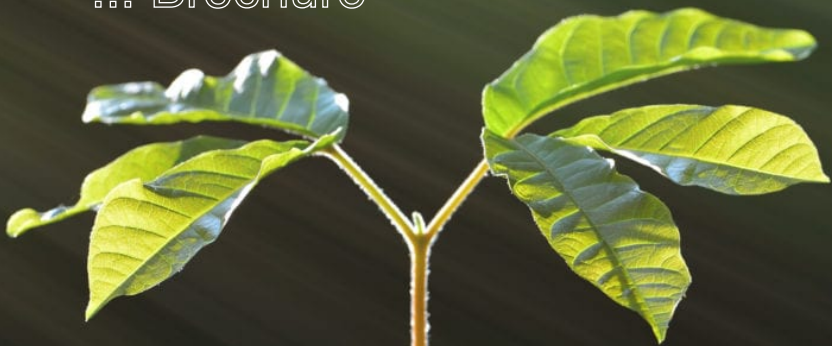


the
RECOVERY
... Brochure



Recovery

The Covid 19 Pandemic has impacted each and everyone of us. We have all had a personal and individual experience.

As we move along a road to recovery for many of us a feeling of weariness and low level anxiety will be very common.

'Recovery' is a package of tools and steps we can use, individually and as groups of family, friends and colleagues...to just help ease the journey along the path.

Recovery - Stepping Out

For many, our first steps as we move along a road to recovery will be to take time to reflect on our personal experiences.

There will be things that we want to be thankful for... experiences that have made us sad, things we miss and long for again.

Thanksgiving, being thankful for things is a popular wellbeing tool that we can use to help us with our mental health, even on the toughest days. Stepping out provides a simple 'Thankfulness' exercise we can all use to get us started.



Recovery - All Together

As our next steps along a road to recovery we may well find it helpful to begin to do things with others, to regain a sense of belonging.

These may well be very simple things that we find enjoyable. A walk in the park together, meeting up for coffee or a drink in the local cafe or pub.

All Together is a simple planning tool to help small groups of friends arrange 'things to do together'. It encourages a sense of belonging and for a THINK IT ... DO IT... TELL IT... approach to taking ideas, making them happen together and then telling all of our friends that its good to get together again.

... help along the way

Recovery - Room

We are not where we were... We are probably not where we want to be... We are somewhere in between.

The Recovery Room is a quiet space where you can remember, reflect and recuperate; to help move towards where you want to be.

The Recovery Room helps you take that journey using three distinct stations in the room to help you in remembering, reflecting and recuperating.

The purpose of the Recovery Room is to enable organisations to help their people take those steps in thinking through and reflecting on how the pandemic has impacted them.

The Recovery Room is a package of materials and training to help you set up your own room at your site.



Recovery - College

You can take further steps along your path. Our Colleagues at NHS Southern Health Foundation Trust run the Recovery College. You can get further information from: recovery.college@southernhealth.nhs.uk or tel: 07880004828

Introduction to the college

Mental illness can affect all of us. In fact, around one in four people will experience a mental illness at some point in their lives.

The Recovery College takes an educational approach to equip you with the knowledge and skills to get on with your life, despite mental illness.

Because mental illness can affect anyone, these skills are relevant to all of us whether we're health professionals, service users, or carers – and the Recovery College welcomes all.

If you're a mental health professional, the courses on offer at the college are especially relevant, and we would encourage all staff working in SHFT mental health to enrol with the college.



SESSH
South East Southampton Support Hub
'people and organisations working together'

Partner Organisations... Help can be a phone call away...

So:Linked - 023 8021 6050

Southampton Living Well - Day Centres Tel: 023 8051 6024

Options Counselling - One to One professional counselling - Tel: 023 8063 0219

Age UK Southampton Information and Advice - Tel: 023 8036 8636

Communicare: Befriending Phoneline - Tel: 023 8021 6016

Frontline Debt Advice Thornhill, Telephone for appointment 0780 6264020

Basics Bank Clothes Bank @ Ascension Church *Open Again 21/04 10.30 -1.30*

Thornhill Baptist Church - 023 8046 4121 or email office@thornhillbc.org.uk.

Ascension Church Bitterne Park - 023 8055 9074 office@ascensionsouthampton.co.uk