

# Making Recovery Real Roadshows<sup>09/10</sup>



Report from the Oban event February 24<sup>th</sup> 2010

Scottish Recovery Network  
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## **ABOUT THIS REPORT**

This report details some of the highlights from the Making Recovery Real Roadshow in Oban on 24<sup>th</sup> February 2010 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 Oban was the second in a series of three local events, with the other events hosted in Thurso (December 2009) 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)

## **OBAN EVENT HIGHLIGHTS**

58 people from across the west 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](http://www.theworldcafe.com)

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

### What are your thoughts on recovery?

Key points:

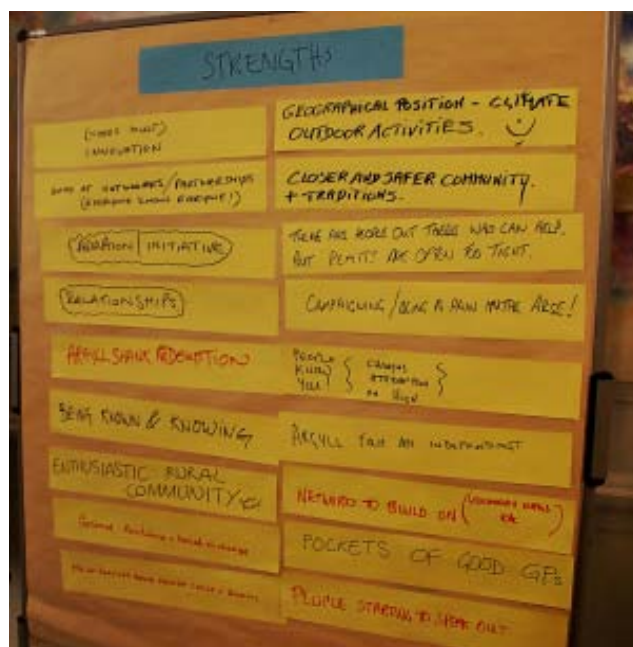
- Recovery is individual / personal
- Self awareness, minimising self criticisms and motivation are key elements of recovery
- Good communication and a shared language are important for recovery
- Relationships and support help recovery
- Recovery for services
- Positive encouragement for recovery from day one
- Working in partnership and being treated equally
- The value of peer support



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

Key points:

- Innovative and adaptable community
- Good at networking and partnerships
- Enthusiastic
- People are resilient, independent and believe in change
- Range of services
- Geographical position, easy access to the outdoors
- Campaigning



## How do you make recovery real in this area?

Key points:

- Proactive networking
- Continue to raise awareness of recovery
- Campaigning
- Reflect on what 'we/I' have achieved to date
- Continuing to develop person centred services
- Develop a local network / recovery network
- Work to improve transport infrastructure
- Positive risk taking
- Follow up meeting with practical support from SRN



## FEEDBACK FROM PARTICIPANTS

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

*"Relaxed and informative approach - very good presentation"*

*"All useful, a very informative day - thank you!"*

*"People being positive"*

*"Considering I had never heard of 'recovery' it was both useful and enjoyable and informative in shared experiences"*

*"Not feeling any stigma attached and being able to talk freely about feelings and experiences and not being judged or looked at strangely!"*

*"Group discussions other people with similar ideas and aspirations for changing things"*

*"[Enjoyed] Meeting likeminded people. Discussion leading to self reflection"*

## CONCLUSION

The event in Oban proved to be a success with many people expressing a high level of enthusiasm to be involved in future recovery related work. The event also helped to raise public awareness of recovery with posters being distributed to Oban and the surrounding area and the local newspaper, The Oban Times, printed two feature articles about the event. Also, a number of people came forward who expressed an interest in sharing their own experiences of recovery. The event also helped SRN to gain new insights about mental health and recovery in Argyll and Bute.

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 Argyll and Bute 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](mailto:Taryn@scottishrecovery.net) or 0141 240 7790.

#### **Follow up meeting details:**

<b>DATE:</b>	29 <sup>th</sup> June 2010
<b>TIME:</b>	Time: 12.30 – 15.30 (sandwiches will be available from 12.00)
<b>LOCATION:</b>	Loch Fyne Hotel, Inveraray, Argyll, PA32 8XT