



HEADS UP

SPECIAL POINTS OF INTEREST:

- The Great RECOVERY Debate
- Survivors or Recovery
- Campaigning in the House of Commons
- Heritage of Mental Health Book Review
- Volunteering for RECOVERY
- Vice Chair's Comments

INSIDE THIS ISSUE:

- CAMPAIGN TO STOP COMPULSION 2
- NO SOUND JUST PRESENCE 2
- CENTERING THE MIND - A Transforming Experience. 3
- Centering Therapy Dates 4
- RECOVERY Meeting Dates 4
- Contacts 4
- Up and Coming Events 4

VOLUME 1 ISSUE 2

SUMMER 2009

The Great Recovery Debate

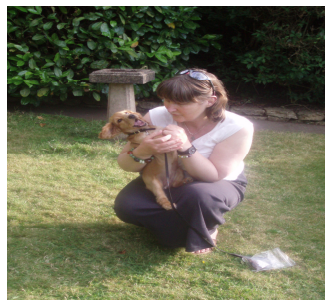
The Survivors' History Group, the Spirituality and Recovery Research Group and RECOVERY are having a debate about recovery or survival.

Lizzie Maitland, 53, Project leader of RECOVERY says "recovery is definitely not a medical model as medicine, as you have probably noticed, does not lead to recovery."

RECOVERY is more about finding ways to Mental Health through CARAT (Complementary and Alternative Remedies and Therapies.)

The best of these that help many survivors are homeopathy, Centering Therapy, Christian Healing Ministry and Creative

Writing of Life-Stories. Many survivors agree that faith (Feeling Assured In This Hope) in recovery is far more peaceful, joyful and just plain fun than fear (False Evidence Appearing real).



AWARE Dogs: for Mental Health Recovery

However some friends and members of **RECOVERY** believe they will never completely re-

cover and are resigned to stay on medication for the rest of their life.

They are content with the progress they have made and we respect them for this. We all work together peacefully to campaign for freedom from compulsion (being forced into hospital or onto drugs against peoples will.)

We do hope we can all stay friends over this. Let us have no friendly fire but it is always a good idea to have a debate. We welcome the idea that people do not always agree with each other. We are all different with various experiences and views. We should in honour listen to each others views.

Survivors or Recovery

Heather Straughan continues the debate:

"we need to come together, for debate yes, but also to thrash out a consensus, a user statement on recovery, that would put across the messages and redefine where we want this concept to go, and what it should offer, and what it must not come to mean. Honestly, if we do not achieve this, then

recovery will come to mean something that none of us want in the end"

Louise Pembroke asks:

"A young woman sobs her heart out at a workshop because everyone is talking about the great recovery and she doesn't feel recovered, did we have people feeling this way talking about self manage-

ment or acceptance of voices? NO! Survivors telling an audience they 'must choose recovery' or how having children or earning more than a consultant is their recovery whilst people in the audience are working out how to survive."



Campaigning in the House of Commons



PIONEER: David Tredinnick

On Monday 19 May, 2008 this Early Day Motion was presented and signed at the House of Commons. It was presented by Leicestershire MP David Tredinnick and signed by the other MPs:

LEICESTERSHIRE AND RUTLAND'S HERITAGE OF MENTAL HEALTH

This House welcomes the 'Progress in Our Age' Exhibition touring Leicestershire and Rutland to highlight improvements in mental health (produced by Recovery Resources Charity); further welcomes the publication of the book 'Leicestershire and Rutland Heritage of Mental Health', an account of the history of the treatment of mental health and two pamphlets of the experiences of those suffering from mental health in these counties; congratulates them on the grants received from various sources including Comic Relief,

Henry Smith Charity, CSIP and Attend; hopes that they will receive funding from Leicestershire Partnership and the Lottery in the future to enable the project to tour other counties in the UK; notes that homeopathic remedies are especially useful in addressing suicidal feelings and in enabling compulsion to be lessened; and calls on the Government to encourage the use of homeopathy in psychiatric wards and doctors surgeries.

Many thanks go to David for his help and support

"This house welcomes the 'Progress in Our Age' Exhibition" MP David Tredinnick

THE DIALOGUE BETWEEN SILENCE AND SPEECH

No aims: Just Turn up

Father Thomas Keating shared with over 200 people at Contemplative Outreach UK's 'Enrichment Day' the method of Centering Prayer on June 13, 2009. Firstly we were reminded that there is no good or bad session and "many thoughts or no thoughts it doesn't really matter". The only aim is to turn up.

The good news is Father Tom agreed that:

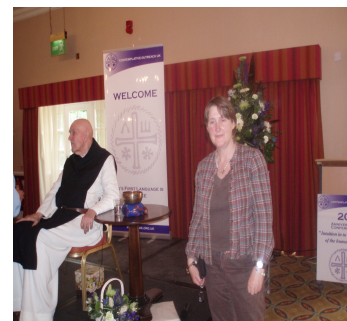
RECOVERY can change the name to 'Centering Therapy' because the word prayer is challenging to some .

Spiritual Evolution

Every religion has a different way of listening. When we love our own religion enough we start to love others' faiths. This Centering Therapy is not just about healing but to let reality sink into our consciousness in deeper levels. This leads us to the mystery "who is God, what is God?" According to Father Tom this mystery "is not solved by words but by experience."

Centering Healing

Humility is the way to receive divine healing. On entering 'our inner room' we may recognise this way to



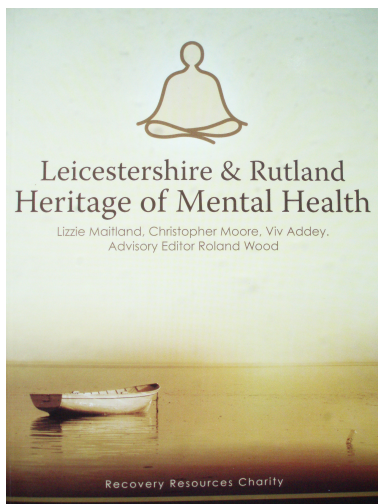
Dynamic - Father Thomas

be a remedy. We take a 'vacation from ourselves' and find our true nature. Father Tom explains that this centering process removes the obstacles to perfect Mental Health. We "Hear the thoughts but learn to disregard them."

"FROM THE PREOCCUPATIONS OF EVERY-DAY LIFE TO THE INTUITIVE LEVEL OF THE SPIRITUAL WILL"

Father Thomas

Heritage of Mental Health Book Review



BOOK: better understanding

For those new to the issue of Mental Health seeking a historical context in which to learn more, this short book is a great resource.

It begins with the assertion that Jesus was described as mad by his enemies while probably being perfectly sane. This theme continues right up to recent centuries with friends and family alike, claiming a person's madness to get them locked away in asylums and seizing their property.

The Greeks were the first culture to view madness as an object of rational inquiry with famous philosophers of the time, systematically measuring nature, so they reasoned about madness as well. They looked for the causes, preventions and cures.

The book describes the two main theories where either the mind was tormented by reflecting on the persons inner conflict or something medical; that illness was natural not supernatural so could be investigated. A strong religious theme runs through the book where 'religious madness' is described as the conflict between God and Satan for the soul of the individual.

An explanation of the word 'mad' is discussed with different types of madness described from various perspectives. It was in the 18th century that the public first began to take an interest in mental illness and the 1744 Vagrancy Act contained the first separate mention of lunatics. The bizarre case of Dame Sarah Clarke, that divided the nation, draws parallels with King George III's madness and reads like a modern reality television script. Interestingly, one Professor of History of Medicine states 'the mad were talking a foreign language which few felt inclined to learn'.

A chapter is dedicated to local establishments including the Leicester Royal Infirmary, a private asylum called Belle Grove and the 1834 plans for a county asylum. One of the authors describes her experience of the Brandon Unit that opened in 1984 at the Leicester General Hospital and starts

theory of the group behind the book.

The beginnings of 'Care in the Community' are outlined with the assertion that mental health still does not seem to be as important as money and it appears nowadays we may have lost sight of a cure in psychiatric medicine. This had finally led to a growing voice among patients and ex-patients advocating CARAT Complementary, Alternative Remedies and Therapies.

The Recovery Resources Charity (RCC) is made up of users, carers and professionals and they believe they have free-will as humans to choose their health treatment. This book is an attempt to support the idea of allowing people affected by mental health problems the choice of how they are treated.

The 2007 Mental Health Act is generally felt to be a disappointment whereas the Capacity Act of 2005 is seen as a great resource for improvement. Ultimately the book advocates finding your own way to perfect mental health and many more people are agreeing that sitting still, doing nothing and 'centering' the mind is truly a transforming experience. John Coster.

To buy this book please send a voluntary donation of £3.99 (unwaged £3.00) to RECOVERY, 14 Brambling

**“For those new to the issue of Mental Health seeking a historical context in which to learn more, this short book is a great resource.”
John Coster**

Volunteering for Recovery.

Recovery charity is organized and run by volunteers so we are always looking for more help with our work. We do training, social events and self-help groups.

Our contact details are on the back so please give us a ring if you want to get involved with any of the projects we are running.



RECOVERY GROUP: Training.



Contact Us to become a volunteer:

14, Brambling Way
Oadby
Leicester
LE2 5PA

Heritage Mental health Project.
Lizzie Maitland 07932433148

Recovery Independent
Advocacy Project.
Helen Halst 07984197232

Beatitude Project.
Lizzie J. Maitland 07932433148

Homeful Project

Vice Chair's Comment



Sudana (Vice Chair of RECOVERY) with friends at the Maitri Project.

A Week in the Life of Sudana a Buddhist Volunteer.

Monday: Help out at the Maitri project with the homeless and survivors.

Tuesday: Training with **RECOVERY INDEPENDENT ADVOCACY PROJECT.** We are doing 'The Good Advocacy Pathway' and making our own '12 Quality Standards'. After a veggie meal we do Centering Therapy: I enjoy the 'alertness without effort in the stillness'.

Wednesday: Involved in the 'Spiritual Space' in the Brandon Unit as part of the Chaplaincy Volunteering. We go to a 'Trust Advisory Group' monthly meeting working with LPT to improve psychiatric services in Leicestershire, Leicester and Rutland.

Thursday: Visit survivors on the Brandon Unit as part of the befriending scheme.

We do regular training on Mental Health like a 'Suicide Awareness' afternoon and a talk on 'Dementia'.

Best of all are our Social Events:

CARAT—Monthly parties to experience the benefits of homeopathy, aromatherapy and reflexology etc. We are going to poetry cafés 'The Word' at Y theatre with a view to holding our own 'Survivors Poetry Café'.

COME AND JOIN US— YOU WON'T REGRET IT!

Up and Coming Events

Centering therapy dates May - August 2009

Do put these dates in your diary and please come for supper at 6.30 pm (or 7.00pm if you prefer to eat at home). We usually finish the Centering Prayer, after a short discussion and 20 minutes Centering Therapy, at 8.30 pm:
Tuesday 14 July
Tuesday 28 July
Tuesday 11 August
Tuesday 25 August



Recovery meetings July — December 2009

These are management meetings for the charity and start at 4.00 pm and finish at 6.00 pm. Everyone is welcome to attend by prior arrangement.

Afterwards at 6.30 pm you are invited to stay for a vegetarian supper and some Centering Therapy at 7.00 pm.

Tuesday, 4 August
Tuesday, 2 September
Tuesday, 6 October
Tuesday, 3 November
Tuesday, 1 December

RECOVERY AGM

The next RECOVERY AGM will be on July 7 from 4pm - 6pm at Bishop's St Methodist Church, 10A Bishop Street, Leicester, LE1 6AF (opposite Town Hall Square).

Please RSVP (contact details above) before July 1 when an Agenda will be forwarded to you.

