

## Recovery Café 24/5/2021 Chat Box Contents

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 @Lewis Payne 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.

Looking forward to hearing from you

Lewis Payne

Patient Experience and Involvement Administrator

Hi all! I'm here today as part of a placement with the recovery college, training to become a Peer Support Worker! That means I'm here to support you through the session using my own experience of having mental health issues

Hi, Firoza here

Hi everyone, I'm Sam. I'm the new Outreach Worker for the Recovery College. It's great to see everyone.

Jacqui - Carer and volunteer at Healthwatch Rutland, The Carers Centre LLR, Carers UK and Mobilise

Hi I'm Neil I am a peer support worker with the CMHT in Braunstone.

Ray , DMU student currently on placement with Assertive Outreach

Hey Everyone, I'm Azar and I'm an Expert by Experience and Patient Leader for LPT.

Hello, I am Veronica , DMU mental health student on placement with Arts in Mental Health.

The dates for the CHIME - Introduction to Recovery course are as follows:

Thurs 27<sup>th</sup> May 2021 (1) 2pm – 4pm

Thurs 10<sup>th</sup> June 2021 (2) 2pm – 4pm

Thurs 17<sup>th</sup> June 2021 (3) 2pm – 4pm

Thurs 24<sup>th</sup> June 2021 (4) 2pm – 4pm

Thurs 1<sup>st</sup> July 2021 (5) 2pm – 4pm

We are all unique in everywhere and we can't see your mind and head like a broken arm or legs and that sometimes why people hurt themselves as you can see it

How do people become involved Azra?

Something around Carers would be great, do you not agree Jacqui? yes definitely

Suggestions for future cafes: Support Networks i.e. Family and Friends sounds great. Thanks Kirri