



The Autumn Festival of
Recovery
& wellbeing

06&07 Oct 2011

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What do people mean by ‘Recovery’?

Many people have offered a way of speaking about personal recovery in the context of major mental health challenges:

Recovery is ...

‘An uncharted, unpredictable and personal journey’
(Antony Sheehan, 2002)

‘Coping with your illness and having a meaningful life’
(Gordon McManus, 2009)

‘Living as well as possible’
(South London and Maudsley Trust, 2007)

‘Developing new meaning and purpose in your life’
(William Anthony, 1993)

‘The establishment of a fulfilling life and a positive sense of identity founded on hopefulness and self determination’
(Rete Andresen, 2003)

‘To embrace the human vocation of becoming more deeply, more fully human.’ (Pat Deegan, 1996)

‘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.’
(Scottish Recovery Network, 2010)

‘A journey of the heart’
(Pat Deegan, 1993)

What does it mean to you?

Welcome to The Autumn Festival of Recovery & Wellbeing

We are celebrating World Mental Health day with this special event. It draws us together with national and international leads alongside many local innovators and explorers. They will be sharing something of their experience and learning and inviting you to reflect on yours.

This event follows in our creative tradition of Recovery conferences and celebrations. These have provided the foundations and supported enthusiasm for mental health recovery approaches in Devon. It's an opportunity to get together, be together, learn together and look ahead to working together in support of Recovery and Wellbeing in Devon.

We are aware that more people wished to come to this event than could be accepted. This is a sign of the shared enthusiasm to gather around 'Recovery' but it is clearly disappointing for some. However, the event does not stop with the end of the programme on Friday, as all proceedings will be available online. There are ample opportunities to take part in continuing developments – please see back page for contact details.

Recovery is about discovery – looking, listening, thinking, sharing, exploring, learning and finding out what is useful to you. We are grateful to all our contributors and wish you well in finding your own course through the presentations, workshops and activities that are on offer.

With good wishes



Tobit Emmens
Devon Partnership NHS Trust



Linden Lynn
Recovery Devon



Dan Towse
Rethink



Speakers, Presenters and Facilitators

Glenn Roberts...

Retired Consultant Psychiatrist, The Chair of Devon Recovery Research & Innovation Group. Glenn will be one of the festival facilitators.

Tobit Emmens...

Head of Research Management and Innovation, Devon Partnership NHS Trust. Tobit will be one of the festival facilitators.

Liz Davenport...

Liz is Director of Operations in Devon Partnership Trust where as part of the role she has responsibility for leading the ImROC programme. Liz started her career in the NHS as an Occupational Therapist where she first became interested in the recovery and wellbeing agenda. She is looking forward to participating in the conference which she sees as an opportunity to celebrate achievements, learning from others and set new challenges.

Julie Repper...

Julie is Recovery Lead in Nottinghamshire Healthcare Trust, Associate Professor of Recovery and Social Inclusion at University of Nottingham, Director of two service user led voluntary sector groups and she is working on the DoH funded 'Implementing Recovery in Organisational Contexts' project 2 days per week. She works collaboratively with people who have lived experience to develop innovative training, research and service developments and is currently Director of the Nottingham Recovery Education Centre and leading the development of the Peer Support Workers' training and employment in her local services. She has written widely, of most relevance is the book she co-authored with Rachel Perkins: *Social Inclusion and Recovery. A Model for Mental Health Practice* (2003) Edinburgh, Bailliere Tindall.

Elaine Hewis

Elaine writes: My presentation takes you on a walk to the depth of my despair. It leads you through the darkness and on towards the light. It is the story of a survival which I had no desire to have - but the powers that be, who ever and whatever they were at any specific time, had a different plan of action for my minutes, hours, days and years ahead. Each day is a gift of life, but sometimes I don't see it that way. I do however, feel it is a miracle that I am still alive. In my ongoing recovery from mental distress, pain and anguish, I work as a self employed trainer and lecturer in Mental Health. I also do a fair bit of work in the field of research and am dedicated to being with and encouraging others on their own recovery journeys. I live in Exeter and have two children a grandson and lots of chickens and ducks, two cats and really appreciate each day that I experience peaceful moments.

Susanne Barnett...

Susanne is a Criminal Justice Training Sgt at Devon and Cornwall HQ Middlemoor. Founder of the Devon and Cornwall Police force Mental Health Support Group. I was born in Taunton Somerset in 1975 and I am the youngest (and most spoilt) of 3 children. At 13 I moved to the North East where I spent many a wonderful year in Newcastle before moving to Devon aged 22. Outside of work my main passion in life is triathlons and next year I am

competing in a 70.3 Ironman event. At work I train custody staff how to do their job as well as making prosecution decisions and training staff in personal safety skills. I also created, along with my colleague PC Hayley Taylor, the Mental Health Support Group for the Force following a long and continuing battle with depression. I have made it my personal mission to challenge the stigma attached to Mental Health problems in the Police and to provide support to those who need it.

Tom Bromwich...

General Manager Pluss (South Devon), a social enterprise that supports people of all abilities into employment (www.pluss.org.uk)

Malcolm Learmonth...

Malcolm is Lead Art Therapist for the Exeter and East Devon Arts Therapies Service, Arts and Environments Development Lead for Devon Partnership NHS Trust, a co director of Insider Art (an Arts and Training organisation), and very much still in business as an artist himself. Over 25 years of working with others, and 53 years of personal experience have given him a passionate conviction about the value of the arts as a basic human resource, which can help to contain and express perplexity and difficult feelings, and also celebrate our diversity, uniqueness, resilience and hopes.

Henry Dunn...

Henry works for Devon Partnership Trust as a Music Psychotherapist at the Arts Therapies Service, where the mental health needs of adults with or without learning disabilities are addressed through music, art, and drama therapies. Previously he worked in a school for children with visual impairments and learning disabilities. He has a special interest in working with clients diagnosed with Autistic Spectrum Disorder. He plays in local Jazz quartet "So What?" (www.jazzmanhenry.blogspot.com)

Edwina Huggett...

I live in North Devon and I am a wife, mother and friend. I also have a lived experience of mental health distress. From my experiences I am passionate about changing or improving services local to my area. I believe service user involvement is the direction that services need to embrace. I have taught various people from trainee mental health students to staff the importance of listening to the person with the issues and not just see the diagnosis.

I am also a trainer for the Knowledge and Understanding Framework (KUF) for Personality Disorders. I am interested in Research and am a service user member of the Mental Health Research Network (MHRN) West Hub, as well as being a member of Recovery Devon.

Reni Brown...

I am a service user who is passionate about change and empowerment. I am involved locally with interview panels, various committees and am a trained and approved KUF trainer. I believe recovery is a joint journey negotiated between myself and various health professionals. I am proactive in my own care and have used WRAP and DBT extensively to help me manage BPD.

James Richards

James is a director of Chromatrobe, a multiplatform consultancy with expertise in delivering innovation and development products and services. James has a background in TV as a producer and director for the BBC, and has produced and commissioned content for platforms including the web, iTV, IPTV and pervasive platforms. He set up and ran the BBC's 'Learning Development' and 'Product Development' units.

Imogen Edeson...

Senior Project Advisor, Adult and Older Persons Mental Health, Department of Health, Melbourne, Australia

John Jenkins...

John has had a long career in mental health services which has included working as a nurse, general manager and director. John has also worked as an advisor to various governments and the WHO. His current focus is as Director for the International Centre for Recovery Practice, Education and Research (ICRA WHOLE LIFE) and President of the International Mental Health Collaborating Network (IMHCN).

Linden and Geof Lynn...

Linden and Geof have travelled a recovery journey together and are passionate campaigners for improved provision for mental health and wellbeing.

They actively oppose stigma and discrimination for those experiencing mental health difficulties. As strong supporters of Recovery Devon and other mental health initiatives, they believe it is possible to improve people's life choices and opportunities.

Dr Elina Baker...

Clinical Psychologist, Rehabilitation Hub, Russell Clinic, Wonford House Hospital, Exeter.

Ruth Chandler...

Ruth is the Coordinator of Service User and Carer Involvement in Research and Development at Sussex Partnership Foundation Trust and Chair of LEAF (lived experience advisory forum). She is a mother and grandmother and lifelong student of philosophy, theology, literature and cultural studies. She delivered and helped update Psychosis Revisited—a two day recovery-orientated workshop (Basset, Hayward and Chandler, 2007), co-edited Voicing Psychotic Experience: a reconsideration of recovery and diversity (Chandler and Hayward, 2009) and has been involved in many recovery oriented collaborations since. Her current focus is the construction of a recovery-orientated research methodology which is power-sensitive and hospitable to difference and research prioritizing recovery for family and friends. She is also a person who has experienced psychosis and been the giver of care to someone she loves.

Michelle McNary...

Michelle is a film maker is a film-maker who has had experience of using mental health services. Supported by South London and Maudsley NHS Foundation Trust Charitable Funds, her film explores the concept of recovery and what it means through the personal experiences and observations of four people who have been diagnosed with schizophrenia. You can find out more about the background to the film in the booklet. [Recovery Journeys: stories of coping with mental health problems.](#)

Sarah Hopkins and Emily Lezzeri...

Emily is the Mid-Devon project worker for The Reader Organisation. Emily is currently reading aloud with young people at the Haldon Clinic, Exeter, and with people with dementia and their carers in our Library Memory Groups. Emily also facilitates a new project with ten mums and their under-ones, at Buckland Estate Childrens' Centre. Sarah is the South West regional manager for The Reader Organisation.

Becky Aldridge...

Becky is General Manager of the Dorset Mental Health Forum a peer led independent local charity which promotes wellbeing and recovery in Dorset. Integral to the Forum's work is partnership working with the local NHS and statutory agencies ensuring that lived experience of mental health problems is at the heart of all service design and provision in Dorset. Becky has personal experience of mental health problems and leads a growing team of peers utilising their expertise alongside mental health professionals.

James Barton...

Executive Director at Dorset Healthcare University Foundation Trust

John Mc Dermott...

War Veteran and founder of Aftermath PTSD (www.aftermathptsd.co.uk). At 15 John won a scholarship at the Glasgow School of Art. Personal circumstances led him to cut short his studies and join the Royal Navy where he would spend the next 28 years. He was involved in all major international conflicts such as the Falklands, Bosnia, Sierra Leone, and the Gulf Wars. During this time he also was a UN military observer in Cambodia. Throughout these conflicts John continued to produce work and exhibit. John gained international recognition in 2007 for his sell out exhibition 'Falklands 25' which were based on his war diaries. Now residing in Exeter, Devon, he has had two major exhibitions in 2010, at Exeter Castle and at the John Creasy Museum in Salisbury.

Thursday October 6th

Please use the tick column to select your preferred activities

Time	What	Location	✓
08:30 - 09:30	Registration	The Lobby	
08:45 - 09:15	Tai Chi	Northenhay Gardens	
09:30 - 09:45	Welcome and house keeping Glenn Robert, Tobit Emmens	The Ball Room	
09:45 - 10:00	Liz Davenport Recovery in Devon	The Ball Room	
10:00 - 10:30	Elaine Hewis, One Life	The Ball Room	
10:30 - 11:00	Julie Repper, Recovery Education	The Ball Room	
11:00 - 11:30	Coffee Break	The Cafe	
11:00 - 16:30	Ride segways - drop in sessions	Northenhay Gardens	
11:30 - 12:00	Susanne Barnett My story – Recovery as a police officer	The Ball Room	
12:00 - 12:30	Tom Bromwich Working to recovery	The Ball Room	
12:30 - 13:00	Malcolm Learmouth Arts and personal expression	The Ball Room	
13:00 - 14:30	Lunch	The Cafe	
14:30 - 17:00	Fly hawks - drop in sessions	Northenhay Gardens	
14:30 - 15:30	Workshop: exploring the arts. Malcolm Learmouth	The Art Space	
14:30 - 15:30	Workshop: Shared Reading as a Path to Recovery* Sarah Hopkins	The Cafe	
14:30 - 15:00	Presentation: The Best Me Edwina Hugget	The Ball Room	
15:00 - 15:30	Presentation: The value of WRAP Reni Brown	The Ball Room	

Time	What	Location	✓
15:30 - 16:00	Tea and Coffee	The Cafe	
16:00 - 17:00	Workshop*: WRAP. Reni Brown and Edwina Huggett	The Ball Room	
16:00 - 17:00	Workshop: "Once upon a time" James Richards	The Art Space	
16:00 - 17:00	Workshop: Music and the recovery journey*. Henry Dunn	The Cafe	
17:00 - 17:30	Wrapping up the day	The Ball Room	
17:30	Close		

* Limited places, sign up at registration

Different art exhibitions will be on display in the Art Space over the two days.

Refreshments will be available in the Cafe throughout the day, although we do ask that you please respect the space if it is being used for a workshop.

A number of information stands are available in the main lobby, We would encourage you to plan some time to take a look at them.

Workshop Descriptions where available

Once Upon a Time

The 'Once Upon a Time' workshop is a digital storytelling project that seeks to capture and re-present stories in a creative way, with the aim of encouraging a 'narrative escape' from familiar forms of personal reportage and into potentially therapeutically valuable, enjoyable and insightful new digital forms. The workshop will be made up of a three stage process. The 'story gathering', in the form of a day-long 'image safari'. 'The rough edit' of the material gathered giving us the visual texture needed to put the whole package together. 'A final edit' the final edit and audio mix, that encapsulates the concept of 'narrative escape' will take place through Friday as part of the film making workshop and will act as a record of the festival.

Friday October 7th

Please use the tick column to select your preferred activities

Time	What	Location	✓
08:30 - 09:30	Registration	The Lobby	
08:45 - 09:15	Tai Chi	Northenhay Gardens	
09:30 - 09:45	Welcome and house keeping Glenn Robert, Tobit Emmens	The Ball Room	
09:45 - 10:00	Imogen Edeson Letter from Australia: Recovery Developments	The Ball Room	
10:00 - 10:15	John Jenkins Introducing the ICRA	The Ball Room	
10:15 - 10:45	Linden and Geof Lynn 'Walk of Life'- a talk and video on Recovery from the inside out	The Ball Room	
10:45 - 11:15	Elina Baker Personal perspectives in support of recovery	The Ball Room	
11:15 - 11:45	Coffee Break	The Cafe	
11:15 - 16:30	Walk with Llamas - drop in sessions	Northenhay Gardens	
11:45 - 12:15	Ruth Chandler Recovery Orientated Research	The Ball Room	
12:15 - 12:45	Becky Aldridge and James Barton. How does Recovery work in an organizational context?	The Ball Room	
12:45 - 13:15	Michelle McNarry Psychosis Stories, Film and Debate	The Ball Room	
13:15 - 14:30	Lunch	The Cafe	
14:30 - 17:00	Environmental Arts - drop in sessions Ian Heginworth	Northenhay Gardens	
14:30 - 15:30	Workshop: Singing. Roz Walker	The Art Space	
14:30 - 15:30	Workshop: Film Making*. Michelle McNarry and Tobit Emmens	The Ball Room	
15:30 - 16:00	Tea and Coffee	The Cafe	

Time	What	Location	✓
16:00 - 17:00	Workshop: Taiko Drumming*	The Ball Room / Car park	
16:00 - 17:00	Workshop: Film Making* continued	The Art Space	
16:00 - 17:00	Workshop: Understanding combat related trauma*. John McDermott	The Cafe	
17:00 - 17:30	Wrapping up the festival including some drumming	The Ball Room	
17:30	Close		

* Limited places, sign up at registration

Different art exhibitions will be on display in the Art Space over the two days.

Refreshments will be available in the Cafe throughout the day, although we do ask that you please respect the space if it is being used for a workshop.

A number of information stands are available in the main lobby, We would encourage you to plan some time to take a look at them.

Workshop Descriptions where available

Film making

This workshop will follow on from the 'Once Upon a Time' workshop and provide a space to for the stories generated to be filmed. There will be an opportunity to see and be a part of all aspects of film making.

Understanding combat related trauma

This will be an arts based workshop, focused on offering hope of the survivability of the human spirit.

All presentations and displays can be followed up on the festival website at <http://recoveryinnovations.net> which will be available from November 2011

If you'd like to find out more or get involved in Recovery in Devon do consider joining the mailing lists of

The Devon Recovery Research and Innovations Group
Contact: jayneclarke@nhs.net

And Recovery Devon
Contact: admin@recoverydevon.co.uk

All are welcome



Space for Your notes

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