



**national survivor
user network**



Monday 31st January 2011

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In this email:

- [Event: Whose Recovery is it anyway?](#)
- [Annual General Meeting: Shaping Our Lives AGM](#)
- [Peer support: Voice Collective](#)
- [Seminar: Welfare Rights](#)
- [Publications: Phil Ruthen's poetry](#)
- [News: Department of Health](#)

Event: Whose Recovery is it anyway?

Monday 21st February 2011 - Nottingham

This event is an opportunity to discuss what has become of 'recovery' and what is happening to the concept of peer support. Some people who use mental health services now understand recovery as a bad thing and peer support workers are being asked to be involved in forcibly drugging people. Was this what we expected?

Both ideas originate from survivors of psychiatric services. Do we need to reclaim them, rename them or try and exercise some control over how they are used?

The day will focus on generating discussion around these issues and there will be lots of opportunity to contribute.

If you are interested in giving a short presentation on these issues or helping out on the day please let me know.

Please note this event is for people with experience of mental distress. It is the wrong place to come to if you simply want to find out more about recovery or peer support.

The event is being organised by Torsten Shaw. He founded Making Waves in 2003 a peer run organisation and has worked for the Open Up project for the last 7 years. He has carried out training for people wanting to become peer support workers and provides external support for peer workers in Nottingham. Previously he has been involved in providing Recovery training to staff.

"I have found myself increasingly questioning 'recovery' and the role of peer support workers in the context of services that are still dominated by a medical ideology. It raises serious ethical questions. I have found many others questioning these ideas but who have found it difficult to question the new orthodoxy." The event is free and food and refreshments will be provided. We will fund travel costs for those in receipt of benefits. To book a place please fill in a booking form.

Contact: [Torsten Shaw](#) 07853309724 or download a form from the [Making Waves website](#)



Annual General Meeting: Shaping Our Lives AGM

Date: 17th February 2011 Birmingham 11am - 1pm

Venue: Midland Arts Centre, Cannon Hill Park, Birmingham, West Midlands, B12 9QH

User controlled organisations which are members of SOLNET are invited to send representatives to the AGM.

If you would like to attend, please confirm by 8th February. If you would like any additional information, access requirements for example, about access at the venue, please telephone: 07852 727149 or [email](#)



Peer support: Voice Collective

Voice Collective groups are peer support groups for young people who hear, see or sense things that other people don't. They are safe spaces for young people (aged 12-18) to meet others who understand what they're going through, without worrying about being judged or made fun of.

If you want to find out more about the groups, you can:

- Browse the rest of this section (for info on group, dates etc)
- [Contact](#) Voice Collective 020 7625 9042



Facilitators Training

Do you work with young people in London?
Would you like to extend your services to offer a peer support group for young people who hear voices?
Would you like to work in partnership with us to develop this?

If **yes the this FREE** 4 day group facilitation course in February & March, near Whitechapel may be what you're looking for.

Dates: Wednesdays, 16.2.11, 23.2.11, 2.3.11, 9.3.11

Times: 10.30 - 4.30pm

Pdf logo [Click here to download the flyer and book your place](#)

[Email](#) Dzifa or Rachel or call **020 7625 9042**



Seminar: Welfare Rights

The Camden & Islington NHS Foundation Trust are soon to be holding a Welfare Rights Seminar where representatives from the Department for Work & Pension will give a presentation on the upcoming changes to the benefits system that are relevant to our service users, the impact of the changes, and a chance to ask questions to the DWP or our in-house Welfare Rights Advisors.

Date: **Wednesday 9th February 2011**, at 2pm

Venue: **Conference Hall of St Pancras hospital**

Worried about the upcoming changes to your benefits? Not sure how the changes to the system will effect you? The Department for Work & Pensions are hosting this one-off seminar, giving you the opportunity to learn about changes to the benefits system, understand more about how the changes will affect you, and ask questions to our own Welfare Rights Advisors. If you would like to attend please just turn up.

For further information contact Aimee Teesdale 020 3317 3220



Publications: Phil Ruthen's poetry

Phil has been with CoolTan Arts for over a year now, employed to facilitate the Comic Relief funded Self-advocacy skills training programme.
www.cooltanarts.org.uk

A Trustee, and currently, Chair of the national literature development charity [Survivors' Poetry](#), he started writing poetry and short stories as a teenager, with work in recent years appearing in a variety of publications carrying a diverse range of literary styles. At present, he's continuing explorations in prose-poetry/poetic prose.

'Nothing really quite prepares you for "One hundred Days War" because Philip Ruthen wants us to see things as they really are. I would not be at all surprised if this turns out to be one of the classics in writing about Mental Health... One Hundred Days War has been written by someone who has experienced the dark side.'

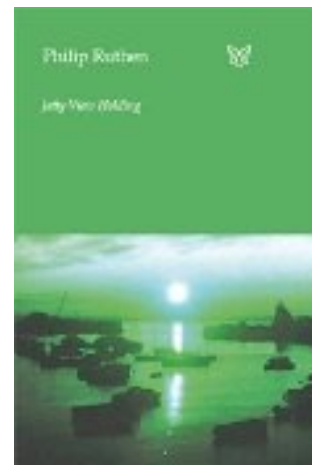
Peter Street (poet, writer, Royal Literary Fund Fellow)

by Philip Ruthen

[E-mail Phil Ruthen](#) to order ISBN-978 1 84175 317 1 Co-production with Feather Books. Price: £5.00/€7.00 Chapbook 32pp.

With all net proceeds to charity...and one of the favourite collections of 2010: *'Recommended for Con-Dem Xmas stockings: Philip Ruthen's profound prose-poem on breakdown and homelessness One Hundred Days War'* ([Morning Star](#) online 15.12.10)

Now re-printed and still available: Philip Ruthen's collection *Jetty View Holding* published by [Waterloo Press](#) (Hove)
Asingular and edgy first collection' - Jane Draycott



News: Department of Health

[Invitation to be an early implementer for health and well-being boards.](#)

[Transparency in outcomes: a framework for adult social care](#) Consultation.
Closing date: **9 February 2011**

[A new web channel](#) provides the latest news on the plans for health and social care.

['Women like me: Supporting wellbeing in girls and women'](#) is a report published by Platform 51 (formerly YWCA), on girls and women's mental health. The report contains research carried out with over 2000 women and girls, and reveals generations of women in crisis, with three in five (63%) feeling that low-level mental health problems (depression, stress and low self-esteem) have negatively affected their lives.

Department of Health [Live Consultations](#)



