

In this Spring / Summer 2024 edition

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Welcome

This edition spotlights engagement.

Engagement happens in different ways:

Engaging with Recovery Academy courses and resources to support ourselves and our loved ones; engaging in the development of new Recovery Academy

courses and resources as an Expert by Experience or Expert by Profession; engaging with the future through taking steps to plan ahead; engaging with the GMMH peer workforce to raise their profile, or engaging with GMMH initiatives and having your voice heard.

The Recovery Academy also engages with its student community and supporters in regular Focus Groups, and highlights lived experience voices in co-produced courses and digital resources.

Read on to find out more.



What's new this term?

The Recovery Academy is launching the new term in Stress Awareness Month.

Stress Awareness Month has been held every April since 1992 to increase public awareness about the causes of the modern stress epidemic and support available.



New this term ...

1) Face-to-face courses:

Understanding Chronic Pain and Taking Back Control; Let's Talk about Money; Let's Talk about Domestic Abuse.

2) e-Learning courses:

Taking Back Control— Empowering you to go Smoke-free.

3) Media Hub:

Lived Experience—GMMH Recovery Academy—Where Strength is Nurtured video; Ikigai—Making Choices and Taking Action video;

Voice-Hearing explainer video animations and lived experience audio podcasts.

4) Self-help Resources

Refreshed and updated resources on addiction, anxiety, depression, voice-hearing and 5 ways to wellbeing; mental health and wellbeing guides; stress management resources; children and young people's resources;

5) e-Magazine

Stress management edition.

Spotlight on a Student—A Carer's Voice

We are proud to share the lived experience voice of L Robinson who is a member of our Recovery Academy student community and a carer for her dad.

“Since being brought to my attention in 2019, the Recovery Academy courses have been an absolutely amazing and truly necessary resource.

In 2019 my step-mum moved into a care home so I took over caring for my wonderful dad who has bipolar affective disorder. Dad had previously kept himself to himself so it was a total shock to see him manic.

His lovely mental health care coordinator put me in touch with the Recovery Academy and my first course was on bipolar disorder.

“The tutors were supportive and kind and I realised then I needed to get more knowledge and support to be able to support dad and myself better”.

Since the bipolar disorder course I've gone on to complete the Introduction to Cognitive Behavioural Therapy course, the True Face of Trauma—Understanding and Supporting Adversity and Trauma, An

Introduction to Emotional Freedom Techniques and An Introduction to Compassion Focused Therapy.

Through the calm, knowledgeable, inclusive tutors and the variety of courses provided by the Recovery Academy, I've managed to support dad and myself through challenging times and I feel stronger and more resilient for it.

Thank you Recovery Academy for the support you give to carers—it's a fantastic resource.”



Supporting carers, family, and friends—LPAs

The Recovery Academy supports carers, family, and friends of GMMH Service Users by hosting information sessions on Lasting Powers of Attorney.

Lasting Powers of Attorney (LPAs) are legal documents that let you appoint one or more people, known as 'attorneys', to make financial and/or health decisions on your behalf when you are no longer able to.

Without an LPA, a doctor or social worker will make health decisions, and no one will be able to access your money or deal with bills without a costly application to court.

We asked Ben Tyer, a partner at GLP Solicitors, who runs the sessions, why LPAs are so important in planning ahead:

“Too often clients see me when things can't be reversed, costs have escalated, and the stress of having to work out alternative arrangements is all consuming.

These talks are about encouraging people to be proactive in getting their legal affairs in order before it's too late”.



Sessions focus on:

- Different types of LPAs and their benefits;
- Mental capacity and the role of the Court of Protection;
- What type of will parents need to protect vulnerable loved ones;
- Ensuring any benefits and local authority support will continue;
- Trusts and care fees.

Sessions are at The Curve, Prestwich, 10am to 12:30pm on **14 June, 18 September, 11 December 2024**

To book your place, contact:

Neil.Grace@gmmh.nhs.uk or call 0161 357 1246

Looking back on the Autumn / Winter term

A Celebration of Peer Support



The event on 13 November 2023, included presentations from Recovery Academy leaders, Peer Leaders, as well as interactive workshops.

The workshops built on peer work foundations and aimed to create a sense of identity for the GMMH peer support workforce.

Jan Ditheridge, GMMH Chief Executive, came along to support the peer workforce:

“It was inspiring listening to what they have achieved in a range of different services, the challenges they’ve overcome, and opportunities taken to support our service users in a range of ways”.

“Thanks Jan, the GMMH peers felt that they were important and supported – something which means so much to everyone, but especially to a workforce that, because of their past experiences, may not have felt either important or supported by others.

Thanks also to everyone who attended - all of the peer

support workers, and all of the services who came to support people and find out more.

GMMH is 100% committed to building our lived experience workforce and supporting our peer workers to achieve their long-term goals.

The difference peer workers make to our service users and carers, and the culture of our services is huge.

Thank you for sharing your experiences so GMMH can build on what we already have and get bigger and better”.

Claire Watson, Head of Service User / Carer Engagement and Improvement



New Peer Worker Icon—And the winner is ...

One of the workshops at the Celebration of Peer Support event focused on designing a new peer worker icon.

Alex Sherburn, Senior Graphic Design Officer at GMMH came along to support this workshop and share design guidance.

From the ideas and sketches provided by the peer workers and supporters, Alex created 8 design proposals.

Thank you Alex!

The peer workforce then voted for their favourite and we are now delighted to reveal the most popular design.

And the winning icon is ...



A lighthouse, which represents the guiding light. safe space, and support peer workers provide.

“I am so excited for the peer workforce that we have been able to work with Alex and begin building our own GMMH - wide identify.

“Peer work is very individual and we don’t want to lose that. However, having a collective voice is also very important and I hope this icon helps to raise the profile of the peer workforce and spread the word about the amazing work our GMMH peers do”.

Thank you to everyone who has been involved in this process. I am excited to see our peer workforce continue to grow and develop!”

Lucy Burthem, Recovery Academy and Peer Support Lead

We are listening...

You said...

“The Recovery Academy leaflet needs re-designing to look less ‘clinical’, more visually appealing, and to really inform people about what the Recovery Academy does”.

“It would be great to have a Recovery Academy ‘success stories’ video where students talk about their experiences of using the Recovery Academy and spotlighting lived experience voices”.

We did...

We’ve completely re-designed the leaflet. We’ve now included more information on the type of courses and resources we provide, as well as the **additional support** we offer Recovery Academy students, e.g., Learning Mentors and Study Buddies.

We asked some Recovery Academy students, carers, and supporters, to share their experiences of using our courses and resources, and tell us what the Recovery Academy means to them. Find the video under Media Hub in the Resources section of our website: <https://recoveryacademy.gmmh.nhs.uk/radio-station/>

Good to know—Service User and Carer Engagement Database

GMMH is committed to working with and engaging service users and carers in a wide range of ways.

Ensuring that people’s views are heard at all levels and across all parts of GMMH is essential for creating and delivering better health and care services.

Service users and carers can be paid for their time and get involved in the following ways:

- Providing their views at a service improvement meeting or working group;
- Getting involved in the recruitment and selection of staff;
- Co-delivering training;
- Speaking at an event;
- Helping to inspect GMMH buildings (audits / PLACE Inspections).
- Contributing to the development of policies / reviewing information.
- And many more.



To hear more about these opportunities and sign up to the GMMH Service User and Carer Engagement Database, please email:

@ ServiceUsersandCarers@gmmh.nhs.uk

Get in touch

To unsubscribe from the newsletters (1 per term), or send us ideas for content, etc., contact:

@ recoveryacademy@gmmh.nhs.uk

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