

Recovery Café 30/6/2021 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 J

Lewis Payne

Patient Experience and Involvement Administrator

Hi Everyone, I'm Azar and I'm an Expert by Experience for the Trust. I am co-facilitating the Cafe today 😊

Hello, I'm Di Harrison just here to observe today

Hi Everyone, sorry I am late

Hi I am Sandie, Patient Experience and Involvement Coordinator

Hi everyone, how do we join the step up to great mental health consultants on?

Hi Lucy, there are some workshops we are facilitating as well as the extra Cafe on the 9th July

Hello everyone, I'm Kate from Leicestershire Recovery College - lovely to be able to meet you all today (smile)

Hi I am Jayshree, service user 😊

Hi everyone, I am Sam. I'm the Outreach Worker for the Leicestershire Recovery College

what time is that meeting next week

Hi! I'm Kirri, service user and Peer Support Worker in waiting! =]

Hey Sam, how are you bud?

Grant Paton Expert by experience

Hi I am Jacqui, I am an unpaid carer

Hi Azar, I am good thank you. Just been for a walk in the grounds here which was lovely. How are you?

Grant it will be 1-2:30pm

Glad to hear it Sam, hope you got some lovely pictures. I'm not too bad today. Hope is what we all need at the moment :-)

I posted two on Twitter (smile) as part of the 'look up' challenge

Hi I'm Heather & joined during Lockdown so I've only met you all virtually! I've found the cafes informative, supportive & inspiring. Greatwork1

Is over sharing the same like talking unfiltered?

what date is it the 9th of July next Friday are what date

Hi I'm Janine Peer Support Worker at Charnwood cmht. looking forward to this afternoon (smile)

Hi Firoza here, patient and carer leader for LPT's People's Council

Grant - yes Friday 9th July 1-2:30pm

check up call would be good if people are missing

You did a wicked job of bringing in service users and Carers in Tania

I found a lovely poem about Hope

Hi April (smile)

Hold people accountable lets people who promises that they have made change

With each new day comes new hope and optimism

Love that....hope is a little contagious. Hope is inspiring.

I agree Azar, we have lots to feel grateful for...

Azar you are fab at presenting and facilitating.

Proud to co facilitate some of our training together

Very much agree with that Haley! Azar's courses are fantastic, another plug 😊

So hope is the expectation that the situation (poverty, violence, climate one's own resilience)will change for the better in the future

Thanks for the invite to this session Hayley & Sandie. What an amazing group of people. It was a privilege to listen to everyone and Azar's section on hope - beautiful

Thank you Azar and the whole team: you always manage to make me feel better, about myself. That is Hope

Thank you Azar 😊🙌👍

thanks for the session

Thank you for the cafe today everyone, it was great to hear everyone who was involved and shared their thoughts.