

Celebrating Recovery!

Thursday 10 April 2008

elmwood
COLLEGE

free

10.00am - 3.15pm

Carslogie Road
Cupar KY15 4JB

A conference in **NE Fife** with the aim of promoting and celebrating mental health recovery

10.00am Registration & Refreshments

10.30am Welcome

10.40am Opening Address

Prof Phil Barker & Poppy Buchanan-Barker

International speakers & writers on recovery

11.10am **Seminars** – discussion around recovery – questions and comments with facilitators to take notes at tables – aiming to collate info about participants' thoughts on recovery, services provided locally & in the wider area

Questions

- what is good mental health?
- are recovery stories helpful? Examples
- discuss local/national recovery initiatives
- what else is needed? From statutory/voluntary services

12.00noon Feedback from Seminars

12.30pm Buffet Lunch

1.15pm Afternoon introduction

1.20pm **Workshops** First Choice

2.00pm **Workshops** Second Choice

2.45pm Closing Speaker

Susan Archibald

Disability rights speaker & community activist

Workshops

- **Ron Coleman** – 'Working to Recovery' Director, writer & international speaker
- **Edinburgh Crisis Centre** – providing support to service users and carers
- **Falkirk District Association for Mental Health** – new £1 million centre
- **Peer Support – Moira Gillespie** Greater Glasgow Mental Health Network
- **Horsecross Community** – promoting positive mental health through drama

An event sponsored by the Scottish Recovery Network



Scottish Recovery Network

Speakers & Workshops Information

Prof Phil Barker & Poppy Buchanan-Barker are international speakers and writers on recovery, in particular the Tidal Model of Mental Health Recovery which was launched a decade ago and has generated nearly 100 projects globally in the UK, Ireland, Canada, Japan, Australia and New Zealand:

“Breakdown' means different things to different people. In the same sense, 'recovery' means different things to different people. It has been our privilege to be invited to work with people, in all four 'corners' of the world, who are seeking to explore the personal meaning of recovery. We are delighted to be invited to Cupar, in our home Kingdom of Fife. This year, we look forward to helping our Fife Health Board colleagues clarify the meaning of recovery for their services. We look forward to the challenges of the coming year. Together, we can make a meaningful difference.”

Susan Archibald is a disability rights speaker and community activist, and following surgery found herself disabled and dismissed from her council job on grounds of capability, resulting in a period of depression. Susan went to the National Library in Edinburgh, taught herself the law and after a 5 year journey through various courts won her case in the House of Lords, changing the UK Employment Laws for disabled workers under reasonable adjustments. She now speaks nationally on discrimination and works alongside the Disability Rights Commission and now will do the same with the Equality & Human Rights Commission. She is currently Chief Executive of Attention Fife, Chair of Leonard Cheshire's Citizenship Academy Board, Convenor for Worktrack, Community Councillor in Kelty, Liaison Officer for St Ninian's Trust, and sits on Mental Health, Disability & Human Rights Civil Liberties cross party working groups in the Scottish Parliament.

Ron Coleman is a Mental Health Trainer and Consultant specialising in Recovery and Psychosis. Following his role as national co-ordinator of the 'Hearing Voices Network' he used his experiences of recovery to design Workbooks and Training packages, to enable voice hearers to gain ascendancy over the negative aspects of the voice hearing experience. Ron's own route to recovery after spending 13 years in and out of the psychiatric system has given him many insights into the numerous difficult issues facing today's mental health services. He is now back in his homeland of Scotland after 20 years of self imposed exile! (www.workingtorecovery.co.uk)

Speakers & Workshops Information

Edinburgh Crisis Centre is a partnership initiative which aims to have accessible 24/7 community based support for people who are using or have used mental health services in Edinburgh, and their carers, when they are facing a crisis. Jacquie Watt, Manager, will facilitate the workshop along with colleagues and will talk about the development of the Centre and some of the experiences along the way. The partners are City of Edinburgh Council, Edinburgh Carers Council, Edinburgh Users Forum, NHS Lothian and Penumbra and they are all involved in the planning, development and decision-making processes.

Falkirk District Association for Mental Health (FDAMH) was established in 1981 and aims to support and empower people experiencing or recovering from a mental health problem also their carers. They are committed to the principles of social inclusion and to raising awareness and understanding of mental health issues. FDAMH recently moved to a new building in Victoria Road, Falkirk, after raising funds of £1million over a 6 year period, and this will enable them to continue providing services, including befriending, counselling, drop-in facilities, different groupwork activities and support.

Moira Gillespie is chair of the Mental Health Network in Greater Glasgow, a qualified general nurse, and is one of the first people in Europe to be trained as a Peer Support Worker. Moira has had a number of episodes of severe clinical depression over the last 30 years and says that she would have welcomed contact with a Peer Support Worker during that time: "Peer support has been around for many years in an informal way, but the training has taught me that instead of trying to fix things for someone, I now help people to take control of their own lives and make their own decisions, because at the end of the day that is what we all need to do. The training also gives you another aspect on life because there is more to a person than mental illness, and it's important to look at the bigger picture and what we all have in common." (www.nhsggc.org.uk)

Horsecross Community is an integral part of the work of Horsecross Arts, Perth Theatre and Concert Hall - "A fabulously liberating and fun filled drama workshop to get you moving, talking and communicating in ways you never have before! This workshop is facilitated by freelance community drama specialist Suzi Morrice from Horsecross Community and Gillian McKenzie who has just completed the Horsecross 12 month trainee drama worker programme, funded by the SAC's Artfull. This is a safe environment to experience just how much you can contribute to a group and experience, first hand, this way of working which has so successfully encouraged people to gain confidence in their own creative abilities." Artfull is a national programme established to develop, promote and map the arts and the role they play in improving the mental health and wellbeing of people living in Scotland. It is a joint initiative developed by the Scottish Government's National Programme for Improving Mental Health and Wellbeing and the Scottish Arts Council.