**Inverness Mental Health Recovery College Event**

**Monday 26th February 2018**

**The Centre for Health Sciences,   
Raigmore,   
Old Perth Road,  
Inverness  
IV2 3JH**

This event is to take place next to Raigmore Hospital in the building called Centre for Health Sciences. It has parking available (it costs £1.00 on leaving the car park). Buses to Raigmore occur regularly. The building is wheelchair accessible. No BSL interpreter available. Take your own lunch or cafe on site.

This day will deliver the same programme/event in the morning and afternoon to suit everyone’s needs. Please come along to just one session either morning or afternoon. The Wellbeing Marketplace is for everyone to visit so if you like you can stay after the morning session or come early if attending the afternoon session, this is optional. The aim of the day is to tell you about what a Mental Health Recovery College is, and to gauge if there is sufficient interest to establish one in Inverness.

**Agenda – Morning Session**

9.30 – 10.00 am Welcome. Tea/coffee. Volunteer support.

10.00 – 10.20 am Opening Remarks by Mr M. Perera.

10.20 – 11.00 am Recovery Colleges by Helen Neville.

11.00 – 11.20 am Break-time. Graffiti wall for comments.

**11.20 – 12.00 noon Chat stations. Join a session you choose.**

Table 1 See Me – Challenging Mental Health stigma

Table 2 Branching Out – an outdoor activity, provided by the Centre for Mental Health Recovery.

Table 3 Coping and Succeeding Day Service - What is co- production? How we developed our service.

Table 4 Recovery Colleges. What’s in it for me?

Table 5 Toolkit for employers from Birchwood Recovery

**Wellbeing Marketplace – 12.30pm to 2pm**

1. Mindfulness 10 minute meditations
2. Storytelling Making Connections
3. Third sector resources. What we offer?
4. Psychological Services. Being Deaf in MH services.
5. Principles of a recovery college.
6. Decider Skills – What is this?
7. Walk and Talk

**Agenda – Afternoon Session**

1.30 – 2.00 pm Welcome. Tea/coffee. Volunteer support.

2.00 – 2.20 pm Opening Remarks by See Me.

2.20 – 3.00 pm Recovery Colleges by Helen Neville.

3.00 – 3.20 pm Break-time. Graffiti wall for comments.

**3.20 – 4pm Chat stations. Join a session you choose.**

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