

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.



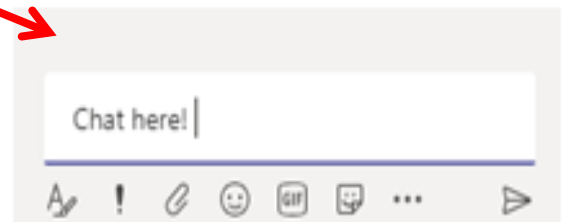
If you would like to ask a question, please raise your hand.



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 - Identity

Wellbeing Theme - Learn New Skills

- **11am - 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 Identity**
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 keep learning, including sleeping tips, breathing techniques and a visualisation exercise**
Haley Cocker, Patient Experience and Involvement Manager
- **12:25pm – Dates for the next café and close**

9 Week Recovery Café Programme			
Week	Date & Time	CHIME & Wellbeing Theme	Activity
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 today's session

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

CHIME

Identity



Become who you really are | Andrea Pennington | TEDxIUM

<https://youtu.be/5pW2b1vwwf4>

The 5 Ways To Wellbeing



Keep Learning



Keep Learning

Examples;

- Set yourself a goal.
- Learn a new skill
- Read a new book.
- Research something you're interested in, or discover something new and find out more about it
- Learn a new hobby or a new word from another language
- Learn a dance routine or the words to a new song
- Ask your friends about what they are interested in and learn more about it
- Learn more about your family history

What ways have you been active during lock down?

Sleep

- Sleep/wake schedule
- Night time routine – wind down
- No electronics
- Reduce caffeine
- Bedroom environment
- Don't clock watch
- Exercise, food and drink

<https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/>



Breathing out (exhaling) with the Diaphragm



Breathing in (inhaling) with the Diaphragm

HOW TO DO DEEP BREATHING - THE CORRECT WAY

- 1 Lie down on your back in a comfortable place free from any kind of distraction.
- 2 Put your hands on your abdomen (to feel your way through the exercise) & try to relax your muscles.



- 3 Inhale deeply through nose, expanding your abdomen & filling your lungs with air. Count slowly to 5 as you inhale.
- 4 Hold your breath & count to 3.



- 5 Exhale slowly through your mouth & empty your lungs completely. Again, count slowly to 5 as you exhale & try to release any tension from your muscles.

- 6 Continue to inhale & exhale deeply for 5 to 10 minutes.

- 7 Perform this exercise once in the morning & again before going to bed.

Visualisation

- 5 minute guided visualisation

<https://www.youtube.com/watch?v=OyNYg85R1jc>

- 10 minute guided visualisation

https://www.youtube.com/watch?v=ar_W4jSzOIM

RELAX

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 7	Friday 9 th April 1 - 2:30pm	Meaning Give to others	Arts and Crafts Laughter
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How are you finding the cafes? Please can you take the time to complete the evaluation survey <https://ratemynhs.co.uk/survey/50061bda-6d5d-44bd-8936-9d74338478fc>