

Weekly Sessions

Week 1	Introduction
Week 2	Mental Health (1)
Week 3	Mental Health (2)
Week 4	Recovery (1)
Week 5	Recovery (2)
Week 6	Medication
Week 7	Leisure and Activities
Week 8	Local Services
Week 9	Care Programme Approach / Advance statements / Crisis Cards
Week 10	Building Confidence (1)
Week 11	Building Confidence (2)
Week 12	Discrimination
Week 13	Application Forms
Week 14	Interview Skills
Week 15	Job Centre / Benefits
Week 16	Open Session with Learning Providers, Voluntary Organisations and Work Agencies
Week 17	Evaluation

Order of programme may be subject to change

So you're interested in joining...

ROUTES TO RECOVERY



Interlink

**This little Booklet will help you to
see what to expect ...**

**For more information please contact
Kath Jones at Interlink on 01443 485337**



Who will be there?

There will be about 12 people all suffering with a mental health problem. As well as this Kath and Rachel, the project workers and Steve and Deb the Genesis advisers

Where is it going to be held and when and for how long?

R2R will be held in different locations within RCT for seventeen weeks, dates to be confirmed.

What time will it start and Finish?

The group will start at 10.30am and finish at 1.00pm for the morning course, the afternoon course will start at 1.30pm and finish at 4.00pm. There will be a buffet for half an hour and a break so that you can have a cup of tea and a chat with people.

How can I get there?

We will speak to you about your transport arrangements. But if you are able to get a taxi, bus, train or have somebody to drive you then we are able to pay you your expenses as long as you keep your receipts. If you come by car then clock your mileage and you will be paid 30p for every mile travelled to and from the Coliseum from your home.

What about Childcare?

If you need any childcare arrangements to allow you to come to the course then let the project workers know about this and they will make arrangements for you to speak with Deb or Steve from Genesis who will be able to help you with Childcare arrangements

What do we do?

You will see a timetable of all the different talks that we have on the back page. The sessions are delivered by nurses, social workers, psychologists, independent trainers and others. They come to the course and teach us about the different subjects that can be seen overleaf. We have an opportunity to ask them questions and if we want to we can talk about our own experiences as well with each other.

Do I have to talk?

No. You are able to participate as little or as much as you want to and there is no pressure on you to talk or to contribute. All the information that you talk about in the group is kept confidential unless there is a danger of you hurting yourself or other people. We will then have to share this information with others but we will talk to you about this first.

What will I get out of Coming?

Lots of different things. You will understand all about Recovery and how this applies to you. You will make new friends, get into a routine. Learn lots of new things and you can also get a Level One qualification from the Open College Network in Routes To Recovery. As well as all this we will work with you individually to help you to achieve your hopes and dreams.

Can I try it to see if I like It?

Yes there is no pressure on you whatsoever, so come on and give it a go!!!