

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 - Empowerment

Wellbeing Theme – Pay attention/Take notice

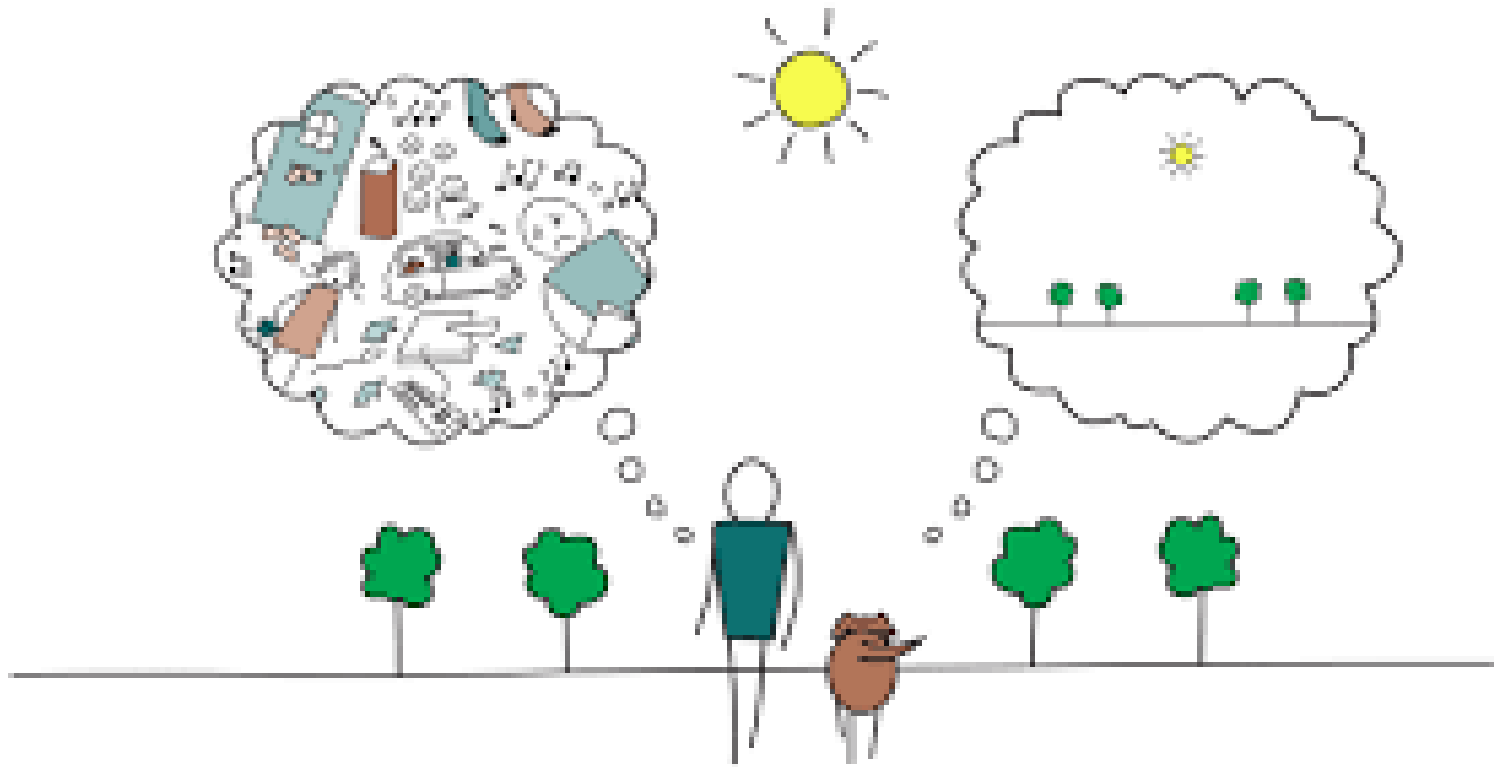
- **1pm - Welcome, recap and overview of the 9 week programme**
Haley Cocker, Patient Experience and Involvement Manager
- **Guest speakers with today's Mindful activity**
Will and Rhada
- **An Introduction to the 5 ways to Wellbeing and today's theme of pay attention**
Haley Cocker, Patient Experience and Involvement Manager & Guest
- **An Introduction to CHIME and today's theme of Empowerment**
Azar Richardson, Patient Leader
- **Café conversations** Group discussion
Azar Richardson, Patient Leader
- **2:25pm – Dates for the next café and close**

The 5 Ways To Wellbeing



Guests Will and Rhada

Mindfulness



Mind Full, or Mindful?

Resources

www.headspace.com



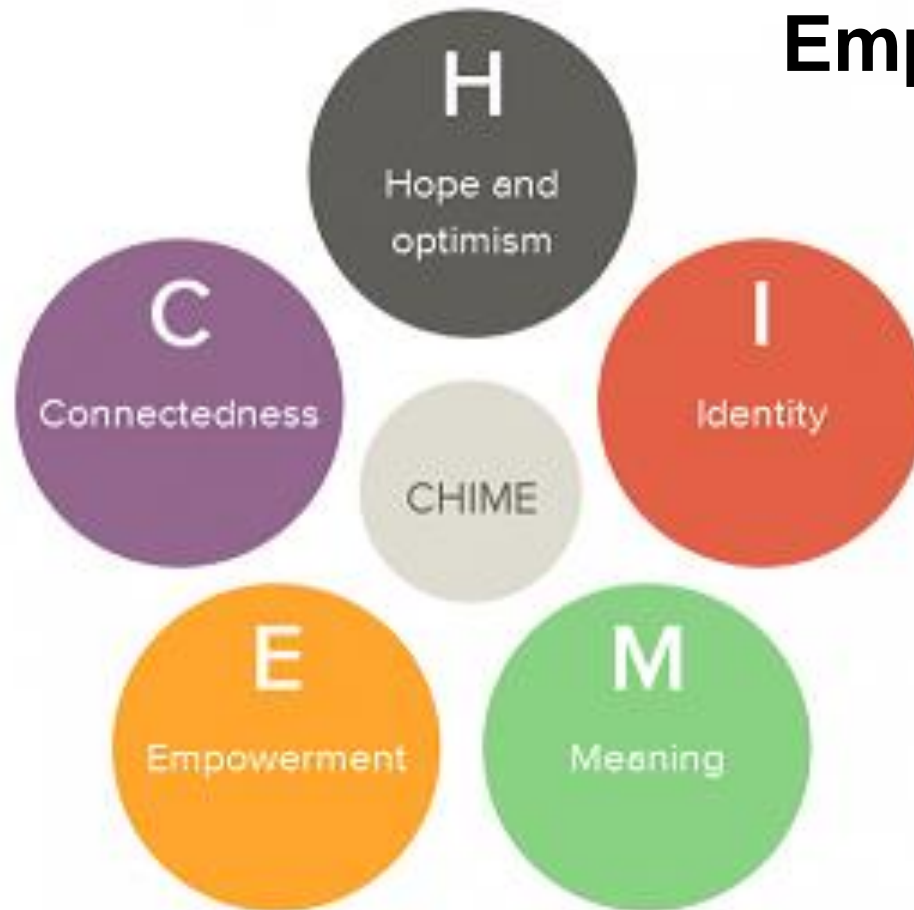
Link to the Recovery College Spring Term Prospectus.
Look out for the Introduction to Recovery course.

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

Look out for the Mindfulness and CHIME recovery courses.

CHIME

Empowerment



<https://youtu.be/QijH4UAqGD8>

Resources



Link to the Recovery College Summer Term Prospectus:

<https://www.leicspart.nhs.uk/wp-content/uploads/2021/03/Summer-Term-2021-Interim-Prospectus-final.pdf>

Look out for the Introduction to Recovery course.



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;

The Next Recovery Café

Date & Time

CHIME Theme & agenda item

Monday 24th May

11am - 12:30pm

Connect

Reflection on the 9 week programme and
planning for future cafes



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>