



Recovery College CQUIN Bulletin 13

Recovery College Showcase!

At the Recovery College Showcase we had many different workshops as well as some presentations and table displays. Thirteen different services represented their Recovery Colleges at the event and it was great to see so many different creative ideas and courses on display. This was the last meeting of the Recovery College Showcase event and we hope that every Recovery College goes from strength to strength!

Thanks to everyone who contributed!

Full presentations can be sent on request



11.00 Arrival and Refreshments

- **Keynote speaker** - Reflections and experiences of working with people and organisations to support the development of Recovery Colleges
Tony Mitchell (Nottingham Recovery College and ImROC consultant)
- **Podcast** —Introduction to Clifton House

12.00 LUNCH

Displays over lunch time

- Humber Centre—Working in the shop
- Humber Centre—Painting and decorating
- Newton Lodge— Mixed Media
- Newton Lodge—Card Making

13.00 Workshop round 1

1. Training and Facilitation Skills Taster—*Tony Mitchell and Wathwood*
2. Health Improvement—*Humber Centre*
3. Tote Bags from Glad Rages— *LYPFT*
4. From Seed to Feed — *Amber Lodge*
5. Lets get growing — *BDU SWYPFT*
6. Experiential Music Session —*Moorlands View*

13.50 Short break to move between workshops and setting up time

14.00 Workshop round 2

7. Recovery and Inspiration —*Cygnnet Bierley*
8. Make a Bird Feeder - *BDU SWYPFT*
9. From Seed to Feed — *Amber Lodge*
10. Screen Printing Designs - *Cygnnet Bierley*
11. Uke-can-do-it - *Stockton Hall*
12. Collaborative Board Games - *Stockton Hall*
13. Science, Technology, Engineering & Maths (STEM) — *Waterloo Manor*

15.00 — Feedback and Close

**Tuesday 19th
March 11-3 at
Sandal!**

workshops



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Contact Holly or Jo for more information
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Yorkshire and Humber Involvement Network

Presentation - Tony Mitchell

NHS
Nottinghamshire Healthcare
NHS Foundation Trust

Reflections on Supporting the Development of Recovery Colleges

Tony Mitchell – Education Consultant (L&OD Recovery & Wellbeing Team)

Yorkshire & Humber Network
Recovery College Showcase
Tuesday 19th March 2019

positive
Learning and Organisational Development

L&OD
Learning and Organisational Development DEPARTMENT



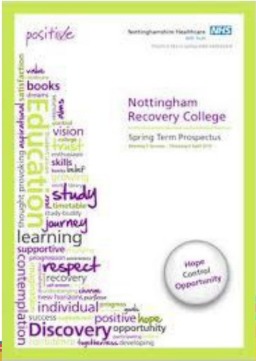
Who I am & what I do...

Recovery Prospectus
July 2015 – September 2016

positive
Learning and Organisational Development

L&OD
Learning and Organisational Development DEPARTMENT

Nottingham Recovery College



Nottingham Recovery College
Spring Term Prospectus

Wipe Control Opportunity

LOD Learning and Development Department





- Wathwood Hospital
- Arnold Lodge
- The Wells Road Centre

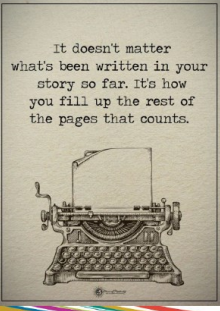
LOD Learning and Development Department

- Brockfield House - Wickford
- Norvic Clinic - Norwich




LOD Learning and Development Department

Considerations for the future?



- Recovery & Wellbeing?
- Outcome measures?
- Peer Support within Secure Services?
- Trauma informed approaches?

LOD Learning and Development Department

Nottinghamshire Healthcare NHS Foundation Trust

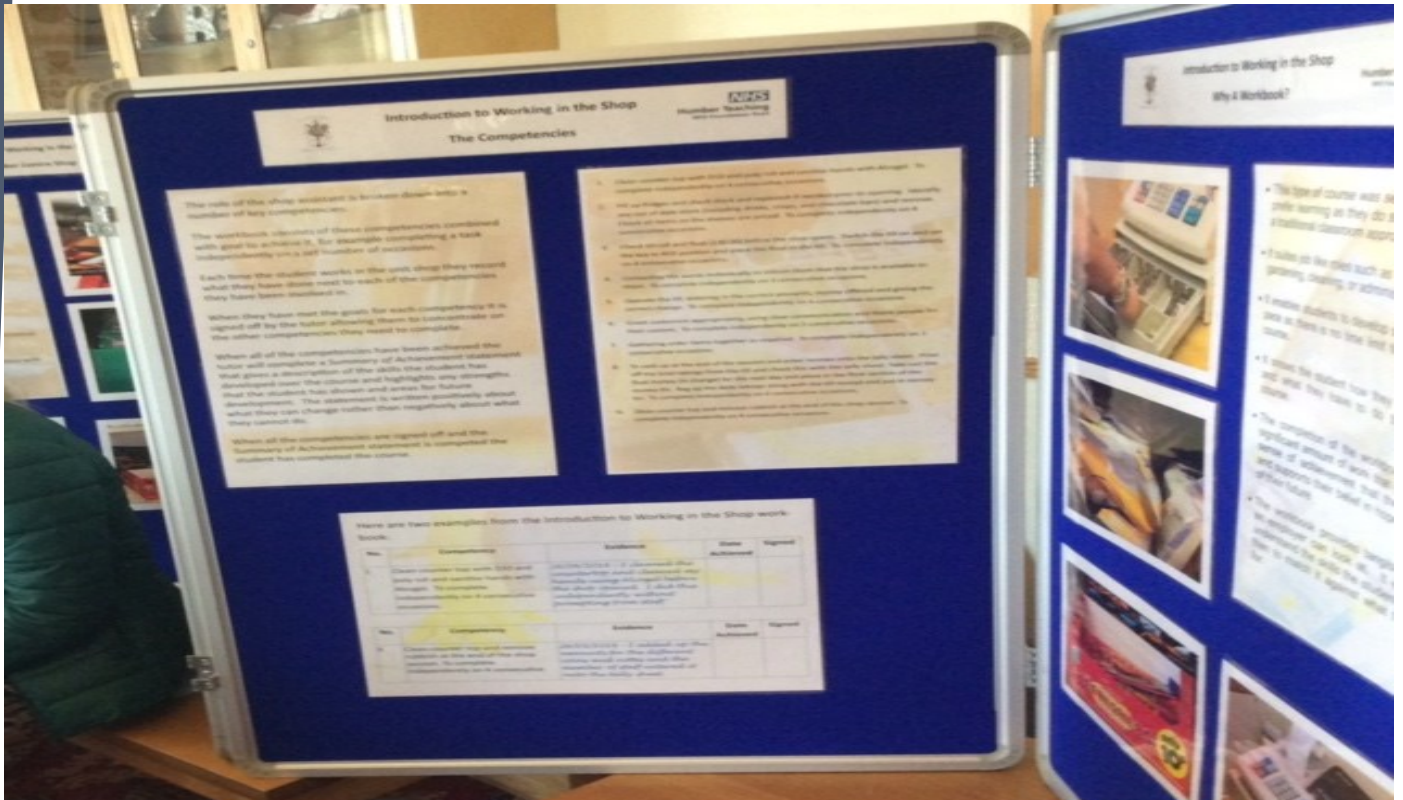
You are most welcome to contact me if you have any questions, comments or want to discuss anything from this presentation further
 Tony Mitchell - anthony.mitchell@nottshc.nhs.uk or 07770820445

Full presentation available on request



Table displays

Humber Centre—working in the shop and painting and decorating



Newton Lodge—Mixed Media & card making



Workshops

Humber Centre— Health Improvement



LYPFT— Tote Bags to Glad Rags

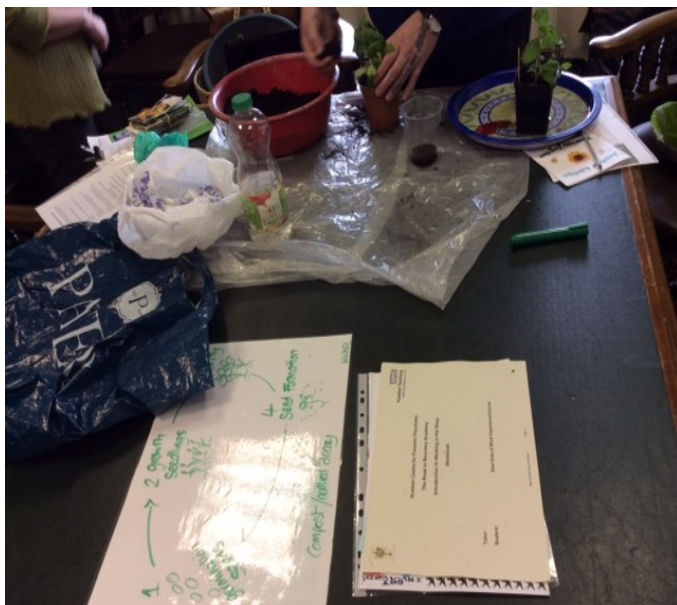


Workshops

Amber Lodge — From Seed to Feed



SWYPFT BDU — Lets get Growing



Workshops

Moorlands View— Experiential Music Session



Waterloo Manor— Science, Technology, Engineering and Maths (STEM)



Workshops

SWYPFT BDU – Make a Bird Feeder



Stockton Hall— “Uke-can-do-it” and Collaborative Board Games



Workshops

Cygnets Bierley – Screen Printing Designs



Cygnets Bierley— Recovery and Inspiration Group

This is a group based on sharing and discussing expert by experience stories of overcoming adversity, living with challenges and considering different perspectives on recovery. The aim of which is to promote hope and inspiration for service users' own recovery.

The group was initially developed and delivered to individuals on the specialist personality disorder inpatient unit in 2016. Following its evaluation (see Elsegood, Anderson and Newton, 2018) which demonstrated that service users found it to be a worthwhile and validating experience, the group was opened up to service users on the male and female low secure wards.

A two-part focus group was run with services users across the three wards in order to obtain feedback on the relevance of the stories included, and whether they felt meaningful to them. Following this, 6 weekly sessions were run, each featuring a different recovery story. Each session involved watching a video of an individual discussing how they overcame adversity. A group discussion followed, in which service users were encouraged to reflect on the stories and jot down their thoughts on post-it notes. These were subsequently included in a participant workbook "my recovery inspiration" and during the final session, service users had the opportunity to personalise these and add any final reflections.

Kelly J. Elsegood, Lucinda Anderson, Rachel Newton, (2018) "Introducing the recovery inspiration group: promoting hope for recovery with inspirational recovery stories", Advances in Dual Diagnosis, Vol. 11 Issue: 4, pp.137-146.

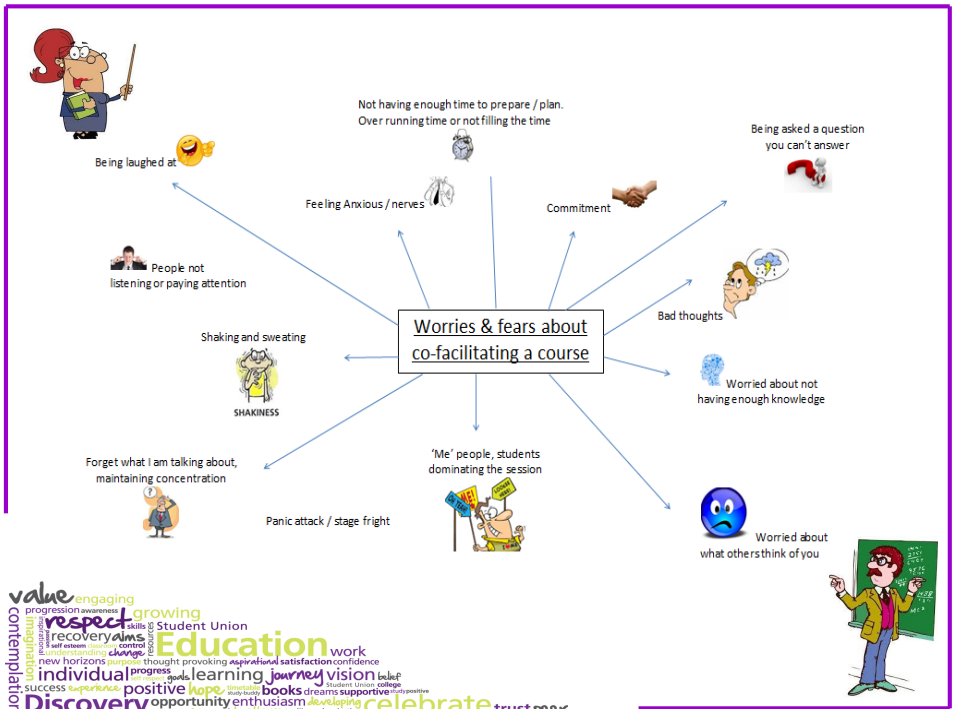
Tony Mitchel and Amy Day – Training and Facilitation skills

Course overview

- ✓ Principles of a Recovery College
- ✓ Ground rules and icebreakers
- ✓ Learning styles
- ✓ Worries, fears, concerns about co-facilitation
- ✓ Sharing your life experiences
- ✓ Teaching presentation
- ✓ Planning and preparing a session
- ✓ Barriers to learning
- ✓ Inclusive teaching and learning
- ✓ Using questions and giving feedback / St
- ✓ Resources
- ✓ Assessment and evaluation in a learning

Nottinghamshire Healthcare Recovery College
Rampton campus

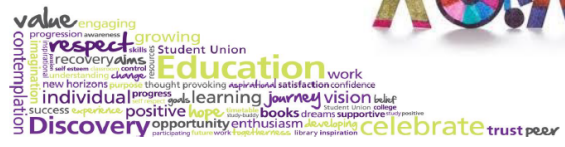
Bespoke Training and Facilitation skills
Taster session / workshop
Tony Mitchell and Amy Day



Principles of a Recovery College



Full presentation available on request



Feedback - What has been good about today?

Loved the band! Really appreciated them playing along with my own songs!!



Bag making - a good project to keep you busy from start to finish.



Love the bag making

Found it really interesting to see what the different services were doing.

Meeting people from different services. Variety of activities.

Meeting new people and sharing ideas.

Meeting other people from other Recovery Colleges.



We had a good time today meeting other people and seeing different activities.

Interesting and inspiring. Meeting people and sharing ideas and experiences. Learning together!

The sharing of ideas and information across services. Supportive environment (as always!)



Inspiring finding out about other recovery colleges

Feedback - What has been good about today?

Had an amazing day! Gained lots of ideas to recreate at Waterloo Manor. Humber Centre inspired me to go back to the gym.

Had a fantastic time. Loved the fitness - big up to Humber Centre

Really enjoyed the bird feeder. Overall some good ideas to take back. Really good atmosphere!

Fab Buffet!

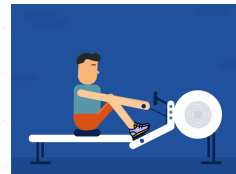


I loved the music group and the painting



Music good! Bird feeder making

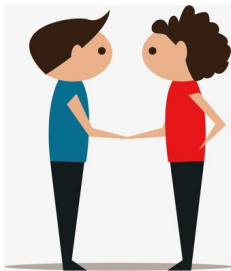
Had a lovely time. It's nice to see everyone working together and enjoying different activities together.



The open speech fitted nicely to underline 'Recovery College'



Seeing old friends 



Mind blowing games - great idea!

Everyone did really well - great activities.

The variety of activities/showcases presented this year and meeting service providers from different areas.

What could be better about today?

Coffee/tea not hot enough



Less noise during workshop presentation.

Bit of an introduction of services and their projects.

Breaks where people set up.

Less talking more time to try/do/activities watch

What's next?

Some way of sharing ideas over what has worked in other units to grow.



More college sessions to be across services.

Better communication between services running recovery college courses.

Explore linking up with OTs

On-line forum to share ideas - what's worked or not worked at your recovery college.



Contact Holly or Jo for more information
holly.cade@nhs.net jo.harris9@nhs.net

Yorkshire and Humber Involvement Network