









Inclusions structured and peer groupwork timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
10:00	1.Empower @ Recovery café 10 - 11	Recovery café 10 - 11	Recovery café (Peer Led) 10 - 11	Recovery café 10 - 11	Recovery café (Peer Led) 10 - 11	     <p>How are we doing? Careopinion.org.uk Care Opinion - Inclusion Isle of Wight Wight</p> 
11:00	Peer RNR 11:00	RITS 11:00 – 13:00		4.Thrive Speak with Recovery worker	RITS 11:00 – 13:00	
12:00	RAW 11:00-13:00					
13:00						
14:00	Music Group 14:00 – 16:00	2.INSPIRE 2 - 4 Speak with Recovery worker (face to face & online – Click here to join the meeting)	3.LEARN Speak with Recovery worker	ACT – 14:00 15:30		
15:00						
<p>We are currently looking for service user representatives within the service and if you would like to be involved please ask at reception.</p>						
<p>INFO: ☺ INCLUSION STEP FORWARD PROGRAMME: ☺</p> <p>Is our structured group pathway, to attend Inspire, Learn or Thrive you will first need to discuss with your recovery worker who will book you onto the next available group.</p>						



Recovery Cafe – a daily space where you can find motivation, support, mindfulness practice daily and check in with peers over a cup of tea or coffee.

PEER RNR – Relax and recover in our peer led recovery activities group

Recovery And Women (RAW) – a supportive recovery-focused group run by women for women. Face to face at the Cricket Pavilion, Victoria Recreation Ground, Recreation Ground Rd, Newport PO30 5DS. Lead facilitator Cate White (Catherine.White1@mpft.nhs.uk).

Your Voice Feedback group – your opportunity to meet with members of our management team and our Service User Reps over a cup of tea or coffee to have your say about what's working well and to share ideas for improvements. Face to face at our Newport Hub at 102 Carisbrooke Road, Newport, Isle of Wight PO30 1DB.

Inclusion Step Forward Programme

Inspire – a 4 week programme for anyone who has started to accept help: Lead facilitator Tony Jones (Tony.Jones@mpft.nhs.uk).

Learn – an 8 week programme for anyone who has completed “Inspire”: Lead facilitator David Cotton (David.Cotton@mpft.nhs.uk).

Please discuss this group with your recovery worker or one of the group facilitators if you would like to attend.

Thrive – The last step in our Inclusion Step Forward Program. (Bianca.Tresidder@mpft.nhs.uk & Stuart.Woodley@mpft.nhs.uk)

Acceptance & Commitment Training (ACT) – ACT is a value driven & evidence based recovery workshop. This group will support you as you come to terms with your past, accept yourself as you are right now and commit to making changes for a better future. Lead facilitator Tony Jones (Kirstie.Barrett@mpft.nhs.uk & Tony.Jones@mpft.nhs.uk).

Music group – Come along and have a go at learning and playing some music, no musical instrument experience needed. Stuart.Woodley@mpft.nhs.uk

RITS – Recovery in the Steps –An in depth look at the 12 steps program of recovery, find support from peers and signposting to mutual aid groups outside of Inclusion.

Please note: All groups will be run at our Newport Hub (102 Carisbrooke Road, Newport, Isle of Wight PO30 1DB) apart from Recovery and Women (RAW) which will be held at the Cricket Pavilion, Victoria Recreation Ground. Inspire can also be accessed online - [Click here to join the meeting](#)

Empower – Inspire – Learn - Thrive