

Contacting the Recovery Teams

- Forest of Dean Team – 01594 598200
- Gloucester Team – 01452 364700
- Cheltenham & Tewkesbury Team – 08454 223970
- Cheltenham & Cotswold Team – 01242 710018
- Stroud & Cirencester Team – 01453 562090

Visit us at www.2gether.nhs.uk

Useful contacts

Patient Advice and Liaison – 08454 226831 (www.palsglos.org.uk)
Citizens Advice Bureau – 01452 528017 (www.citizensadvice.org.uk)
Samaritans – 01452 306333 (www.samaritans.org.uk)
Carers Gloucestershire – 01452 386283
(www.carersgloucestershire.org.uk)
Rethink – 01452 730929 (www.rethink.org)
Mind – 020 8519 2122 (www.contact@mind.org.uk)
Independence Trust – 08458 638323 (www.independencetrust.co.uk)

References

Coupland, ME (2000) Guide to Developing a WRAP – Wellness Recovery Action Plan. (www.mentalhealthrecovery.com)

Shepherd, G. Boardman, J. and Slade, M. (2008) Making Recovery a Reality, Sainsbury Centre for Mental Health, London. (www.scmh.org.uk)



Recovery for a brighter future

If you would like further information, additional copies or would like to receive this leaflet in another language, large print or on audio format please contact the Trust Communications Team at Trust Headquarters, Rikenel, Montpellier, Gloucester, GL1 1LY. You can email us at 2gether.comms@glos.nhs.uk or call us on 01452 891604.

There are five Recovery Teams based within the county of Gloucestershire.

These teams provide health and social care services to individuals who are experiencing and recovering from severe mental health illness.

The aim of the teams

Our teams is to support and enable individuals to live as independently as possible in their own homes and community.

How am I referred?

You may be referred by another 2gether team. Also your GP might refer you for an assessment when we will consider the information given and offer advice to the GP.

Hours of Operation

We work between the hours of 9am and 5pm, Monday to Friday. However, there is flexibility to meet individual needs when required.

Who do we work with?

The individuals who come into contact with our services are males and females aged between 18 and 65 years of age.

Who is in the Team?

The Recovery team consists of:

- Consultant Psychiatrist
- Doctors
- Community Mental Health Nurses
- Social Workers
- Occupational Therapists
- Physiotherapists
- Sports Therapists
- Associate Nurse Practitioners
- Support Workers
- Secretaries
- Reception staff

What will happen when I am offered treatment?

You are allocated a Care Co-ordinator who will work in partnership with you to assess your needs and set achievable goals.

Your Care Co-ordinator oversees your care and reviews with you how it is working. Your Care Co-ordinator is your main contact however, we work as a team and other member of the team may be involved in your care.

Partnership working

Like any illness whether physical or mental health you will working alongside your Care Co-ordinator as a partner and be fully involved with all aspects of your care.

Achieving Goals

Your goals can be supported through:

- One to one work in your home
- Group work with others
- Social skills
- Life skills
- Budgeting
- Accessing training and education
- Skills to manage your illness
- Education on medication
- Vocational work
- Wellness recovery action plans (Copeland 2000)

Who else do we work with?

- Inpatient team
- Assertive Outreach Teams (AOT)
- Crisis Resolution and Home Treatment (CRHT)
- Gloucester Recovery in Psychosis (GRIP)
- Substance Misuse
- Psychological Therapies
- Primary Care Assessment & Treatment (PCAT)
- Job Centre
- Voluntary Services
- Local Authority Housing
- Supported Lodging
- Colleges
- Leisure & Recreational providers
- Advocacy Services
- Rethink
- Gloucester Association for Mental Health (GAMH)
- Supporting People Services
- Patient Advice and Liaison Services (PALS)
- Primary Care providers

The team accepts urgent and routine assessments directly from the GP's.

Carers, Family and Friends

If you have a carer, family member or a friend that supports you with your illness and recovery and you would like them involved in your care then there are separate assessments and carers workers who can help support them through your recovery.

They can also be involved and support you in the reviews of your care if you choose.

What does Recovery mean?

“[Recovery is] a deeply personal, unique process of changing one's attitudes, values, feelings, goals, skills and roles. It is a way of living a satisfying, hopeful and contributing life, even with the limitations caused by illness. Recovery involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness...”

(Anthony, 1993 – Cited in: Sainsbury Centre 2008 Making Recovery a Reality)



What recovery does for you

- Works in partnership with you
- Gives you hope that a fulfilling life is possible
- Respects your wishes and feelings
- Supports you to identify your strengths
- Supports you towards setting meaningful goals