



HUBB

Recovering Jane[®]

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

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

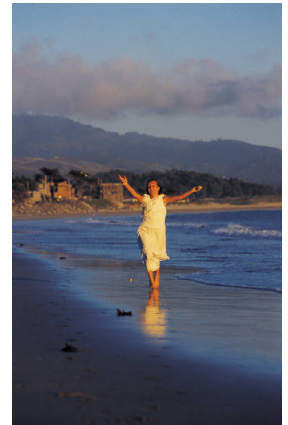
**Recovery is about the
choices we make and a
hope that things can
improve.**

**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.**

RECOVERING JANE has been developed to assist understanding of how RECOVERY and WELLBEING can be promoted to benefit everyone.

It is designed to be used as part of a general 'Recovery' or 'Wellbeing' programme. The people who will find it useful range from individuals who have experienced severe mental distress in the past to friends, family and carers and health workers. Those who use services and those who provide them—in all capacities.



RECOVERY and WELLBEING are important, if not vital, elements in the mental health of the members of our society.

RECOVERING JANE provides a series of different scenarios designed to stimulate thought and debate around how RECOVERY and WELLBEING can be promoted and developed from a wide range of perspectives. The examples include individuals who have experienced severe mental distress to carers and others supporting those with mental health needs.

The training will take place at:

Eastbury Manor

Eastbury Square

Barking IG11 9SN

T: 020 8724 1002

E: eastburym Manorhouse@lbbd.gov.uk

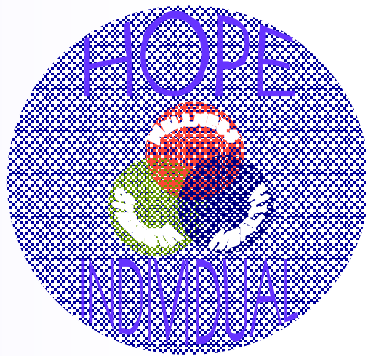
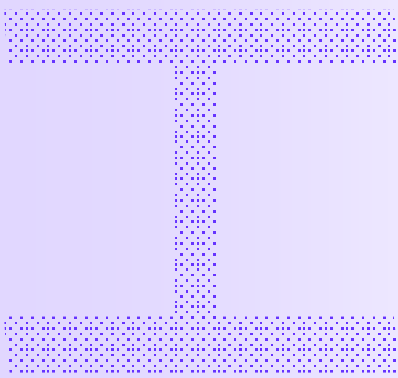
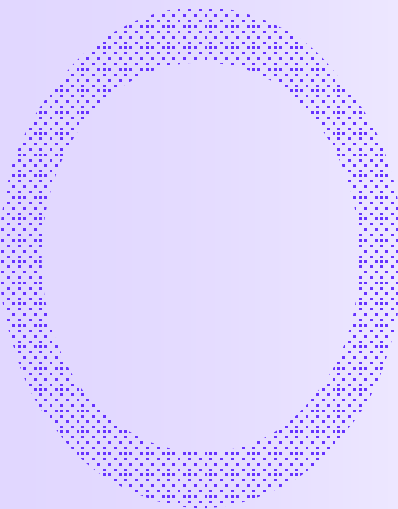
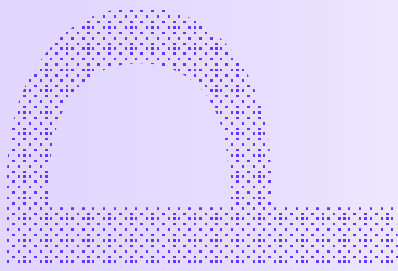
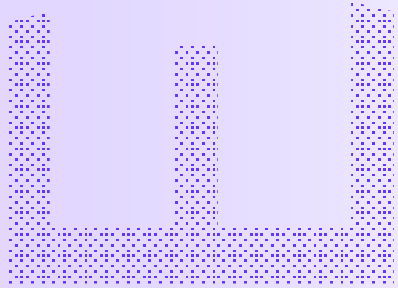
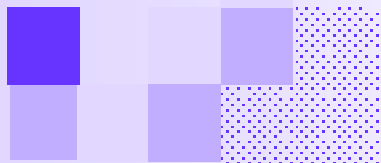
The available dates are:

28th, 29th & 30th April 2010

Registration starts at 9.30 with the programme running from 10.00 am to 1.00 pm.



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Wellbeing For All
 Recovery & Personalisation
 Who is Responsible?
 Challenge With Support
 Challenging Stereotypes
 Understanding Culture
 Who are you helping?



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