

## Recovery Café Session 25.11.2020 - Chat Box Contents

### Welcomes

Welcome to today's Recovery Cafe. We are due to start at 12 ish but shall wait a couple of minutes for people to join.

Hi Ronda here 😊

Sue is here!

Grant

Good morning I am Rohini from VASL

Hi Firoza here 😊

Hi, Rowena from Lamp

Hi everyone, Lucy here 😊

Hi Lynn 😊

Hi all, Emma from LPT Leicestershire Recovery College

Hi all Martine here from TSPPD 😊

Azar, Expert by Experience & Patient Leader at Leicestershire Partnership Trust. Hi Everyone, great to see you all here.

Martine Hello

Hi Jayne here. I cannot see anything but can hear.

We will send out the slides afterwards so that you have access to the film and the link to the Frazzled Cafes

Welcome all....great to see lots of you here today

Hello everyone, Kate here 😊 from Leicestershire Recovery College

Hi all, I'm Karishma 😊 Research Support Officer from the Research & Development Team in Leicestershire Partnership Trust

New to the scene. Hello to all.

Lovely to see so many people at the Cafe today!

I am Lyn Williams a mental health nurse and a senior manager in LPT passionate about wellbeing, living a good life and recovery ....I run the Introduction to Recovery Course at the Recovery College

Hey Lyn, Ronda, Firoza, Jayne, Kate, Emma, Sandie, Haley, Karishma, Raj :-)

Hi everyone. 🙋

Good Morning Everyone. Meera Bentley here- Leicestershire Recovery College Outreach Worker 😊  
Hey Meera!

Hey Azar 😊

Julie from IKH Core Team

What a great turn out!

Hello all, sorry for joining late, hope all is well 😊

### **Ruby Wax – Ted Talk**

I can associate with many of the comments made by Ruby in the video an the my daughter whom I am caring for.

It's so powerful to talk about things & get out your head for a bit - yes they might not understand but it's the willing to talk & have conversations about it

Covid is highlighting just the same way that Ruby did which is that for the workforce the increased productivity of emails being responded to immediately and constant MSTeams/Zoom/Webex meetings is wearing us all down

Men's Mental Health with the toxic masculinity is another factor that should be highlighted. Where can we go to cry? Where to go to express?

Agree with Ramesh

Perhaps Covid is making us all more aware of mental health. Do you think the stigma is related to fear of not appearing 'normal/sensible' to others?

Agree

Think stigma is a big thing in different cultures. Afraid to speak out.

### **Frazzled Cafes**

I have the link to the frazzled cafe, i must try it - there is a session this evening I think, 5.30 pm

I'm booked in for one.

Thanks Lyn. I may try the Frazzled cafe. Everyone's mental health suffers at different times of their lives. It's up and down. Looking after ourselves, sharing and supporting each other at these times - so important

### **Connectedness**

ahhh2 doggies

Frankie has brought a smile to everyone's face 🐾  
Ronda - your dog is adorable!

Connecting our carers group with you today has been good (small as we are)!  
There is an amazing new serial on Netflix called Ethos where everyone have different level of mental illness and how people use grounding techniques. How important it is to express your real feelings cause when you don't, you suppress emotions, this build up into something bigger and you end up with illness/diseases.

YouTube is the best for music!

@Lyn they're silver not grey hairs LOL 😊

I watched Patch Adams again the other day. Really resonates at the moment

Thanks for that Jayshree will have a look 😊

Will check it out Jayshree

Gok Wan's kitchen party every Sunday on Facebook is game changing!

Loads of good podcasts out there - people connecting and sharing how they support their mental health - Calm Mind Confident You is one podcast

Agreed Firoza! My family celebrated Diwali mainly over FaceTime/Whatsapp video calls this year - not the same as real life, but lovely to see everyone's face 😊

A daily check in from a friend asking how you are means so much

Where there's a will there's a way!

I can really relate to connecting to nature. This has really helped keep me connected during lock down. Regular walks, sometimes with friends. Touching, smelling and learning about the plants in my garden and that I find interesting on my walks.

I agree Firoza, its fab that we can connect with others virtually at this difficult time - we can't touch them, but we can see them and chat and it brightens the day 😊

### **Recovery College**

Azar and Lyn - what a double act. Work so well together facilitating The Intro to Recovery Course 👍  
Just want to say that attending the college and the online courses have changed my life and has made me feel part of something so huge thanks to all 😊

Emma you did great.

Lovely to see great feedback from people attending the college.

Wonderful resource @recoverycollege 😊  
The Facebook group for the Recovery College is great fun. Keeps you smiling

Is there an alternative to Facebook as a way to connect, thinking of my son who has come off social media

Rowena how old is your son?

21

Rowena will check out what is about for him

He needs a way to help overcome social anxiety, thank you

Rowena Recovery College is brill as all ages

Rowena definitely use the college for social anxiety as I have that and this really helps 😊

Rowena does your son receive the distraction packs? Sandie could post them out too if not online.

More than happy to share with you Rowena, via email or by post 😊

No, that would be great, thank you. He is on a long waiting list for counselling at the moment, so anything like that would be great

Rowena will try and find out some info for you and Haley may be able to help from a young people's perspective

Thank you, that so helpful

I have agoraphobia so these online courses are brilliant 🖱️ but I have managed to go to the college is also brilliant 😊

Thank you Ronda, it's fantastic to hear that you are enjoying the courses and they are having such a positive impact on your life 😊

Sue well done 😊

Thank you for sharing Sue

Thank you Sue for telling us about your experience

Thank you for your feedback Sue. And thank you for taking the time today.

Thank you Sue, your contributions to the courses have been valuable and well received.

### **Goodbye, next café and any feedback**

Sorry I have to leave. See you all next time in the cafe and tomorrow for our last session. Thank you

Thank you [all] for my first online Recovery Café scope and friendly experience. Please excuse my exit, but care duty calls.

Really enjoyed the session and so informative

I will try and bring some of our carers across again, if that's ok?

Rowena always welcome!

Thank you all I have really enjoyed being part of today's cafe and look forward to attending again 😊  
Thank you. Great to see you all

Really had fun all 😊

[LPTPatientexperience@leicspart.nhs.uk](mailto:LPTPatientexperience@leicspart.nhs.uk) for any ideas

The next cafe will be our Xmas cafe on Monday 21st December 1-2:30pm. We are planning some Christmas fun