

Recovery & Collaborative Care Planning Café 9 Week Programme



How this session will work

This session **will be recorded** in order to review and reflect on discussions. Once this has been reviewed, the recording will be deleted.



If you would like to ask a question, please raise your hand.



The presenter will open the discussion in order from when a hand was raised, when they acknowledge you, please remember to unmute your microphone



If you would like to ask a question but would not like to speak then please type your question in the chat box



Welcome and Introductions



Please leave your names in the chat box so we can see who is here

Can any new members share their details with Lewis – who will include his details in the chat box

Today's Café

CHIME theme - Connectedness

Wellbeing Theme - Connect

- **1pm - Welcome, recap and overview of the 9 week programme**
Haley Cocker, Patient Experience and Involvement Manager
- **An Introduction to CHIME and today's theme of Connectedness**
Lyn Williams, Associate Director for Quality Improvement
- **Café conversations – Chime Scale**
Group discussion
- **An Introduction to the 5 ways to Wellbeing**
Haley Cocker, Patient Experience and Involvement Manager
- **Wellbeing Workbook – Connecting with yourself**
Sandie Warden, Patient Experience and Involvement Coordinator
- **2:25pm – Dates for the next café and close**

9 Week Recovery Café Programme

Week	Date & Time	CHIME & Wellbeing Theme	Activity
Week 1	Friday 26 th February 1 - 2:30pm	Connectedness Connect	Wellbeing Workbook
Week 3	Friday 12 th March 1 - 2:30pm	Hope Be physically active	Chair Based exercise
Week 5	Weds 24 th March 11 - 12:30pm	Identity Learn new skills	Taster activities; Breathing Visualisation Sleep Hygiene
Week 7	Friday 9 th April 1 - 2:30pm	Meaning Give to others	Arts and Crafts Laughter
Week 9	Friday 23 rd April 1 - 2:30pm	Empowerment Pay attention	Mindfulness

CHIME



The 5 Ways To Wellbeing



Connect



Connect

Examples;

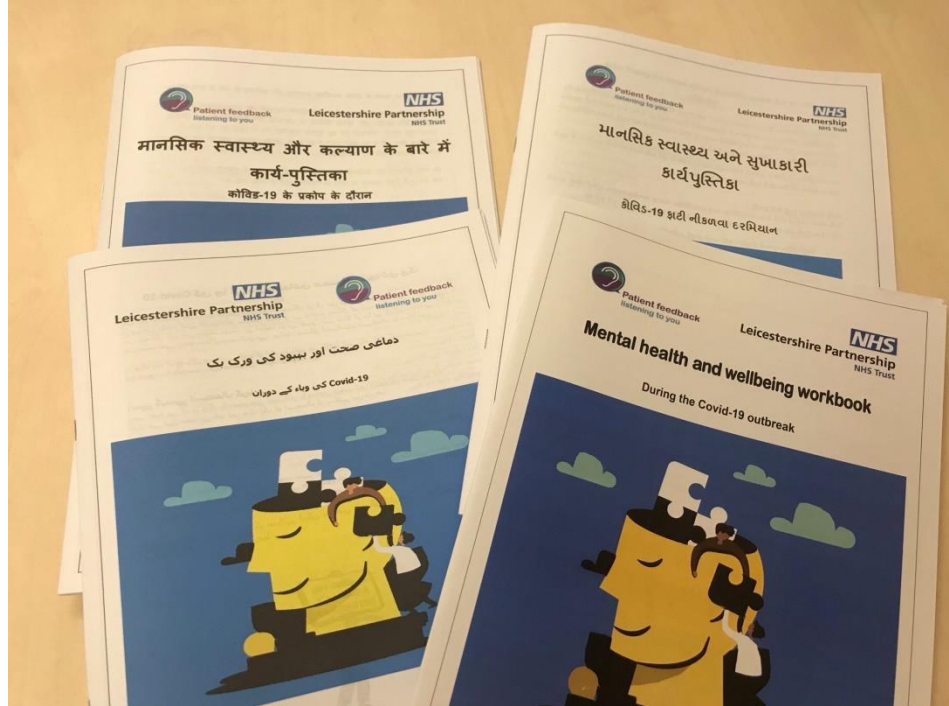
- Connect with people around you
- Use different ways to communicate
- Share your day with family and ask about theirs
- Speak to someone new. Smile and speak to someone in the corridor
- Find an old photo of a friend or family and share it with them
- Don't use your phone/tablet for the day (or at least a few hours!)
- Talk to someone in person or on the phone instead of messaging
- Ask a friend about their weekend and listen when they tell you
- Make the most of technology – video calls are a great way of keeping in touch

What ways do you connect?

Mental Health & Wellbeing Workbook



Connect



Link to Wellbeing Workbooks, available in English, Urdu, Hindi, and Gujarati.

<https://www.leicspart.nhs.uk/involving-you/involving-you/>

Hard copies can also be posted to you, please contact LPTPatientExperience@leicspart.nhs.uk to request a copy.

Positive Self Talk Journal



Connect

What is positive self-talk?

Positive self-talk makes you feel good about yourself and the things that are going on in your life. It's like having an optimistic voice in your head that always looks on the bright side. Negative self-talk tends to make you pretty miserable and can even impact on your recovery from mental health difficulties.

Some examples of self-talk

'I can't do it' change to 'I can do it.'

'I am not good enough' change to 'I am good enough.'

'I can't' change to 'if I want to, I can'

'It does matter' change to 'It doesn't matter if I make a mistake. '

How does self-talk improve confidence?

Self-talk is something you do naturally throughout your waking hours. People are becoming more aware that positive self-talk is a powerful tool for increasing your self-confidence and curbing negative emotions. People who can master positive self-talk are thought to be more confident, motivated, and productive.

Connecting to yourself

I feel good when...	This week I am proud of myself because...	Something that went well this week was...
I had fun when...	This makes me unique...	A mistake I learnt from this week is...
I feel strong when...	The best part of this week was...	A good quality I am learning is...
This was interesting this week...	Something I am grateful for is...	I was kind this week because...
An accomplishment this week was...	I like this about myself...	Something I love about my life is...



Resources

Link to the Recovery College Spring Term Prospectus.

Look out for the Introduction to Recovery course.

<https://www.leicspart.nhs.uk/wp-content/uploads/2020/12/Spring-Term-2021-Interim-Prospectus-FINAL.pdf>

Link to LPT's Involvement Webpage where you can find out about more about getting involved and sign up to the Involvement Network to receive monthly newsletters.

<https://www.leicspart.nhs.uk/involving-you/involving-you/>

Next Café;

Week 3	Friday 12 th March 1 - 2:30pm	Hope Be physically active	Chair Based exercise
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