

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.



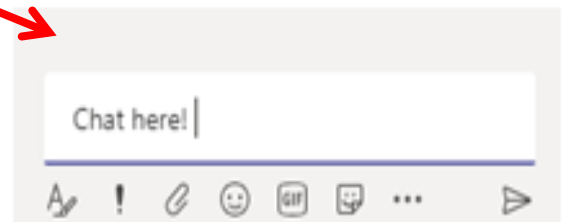
If you would like to ask a question, please raise your hand.



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 - Hope

Wellbeing Theme – Be Active

- **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 Hope**
Azar Richardson, Patient Leader
- **Café conversations** Group discussion
Lyn Williams, Associate Director for Quality Improvement
- **An Introduction to the 5 ways to Wellbeing and today's theme of Be Active**
Haley Cocker, Patient Experience and Involvement Manager
- **Chair Based Exercise**
Leona Knott, Physical Activity Instructor
- **2:25pm – Dates for the next café and close**

9 Week Recovery Café Programme			
Week	Date & Time	CHIME & Wellbeing Theme	Activity
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

How are you finding the cafes? Evaluation survey to be shared at the end of todays session

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

CHIME

Hope



What Trauma Taught Me About Resilience
https://www.youtube.com/watch?v=3qELiw_1Ddg

The 5 Ways To Wellbeing



Be Physically Active



Be Active

Examples;

- Go for a walk or a run.
- Cycle, dance or play a game.
- Try a new activity or sport.
- Play your favourite song and dance to it
- Stretch and move your limbs as much as you can
- Chair based exercises

What ways have you been active during lock down?

ideas for physical activity during self-isolation



dancing



playing with
your children



cleaning



gardening



if permitted, go for
a short walk, maintaining
social distancing



online exercise
classes



add more activity to
your workday (e.g. stretch
at your desk, stand
up for calls)

Leona Knott

Chair Based Exercises



<https://youtu.be/Fc3VwvEUwzY>

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/>

Link to Leicester-Shire & Rutland Sport

<https://www.lrsport.org/>

Next Café;

Week 5	Weds 24 th March 11 - 12:30pm	Identity Learn new skills	Taster activities; Breathing Visualisation Sleep Hygiene
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How are you finding the cafes? Please can you take the time to complete the evaluation survey <https://ratemyrhs.co.uk/survey/50061bda-6d5d-44bd-8936-9d74338478fc>