

Community Options & Bromley Advocacy Project (SUITE)

'Experiencing Recovery' Conference 19th March 2009

Our Recovery Conference was held at Bromley Library on 19th March 2009 and was jointly hosted by Community Options and Bromley Advocacy Project (SUITE). The day was well attended by mental health service users and mental health care professionals. Feedback response was exceptionally positive; comments such as 'excellent' and 'good interaction' were well received.

The event opened with introductions from Judy Turner-Crowson (a planner and policy maker who is experienced in mental health issues) and Gillian Deering (Service Development Worker with the Service User Involvement Team at Bromley Advocacy Project). Gillian gave an inspirational account about her own recovery pathway.



Judy Turner-Crowson and Gillian Deering following their introductory speeches

The morning gathered pace with the 'Market Taster Stalls' which provided people with an opportunity to experience the recovery process in an interactive and creative way.



'Using Art to express yourself' facilitated by D.Beal



Participants exploring the 'Picture Story' Taster Stall



'Who is the Person' exploring how Person Centred Planning can enhance recovery co-facilitator M. Khalef

Following the 'Taster Stall' workshop sessions 'Table Top Discussions' ensued; people were invited to talk about their ideas and concerns relating to recovery.

When lunch ended a performance of drama enabled people to interact, redirect and ultimately change the outcome of a given scenario.

The closing stages of the conference ended on a high note! Participants used drums and various musical instruments to beat out their words rhythmically!



The Recovery Conference in full swing




The graffiti board captured some innovative ideas concerning recovery.

[users] so they know how to get the right kind of help and support?

ART IS NOT JUST A DIVING I!

More music, live, gigs, classes in Bradford



How do we make the recovery message available to many, many more service users, so they know how to get the right kind of help and support?

SITUATION - OXLEAS THINK ABOUT. HERE'S WAY TO SAVE MONEY!

Who might be interested in creating a mental health Recovery Resource Center on the High Street? Cinema, coffee shops etc.

I would love that.

Can I just say how impressed I am with the level of thought, expertise that has gone into this taster day? Oxleas NHS Staff should gather a lot from this.