



Recovery & Collaborative Care Planning Café



Before we start, how to use MS Teams

Microsoft Teams Search for or type a command

Leading Together ...because leadership matters at LPT

Leicestershire Partnership NHS Trust

Induction to involvement workshop

WeAreLPT compassion respect integrity trust

Please make sure you are **muted and your video is off** throughout the session

01:41

Meeting chat

Govind Hannah joined the meeting.

This is where the presenter or presentation slides are

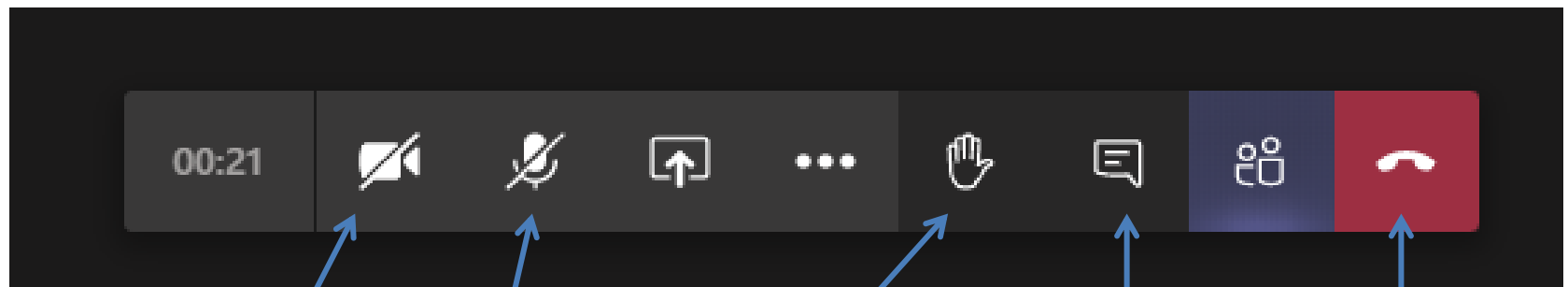
Here is where you can ask your question or write a comment

Here is your tool bar where you will be able to control your video, audio and hand raising etc.

Type a new message

Before we start, how to use MS Teams

The buttons we are using today



Video
This should be red

Muted
This should be red

Raise hand
When this is **blue** your hand is raised to notify the presenter you would like to speak

Chat
When this is **blue** you can type your questions and comments

Exit
the meeting

Introductions



Please leave your names in the chat box so we can see who is here

Today's Café

Connectedness

- **11am - Welcome, recap and overview of today's café**
Haley Cocker, Patient Experience and Involvement Manager
- **Introduction to CHIME & this month's theme; Connectedness**
Azar Richardson, Expert By Experience, Patient Leader
- **Film and group discussion**
Azar Richardson, Expert By Experience, Patient Leader

[The Best Mental Health Advice I've Ever Heard - Johann Hari - YouTube](#)

- **Time Out Session**
Haley to lead discussion on wellbeing & better sleep, along with introducing some techniques; breathing, visualisation
- **12:30pm – Close**



Agreement for our space

- This is your space to support, share and learn from each other, although please do be mindful that some content could be triggering for others.
- Respect others beliefs and values – listen with an open minds.
- This is a non judgemental space.
- The whole group will keep to the agenda/subject area of discussion.
- We will move people on if necessary, if they go off subject or due to time and allowing others the chance to share.
- If you do find anything in this café today has a negative impact please do reach out for support.

Mental Health Central Access Point If you need urgent NHS mental health support you should call our Mental Health Central Access Point; **0808 800 3302** 24/7 Freephone helpline for people of all ages in Leicester, Leicestershire and Rutland



Time Out

- Activity
- Sleep Hygiene

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

- Deep Breathing Exercise

https://www.youtube.com/watch?v=acUZdGd_3Dg

- Visualisation

[The Best Mental Health Advice I've Ever Heard - Johann Hari - YouTube](#)

Future Café Dates

<u>Virtual Recovery Cafes</u>		
Month & CHIME Theme	Date & Time	The Same MS Teams Link for every Café although hoping to move to face to face later in the year
Sept –Empowerment	Thurs 29 th 11-12:30	Microsoft Teams meeting Join on your computer or mobile app Click here to join the meeting
Oct - Connectedness	Fri 29 th 1-2:30	
Nov – Hope	Mon 29 th 11-12:30	
Dec - Xmas	Weds 22 nd 1-2:30	

Information will be emailed out

Planning Meeting – to discuss future guest speakers, guest facilitators, café themes etc

Thursday November 11th 1-2:30pm

Microsoft Teams meeting
Join on your computer or mobile app

[Click here to join the meeting](#)

Virtual Recovery Cafes

Month & CHIME Theme	Date & Time	The Same MS Teams Link for every Café although hoping to move to face to face later in the year
January - Identity	Tues 25 th 11-12:30pm	<p>Microsoft Teams meeting Join on your computer or mobile app Click here to join the meeting</p>
February - Meaning	Weds 23 rd 1-2:30pm	
March - Empowerment	Thurs 31 st 11-12:30pm	
April - Connectedness	Tues 26 th 1-2:30pm	
May - Hope	Weds 25 th 11-12:30pm	
June - Identity	Thurs 30 th 1-2:30pm	
July - Meaning	Tues 26 th 11-12:30pm	
August - Empowerment	Weds 31 st 1-2:30pm	
September - Connectedness	Thurs 29 th 11-12:30pm	
October - Hope	Tues 25 th 1-2:30pm	
November - Identity	Weds 30 th 11-12:30pm	
December - Meaning	Weds 21 st 1-2:30pm	

Thank You!

