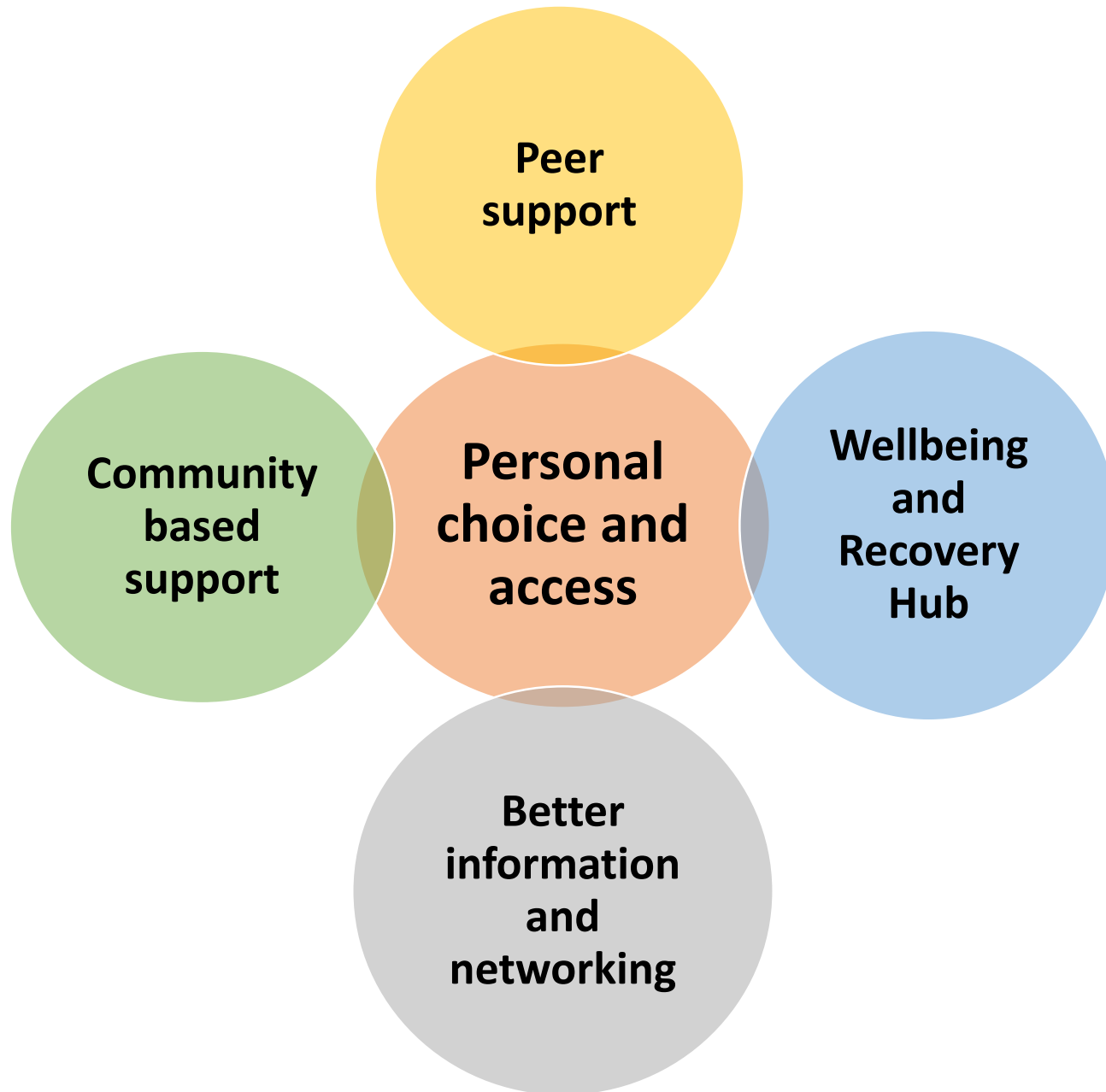


Making
recovery
real
in Moray

Louise Christie, Scottish Recovery Network
Heidi Tweedie, Moray Wellbeing Hub

Making
recovery
real
in Moray





‘MRR has given the NHS insight into what people want and what’s important to people – which they might not have got through their own consultation’

Making
recovery
real
in Moray



Making recovery real in Moray

People CAN and DO recover from mental health problems

Recovery Happens

14th-20th Nov 2016

Join the conversation during 'Co-production Week Scotland' about how we can make mental health recovery a reality for everyone in Moray.

Recovery Café conversation events

These events are for anyone affected by mental health problems either now or in the past. This includes people who have personal experience of mental health problems as well as people who care for others who have poor mental health.

The events will be informal and relaxed, and will provide an opportunity for people to:

- Find out more about what helps people recover from mental health problems.
- Hear from others about their recovery journeys and what recovery means to them.
- Learn about how writing and sharing stories can help people in their recovery.
- Get information about the projects and resources that are available to maintain good mental health and wellbeing.
- Find out about #YouChoose a new Moray participatory budget fund for supporting community mental health initiatives.

Attend any event you like - let us know if you have any childcare or other needs.

#RecoveryMoray

recovery

Moray Recovery Roadshow
coming to a town near you...

TO BOOK CONTACT:
01463 822222

Event	Date	Time	Location	Contact
Monday 14th Nov	14 th Nov	1.30pm-4pm	Moray College	01463 822222
Tuesday 15th Nov	15 th Nov	9.30am-4pm	High Library	01463 822222
Wednesday 16th Nov	16 th Nov	1.30pm-4pm	Buchan Library	01463 822222
Thursday 17th Nov	17 th Nov	10.30am-1pm	Phonix (July Road)	01463 822222
Friday 18th Nov	18 th Nov	1.30pm-4pm	Community Centre	01463 822222
Saturday 19th Nov	19 th Nov	9.30am-4pm	Burghead Library	01463 822222
Sunday 20th Nov	20 th Nov	11am-11.30am	Cullen Library	01463 822222
Monday 21st Nov	21 st Nov	1.30pm-4pm	Bishopton Hall	01463 822222

Listening to others made me understand how much the Wellbeing Hub is needed.

‘At events... everyone walks out a little bit changed, a little bit different... it impacts on every interaction they have going forward.’

Conversation Café

RECOVERY CAFE -
free space for anyone to meet, discuss, reduce isolation & bring...

- Reduce isolation
- Provide free space for people to meet each other.
- Proactive mindfulness in schools
- Knowing where to go for information
- Dr Sugrany - group support instead of always prescribing tablets
- Recovery Village - Nurseries in Care Homes!
- Singing, laughter, fun
- Healthier Work Places. Employee education to create a positive mental health culture.

SHARAH LIVED EXPERIENCE to Reduce Stigma

- Celebrate life - not just work
- People make peer support - increased confidence
- Believe in yourself
- Volunteer!



Making
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real
in Moray

‘It’s the way we want to work – we co-created that strategy. This is now very different from strategies not done in this way.’

‘...much more focused on community resources, than we would have been in the past. We have a more holistic approach to wellbeing.’



Moray Mental Health & Wellness Centre

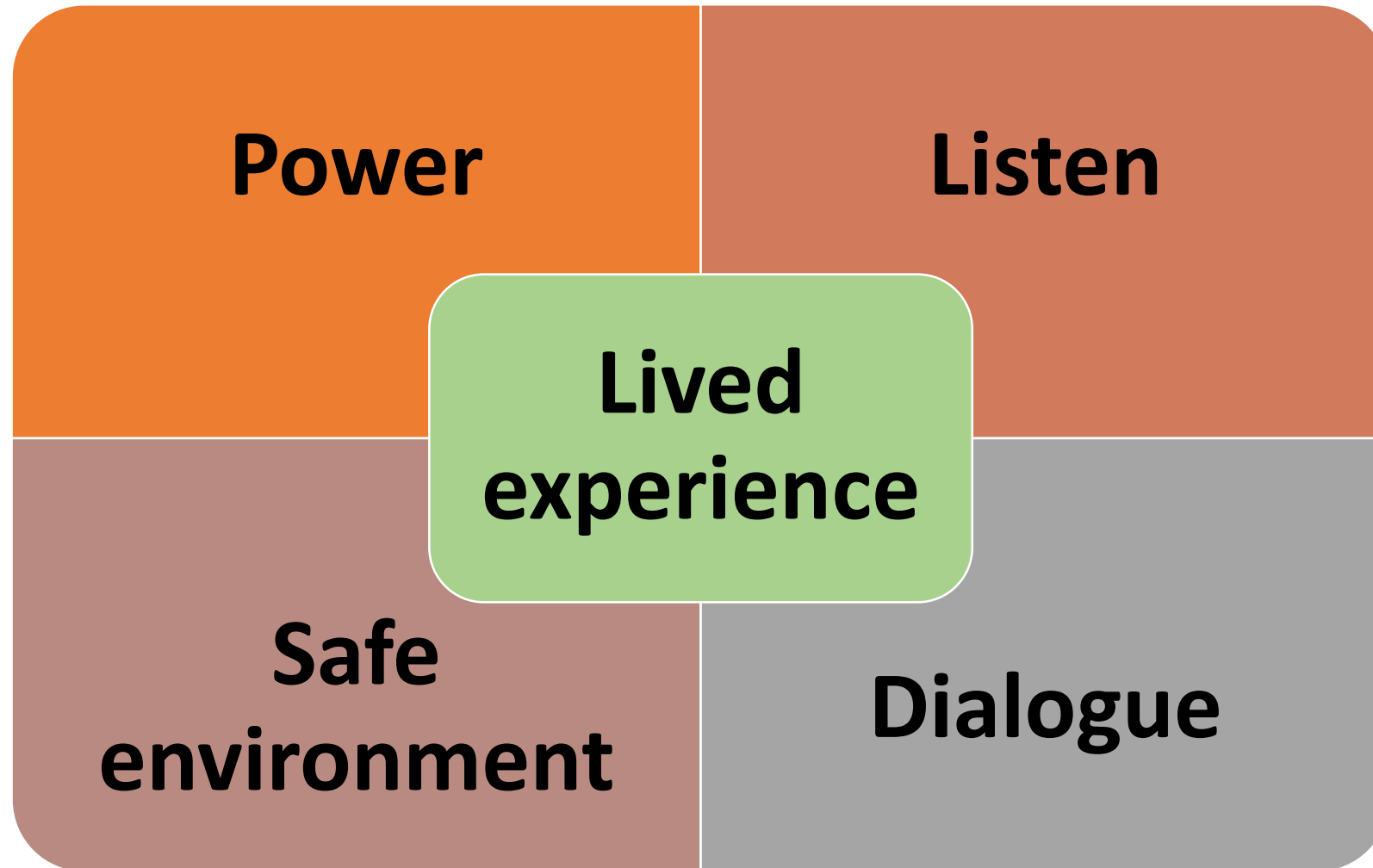




Making
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real
in Moray



‘it’s really connected me with so many people... it’s also given me a real insight into the power of the collective too – what people can do together... in different positions, bringing that expertise whether its from lived experience or your professional experience, it’s all coming together.’





Different perspectives
Different solutions



**Unlock more and different resources
for community wellbeing**



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real
in Moray

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recovery
real
in Moray

MORAY
wellbeing
HUB