



Cooking up Recovery

Rosie Ayub

And Mick Burns

Your recipe

- We would like you to think about the 4 outcome areas
- Recovery
- Risk Reduction
- Mental Health
- Physical Health

We would like you to develop a recipe/dish/meal which has the key ingredients to meet the outcome/Goals you are focussing on

Our Example - Recovery Pie

Treatment/care plan
that I am involved in
developing

Support to
see family
and friends

Continue with
education

Fresh Air/leave



Creative
activities

Activity 1

- Work on your tables focussing on the following area:-
- Recovery - Blue
- Risk Reduction - Pink
- Mental Health – Green
- Physical Health - yellow

be as creative as you like using the flip chart – create your meal/recipe/ dish outlining what the Main ingredients are – give your dish a fab name!

Activity 2

- Now you have your key ingredients we want you to pick out just 3 of the most important ingredients and write them down on a piece of paper

Our Zone facilitators will collect these in before lunch

Feedback From Zones

