

Road to Recovery



JUNE/JULY 2017

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Working towards a society that values everyone with a mental health problem

Welcome to our new look Road to Recovery Programme, we hope you will find the following information helpful in discovering how Richmond Fellowship are supporting people with mental health problems in Thanet.

Our Support includes:

An opportunity to work on a one to one basis with a Community Link Worker to develop a personalised support and recovery plan

Access to a range of Road to Recovery Workshops and Courses: These include; Anxiety Management, Positive Thinking, Making Every Moment Count, Assertiveness and Effective Communication

Information and sign-posting to other services and activities available within the community, including social and leisure activities, education and training

Help to develop a social life, make new friends, build self-confidence, improve self esteem and develop new skills

Mental health advice for relatives and friends to increase their understanding of personal support needs

Road to Recovery – Quick Overview Calendar (All activities are subject to change – please see page 2)

Monday	Tuesday	Wednesday	Thursday	Friday
JUNE			1 st Road To Recovery 1-2.45pm	2 nd Friends of Richmond Fellowship Including Sign Language 10.30am – 12 noon (PL)
5 th Peer Leaders Course 1-3pm	6 th *Out and About (PL) 1 – 3pm	7 th	8 th Road To Recovery 1-2.45pm	9 th Friends of Richmond Fellowship Including Sign Language 10.30am – 12 noon (PL) *Turner Arts Project 1.30-3.30pm
12 th Peer Leaders Course 1-3pm	13 th *Open Afternoon 1-2.30pm	14 th	15 th	16 th Friends of Richmond Fellowship Including Sign Language 10.30am – 12 noon (PL)
19 th Peer Leaders Course 1-3pm	20 th	21 st	22 nd Road To Recovery 1-2.45pm	23 rd Friends of Richmond Fellowship Including Sign Language 10.30am – 12 noon (PL) *Turner Arts Project 1.30-3.30pm
26 th Peer Leaders Course 1-3pm	27 th Peer Leaders Meeting 1-2.30pm	28 th Wellbeing Wednesday (PL) 1-3pm	29 th Road To Recovery 1-2.45pm	30 th Friends of Richmond Fellowship Including Sign Language 10.30am – 12 noon (PL)

Monday	Tuesday	Wednesday	Thursday	Friday
3 rd Peer Leaders Course 1-3pm	4 th *Out and About (PL) 1 – 3pm	5 th	6 th Road To Recovery 1-2.45pm	7 th Friends of Richmond Fellowship Including Sign Language 10.30am – 12 noon (PL) *Turner Arts Project 1.30-3.30pm
10 th	11 th Peer Leaders Meeting (PL)	12 th	13 th Road To Recovery 1-2.45pm	14 th Friends of Richmond Fellowship Including Sign Language 10.30am – 12 noon (PL)
17 th	18 th	19 th	20 th Road To Recovery 1-2.45pm	21 st Friends of Richmond Fellowship Including Sign Language 10.30am – 12 noon (PL) *Turner Arts Project 1.30-3.30pm
24 th	25 th	26 th Wellbeing Wednesday (PL) 1-3pm	27 th Road To Recovery 1-2.45pm	28 th Friends of Richmond Fellowship Including Sign Language 10.30am – 12 noon (PL)
31 st				

All activities are held at 17 St Johns Road, Margate, CT9 1LU unless otherwise advised on page 2

This program is subject to change as Peer Leaders complete their training and begin to add further new activities to the program.



Peer Leaders Course

Monday 1 to 3pm

Our third peer leader's course continues. Our next course will begin in September. If you are interested in registering for this, please call the office at your earliest convenience as only 6 places are still available.

You will learn what Richmond Fellowship is and does its history and how beneficial being a peer leader or volunteer can be to us or the many other organisations that value and appreciate the contribution volunteers make.

You will learn communication skills, listening skills, how to be assertive and many other life skills.

You will have the option of working towards an OCN accreditation.

You may just want to gain some extra skills; there will be no obligation for you to become a peer leader at the end of it.

The course is learner friendly, if you have any learning problems, reading/ writing skills etc. We will provide you with one on one support throughout the course. Just let us know when booking if you require this.

*Open Afternoon

Tuesday 13th June 1pm to 2.30pm

We welcome you to join us at one of new open afternoons. These have been added to our timetable to provide an opportunity for you to come and visit us, to find out what we do and how we work with local people who need support with their mental health.

If you are supporting someone with mental health problems, would like to refer someone but don't know if our service is suitable for your client, a friend or a family member, have questions about our service and mental health in general or would like to know how you can best support someone with mental health problems then these afternoons are for you. Please telephone the office to let us know you are attending.

*Out and About (Peer Led)

Tuesday's 6th June and 4th July

Open to all current service members and the Friends of Richmond Fellowship Group, we welcome you to join us "Out and About" in Thanet. All walks will be gentle paced with a stop for refreshments on route.

We have two walks planned, our first on Tuesday 6th June. Meet us at the Granville Theatre in Ramsgate where we then walk on to Broadstairs.

Our Walk on Tuesday 4th July will begin at Birchington Square at 1pm where we will then walk to Minnis Bay. Please call the office if requiring further information or details about how to get to the starting point.

Wellbeing Wednesday

Every day is a wellbeing day but as Road to Recovery moves forward in delivering a more diverse program supported by our Peer Leaders, Well-being Wednesday is a day that will focus on connecting and developing social skills with others through a range of activities including games and quizzes and sharing in hobbies and interest activities and events.

Road to Recovery

Thursdays 1 to 2.45pm

Our Road to Recovery courses have already helped many of our members in learning new and practical ways to manage their mental health and have received some very positive feedback from participants.

Courses and workshops cover a wide range of subjects including: Anxiety and mental health management, increasing and improving confidence and self esteem, assertiveness, positive thinking and living in the moment.

*Turner Contemporary Arts Project

Friday June 9th and 23rd and July 7th and 21st 1.30 to 3.30pm

To be held at the Turner Contemporary, Margate. This is an opportunity to participate in a 10 session project that explores T S Eliot's poem The Wasteland in a wide range of fun and exciting artistic forms. An opportunity also to shape a forthcoming exhibition based on the poem to be held in 2018. You do not have to attend all 10 sessions. Please book in advance ONLY by calling the office.

Friends of Richmond Fellowship

Held at The Elms Social Club, Elms Avenue, Ramsgate

Friday 10.30am to 12 noon

Friends of Richmond Fellowship is a group of former service users who continue to meet as friends for a weekly chat, cup of tea and a game of pool together. Supported by those whom have completed our first peer leader's course all members of Richmond Fellowship will be welcomed to drop-in. If you are just visiting the cost is £1 per week plus any refreshments purchased. (Only soft drinks and beverages are permitted) You may also like to join the Elms Club for an annual fee of £5. This will give you access to a range of other activities held at the club.

Sign Language with a BSL qualified tutor will continue as part of the weekly activities available.

Unless otherwise stated above, ALL groups are for members only and always remain alcohol and drug free

* These activities need to be booked in advance

Please contact us if you would like further information about our service and referral process or would like to refer yourself or someone else to our service. We aim to make an appointment to meet with all referrals within 7 working days.