
Making Recovery Real Roadshows^{09/10}



Report from the Thurso event
December 1st 2009

Scottish Recovery Network
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ABOUT THIS REPORT

This report details some of the highlights from the Making Recovery Real Roadshow in Thurso on 1st December 2009 and there is a specific focus on recapping the discussions from the afternoon session.

The purpose of this report is to act as a record of the day, as well as resource for supporting action locally around recovery.

BACKGROUND TO ROADSHOW EVENTS

During the winter of 2009/2010, SRN embarked on a series of local events across Scotland, with the intention of strengthening existing connections and relationships in local areas, as well as building new ones.

The aim of these events was to:

- **Raise awareness that people can and do recover from mental health problems.**
- **Encourage local action that supports recovery.**
- **Gather new insights about mental health and recovery.**
- **Expand the network.**



The Making Recovery Real Roadshow events offered an opportunity to look at mental health problems from a different perspective. They also provided a chance to learn more about recovery and the work of the Scottish Recovery Network (SRN); and were an opportunity for people to feed back thoughts, opinions and experiences. The events were highly participative, and allowed time for plenty of discussion and debate.

The event in Thurso was the first of three local events, with future events planned for Oban (February 2010) and Stranraer (March 2010).

ABOUT RECOVERY

We know that at least one in four people in Scotland will experience a mental health problem at some point in their lives. Many others will have friends and family affected by mental health issues.

We also know that people can and do recover from mental health problems — recovery is a unique and personal process and can be difficult to define.

SRN describe recovery as:

“Recovery is being able to live a meaningful and satisfying life, as defined by each person, in the presence or absence of symptoms. It is about having control over and input into your own life. Each individual’s recovery, like his or her experience of the mental health problems or illness, is a unique and deeply personal process.”

—Journeys of Recovery (2006)

THURSO EVENT HIGHLIGHTS

From the outset of the day there was a definite feeling of energy and enthusiasm. 51 people from across the north of Scotland and beyond joined us on the day. The event started with short conversations between delegates to get people acquainted with each other which helped to set the tone of discussion and participation.



Morning session

The focus of the morning session was to share SRN’s learning and experience with delegates. This included a short presentation about recovery, SRN, and SRN’s key projects with time for questions and discussion.

The bulk of the morning session comprised of ‘Marketplace’ sessions, hosted by SRN staff members.

The Marketplace was an opportunity for delegates to learn more about SRN and our work. There were three 20 minute sessions and delegates were able to attend all three sessions. It is an interactive format and the advantage of these sessions was that they were done face to face in small groups and allowed us to share information but also have time for discussion and debate.

Marketplace topics included:

- Wellness planning
- Local action for recovery
- Recovery focused services



Afternoon session

The focus of the afternoon session was to encourage delegates to think about and discuss what actions they could take locally to support and promote recovery.

Often the most productive and dynamic conversations happen in a setting where people feel comfortable and relaxed, like a cafe or coffee shop. In an effort to recreate a similar atmosphere and encourage similar types of discussion, we transformed the main hall into a café setting. Delegates were asked a series of three questions and encouraged to discuss, write, draw, and mix between tables during the session. After each question, each table was asked to select two 'headlines' from the discussion to be shared with the wider group.



For more information about this process visit www.theworldcafe.com

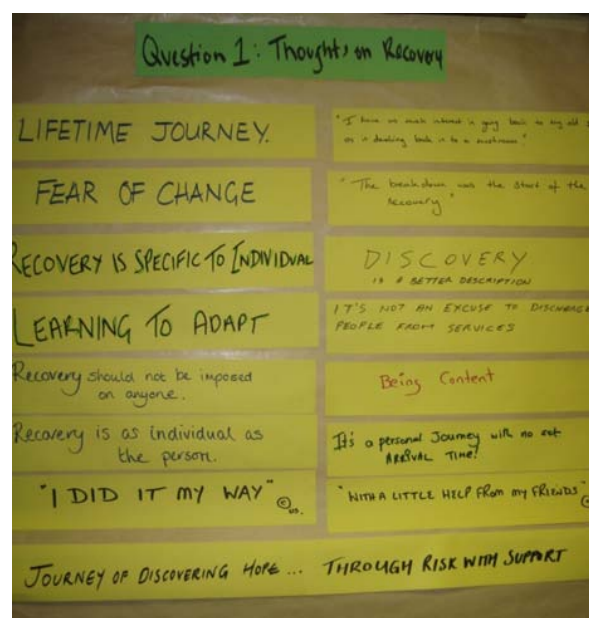


Below is a summary of group's 'headlines' from the afternoon session.

What are your thoughts on recovery?

Key points:

- Recovery is individual / personal
- Recovery as a Journey
- Relationships and support help recovery
- Change / growth / discovery / learning / hope are part of the recovery process

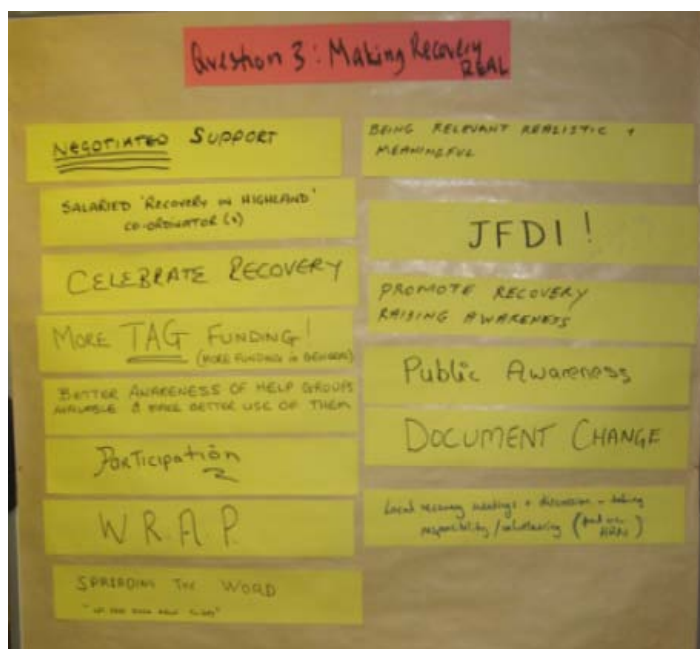




What strengths does this area have for promoting / supporting recovery?

Key points:

- The people
- Sense of community
- Existing services (mental health and non-mental health)
- Passion / adaptability / determination



How do you make recovery real in this area?

Key points:

- Awareness raising / celebrating
- Resources and commitment (e.g. people, time, funding)
- Record progress and change

FEEDBACK FROM PARTICIPANTS

Overall feedback from the event was positive. Comments from the written feedback form included:

“The discussion groups - excellent mix of group members enabled excellent discussion.”

“Chance to chat with users and providers about mental health issues.”

“Meeting different individuals, interacting with people, gaining knowledge of recovery.”

“Loved the interaction, brilliant timekeeping, safe atmosphere for all.”

“Good mixture of input.”

“It was a refreshing change.”

“Loved the cafe - excellent idea.”

“Group sessions was very informative. Interacting with other people exchanging ideas.”

Delegates were also asked to discuss in groups what worked well at the event and what could be improved. A summary of their key points can be found below.

What worked well?

Key points:

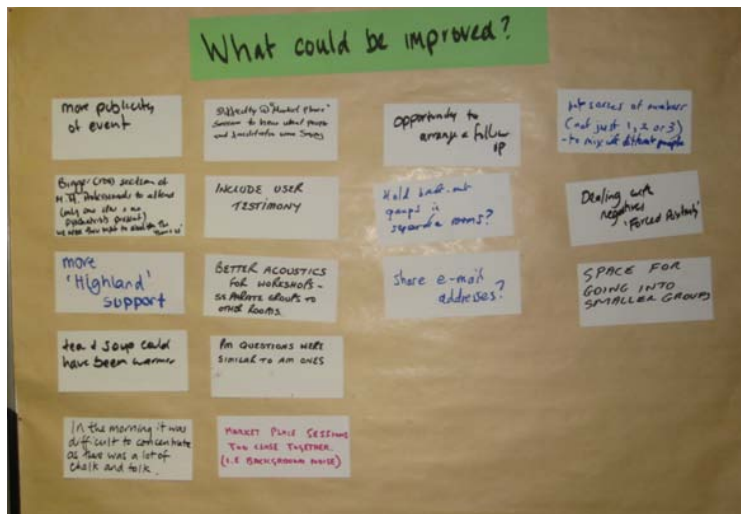
- Sharing / hearing stories / information
- Interactive / participative / inclusive
- Positive message of recovery
- Mix of people involved
- Informal atmosphere
- Location



What could be improved?

Key points:

- More space for marketplace sessions
- Bigger cross section on mental health professionals
- More local involvement / support
- Similar questions in morning and afternoon
- Time for dealing with negatives, sometimes felt like 'forced positivity'
- Opportunity to arrange follow up
- Time included for sharing personal experiences of recovery



CONCLUSION

Overall, the event in Thurso can be considered as a success. Based on the comments and feedback from the day participants feel better informed about concept of recovery and SRN have gained new insights about mental health and recovery in the Highlands. Throughout the day there were high levels enthusiasm and energy from participants and many people indicated that they would be interested in being involved in future work to promote and support recovery in the Highland area.

We would like to thank everyone who came along and contributed on the day. SRN see this event as being an important step in supporting and promoting recovery.

NEXT STEPS

On the day SRN agreed to write up a report based on the events of the day and also to organise and facilitate a follow up meeting in Caithness, which would be open to anyone interested, with the aim to support further recovery related developments. If you are interested attending please contact Taryn Carlton on Taryn@scottishrecovery.net or 0141 240 7790.

Follow up meeting details:

DATE:	21 st April 2010
TIME:	Time: 13.00 – 16.00 (sandwiches will be available from 12.30)
LOCATION:	MacKays Hotel , Union Street, Wick, Caithness KW1 5ED