

# Recovery and Well-being Strategy: Carer Engagement Workshops

## Background

As some of you are aware the Trust is currently two years into the delivery of a three year Recovery and Well-being Strategy and programme of work. As part of this we are very keen to engage carers in this process and any longer term work that may take place following this initial three year programme of work.

## Event

The Recovery Programme Team is hosting two recovery and well-being workshops for carers who have experience of caring role for individuals accessing forensic or adult mental health services.

The workshops will take place on the following dates, time and venue:

- **Thursday 11 February 2016 from 10am – 3.30pm at Morton Park Business Training Centre, Yarm Road, Darlington, DL1 4PJ**  
*(Please note this workshop is aimed at those Carers living in the Durham, Darlington and Teesside areas)*
- **Thursday 24 March 2016 from 10am – 3.30pm at York CVS, 15 Priory Street, York, YO1 6ET** *(Please note this workshop is aimed at those Carers living in the North Yorkshire area)*

## ***The workshops will cover the following:***

- An introduction and overview to the Recovery and well-being strategy and the work achieved to date
- To provide carers with an opportunity to network with each other
- To provide carers with an opportunity to explore issues that are specific to carers within the recovery and well-being agenda
- To help us consider how we can work with carers on this agenda going forward

## ***Booking a place on the workshops***

We have allocated up to 40 places per workshop and places will be offered on a first come first served basis, please note lunch will be provided (can you let us know of any special dietary requirements when booking your place please?)

You will be reimbursed for your travel expenses, to attend the venue closest to where you live, and an involvement payment of £40 (subject to tax) will be offered.

If you would like to attend please book a place with Emma Walton, Recovery Programme Administrator on **0191 333 6550** or email [emma.walton3@nhs.net](mailto:emma.walton3@nhs.net). You will need to confirm that you have experience of caring role for individuals accessing forensic or adult mental health services and provide contact details for future correspondence about the event.

If you would like to attend the event on the 11 February 2016 at Morton Park then please book a place by Friday 29 January 2016.

If you would like to attend the event on the 24 March 2016 in York then please book a place by Friday 19 February 2016.