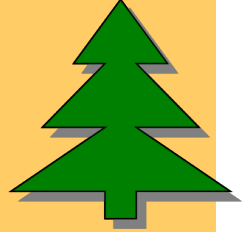




Supporters' Newsletter



Merry Christmas



The Recovery In-Sight Social Enterprise would like to thank all our funders and supporters in 2011, and all those who will be funding us in 2012 and beyond and wish them season's greetings and a prosperous New Year.

Over the past 12 months as well as delivering our courses and offering supported volunteer positions, made possible from locality budgets and more recently from the European Social Fund, some notable events have taken place. A brief summary follows:

A big thank you to those County Councillors who donated from their Locality Budgets 2011/12: Mark Watkin, Deirdre Ann Gates, Matthew Hurst, Phil Bibby, Ron Tindall, Barbara Lamb, Maxine Crawley, James Fraser & Chris White.

Courses

We ran 2 courses this year bringing the total to 9 courses having been run in the organisation's short life. Data on the effectiveness of these courses is now available, see below. Two courses are currently planned for 2012. The first starting in January & the second due to start in April, both running for 8 weeks. Subject to funding, further courses are planned for later in the year.

After analysis of all self-report recovery questionnaires (before and after the courses) and post-course quality questionnaires completed by all trainees, it is clear that **the benefits from following the Recovery In-Sight course are huge.**

Briefly:

People progressed by 40%, on average, in their knowledge and ability to cope after the course, in comparison to their scores before the course.

The element of the course materials that was appreciated the most by trainees was the large *Behaviour-Thought-Mood chart* which details the extremes of depression - across stable mood - to the extremes of high moods.

For more detailed information refer to our website and follow the link.

Old Free School - opens for the first time for English Heritage Day, 10th September

On Saturday 10th September 2011 the Old Free School in Watford, where The Recovery In-Sight Social Enterprise has been based since September 2010, was opened to the public for one day during the annual 4-day English Heritage Day event. This was the first time in its history that The Old Free School was open to the public. RISE team members acted as guides, showing the public and members around the grade II* listed building (one of more than special interest), built in 1704 by Dame Elizabeth Fuller, for the education of the poor and deserving of the community of Watford. This was made possible by a grant from Watford Mayor's fund.

On 26th October Linden Lynn, the new lead for Recovery Devon visited Dr Straughan at the Old Free School to find out more about how to set up and run a social enterprise. A consultancy service also offered by Recovery In-Sight, including business planning, marketing & constitution

See our website for further information .



**Special
Auction of
Promises -
raises
almost
£3,000**

A unique event, an Auction of Promises, took place at the Old Free School on 7th July 2011 to raise funds so that RISE could continue to remain at the School to deliver its services in recovery training and voluntary placements/job-skills training for a second year.

Over 50 members, local organisations and shops donated gifts that were auctioned on the night. The event was attended by over 70 guests.

A cheque for £960 was presented by John Lewis from their in-house fundraising at the store in The Harlequin, Watford,

The Old Free School was adorned with paintings from two local artists: Suzanne Parker and Emily Fripp. Suzanne donated one of her lovely pictures to the social enterprise.

Full details of the event are on our website.

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Legal & Employment Services

Thanks to a grant from Awards for All (Big Lottery) RISE now offers free benefits & legal advice to people affected by mental health problems: Serwah Hindhaugh, new RISE team member and qualified solicitor offers legal, benefits & debt advice commencing with a detailed individual and private assessment and on-going advisory sessions for as long as a person needs these. Dr Straughan offers employment advice. The aim: to enable people in their recovery and in their return to work by removing the barriers that would otherwise hinder them and continue to create a stressor.

An Employment Advice fair was held on 18th October introducing this new service. The event was attended by over 30 people who remained in the majority for the whole afternoon and took part in the two workshops.

Dr Straughan spoke of the multi-modal package of services that RISE now offers; Watford's Disability Employment Advisor, Siobhan Coughlan spoke of the range of personalised services that she provides for people with all kinds of disabilities as they seek work. Natalie McKenzie, carer and accountant from Price Waterhouse Coopers, facilitated two workshops: "A Life in the Day" (job-related skills needed at work) and "The Interview" (what skills and attributes an employer is looking for in those valuable face-to-face moments that mean the difference between being offered the job and being turned away).

Bob Walters, BBC camera man and film producer, filmed the presentations on the day - to be edited into films that will be uploaded onto RISE's website shortly as e-learning pages.

Training Celebration & Awards Day 23rd June 2012

After the 2 courses to be held next year are finished, there will be a unique opportunity for all past In-Sight trainees to get together at the Old Free School to celebrate their learning, and personal developments and experiences since following the course. An opportunity for what will be over 100 In-Sight trainees to get together and catch up - for people to get to know trainees in earlier or later training

groups, and to build a greater Recovery In-Sight support group & build capacity going forwards.

The date: *Saturday 23rd June.*

Venue: *Old Free School, Watford.*

Refreshments and lunch provided.

Past and current funders & supporters are also invited to celebrate with us & to meet the beneficiaries of their funding.