

Stepped Up Recovery Café Session 2 12.03.2021 - Chat Box Contents

Welcomes

New to the café?

It would be great for you to provide your details (name and email address) in the chat box so we can add you to our distribution list to share details of this and future cafes with you.

You can do this by typing @Sandra Warden first along with your details, which will ensure your message will come to me personally and avoid sharing your information with others in the café session.

ltpatientexperience@leicspart.nhs.uk

Looking forward to hearing from you

Sandie

Patient Experience and Involvement Coordinator

Hi Everyone, Azar an Expert by Experience and Patient Leader for LPT

Hi Azar 😊

Hello everyone 🙋

Hi Kate :-)

Please give us your ideas about improving this cafe and your experience and your experience of LPT services as partners in your care 😊

Thought this was the cafe

This is an 9 week programme of cafes slightly different to the usual ones, introducing CHIME and well being taster activities

Hi April

Café Conversations – Hope

Think there is something to be said about someone holding hope for you when you can't

Quotes from video....

"The worst of life couldn't take the best of me"

"Don't sacrifice tomorrow's future for today's pain"

"Resilience is the capacity to adapt to negative change"

Very well said, April, such an important point!

April beautifully said 😊

Well said April. Valid point.

5 Ways to Wellbeing – Being Active

Leona Knott – Chair based exercise

Great music choice - 80's child :)

Great

That was great, I am flushed!

Was interesting!

Not seen this before 😊

Leona was fantastic!

Very motivating!

Needed that - been sat at the desk in one position for most of the day. Great energy from Leona...

Brilliant I have done some work with her before

I will use it for my well being slot in the next OT MHSOP team meeting!

are we doing Laughter Yoga at some point

Goodbye, next café and any feedback

Link for the Recovery Café feedback

<https://ratemy NHS.co.uk/survey/50061bda-6d5d-44bd-8936-9d74338478fc>

Bring the sunshine in with your experience to the services

Thank you

Thank you 😊

Bye everyone :)