



NORTHERN RECOVERY NEWS

ISSUE 2 | SPRING 2018

Welcome to the second edition of Northern Recovery News. We hope everyone had a healthy, relaxing holiday period over Christmas and would like to send all our readers some belated but very best wishes for good mental health in 2018.

In this edition our main focus is on just how important support is in all its forms in mental wellbeing. This can consist of the self-care we give to ourselves, drawing on our personal strengths and qualities. Equally important however is the range of external support that is available from within Mental Health Services in the Trust and from our partner agencies, support groups, community groups, special interest groups and from friends and family. We touch on many of these areas in the pages that follow and hope that all of you will find something that resonates personally.

A common theme in many of the articles is the enormous value of social contact, whether that be through formal organized events or through the more informal social contacts we have with friends and family members. Just keeping in touch with someone on a day to day basis reaps rich rewards for good mental health. At times many of us just feel like hiding away or disengaging from everything but that is exactly the moment to reach out for the support that we know will be so willingly given. So stay in touch to stay in shape – make this year really count for your recovery

In future editions we would like to feature many more articles from our readers. And so we pose the question ... “What would YOU like to see in YOUR Newsletter?”

We would welcome contributions and ideas from service users, carers/friends/family, mental health professionals from both inside and outside the Trust across all the disciplines and anyone who has a passion about something that brings a positive edge into mental healthcare. Do you have an idea for a future issue and would like to discuss it with the editorial team? – just email us at recovery.newsletter@northerntrust.hscni.net

Rosemary Hawthorne

Recovery Facilitator

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Your Awareness Calendar

JANUARY

/

FEBRUARY

Random Acts of Kindness Day – 17 February

Eating Disorder Awareness Week – 26 February

MARCH

Self Injury Awareness Day – 1 March

World Book Day – 1 March

University Mental Health Day – 1 March

World Hearing Day – 3 March

International Women's Day – 8 March

Nutrition & Hydration Week – 12 March

National No Smoking Day – 14 March

International Day of Happiness – 20 March

World Bipolar Day – 30 March

APRIL

Stress Awareness Month – APRIL

World Health Day – 7 April

World Voice Day – 16 April

World Book Night – 23 April

MS Awareness Week – 24 April

Maternal Mental Health Week – 30 April

MAY

Maternal Mental Health Month – MAY

National Walking Month – MAY

Make May Purple/Action on Stroke Month – MAY

Action for Brain Injury Awareness Week – 8 May

World Fibromyalgia Awareness Day – 12 May

Mental Health Awareness Week – 14 May

Dying Matters Week 'Lets Talk About It' – 14 May

Dementia Awareness Week – 21 May

JUNE

Volunteers Week – 1 June

SANDS (Stillbirth and Neonatal Death) Awareness Month - JUNE

Men's Health Week – 11 June

Carer's Week – 11 June

JULY

PIF (Patient Information Forum) Annual Conference* – 5 July

AUGUST

/

SEPTEMBER

Organ Donation Week – 4 September

Suicide Prevention Day – 10 September

World Alzheimer's Day – 21 September

World's Biggest Coffee Morning (MacMillan Cancer Support) – 28 September

OCTOBER

World Mental Health Day – 10 October

NOVEMBER

National Stress Awareness Day – 1 November

World Kindness Day – 13 November

Self-Care Week – 13 November

Alcohol Awareness Week – 13 November

International Men's Day – 19 November

DECEMBER

Anger Awareness Week – 1 December

All dates have been sourced from 'Awareness Days UK' - <https://www.awarenessdays.com/>

For more information on PIF (Patient Information Forum) visit their website - <https://www.pifonline.org.uk/>

PAVESTONE CENTRE

The Pavestone Centre is a Vocational and Leisure Rehabilitation Centre, based in Coleraine.

The aim of the service is to enable clients, with Physical or Mental Health issues, to work again in the outside world. If this is not possible, due to an ongoing health issue, the Pavestone service has a 'Sheltered Business' to provide alternative work. The thinking behind this is the belief that work, and being productive, is so important to us as individuals – it gives us something to get up for in the morning, enables us to gain knowledge, develop skills and contribute to our community. Following an illness appropriate work can promote recovery.

Employment is also the usual way people socialise during the day. It is the means whereby most people 'earn their bread' and ultimately become independent.

An Occupational Therapist, specialising in Vocational Rehab, is in charge of progressing clients into employment, further education, training, or voluntary work.

The Sheltered Business trades under the name 'F. MacCool & Co.' Inspired by the 'shapes and shades of the North Irish Causeway Coast', MacCool's manufactures quality traditional craft goods for the tourist market. Products range from Causeway candles, linen and felted items, ceramic table ware, and 'simulated stone' items. The National Trust is the main retailer for the products. There is also a woodwork department which up-cycles furniture, and an extensive horticultural area.

To off-set the work activity, 'Leisure Quest' is a service which offers clients constructive leisure activity. Individually tailored activities and

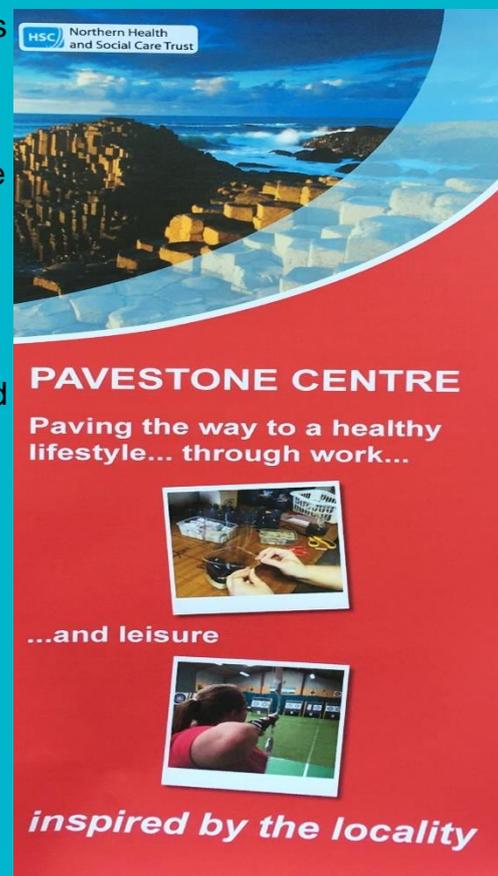
courses are organised by the Occupational Therapist specialising in Leisure Enhancement. The range is vast, and we say that the 'sky's not the limit' as even gliding at Benone is organised.

Leisure can be a means of developing confidence and skills often leading to spontaneous laughter, raising mood level. It can also be a motivator towards work activity. Some clients tell us that they would never have done a particular activity if they hadn't developed an illness – so a negative is turned into a positive

Pavestone – PAVE

Preparation and Assessment for Vocation and Enjoyment

with a Causeway emphasis!



HSC Northern Health and Social Care Trust

PAVESTONE CENTRE
Paving the way to a healthy lifestyle... through work...
...and leisure
inspired by the locality

The graphic features a scenic view of a coastal town with a large stone archway in the foreground. Below the image are two small inset photos: one showing hands working on a craft project and another showing a person playing a sport on a green field.

Northern Trust Directory of Services

For a complete list of directory of services throughout the Northern Trust area, to help improve the mental health and emotional wellbeing, please go onto the following page and download the link at the bottom of the page

<http://www.mentalhealthrecoverystories.hscni.net/contact/>



Directory of services to help improve mental health and emotional wellbeing
Northern area 2017
HSC Health and Social Care

The cover of the directory features a red background with white text. At the bottom, there is a white box containing the HSC logo and the text 'Health and Social Care'.

WRAP® for becoming a Non-Smoker

Have you almost given up on giving up tobacco? Are you struggling (yet again) with a well-meaning New Year resolution? Students who have participated in recent pilot courses delivered by the Recovery College are now finding new hope and taking back control from the most harmful habit in their lives.

Like many things in life if you fail to plan then you plan to fail but with a comprehensive, well supported, personal plan in place it really is possible to radically change your smoking behaviour.

Some have used the WRAP® for becoming a Non-Smoker programme to slash their habit from 30/40 a day down to just a handful of cigarettes while others have successfully used the programme to quit all together. All our participants so far have gained some financial and health benefits from taking part in the workshops. All our workshops are co-facilitated by a specialist Smoking Cessation Nurse and someone with lived experience of giving up or someone on that journey using WRAP®. Both facilitators are WRAP® trained.

So why not give it a go? We have 4 – week courses coming up at the venues and times below. These 12 hours could totally change your life. Just contact the Recovery College to register (contact details on the back of the Newsletter).

Date	Venue	Time
22 February 2018 (INTRODUCTION)	Joey Dunlop Centre, Ballymoney	3 – 4 pm
8, 15, 22, 29 March (WORKSHOPS)	Joey Dunlop Centre, Ballymoney	1.30 - 4.30 pm
17 April 2018 (INTRODUCTION)	Woodlands Wellness Hub, Whiteabbey Hospital	10.30 - 11.30 am
8, 15, 22, 29 May 2018 (WORKSHOPS)	Woodlands Wellness Hub, Whiteabbey Hospital	9.30 - 12.30 pm

WRAP®

Causeway WRAP® Support Group Christmas Dinner

Fifteen members of the Causeway WRAP® Support Group had a fabulous evening of food and fun at The Tides Restaurant, Portrush on the Saturday before Christmas. It was a magnificent evening, a great opportunity to meet up with old friends and for some new members to put faces to names within the group.

Although live entertainment was available on site after the meal the group didn't leave their table, enjoying the craic and finding world of recovery. Sharing courses, supporting each anecdotes and encouraging recovery journeys all came of the evening was the and camaraderie that this the last couple of years.

Kerr who organised the gatherings that have within the group. The new members in the completed their 2-Day equivalent) and meets on the 3rd Friday of each month from 10 - 12 noon at Coleraine CMHT Resource Centre, Castlerock Road.



lots to talk about from the experiences of recent other with personal each other on our personal up but the main outcome obvious companionship group have fostered over Many thanks to Wendy become common place group is always open to Causeway area who have WRAP training (or

Coleraine CMHT Resource

Recovery College

New Workshops in the Recovery College

In the Recovery College, each term the Recovery Facilitator and Peer Trainers discuss new workshops to facilitate in the new term. One workshop that was agreed on was around Fibromyalgia. As Fibromyalgia is a misunderstood condition the Recovery College felt it was a very important workshop to run providing the insights into understanding and managing the causes and symptoms of this condition. The workshop was produced to run over 3 weeks and the first of 4 pilots took place in November 2017. Here one of the co-producers of this workshop with lived experience, and co-facilitator of the first workshops shares their story.

“It was important to me to have a course about Fibromyalgia in the Recovery College, as it is a condition that is misunderstood in society as a whole. I was delighted to hear that the Northern Trust had decided to deliver a programme to help sufferers live better with and understand their condition.

I felt it was important for me as a person with fibromyalgia to help co-produce this workshop with professionals such as occupational therapists, mental health nurses and support workers. I was able to give first hand input to the struggles of the condition and how it has impacted on my life. Also having professionals there gave us all a chance to debate the topics to give participants the best information and tools we could to help them manage their lives.

Co-delivery of the workshop came about when I was contacted by Rosemary Hathorne (Recovery Facilitator). At first I was nervous about the challenge as this is something I had never done before. My first workshop was in November 2017 in the Vineyard Compassion in Coleraine. I was very nervous but was assured by my co-facilitator Ruth that I would be ok. Anyhow, I facilitated the workshop with Ruth for 3 weeks and it went very well. Rosemary was one of the students there as it was a pilot workshop, which was good and we received feedback from her after. The attendees at the workshop were all very interactive, and seemed to enjoy it by the feedback.

We felt as co-facilitators and from the feedback that the workshop could have ran at least another week or two, as it was maybe too short, but overall the attendees enjoyed the workshop.

In addition to this workshop, I was asked to co-facilitate another workshop in Cookstown in January 2018, which I have just finished. I co-facilitated this workshop with Lorraine Henry, an occupational therapist. The workshop was very interactive from week 1 and the feedback from this was also positive. Again the feedback suggested that it was maybe too short. As this is a pilot we will look at this going forward.

Finally, as a fibromyalgia sufferer and a co-facilitator of the ‘Living with and managing with Fibromyalgia’ workshop, I have thoroughly enjoyed being there to input into the workshop, and then co-facilitate in Coleraine and Cookstown, I feel that it has helped me by giving me some self-confidence that I had lost, and it has helped me in my recovery too.”

John McLester

If you or someone you know suffers from fibromyalgia, why not attend our last workshop of 2017/18 in May. This workshop will be held in the Olivet Apostolic Church, Antrim, 10, 17, 24 May from 10.30 – 12.30 pm. To register for this workshop please contact the Recovery College.





Christmas at Ross Thomson Unit, Causeway Hospital

Service Users past and present, Staff and carers/visitors came together at the Ross Thomson Unit, Causeway Hospital on the Sunday before Christmas to indulge in some seasonal festivities.

Staff and patients had worked together to lay on a spread fit for the occasion with seasonal music, candy floss and an appearance from Santa all adding to the enjoyment of the afternoon.

Creating an uplifting atmosphere is such an important element in supporting patients to take their first steps

towards recovery at a time in their lives when they may feel that hope has been lost. The support of the large group of carers/visitors who attended was greatly welcomed by patients and staff and really added so much to the occasion. Several patients mentioned how the atmosphere had lifted their spirits and the sound of children's voices among the visitors was a particular hit.

Everyone plays a part in making these occasions memorable. Everyone pulls together to bring the party spirit into a place that is to many devoid of joy. What

happened at Ross Thomson worked - it was a real team effort and something that will certainly be repeated in future years.



Christmas in The Oasis



Located in Holywell Hospital is the Oasis, is a drop in centre for Service Users, carers, family/friends and staff to come in relax, play some games and have a cup of tea/coffee. This is run 7 days a week Monday to Friday 10.30 am – 4.30 pm, and Saturday & Sunday 12.30 – 4.30 pm, and is run fully by volunteers!

Each year we put on as many party's as we can throughout the year to celebrate different events. At Christmas we had a party for the Service Users and staff. Santa even came, and gave out presents! It was a brilliant day all round with lots of fun, laughter, food and of course the gift giving, but unfortunately no snow! It was a brilliant day for everyone and we will continue to have as many party's throughout the year as we can!

Christmas Concert in Woodlands Wellness Hub

One Voice Choir put on a wonderful Christmas Concert held in Woodlands Wellness Hub, Whiteabbey Hospital on the evening of 13 December. The night was filled with group and solo performances from members of the choir watched by staff, family, and friends, and even the audience joined in! the choir is made up of staff and service users and practice every Wednesday. The choir have performed at many events for the trust and have even produced their own CD's. if you would like to join the choir please contact MaryJo on 02890 552201.



Stephanie Minford, Team Secretary, The Recovery College

Carer Reflections

All too often friends and family members are devastated by what is happening to the mental wellbeing of their loved ones. Carers feel powerless, wishing they could take away the anguish and pain, wondering what they can do when it seems that all hope has been lost. As the following real life reflection demonstrates, sometimes all that is needed is for someone to be there. Not to fix anything or to do anything in particular but just to help someone feel that they are cared for and appreciated. Many thanks to our anonymous contributor for such a powerful piece of writing.....

It started when my sister had tried to complete suicide. I was totally stunned. I didn't know why she had done this, and I didn't know how to help.

That was a lot of years ago and although I didn't know it then, there was a lot more to come. There have been many more ups and downs since then. Many chats and tears. Both mine and hers. The time I called her long distance and she was so drugged that she could barely talk and we were both listening to the silence on the other end of the phone. The long nights when I haven't been able to sleep because she has taken another overdose and I don't know if she will make it and the dread in my heart makes me scared to answer the phone.

Finally after many years of ups and downs and one very terrible breakdown came the diagnosis. There was a certain relief in knowing the nightmare had a name. She had to endure much trial and error in medication and a difficult acceptance period before her medication began to stabilise.

A turning point for me was when I read "The Quiet Room". I finally got an insight into what it might be like to live with this illness. Just a little one. Sometimes when we have conversations where it is clear she overthinks the situation about those things, I can see then in those moments, what life is like for her. I realise that there is a lot of anxiety that goes through her head that she manages to conceal and that I only see a small part of it. I know that takes all of her energy just to deal with it.

But she does deal with it. Every day. I am so thankful that she does because I need her in my life. I am very proud of how far she has come and of how diligently and enthusiastically she continues to pursue her recovery journey.

Anonymous

**If you have carer experience as a friend or family member and would like to share your story in a future issue, anonymously or otherwise, please email your reflections to:
recovery.newsletter@northerntrust.hscni.net**

**SOMETIMES WE NEED
SOMEONE TO SIMPLY BE THERE.
NOT TO FIX ANYTHING, OR TO
DO ANYTHING IN PARTICULAR,
BUT JUST TO LET US FEEL
THAT WE ARE CARED FOR
AND SUPPORTED .**



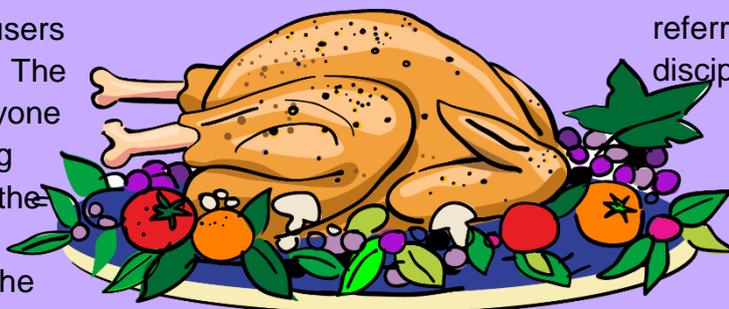
Christmas Spirit in Abundance in North Antrim

This year in the Robinson Mental Health Resource Centre decided to put on a Christmas lunch for their service users. Staff from different services came together to create this lunch giving the service users a great experience. Louise McKechnie, one of the Community Mental Health Nurses in the Robinson centre talks about the day.

The Robinson Mental Health Resource Centre certainly entered into the Christmas spirit in style. On December 20th staff of various disciplines in the Resource Centre, from the Wellness Hub, and the Community Addictions Team got together with service users to have Christmas Lunch. The difference being that everyone mucked in to do everything that was needed to make the lunch from scratch – everything from dressing the large table put together to seat the 20 diners, to preparing the ingredients and cooking the full 3 course Christmas lunch.

Many of the service users in attendance had participated in the various 'Cook it' groups that have taken place in the Ballycastle and Ballymoney

Resource centres, so were more than up for the challenge



of catering for a dinner of this scale. Despite the busyness of the morning there was, 'a lovely festive atmosphere

about the place' according to one service user. The meal itself went extremely well with everyone thoroughly enjoying it. As one service user commented, 'You'd struggle to find a better meal in any hotel in North Antrim!' Another, referring to the various staff disciplines and agencies participating stated, 'It was nice to see people from so many different jobs getting together to do something as nice as this with us.'

Louise McKechnie

Community Mental Health Nurse, Ballymoney Community Mental Health Team

In the Recovery College, 2 'Cook It' workshops are delivered:

Cook-It! Which is a fun filled 6 week cookery workshop which will teach you how to cook healthy meals on a small budget.

I Can Cook It! – this 8 week workshop is the Cook It! Program, but it has been developed for people with learning difficulties. In it you will learn basic cooking skills.

In both workshops the dishes you cook each week you then get to eat and enjoy at the end workshop whilst having lots of fun.

There are 4 workshops still to come before the Recovery College finishes for Summer. If you would/know someone who would like to attend please contact the Recovery College (details on back page).

Cook It – 22 Feb, 1, 8, 15, 22, 29 March 2018, 9.30 – 12.30 pm, High Street Presbyterian Church Antrim

Cook It – 20, 27 Feb, 6, 13, 20, 27 March 2018, 1.30 – 4.30 pm, Woodlands Wellness Hub, Whiteabbey Hospital Site

Cook It – 17, 24 April, 1, 8, 15, 22 May 2018, 9.30 – 2.30 pm, The Lurach Centre, Maghera

I Can Cook It – 20, 27 April, 4, 11, 18, 25 May, 1, 8 June, 1.30 – 4.30 pm, YMCA Carrick

Louise O'Donnell

'Coastlines, Country & Creatures' Art Exhibition

Biography

Louise 'Fifties' O'Donnell is an illustrator, graphic designer and DJ from the Ballymena area. Scribbling and drawing since she could hold a pencil, her love for all things creative was apparent from a very young age.

After 20 years of honing her skills, she graduated with a BA Hons in Illustration at Lincoln university. From here, she gained experience as a graphic designer working at a local newspaper and reading the photoshop manual in her spare time to expand her knowledge. Fast forward a year and Louise got her first studio job, at the same time gaining popularity as a freelancer DJ on the local club scene. Soon she supported artists across the UK including Basement Jaxx, and Radio 1's Andy George and Jaymo.

In 2008, her circumstances changed and she decided to move back to Northern Ireland. These events took a toll on her Mental Health and she became unwell finding herself in Holywell Hospital Intensive Care with symptoms of Schizophrenia. With no access to computers or internet, Louise regained her love for painting and drawing, inspired by plants and flowers. It gave her a spark of hope where there wasn't much at all.

Louise now volunteers with the Recovery College in Holywell Hospital, and is also a trained WRAP Facilitator. Louise also attends AMH New Horizons Antrim, where the peer support and excellent courses have helped aid her return to health.

Louise put on an arts exhibition in partnership with Action Mental Health. This ran from 9 – 13 October 2017, in Clotworthy House, Antrim, called 'Coastlines, Country & Creatures'. This exhibition celebrated her love of wildlife and landscapes in Co. Antrim and beyond. Despite many setbacks over the years with both her mental and physical health, Louise's music, art and design work is what has pulled her through times of trouble.



Positive affirmations

I love when people that have been through hell walk out of the flames carrying buckets of water for those still consumed by the fire.

- Stephanie Sparkles

I'M NOT A PERFECT PERSON, I MAKE A LOT OF MISTAKES; BUT STILL, I LOVE THOSE PEOPLE WHO STAY WITH ME AFTER KNOWING HOW I REALLY AM.

quoteslife101.net

True friends are those rare people who come to find you in dark places and lead you back to the light.



The best kind of people are the ones that come into your life, and make you see the sun where you once saw clouds. The people that believe in you so much, you start to believe in you too. The people that love you, simply for being you. The once in a lifetime kind of people.

curiano.com

Always take note of who supports you genuinely. Those are the people you should always keep around.

PHUCKYQUOTE • INSTAGRAM

If someone sticks by your side through your worst times, they're the ones who deserve to be with you through your best times.

HPLYRIKZ.COM

At times our own light goes out and is rekindled by a spark from another person. Each one of us has cause to think deep gratitude of those who have lighted the flame within us

ONE DAY SOMEONE IS GOING TO HUG YOU SO TIGHT, THAT ALL OF YOUR BROKEN PIECES FIT BACK TOGETHER

How to Feature in Northern Recovery News

Would you like to write an article or feature for the next edition of **Northern Recovery News**? Perhaps you have a personal recovery story you would like to share? Maybe you'd like to showcase the recovery-orientated work being done in your area of practice? Remember this publication is not just about mental health examples – recovery-orientated practice is happening in so many areas of the Northern Trust. We plan to publish our next edition in May 2018 so the **deadline for articles is 30th April 2018**.

Please forward articles or enquiries to recovery.newsletter@northerntrust.hscni.net

Thank You to Our Contributors

Contributors to this edition were ... Oscar Donnelly, Rosemary Hawthorne, Louise McKechnie, Rhoda Baxter, Wendy Kerr, John McLester, Louise O'Donnell, Ailsa Weir, Jimmy McAleese & Stephanie Minford

How to Contact the Recovery College

To find out more about our workshops in YOUR AREA and how they can help, and to request a prospectus please contact us:

✉ The Recovery College Hub

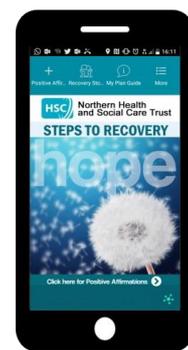
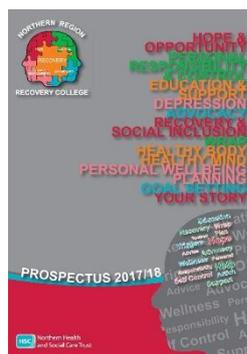
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📱 Download our free app – 'My Recovery NI'



The next edition of Northern Recovery News will be out in
May 2018