

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

The recovery 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 deliver 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 we now offer these cafes virtually on a monthly basis via MS Teams. 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

## 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.

## How do the cafes 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 café.

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.

## Café Agenda

Each café is themed around the Recovery concepts of CHIME, and we will take it in turn to discuss a each recovery concept of Connectedness, Hope, Identity, Meaning and Empowerment. We will collect feedback at each café which also helps us to shape the following café, therefore if you want to see something include in a future café please let us know.

Once you have attended a café we will add your details to the distribution list and send out an agenda each month so you know what's coming up at the next café.

## The Café Planning Team

The recovery café planning team is made up of clinical staff from Mental Health Services, the Patient Experience and Involvement Team, the Recovery College and service users with lived experience. You can find out more about the Recovery College by clicking on the following link <https://www.leicspart.nhs.uk/service/leicestershire-recovery-college/>



## 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:** I would like to take the opportunity to feedback to say how nice and welcoming this Recovery Cafe was for newcomers to join (particularly for me as this was my first ever time) and I very much felt the warmth and welcoming you all gave, it was a very friendly and amicable cafe created – so thank you for this.

## How do I register?

To register your interest in attending the virtual café please contact the Patient Experience and Involvement Team at [LTPatientExperience@leicspart.nhs.uk](mailto:LTPatientExperience@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.