

Recovery in Renfrewshire Conversation Café

Celebrate Connect Collaborate

Tuesday 6th November (10.30am - 3pm)

Paisley Town Hall, Abbey Close, Paisley



Conversations, Information, Speakers, Entertainment, Food

Open to anyone who has an interest in mental health recovery, including people with personal lived experience and those who care for or support people experiencing mental health problems.

To reserve a place contact rona@acumennetwork.org Tel: 0141 847 8900



RAMH
recovery across mental health



srn Scottish
Recovery
Network

This event on Tuesday November 6th at Paisley Town Hall will look at promoting recovery and wellbeing in Renfrewshire. It is open to anyone who has an interest in mental health recovery, including people with personal lived experience and those who care for or support people experiencing mental health problems.

It's going to be in the format of a "Conversation Café" and we will look at what works well for people and ask what we need more of. As well as mental health we will be considering everything from physical activity to cultural and creative activities and would love if you or any of your colleagues would like to come along and participate.

We are looking for as many diverse partners to come along so that we have a rich mix of skills and expertise in what will be a chance to exchange experiences and knowledge. Those organising the event include the Scottish Recovery Network, The Mental Health Network, Acumen and of course RAMH. We hope to invite partners from across the statutory sector as well as other voluntary organisations and carers.

We are hoping that on the day any professionals will leave their I.D badges and lanyards at the door and that everyone will participate in the sessions and activities just as people discussing what works for them and sharing ideas about resources and information that might work for others. It will hopefully be fun as there will be speakers, entertainment and food too.

Email rona@acumentwork.org to book a place