11am Leave for walk

1pm Arrive in Birstall for picnics or BBQ (Book in advance £6.99)

2pm Set off again

4pm Arrive back in Abbey Park for refreshments, Raffle and Prizes

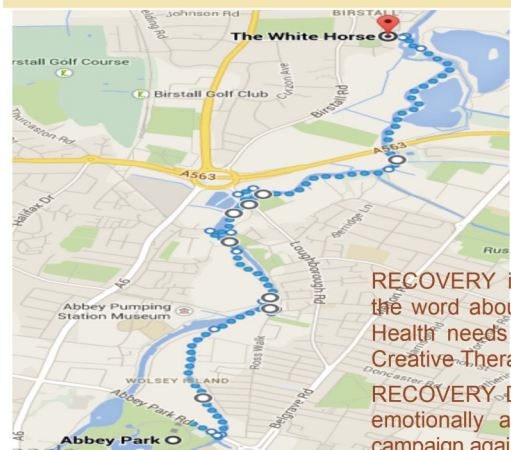
5pm Finish.

**Come see the Band and stalls**

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



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



UNIT 36,  
Vulcan House, Vulcan Road,  
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0116 253 2073 07581 282899  
RECOVERY4Wellbeing.org  
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

**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

### Abbott system RECOVERY

ICT repair and support Phone / PC / office electronics just not working right or at all? Ryan Abbott is a five year veteran in the IT sector. Fixing everything from slow down to blown out components, from phones to building wide networks. The IT handyman here to solve your problem. 07934 900429  
ryanabbott.recovery@gmail.com

### RECOVERY Rendezvous dates August- September 2014

Friday 22 August - Training in Starwards.org.uk  
Friday 29 August - Finding ways to living peace with each other  
Friday 5 September - Fundraising Policy  
Friday 12 September -Media Ffaff Campaign  
Friday 19 September - LPT AGM  
Friday 26 September - 8 Ways to engage Parliament with Ffaff  
Friday 3 October -Planning for AGM  
Friday 10 October - Reflection on AGM

### Fundraising dates August-October 2014

Saturday 23 August - Nuneaton street collection and stall  
Saturday 30 August - Lutterworth street collection and stall  
Saturday 6 September - RECOVERY Sponsored Dog walk  
Saturday 13 September - Rugby street collection and stall  
Saturday 20 September - Oadby street collection and stall  
Saturday 27 September - Harborough street collection & stall  
Saturday 4 October - Newbury street collection and stall  
Saturday 11 October - Coventry street collection and stall  
Saturday 18 October - Derby street collection and stall



Putting power into  
your own hands



YOUR JOURNEY TO A  
HEALTHIER LIFE WITH  
RECOVERY

STEP 1

INTRODUCTION

Meet RECOVERY and tell us your needs.

STEP 2

CREATE YOUR ACTION PLAN

We will discuss your needs and liaise with a social worker to 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 IMPROVES

We strive to reach the outcomes you require.



# STRAD Training

STRAD (Survivors Training RECOVERY Assistance Dogs) is for Survivors of Mental Health problems and for unemployed people interested in learning how to train dogs to be RECOVERY Assistance Dogs. There is also TRAD Training for people who would like to train RECOVERY Assistance Dogs but aren't survivors themselves.

STRAD Training starts on the 16<sup>th</sup> of September and lasts for 27 weeks.

Training will be held in the Panel Room in Evington Park, Cordery Road, Leicester, LE5 6DE.

Training will start at 11am and finish at 3:30pm every Tuesday.

If you would like to take part in the STRAD Training contact us on 0116 253 2073 or 07581282899

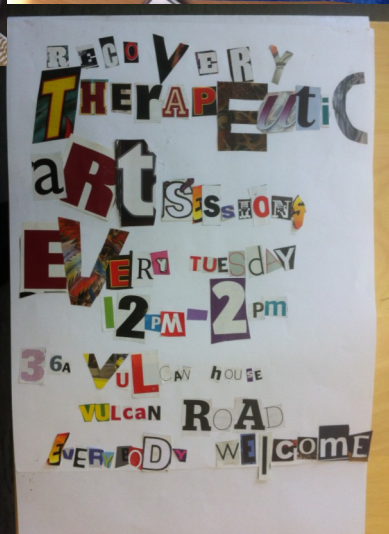
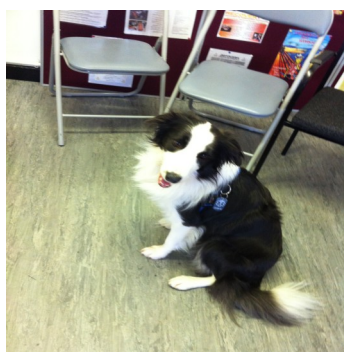
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