



“Mind Training”

Learning and Developing Together

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“MIND Training” is part of MIND in Exeter and East Devon Limited

September 2007

Sessions Coming Up

26 Sept	Mental Health Awareness - An Introduction
27 Sep, 4, 11 & 18 Oct	Wellness Recovery Action Plan*
31 Oct	Exploring Mental Health
1, 8, 15 & 22 Nov	Wellness Recovery Action Plan - Exeter *
8, 15, 22 & 29 Nov	Maintaining Wellness*
14 Nov	Maintaining Wellness
21 Nov	Mental Health Awareness - An Introduction
28 Nov	Coping with and Reducing Stress

* These courses are for people with lived experience

All the above are workshops unless otherwise stated, are at The Haven from 10am to 4pm

Update on our activities:

During the summer months, we have been busy with a competition to design a new logo for the Learning and Development Department aka “MIND Training”; two Mental Health Awareness Workshops for East Devon District Council; a Wellness Recovery Action Plan workshop for Dorset NHS; creation of our new prospectus; posters and flyers, all of which are available to download from www.recoverydevon.co.uk or from ourselves via email or from our centres.

The new Maintaining Wellness workshop is now ready with the course, for people with lived experience, starting on 8 November 2007. There will also be a full day workshop, for staff, carers, people with lived experience and the public on 14 November 2007.

During the autumn, we have arranged for two Wellness Recovery Action Plan courses for people with lived experiences in both Exeter and East Devon starting on 27 September and 1 November. Each course lasts 4 weeks.

We have also arranged for a Listening Skills 3 hour workshop and a 10 week Speaking Up Course. These two courses are delivered in partnership with Exeter Council for Voluntary Service.

If you are interested in taking part in any of our workshops or courses, please do let us know. All courses / workshops for people with lived experience are free and there are some places available on all our other courses.

Three members of the MIND Training team, Dawn Willis, Richard Charnic and Georgina Lynch have undertaken their Initial Teacher Training and completed the level 3 City and Guilds “Certificate in Delivering Learning”. They will be supported to develop their skills in creating and delivering sessions.

We are also liaising with Exeter College about some courses on Life Skills together with additional courses that will be advertised by poster.

Support Time and Recovery:

The next courses for the 3 day NHS Foundation Certificate in Support Time and Recovery are taking place in Exeter and Torquay during the Autumn.

Places are available on both courses and are especially welcome from people with lived experience or from carers / relatives of people with lived experience.

If you are interested in applying for a place on one of the courses, please do let us know and we will support you to complete your application form. Getting a place and completing the course do not guarantee work, but will look good on your C.V. Once you have completed the three day course, you will be able to use the certificate to apply for Support Time and Recovery posts when they come up. Posts are advertised in the STR centre on the www.recoverydevon.co.uk website.

Are you SMART?

When you are writing goals or targets, you may like to consider using **SMART** which is used a lot in teaching when learning objectives are created and assessed against.

SMART stands for: **S**pecific **M**easurable **R**ealistic **T**imebased

You may like to think / write down the following phrase when creating goals to help ensure they are smart:

“By the end of the goal I will be able to.....”

In learning, we write:

“By the end of the session, learners will be able to....”

Try to avoid using the words:
understand, appreciate and be aware of.

“From Here to Recovery Transforming the Journey”

Two members of the training team, who are also members of “Recovery Devon” are travelling up to Hertfordshire to speak at the Conference with Laurie Davidson and Keynote Speaker Dr Glen Roberts from the Devon Partnership NHS Trust and members of Recovery Devon

This conference aims to provide an opportunity for stakeholders in the recovery process to engage in an exploration of transforming practice and changing the direct experience of using the services.

Over two days, the conference will explore in depth:

- the full meaning of recovery
- examples of the lived experience of recovery
- the implications for professional practice and service design in bringing about provision that is fit for purpose in the 21st century

We will be talking about Recovery in Devon, how we are using the Support Time and Recovery Programme within MIND and Devon; how we are supporting people in their recovery and the application of the Recovery Approach.

Looking after yourself:

With the year changing and the evenings getting darker and colder, it is important to consider wellness.

- Take a look at the food you eat, is it giving your body the nourishment, vitamins and minerals it needs to stay well?
- Are you taking enough exercise to keep up your endorphin levels and make you feel good?
- Are you setting yourself challenges / goals to stretch yourself? It's also important to have goals that you can achieve to help you get some easy successes and raise your self-esteem.
- Periodically, are you treating yourself to something you enjoy? This could be one of the complementary health sessions that MIND are operating from our East Devon centre, retail therapy, having a meal with friends, chatting with people close to you. Having fun, laughing and enjoying yourself.
- Plan for the future. What would you like to achieve in say 3 or 6 months time. How will you get there?
- Do something for someone else. Volunteering can be a great way to raise self-esteem and increase confidence.

Do you know how you learn best?

Would you like to find out your learning style? If so, you may like to visit the website:

www.vark-learn.com/english

By answering thirteen multiple choice questions, you will be able to see if you are a Visual, Aural, Read/Write or Kinaesthetic learner. Once you have identified your preferred style(s) of learning you will be able to find out which methods suit your learning style.

The VARK is one of several ways you can use to find out your learning style. Many are listed on internet search engines. Type in Learning Styles Questionnaires and see what comes up.

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For better
mental health

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Regular Email Updates:

Would you like to receive the “Learning Curve” newsletter and information on training we provide. If so, please send an email to: training@mindeastdevon.co.uk and we will add you to our mailing list.

Bespoke Training:

We can deliver many of the workshops / courses we offer at other venues on request.

We are also happy to write workshops / courses to your organisations requirements. For further information, please contact us.

Training Prospectus:

Our training prospectus is available from MIND in Exeter and East Devon or email us on training@mindeastdevon.org.uk and we can email a copy to you.

You may like to download information on our courses and workshops from the learning and development section of www.recoverydevon.co.uk

Qualified Teacher Lifelong Learning Status

All of our trainers are qualified with facilitators either holding or working towards their teaching license and members of the Institute for Learning www.ifl.ac.uk