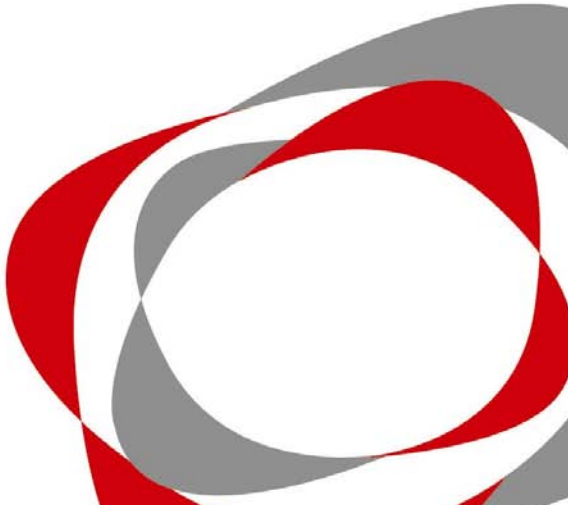


Dougie Manchip, Lesley Brady, Graham Charlton

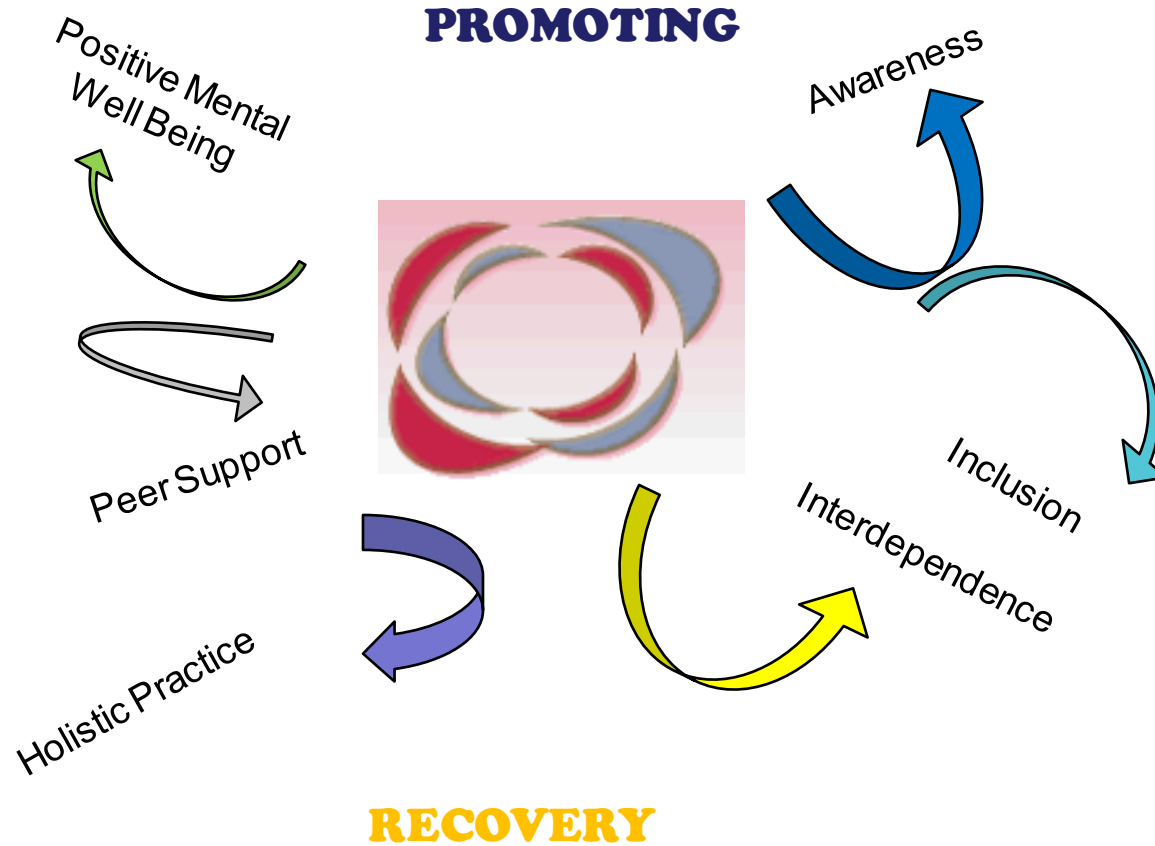


Our first conference





AYRSHIRE RECOVERY NETWORK; POSTER



For further information contact Dougie Manchip

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Lots of volunteers



AYRSHIRE RECOVERY NETWORK

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graph TD; HOPE --- INCLUSION; HOPE --- MENTAL_WELL_BEING; HOPE --- CHOICE; MENTAL_WELL_BEING --- INCLUSION; MENTAL_WELL_BEING --- PEER_SUPPORT; CHOICE --- PEER_SUPPORT;
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HOPE

INCLUSION

**MENTAL
WELL-
BEING**

CHOICE

**PEER
SUPPORT**

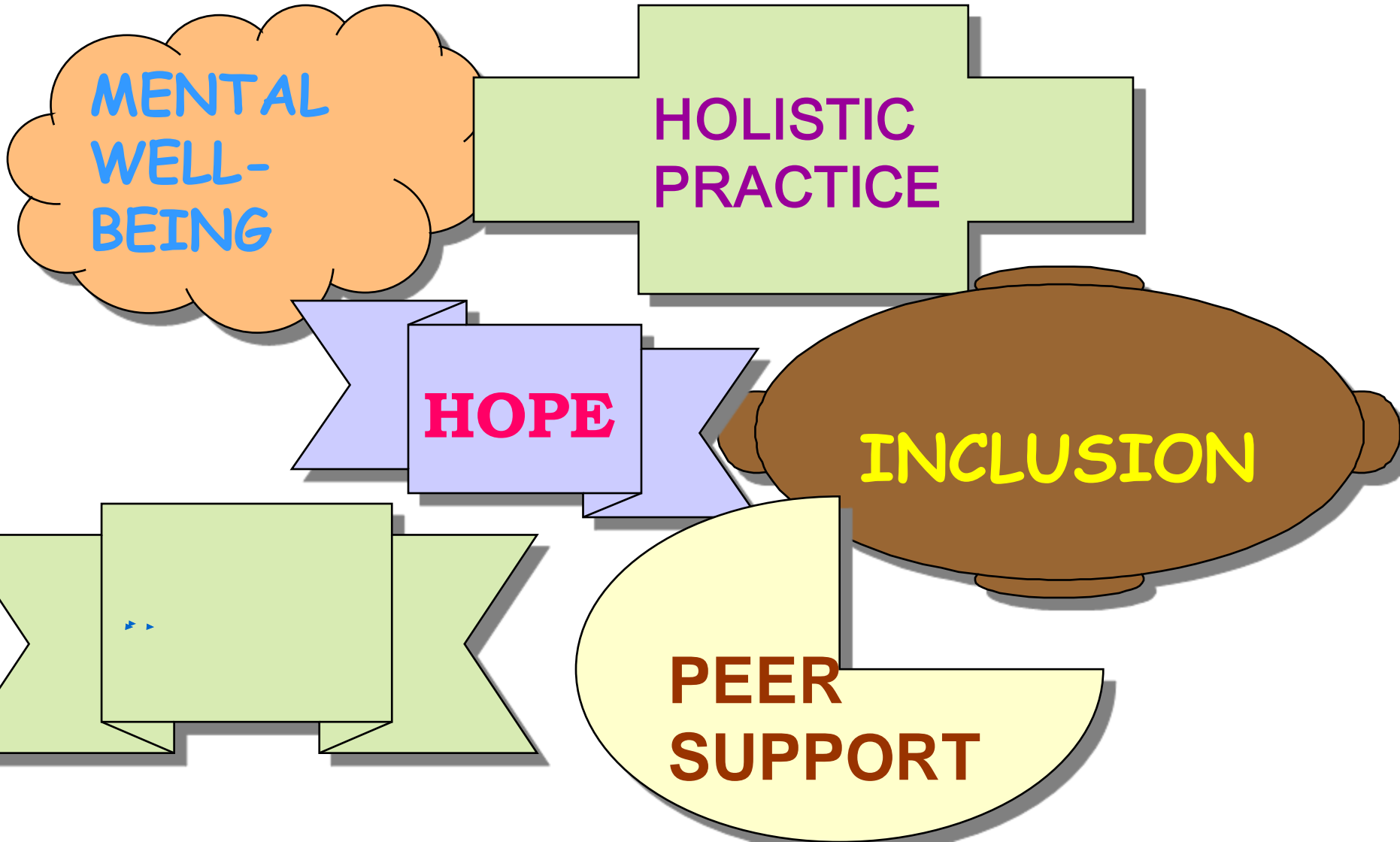
Ayrshire Recovery Network

The network exists for
people with lived
experience, their
families/ carers and
service professionals

AYRSHIRE RECOVERY NETWORK



AYRSHIRE RECOVERY NETWORK



**AND
NEXT
?????**



Recovery is happening when people can live well in the presence or absence of mental health problems (Scottish Recovery Network)”

Ayrshire Recovery Network is an all inclusive group which exists to nurture an understanding of life, promote positive mental well-being and support recovery from mental ill-health across Ayrshire and Arran. It is a unique partnership of people with the lived experience of mental health problems, carers and friends, and workers across a range of agencies including health and local authority.

The Times They Are A'changing

with apologies to Bob

1. **COME GATHER ROUND PEOPLE
WHEREVER YOU ROAM**
 - **AND ADMIT THAT THE SYSTEMS AROUND
YOU HAVE GROWN**
 - **AND ACCEPT IT THAT SOON YOU'LL BE
STUCK IN A HOLE**
 - **IF YOU'RE VALUES ARE REALLY WORTH
SAVING**
 - **SO GET INTO RECOVERY OR YOU'LL SINK
LIKE A STONE**
 - **FOR THE TIMES THEY ARE A CHANGING**

The Times They Are A'changing

with apologies to Bob

- 2. COME MANAGERS AND WORKERS ALL
OVER THIS LAND**
- AND DON'T CRITICISE WHAT YOU CAN'T
UNDERSTAND**
- THE PEOPLE YOU WORK WITH ARE
BEYOND YOUR COMMAND**
- YOUR OLD ROLE IS RAPIDLY AGEING**
- PLEASE GET INTO RECOVERY IF YOU
CAN'T LEND A HAND**
- FOR THE TIMES THEY ARE A CHANGING**

The Times They Are A'changing

with apologies to Bob

**3. THE LINE IT IS DRAWN THE CURSE IT IS
CAST**

- **THE SLOW ONES NOW WILL LATER BE
FAST**
- **AND THE PRESENT NOW WILL SOON BE
THE PAST**
- **THE OLD ORDER IS RAPIDLY FADING**
- **FOR RECOVERY NOW WILL BE THE BEST**
- **FOR THE TIMES THEY ARE A
CHANGING.....**

AND FINALLY !
Thanks for listening



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