

## Recovery & Collaborative Care Planning Café

**An invitation to LPT staff, service users/patients, carers to come along to our virtual Café Monday 26th October 1-2 pm**

Please note that although the session is for 1 hour we can sometimes go over this time by 10-15 minutes if conversations are flowing.

### Brief background on history of Recovery and Collaborative Care Planning Cafes

The cafés are a shared space for service users, carers, NHS staff and a variety of other speakers to come together to have collaborative conversations around care planning and recovery. The cafes are themed around the recovery concepts of CHIME (Connectedness, Hope, Identity, Meaning, and Empowerment) and service users often delivered masterclasses sharing their lived experiences.

The cafes had been growing in the Trust over the past three years before Covid 19 saw them being put on hold and lots of areas of good practice and new initiatives have come from the cafes, a few of which are highlighted below:

- Co-produced 'collaborative care planning guidance'
- Recovery prompt sheet co-designed with patients to support collaborative conversations using the CHIME framework
- Quality improvement project focusing on enhancing service user and carer involvement in care planning in mental health services

### How will the cafe work?

The café will run for a maximum of 60 minutes using a platform called Microsoft Teams. We will send you a link to join the café following your registration. Don't worry if you haven't used Teams before, we will be happy to support you and will also send you a guide when you register. Please contact us if you would like to have a test session using Teams before the cafe.

The Café team will introduce themselves to you and then we will talk through how to use the Teams platform including the chat box and how we will communicate throughout the session. You can come along to the café to just listen, although you can also get involved using the chat function, or through talking on the screen. We will also have a guest speaker from Rob Gee.

### Café Agenda

We will be welcoming people back to the café and supporting you with how to use the technology.

We will provide a brief history of the Recovery Cafes and introduce you to the recovery concept of CHIME.

We will also have a guest speaker, Rob Gee who is a mental health nurse and performance poet and will be running a workshop on self-care.



## Why come along to the Café?

The cafes are a shared space for a range of people to come together to discuss recovery and the concept of CHIME, and to learn from each other. This is an opportunity for service users and carers to share their lived experiences with the café around the concept of CHIME, and for health staff to learn and improve services from this.

This shared learning can influence change within our services, and ensure that we are delivering services that better suit the people that access them.

**Service User Comment:** The collaborative care plan is a great exercise for people like myself to do in the Recovery Cafe because I am changing the way that LPT work and are involved in listening to me because it is my care plan that I've got a voice in constructing.

## How do I register?

To register your interest in attending the virtual café please contact the Patient Experience and Involvement Team at [LPTPatientExperience@leicspart.nhs.uk](mailto:LPTPatientExperience@leicspart.nhs.uk)  
Or by calling 0116 2950818

If you require support to attend this café please let us know how we can help you.

## **The CHIME framework for personal recovery**

### **Connectedness**

Relating with other people in positive ways.

### **Hope**

Belief that a better life is possible.

### **Identity**

Regaining a positive sense of yourself as a whole person.

### **Meaning**

Living a valued and purposeful life.

### **Empowerment**

Focusing on your strengths and taking control of your life.



### **Our Vision**

We value you as an individual and we will listen to you and treat you with care and respect.

Our vision is to work alongside you to support your hopes, personal goals and recovery.

