

Stories of how little things at Ravenswood can make all the difference to the people we support

- Recovery Steering Group (jointly led by staff/service users)
- Off ward Recovery Groups (Ward Recovery Leads)
- Safer Wards (Evergreen positivity and creativity tree)
- Risk and safety work pilot in Recovery Group
- Service User top tips for Recovery IMROC poster
- Animation projects ([Park life](#))
- Co-produced, co-designed co-delivered recovery sessions
- Links with Recovery College delivering and attending training in community venues
- We hosted the Regional Secure Services Recovery meeting
- Opportunities for *service users from Ravenswood House to share their experiences and expertise with other services including service users, staff, NHS England and Commissioners*



Our stories

Here are some quotes from service users in Ravenswood House that attend the recovery group.

The group was asked, what does recovery mean to me?

🌀 “Recovery means everything to me. It means getting my life back”

🌀 “being able to do stuff that others take for granted and identifying what I had and how important it was to me ”

🌀 “Recovery has been a really long journey like from here to the moon and back”

🌀 “Its like a mountain some are near the top and you face some obstacles”

🌀 “We try our best, that’s all we can do”



Our stories

Here are some quotes from service users in Ravenswood House that attend the recovery group.

The group was asked, how can Recovery help me?

- 👉 “Helps knowing that there are others in the same boat as me”
 - 👉 “In the group we have covered all sorts of things i.e. risks relating to people”
 - 👉 “Helps my self esteem”
 - 👉 “The higher you climb the mountain the more you get confidence (or the more chance of avalanches) no matter how far you fall you’ ll always get back up”
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small change,
big difference

Journey

From knowing to
not knowing

Recovery

Climb

Here are just a few things
that were said when
describing recovery within
our group

Overwhelmed

I hate the word
illness, its
unbalancement

