

Friday, 21 February 2020

[Health and Social Wellbeing Improvement](#)



# Recovery

Promoting hope, choice and opportunity Issue 8, Spring 2020

## Empowering and inspiring people

In this issue we focus on how the recovery colleges can empower students and through the courses inspire people to find hope.

### Finding hope

**World Mental Health Day 2019** saw the launch of *Finding Hope*, our co-produced guide to help and support for mental health and wellbeing in the Western HSC area. We decided just over two years ago to work on the Public Health Agency funded project when it became clear to us whilst gathering resources for our courses and workshops, that it would be useful to have all of this information in one place for our facilitators to easily access. We quickly realised that it would also be of great value to our students and anyone else interested in mental health, such as people with mental health issues, carers and supporters, and of course, healthcare professionals.

The college's reproduction committee as always, rose to the challenge and each member undertook researching their particular area of interest – definitions were agreed upon, telephone helplines contacted to make sure they served the Western HSC area, websites checked for accurate and easy to understand information and advice – and slowly this vast amount of information was amassed that had to be condensed into a usable and useful (big) pocket size guide.

Our students, volunteer peer educators and service users bravely shared their real lived experience of managing, and in some cases recovering from, a range of common issues such as addiction, loneliness and self-harm with the intention of empowering other people to hope and believe that they too have the ability to better self-manage and assert control over their recovery. It is also likely that through reading the guide some people will be empowered to seek help at an early stage and prevent the worsening of a particular issue – a real cause for celebration.

Our sincere wish is that everyone who reads the guide will take some comfort and hope from the knowledge that they are not alone in even the most difficult of times, and that everyone has the potential for recovery.

Western Recovery College members at the launch of *Finding Hope*, a guide to local mental health and wellbeing support

### In this issue:

- [Songs for the road \(3\) to reach](#)
- [How simple can recovery be? WRC](#)
- [Songs which jump between us \(Broken Recovery College\)](#)
- [BRCC's 10th Award in 2019](#)
- [Empowerment in South Eastern Recovery College](#)
- [Creating wellbeing and recovery](#)
- [We have achievements of the Southern Recovery College](#)
- [Recovery college graduates](#)
- [Experiences of a student parent and an international therapist in WRC Recovery College](#)

You can view the Regional Mental Health Care Pathway at [WRC/2019/01/00000000](#)

The *Recovery* newsletter is dedicated to bringing you news and information about mental health recovery work in Northern Ireland.

## Details

Format

A4 PDF 12 pages

Target group

Service users and health professionals

## Downloads

**Attachment**

**Size**

[Recovery issue 9 Spring 2020](#)

1.37 MB

<b>Attachment</b>	<b>Size</b>
<a href="#">Recovery issue 8 Summer 2019</a>	1.13 MB
<a href="#">Recovery issue 7 Spring 2019</a>	1004.96 KB
<a href="#">Recovery issue 6 Summer 2018</a>	896.72 KB
<a href="#">Recovery issue 5 Spring 2018</a>	4.06 MB
<a href="#">Recovery issue 4 Autumn 2017</a>	4.14 MB
<a href="#">Recovery issue 3 Winter 2016</a>	920.06 KB
<a href="#">Recovery issue 2 Spring 2016</a>	1.22 MB
<a href="#">Recovery issue 1 Spring 2015</a>	488.67 KB

## Tags

- [recovery](#)
- [mental health](#)
- [newsletter](#)

[Print](#)