

Recovery

Promoting hope, choice and opportunity

Issue 3, Winter 2016

Celebrating recovery

Where do we begin to tell the story of the sterling work around recovery in mental health services, in communities and in the recovery colleges? From recovery cafés and roadshows, to Chairman's Awards and a spring equinox Recovery Awareness Week – the list of achievements is endless.

As we stated in issue one of this newsletter, 'recovery' is more than just a word. It is an ethos; a lifestyle choice; a commitment to wellness, education, ownership and partnership between service users and service providers. And it means different things to different folks. As one service user recently put it: "For me, recovery means needing a diary because I am so busy now. Before that, every day was a Sunday."

In the Northern Health and Social Care Trust (HSCT), it's all go. They are celebrating 2016's commitment to recovery with pop-up cafés, a fabulous recovery choir, the establishment of peer support worker posts and the growing success of WRAP (Wellness Recovery Action Plan) programmes. Recovery is rapidly becoming embedded as the new norm across the Northern HSCT and within our communities.

The South Eastern HSCT's recovery awareness week coincides with the spring equinox, when day and night are of equal length, and is aptly associated with the equal value of lived and learned experience in mental health recovery.

In the Southern HSCT, their recovery college was launched in October 2016 through collaboration between service users and partner organisations, which is the cornerstone of the work of the HSCT and its counterparts across the region.



Health Minister Michelle O'Neill celebrating recovery with the Voice of Recovery Choir

In the Western HSCT, they are proud to boast the enrolment of over 400 students to their recovery college across the five sites and encompassing 45 courses. The HSCT attributes the college's success to its 'experts by experience' who also inspired the recovery college roadshow which saw the recovery college go to the heart of acute inpatient services.

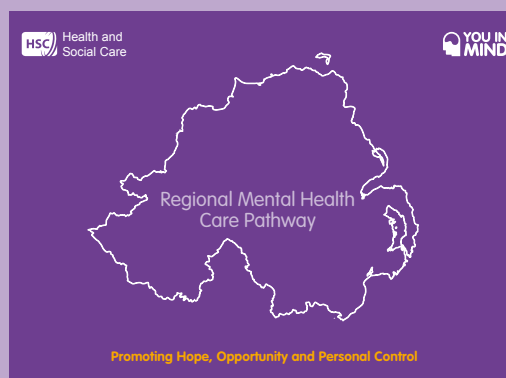
Last but not least, the chest of the Belfast HSCT is swollen with pride upon winning a Chairman's Award in the 'Our People' category, for which the peer trainers beat over 100 entries. And there were more celebrations for two De La Salle pupils in Belfast who won the World Mental Health Day 'Changing Minds' competition 2016.

If there was a soundtrack to the work of the HSCTs and recovery, it may not be Kool and the Gang's *Celebration*, but recovery really is a big hit!

Siobhán Rogan, peer trainer, Belfast Recovery College

In this issue:

- Celebrating recovery
- World Mental Health Day 10 October 2016
- Recovery updates from HSCTs



You can view the Regional Mental Health Care Pathway at www.hscboard.hscni.net/mentalhealth/Regional_Care_Pathway_Mental_Health.pdf

World Mental Health Day

Developing and sustaining a recovery culture lies at the heart of reforming mental health services in Northern Ireland. This was the key message from the 'Celebrating Recovery – Transforming Lived Experience' conference, held to mark World Mental Health Day on 10 October 2016, at the Dunsilly Hotel in Antrim.

Opening the celebration, Eileen Shevlin, Chair of the HSC World Mental Health Day event, said: "Within mental health, co-production is recovery for people with lived experience. Co-production in its true sense recognises people as assets. It embeds partnership working by combining lived experience with learned experience so that everyone's contribution is seen as equal."

Health Minister Michelle O'Neill supported the event, delivering a compelling video address in which she specified her dedication to transforming services, with mental health services leading by example.



Minister O'Neill said: "My priority is to transform health and social care and deliver better outcomes for all those that need health and social care services.

The best way we can do that is to be serious about co-production. It's about listening to patients, carers and families and to relatives. It's about listening to clinicians, and it is about us all coming together co-designing, co-producing the best care pathway which we possibly can produce. I think if we can do that, everybody can feel ownership of the service that they need and everybody can feel ownership of health and social care."



Briege Quinn, Public Health Agency, Health Minister Michelle O'Neill, Phil Kinkead, community mental health peer support worker and conference speaker



This theme is also reiterated in the Minister's recently launched 10 year vision statement, Health and Wellbeing 2026: Delivering Together, which gives specific mention to recovery colleges and how these are an excellent example of how co-production can make a big impact on services.

Feedback from attendees

"I had a wonderful and unforgettable day. I was so moved and inspired, the recovery stories people told, and the people I had conversations with throughout the day were mind blowing. And towards the end the musician in residence (who is he by the way?) and the woman singing 'Make you feel my love' was just unbelievable.

I had the best time and I feel so privileged and blessed to have been part of something so amazing. I do hope we work together again.

Thank you, thank you, thank you!"

Guest speaker John McCormack from the Scottish Recovery Network

"The conference exceeded my expectations. I hope that the energy generated at this event will ripple out across Northern Ireland through the staff that have attended, for there are challenges among frontline staff in changing day to day activities and interventions."

"Events like this help remove the stigma of mental health and assist mutual learning (get the word out there!)"

"Well organised, uplifting to hear service user stories."

"Absolutely fabulous. The sincere accounts of lived experiences. Very powerful speakers. The future of mental health care is a shared vision – collective ownership."

"A lot more of these events would be extremely beneficial to our society."

"Events like this erases the stigma of mental health."

"Very informative. So great to hear service users and carers speak about recovery. Absolutely gives hope to others."



Conference speakers (from L-R: Audrey Montgomery, Northern Recovery College, Anthony Geraghty, Western Recovery College Limavady, Briege McClean, Western Recovery College Omagh, Eileen Shevlin, event chair, John McCormick, Scottish Recovery Network and Arlene Riley, carer with lived experience)

Belfast Recovery College wins a 2016 Chairman's Award

On 10 November in Belfast City Hall the winners of the 2016 Belfast HSCT Chairman's Awards were announced. This is an annual competition which this year saw over 100 entries, all reflecting the exceptional work that is going on across all services throughout the Belfast HSCT.

The Belfast Recovery College entry, 'Peer trainers transform learning in the Belfast community', won first place in the 'Our People' category.

Twenty five trainers and students contributed to an interactive presentation and DVD of the work of the college.



The entry highlighted three things at the heart of the Belfast Recovery College:

1. Valuing the combined lived experience of mental health and professional knowledge, we co-produce courses to improve the wellbeing of students in the community of Belfast.
2. To improve wellbeing through our strength-based values of hope, control and opportunity, our people are co-producing courses in a range of areas, such as addictions, self-directed support and many others.
3. Evidence suggests real positive outcomes from staff, carers and service users learning together in the recovery college. Examples included students on personal journeys accessing opportunities not open to them before and peer support from other students giving hope. Staff highlighted how 'learning together' brought new perspectives in embedding recovery focused approaches in their daily practice.

Helen Anderson, recovery college coordinator, Bill McKnight, peer trainer and Martin Daly, service user consultant by experience.

My experience in the Belfast Recovery College

I really like the Belfast Recovery College ethos of promoting 'recovery' and 'wellness', which is different from the traditional view of psychiatry and medicine where taking medication is the biggest stabilising factor.

Also, when I attend psychiatric appointments I sometimes feel unwell and as a patient needing treatment. I don't feel like the appointment is about my recovery but about my illness.

When I had my most recent breakdown I found it really hard to describe what was going on for me. Putting together work for the recovery college helps me to find a narrative to describe my strengths and difficulties. I really struggled with how and why I became ill. When I began to think about it and to write about it, it helped me to understand myself and my difficulties and to begin to think about ways that I can stay well.

Being around other service users who are also well gives me hope.

The Belfast Recovery College celebrates 'wellness' and 'recovery'. It is positive to be able to focus on this rather than on being ill.

Co-producing is a good way of feeling equal. Generally, during treatment and medical appointments there is an imbalance of power with the professional holding the power. The Belfast Recovery College style of co-producing is democratic.

When I became ill I thought that I would never work again, I would never recover, I would always need help.

Working with the recovery college has validated my wellness.

Caitriona Cassidy, peer trainer, Belfast Recovery College



"Owning our story and loving ourselves through that process is the bravest thing that we'll ever do."
(Brene Brown).

Everyone has a story to tell and these stories contain the ups and downs of everyday life. However, how often do we take time to pause and reflect on our own story or journey?

This reflection process is an important part of self-development and growth, helping us to put our lives in context and validate who we are. People can too easily become defined by their illness and we need to learn that mental ill-health is but one chapter in our lives. As a service user or practitioner it can be difficult and challenging to share one's story even with a good listener like a professional or trusted friend.

By sharing our stories, we can often feel vulnerable. However, in this sharing process we can be authentic to ourselves. Such authenticity can inspire hope and strength in us and in others too.

Our co-produced course, 'Journeys through discovery', is an experiential workshop using the analogy of a tree as a symbol for personal growth. This symbolism when unpacked enables us to gain an understanding of our own journeys. For example, roots suggest a firm foundation, branches indicate flexibility, and so on. This is an opportunity to reflect but also celebrate our own unique journey through discovery.

Within a safe environment students are invited to explore those things which have been important in keeping them grounded which has contributed to growth and which helps to keep us resilient. This training will be of interest to anyone who wishes to develop themselves personally and professionally.

Sharing our stories and experiences can inspire us and provide the opportunity to help ourselves and others. If it's true that 'it's good to talk', let's have the courage to share and the grace to listen.

The first course is running on the 23 January 2017 from 10am–12.30pm at Girdwood Community Hub (Tel: 9521 7870).

**Barbara Lewis, counselling psychologist
 and Bill McKnight, peer trainer.**

Dreams

*During the day my dreams are at bay
 Sometimes I may have a stormy day
 I look forward to sleep at night
 When I can close my eyes and just sail away*

by Suzanne Gibson, peer trainer, BHSCT



De La Salle pupils John McCahey and Liam Dyer

Pupils win Changing Minds competition

The World Mental Health Day Changing Minds competition is an annual event for secondary schools in Belfast. It was won this year by two pupils from De La Salle Secondary School. The students making the presentations were John McCahey and Liam Dyer. They delivered an eight minute joint presentation on the subject 'Mental illness – would you keep it a secret?'

This is an ongoing programme to reduce stigma of mental illness and raise awareness of living life alongside illness, so it fits well with the recovery themes of ImROC.

The Changing Minds competition is run by the Belfast HSCT Change of Mind group and is supported by the Royal College of Psychiatrists and the British Psychological Society.

This initiative demonstrated an excellent recovery-focused approach for young people, with education and health working together.

**Martin Daly, service user consultant by experience
 and Joe Canavan, mental health promotion manager**

Western HSCT Recovery College

From humble beginnings, the Western HSCT Recovery College continues to grow and develop at a pace that has astounded even its most fervent supporters. Started on a shoestring with no identified staffing or budget, this term alone the college welcomed over 400 students across the five sites, offering a total of 45 courses... it's certainly a time to celebrate!

The recovery college prides itself in the use of community venues and its emphasis on helping individuals build connections with those communities. The importance of being connected has consistently emerged as a theme during the many lively discussions that have taken place within our college and went on to spawn our very popular recovery café.

No celebration of our achievements is complete without lavishing praise and recognition on our dedicated band of experts by experience, without whom the college just could not function, helping with everything from the



day to day admin to braving the stage at high profile recovery events. They have also been the inspiration behind the recent recovery college roadshow which saw the college taken into the heart of acute inpatient mental health services so that staff and patients there could get a flavour of what the recovery college has to offer.

This is just the beginning, the Western HSCT will continue to explore innovative ways to further improve, promote and expand our recovery college experience... watch this space!

Olive Young, recovery college coordinator and Bernadette Donaghy, peer trainer

Julie's story



Christmas is a time of celebration and this year I will be celebrating two years of recovery from mental illness.

Hi, my name is Julie and I am currently a volunteer for the Western HSCT Recovery College and a service user in Omagh. I suffer from schizophrenia, OCD and depression, having been diagnosed years ago in the 1980s. My journey to recovery began in 2014 when I was a patient in the Tyrone and Fermanagh Hospital and saw a poster for the recovery college health fair. I went along and it was there that I was asked if I would like to help out with producing some of the new courses and share my own lived experience.

I was delighted to be asked but I did wonder if I had anything worthwhile to contribute, after all, I wasn't a professional. At the same time I thought, here is a wonderful opportunity, so still feeling a bit uncertain and afraid, I went along to a train the trainer course where quickly those doubts left me. I discovered that I had something to give. I went on to help co-produce a number of courses for the recovery college and also attended several myself to gain a better understanding. This has been life changing for me. I have learned how to be more resilient and how to gain control of my illness. I now work for the recovery college co-ordinator in the Western HSCT as an administration assistant, which I love.

I still experience symptoms of a psychotic illness but I now have a greater understanding of how to cope with them.

The future looks brighter for me, and it is all because of the recovery college. So this Christmas I will celebrate and look forward to continuing my volunteering role and spreading the message of how the recovery college works.

Western recovery café launches

With the Western HSCT Recovery College flourishing, an exciting new venture has evolved... our very first recovery café.

Launching earlier this summer in Omagh, the recovery café meets every fortnight in a town centre café and is open to all those who attend courses through the recovery college.

Coming together in a relaxed and friendly environment, the café provides a great opportunity to meet up socially, discover what's happening within the local community that supports recovery and also to hear what's going on within the wider HSCT area.

Such information is captured and distributed through The Recovery Café Bulletin a co-produced newsletter which has proved extremely popular with all those who attend.

The café has also become an ideal platform to share ideas for the new term prospectus, support peer trainers and mentor potentially new trainers for the recovery college.

With the recovery café proving already to be a huge success, plans are now in place to establish them in other areas of the Western HSCT by early next year.

South Eastern HSCT Recovery College graduation 2016

On 1 July 2016 the South Eastern HSCT Recovery College held its first graduation ceremony, celebrating the achievements of all students, volunteers and tutors.

The chairman of the South Eastern HSCT, Colm McKenna, presented each student, tutor and volunteer with their graduate certificate and personal gift from the college. The day was packed full of celebratory stories and activities that involved reflecting upon our experiences and recognising what we have achieved together, in partnership.

During the graduation ceremony, college tutors led discussions on the success of co-production in the South Eastern HSCT. The commitment and support from staff teams in mental health, addictions and beyond was highlighted and the outstanding contribution from people with lived experience was embraced. Student feedback during the event suggested that the standard of quality and professionalism from the college was second to none!

The event was a huge success with many discussions involving what is next for students, volunteers and tutors. One student described their experience of the recovery college as 'turning on the light', helping her to find hope and choices for the future.

Another student described the college as the catalyst for helping him rediscover his skills and talents and in helping him build his sense of self-worth and confidence through giving him a purpose in life. Another student commented: "I have many qualifications but the best qualification I have is my lived experience – understanding mental health, learning about wellness and sharing recovery with others."

We wish our graduates every success in their future.



Recovery college graduate Roisin Donnelly



Recovery college graduate Paul Taylor

SEHSCT Leadership conference and Chairman's Awards

On 13 October 2016 the South Eastern HSCT Leadership Conference and Chairman's Recognition Awards were held at La Mon Hotel. Two tutors from the recovery college, Jill Holden-Downes (specialist lead in occupational therapy) and Angela O'Hara (recovery college tutor) presented on their experience of co-production during a very successful breakout session at the conference. That evening, the college continued to celebrate great success at

the Chairman's Recognition Awards. The recovery college not only won in its category, 'Stakeholder Engagement', but were delighted to be announced the winner of the 'Overall Chairman's Recognition Award'.

The SEHSCT Recovery College would like to take this opportunity to thank everyone involved in the recovery college but most importantly to students for their continuous support, passion and commitment.



Implementing Recovery through Organisational Change (ImROC) Workshop

On 27 October 2016 the SEHSCT Recovery College in partnership with ImROC and Central and North West London (CNWL) hosted a workshop on celebrating the work of ImROC over the last three years.

The workshop was led by Dr Rachel Perkins (senior consultant for ImROC) and Jane Rennison (CNWL recovery lead).

Feedback from the workshop suggests that ImROC has been a huge success in the South Eastern HSCT to date.

ImROC introduced the possibility of developing new ways of working in mental health services and through working in partnership with people with lived experience we have the combined knowledge, expertise and skills to deliver services that are focused on strengths, wellness and hope for the possibility of a better future.

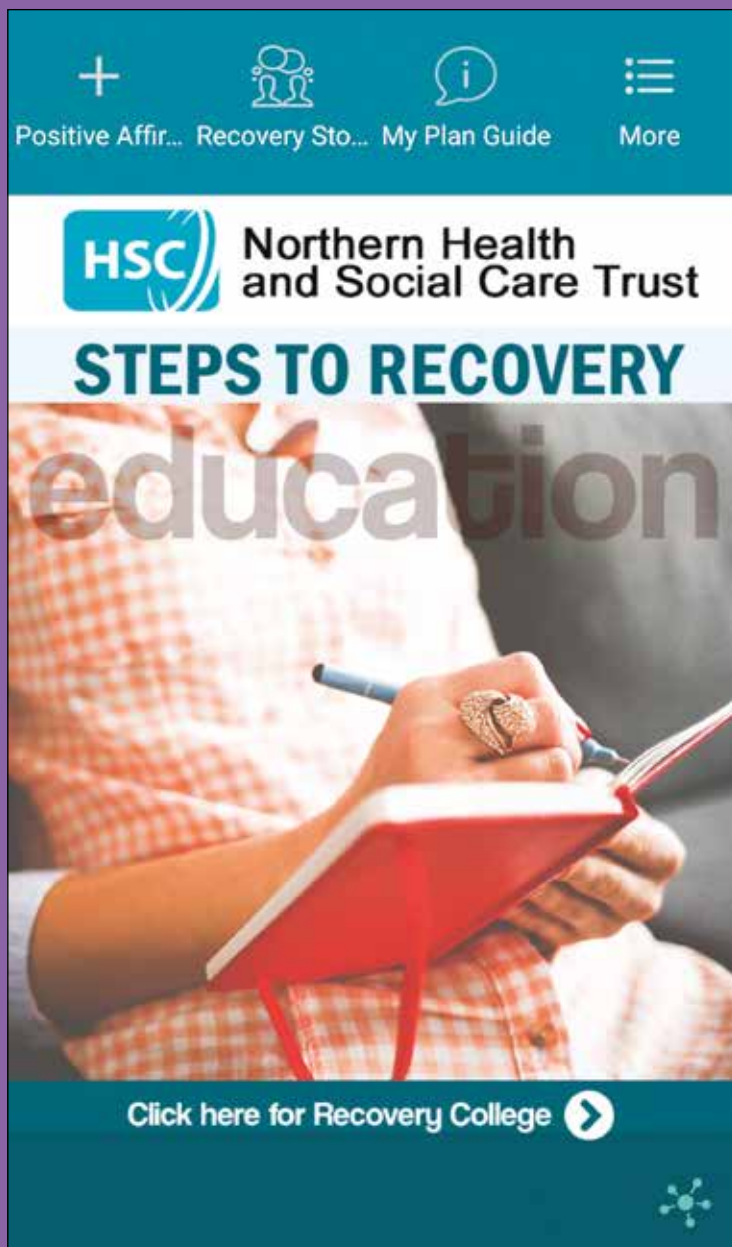
Feedback from service users and carers involved in ImROC suggests that through developing new ways of working mental health services are becoming more recovery focused and that the Recovery College has been instrumental in driving this programme forward.

'My Recovery' app launched By Northern HSCT Recovery College

- Are we doing everything we can to get our key recovery messages out there to support our students?
- Are we making best use of social media and new technology to promote the recovery college?
- How can we help our potential students to select and book courses and to find each of the many rural and urban venues where our courses are delivered?
- Could we find a way to offer a fast, cost-effective, 24/7 online booking service?

These were just some of the questions we posed ourselves over the summer of 2016 as part of a wider review of our communications. We already had a 'Steps to recovery' website accessible from the main NHSCT website at www.mentalhealthrecoverystories.hscni.net and a presence on Facebook (Search for The Northern Region Recovery College), but we felt that there was an urgent need to look again at how we improve online accessibility to the college.

Our discussions led to the idea of developing an interactive app for smartphones or tablets for the college. Following consultation with some service users, staff and an app developer around content, the 'My Recovery' app was developed and launched to coincide with the publication of our 2016/17 college prospectus in August 2016.



The free My Recovery app currently offers an excellent platform on which we will build over the coming year.

There are already several areas of functionality, including 'About Recovery'; 'Positive Affirmations'; 'Recovery Stories' and 'Recovery Planning'. Users can also access our 2016/17 prospectus, book (or cancel) courses online at any time, send us enquiries or photographs and access a range of other useful resources and support networks.

So far we have adopted a 'softly, softly' approach regarding a formal launch of the app, but our prospectus invites students to download and begin using the app, in particular to register for courses. The response to date has been very encouraging with increasing numbers using the app in this way. Not only is this convenient for students it also helps the college to streamline our back office booking processes, and affords a fast turnaround by email to confirm registrations.

We now plan to further develop other areas of the app in consultation with our students and to formally launch the app at an event in the near future.

If anyone is interested in discussing the app please contact Rosemary.Hawthorne@northerntrust.hscni.net. The app can be downloaded from the App Store or Google Play by searching for 'My Recovery'.

Setting up Causeway WRAP support group

Initially the co-facilitators and I met to go through a plan for the first group meeting in May 2016. We were very fortunate in that we had a venue offered to us free of charge, the Mental Health Resource Centre, Castlerock Road, Coleraine. We decided to make the meetings once a month on the third Friday of each month.

We set up Wellness Recovery Action Plans, a facilitators' support agreement and chose as our first topic one of (WRAP's) key concepts, 'hope'. Appropriate paperwork such as a sign in sheet and an agenda were discussed and templates drawn up and agreed on.

The first meeting was held on 20 May. The group support agreement (for the group as a whole) and future WRAP topics are decided on a monthly basis with all the group members suggesting which WRAP topics they want to explore. We go over basic concepts of WRAP and help support each other with the continual learning that the two day WRAP has provided us with.



The group is open to anyone who has completed a two day (or eight week) WRAP course and is there to provide support and help to the individual and their WRAP journey.

Although we are still in the early stages of group meetings feedback from members is always positive and all members and facilitators find the group of benefit. We also have WRAP support groups in the Antrim/Ballymena and Magherafelt/Cookstown areas and plan to establish a fourth group in Larne/Carrickfergus/Newtownabbey in the near future.

Our Causeway group also have a social messaging service in which we keep in contact with group members and arrange social outings such as a gym night for fitness and wellbeing or walking on a Thursday or Monday evening. We also organised a beginner's course in archery for all members this summer, and hope to do the same next summer.

The service also provides morning affirmations and support for everyone who needs it. For our members, social supports in this way help to promote recovery and social inclusion. Within the wellness recovery action plan for the individual members we hope to continue the elements which encourage and support everyone in their recovery journey.

As quoted by a member of the WRAP group: "I really appreciate these affirmations each morning. Keep me hanging on."

Anyone interested in joining any of our WRAP support groups please contact recovery.college@northerntrust.hscni.net

Northern HSCT: creative writing to co-production/ facilitation to user-led groups

Having begun to suffer a downturn in my mental health, due to a period of additional stress that had arisen in my life and that I was finding difficult to cope with, and being at a loss for activities to occupy my mind, I was advised by my key worker to look at the recovery college prospectus and see if there were any courses that might interest me.

As I browsed through the prospectus one course that immediately drew my attention was creative writing and, as I had formerly enjoyed writing as well as reading for pleasure, I decided to apply for a place on the course. I was fortunate enough to be offered a place and the course began several weeks later. There were about five or six of us and we were guided by a facilitator from the recovery college for the duration of the course. During this period I learned a lot about creative writing and also gained in confidence and self-esteem.

Initially the course was held in the Larne Community Mental Health premises and towards the end of the course our facilitator encouraged us to continue the group and to support each other. Once we were on our own, as a group we decided to look for an alternative venue

and found that Larne Museum had a room which was ideal for our purposes and at a reasonable cost.

We continued the group on the same day and at the same time at our new venue, but after several months I began to yearn for something more that would be at least as stimulating and I began curtailing my activities with the group. Speaking with my key worker and others it was suggested that I should consider applying as a volunteer with the recovery college so, after some thought, I applied and was accepted.

As a volunteer I was given the opportunity to work as part of a team of staff and other volunteers in the planning and co-facilitation of courses. One of the first courses I was able to co-facilitate was a creative writing course in Antrim, with a more experienced facilitator to guide and teach me. I greatly enjoyed these experiences and gained a further boost in my confidence and self-esteem. That group also now meet on a user-led basis. As a consequence I continue to volunteer with the recovery college and am looking forward to co-facilitating many more courses in the future.

Paul Wilson, volunteer, Northern HSCT Recovery College

Southern HSCT Recovery College

The development of the recovery college in the Southern HSCT is part of the ImROC national programme. The programme puts recovery-focused work at the heart of mental health service development. It builds on the national drive to create a society where people with mental health difficulties have access to the same opportunities in life as everyone else.

The power of recovery colleges is two-fold:

- First, they assist the individuals whom they serve in their personal and collective journeys of recovery.
- Second, they assist organisations and services to become more recovery-focused.

The creation of recovery-focused services requires a major transformation in purpose and relationships: a focus on rebuilding lives rather than reducing symptoms alone and a partnership between equals, rather than 'experts' and 'patients'

The transformative power of recovery colleges cannot be fully realised until they move from being a novel, marginal addition to being a central component of recovery-focused services, we in the Southern HSCT are pleased to be working towards this.

If people are to take control over their lives and pursue their life goals it is important that the confidence, skills and insights they gain from the recovery college are supported by other parts of the mental health service.



The Southern HSCT Recovery College will adopt a hub and spoke model making courses available to people right across the area.

Courses will take place in a range of non-mental health settings such as community centres and community hubs and a smaller number in HSCT and partner organisation facilities. The idea behind this is to address the stigma that is often associated with attending mental health facilities. Currently we are networking to establish contacts within communities.

Courses are co-produced and co-delivered by people with lived experience of mental health challenges and service providers, acknowledging the range of perspectives within services and therefore providing a richness of experience for participants.

People register for courses and are not referred from within services, this encourages people to feel more empowered in their decision making and to make their own choices and have more control.



The recovery college team is supported by a new admin assistant and peer recovery trainers will soon be recruited to support the ongoing delivery of training courses and programmes.

The Southern HSCT is privileged to have at the heart of this newly emerging service a number of volunteers who have contributed greatly to the development of this project and through their commitment and enthusiasm we have made great progress.

Ann Butler, recovery coordinator,
Health Minister Michelle O'Neill,
Mary Connolly, acting head of
service support and recovery

Southern HSCT Well Mind Support Hub

In 2014 a project was set up to begin development of the Well Mind Support Hub. This was led by the Southern HSCT commissioning group with representation from a wide range of stakeholders including service users.

The Mental Health Care Pathway, You in Mind was an integral part in the development of the Well Mind Support Hub.

The Well Mind Support Hub was introduced to provide an early intervention service that will work with people over the age of 18, offering advice and support on a range of issues that can impact on mental health and wellbeing.

The Well Mind Hub aims to:

- coordinate early access to other services such as statutory services, independent sector services, voluntary services and services in the local community;
- offer support and advice with mental health problems such as stress, anxiety and depression.

Appropriate support and intervention may include:

- health promotion and education;
- support to access computer-based therapy;
- support to maintain employment;
- cognitive behavioural therapy;
- group therapy/group work;
- facilitated self-help;
- signposting to other support services;
- providing information and advice for clients and their carers on services available to them in their local area.

The Well Mind Support Hub will have a close working relationship with GPs to ensure the most appropriate support for each person.

Contacts

Belfast Recovery College

Helen Anderson
Recovery College Coordinator
Everton complex, Crumlin Road, Belfast
BT14 7GB
Tel: 028 9504 6985
Helen.Anderson@belfasttrust.hscni.net

Northern Recovery College

Rosemary Hawthorne
Recovery Facilitator and Manager for Whiteabbey Day Hospital, Carrick 3, Holywell Hospital,
60 Steeple Rd, Antrim
BT41 2RJ
Tel: 028 9446 5211 ext 323449 or 028 9055 2201
Rosemary.Hawthorne@northerntrust.hscni.net

Southern Recovery College

Ann Butler
Recovery Coordinator
Trasna House, Lurgan
BT66 8DN
Tel: 028 3834 7537
Ann.Butler@southerntrust.hscni.net

South Eastern Recovery College

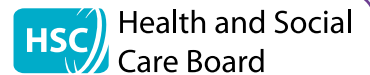
Anna Devlin
Recovery College Coordinator
Mental Health
Home 3, Ulster Hospital, Upper Newtownards Road, Dundonald
BT16 1RH
Tel: 028 9041 3872 ext. 89872
Anna.Devlin@setrust.hscni.net

Western Recovery College

Olive Young
Recovery College Coordinator
c/o Lissan House, 41 Dublin Road, Omagh
BT78 1HE
Tel 028 8283 5367
Olive.Young@westerntrust.hscni.net



Public Health Agency
12-22 Linenhall Street, Belfast BT2 8BS.
Tel: 0300 555 0114 (local rate).
www.publichealth.hscni.net



Find us on:

Many thanks to the Recovery newsletter co-production team for their contributions and work.