



Lothian **Recovery** Network

Lothian Recovery Network Past Developments: Present Perspectives

presented by

Carl Abernethy, Phil Watson,
Fiona Macdonald, Dorry MacKenzie

❖ 2004 – Launch of Scottish Recovery Network - Simon Bradstreet recruited as Director

❖ 2005 - 19 Lothian people attend Ron Coleman and Karen Taylor's 5 day course:

*Recovery Training
for Trainers*



Recovery in Lothian takes off!

“Recovery Crew” meets regularly

Training and awareness events
Sharing knowledge via e-mail

Hosting events
Making allies, enrolling others

Keeping the momentum going

HAVING FUN



2007/8

Recovery Across Lothian Strategic Framework

*Lothian Joint Mental Health and
Wellbeing Strategy, Supported by
:*

- ❖ Training Group
- ❖ Evidence Base Group
- ❖ Communication Group
- ❖ Conference Group

2008

- ❖ Peer support workers
- ❖ Pool of 16 recovery trainers and growing ...
- ❖ At least half with lived experience of mental health difficulties

2009

- ❖ Realising Recovery workshops
- ❖ WRAP workshops
- ❖ Saturday morning workshops developing in content & growing in popularity

Saturday morning workshops

Learning from Lived Experience of
Recovery

run by people with lived
experience of recovery

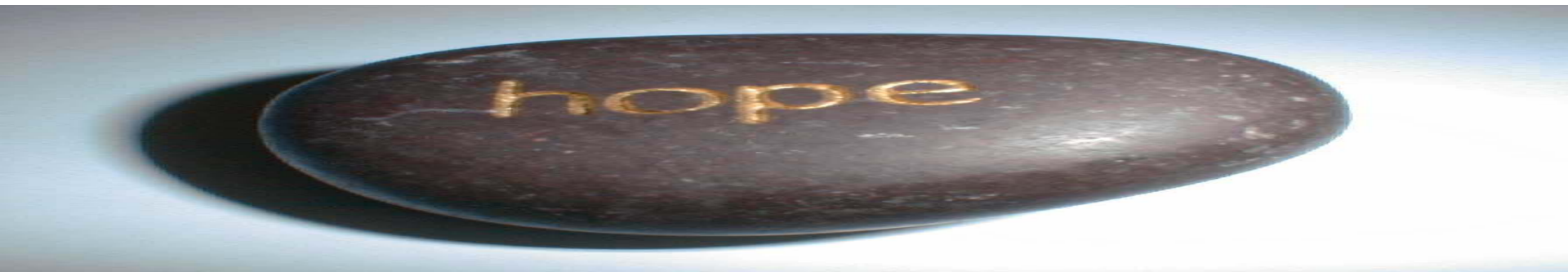
for people with lived experience of
mental health difficulties



Learning environment

Comfort and Safety

Confidential – being real



Participants

experts in our own lives

focus on recovery

learning together

sharing our stories

information about events

a good lunch - time to be social!

