

Recovery & Wellbeing

**Each person is unique—
as is their Recovery
Journey.**

**Wellbeing is a
fundamental element of
everyone's life.**

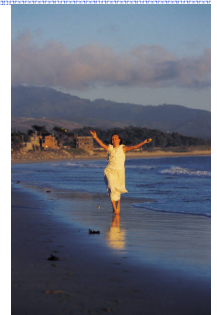
**Recovery is about the
choices we make and a
hope that things can
improve.**

**Recovery is about
taking responsibility
and action to help
manage life and bring
about positive
changes.**

**People have been
recovering from
periods of mental ill
health for a long time
by developing
strategies that help
themselves.**

HUBB provides a variety of programmes for RECOVERY and WELLBEING, from helping people complete an individual RECOVERY or WELLBEING PLAN to facilitating monthly groups for peer support.

HUBB also offers training for organisations who want to educate their personnel in this important and evolving field. RECOVERING JANE has been designed to promote thinking and learning for those who want to develop their own recovery and wellbeing skills. It is excellent for family, friends, carers and health workers who want to promote and encourage RECOVERY and WELLBEING as part of their normal working practices and support strategies. The 'Victim-Rescuer' paradigm will shift to one of constructive support by engaging as a partner on the journey to recovery.



Each person defines what a meaningful and satisfying life means to them -whether or not that person is experiencing ongoing or recurring difficulties with Mental Ill Health.

RECOVERY and WELLBEING provides a powerful way for a person to self manage the discovery, or re-discovery, of a sense of personal identity away from illness or disability.

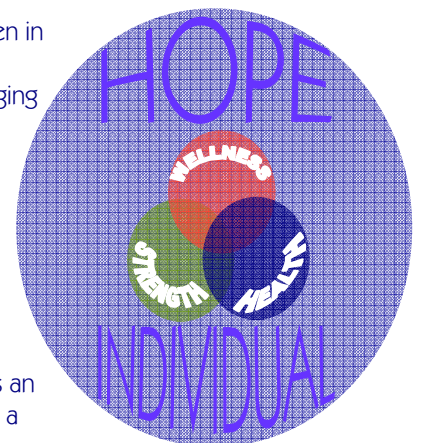
RECOVERY is about building hope. It does not happen in isolation and making the step to social inclusion is an important one. Developing self-esteem and encouraging relationships enables people to reach their full potential and integrate within local communities.

The RECOVERY PROGRAMME helps individuals move from a position of pathology, illness and symptoms of ill health to one of health, strengths, wellness and hope.

Self management of the RECOVERY JOURNEY enables an individual to develop self esteem and confidence to a position of optimism and wellbeing.

RECOVERY and WELLBEING both have **HOPE** at the core of their meaning. This can be fostered by helping individuals to see how they can take a more pro-active role in the control of their life by participating in 'Peer Support Groups' and learning how others have managed their lives and moved forward.

Contact **HUBB** for further information on RECOVERY and WELLBEING Training



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HUBB

Individual

Taking Responsibility

Choices

Realistic Goal Setting

Small Steps

Structure



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