

**“Hitchikers Guide to Recovery & Wellbeing”
for Mental Health Carers
Tuesday March 22nd – Tuesday April 12th 2011**

09.30 - 10.00	Arrival, welcome refreshments
10.00 - 11.15	Session 1
11.15 - 11.45	Coffee break
11.45 - 13.00	Session 2

Programme outline:

<u>Tuesday 22nd March</u>	<u>Blackthorn Garden Room</u>
Session 1:	Developing a shared understanding of Recovery Linda Stocker, Recovery Lead, KMPT
Session 2:	Exploring what a recovery-focussed mental health service means in practice. Linda Stocker, Recovery Lead, KMPT
<u>Tuesday 29th March</u>	<u>Carers Centre, Tonbridge</u>
Session 3:	Recovery within the Care Pathways assessment, care planning and review process. Rebecca Lowe, CPA Recovery Lead, KMPT
Session 4:	Exploring your role in recovery. Rebecca Lowe, CPA Recovery Lead, KMPT
<u>Tuesday 5th April</u>	<u>Blackthorn Garden Room</u>
Session 5:	Discovering what supporting wellbeing means in practice. Nicky Dawber, Healthy Choices Lead, KMPT
Session 6:	Exploring your role in promoting wellbeing. Pat Morgan, OT Lead, SW Kent, KMPT (TBC)
<u>Tuesday 12th April</u>	<u>Carers Centre, Tonbridge</u>
Session 7:	Demonstrating Recovery can work. Louise Jessop, Expert by Experience and KMPT Recovery champion
Session 8:	Discovering what recovery will mean for you. Becky Heelis, Psychology Research Assistant, Meriden Family Programme. (TBC).