

Marbling group

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# ARCHES

## RECOVERY EDUCATION NEWS FROM COMMUNITY HEALTHCARE EAST



Welcome to our first edition of the ARCHES Recovery Education Newsletter. This is a peer led Newsletter with contributions from Service users, Staff, and Family members & Supporters from all areas of our mental Health Services.

Just like the rest of the world, when we began planning our new programmes for 2020, we had no idea how much would be washed away with the arrival of Covid.

We had intended to offer you a prospectus of Recovery Education courses at various locations throughout Community Healthcare East, but the goalposts continue to change as the year rolls on. We have been busy co-producing a range of resources including a schedule of Online Recovery Education workshops, which you can find inside these pages.

Now more than ever, we all need to look after our mental health and strengthen our communities during such a lifechanging time for all of us. The core of Recovery Principles apply to us all in how we join together, support each other and find new ways of working together and moving forward.

We hope you can join us for one of our online Recovery Education sessions, or maybe to contribute to our next Newsletter. Please don't hesitate to contact us at [info@archesrecovery.ie](mailto:info@archesrecovery.ie). We look forward to hearing from you and working with you as we grow our service and connect with our community.

- Cathy

OPTIONS  
ENABLE  
NURTURE  
INSPIRE  
NATURE  
HOPE  
TODAY  
CONNECT

Wall of words by Bridgit



Before Covid arrived, the Art Group in Lincara used to meet on Thursday afternoons. Those were the days when a group of 12 people huddled around a table was not such an outrageous idea. At that point we had been meeting for well over a year so everyone was quite comfortable in each others company. In between the chat and the laughter were chunks of silence when everyone was so lost in what they were doing, there wasn't a sound.

Everyone has their own notebook to keep samples of their work in, We play with paint and collage, using colouring pages, mixed papers, stencils, & templates, we begin each class with some new exercise or new materials to use, but then it's very informal, everyone works at their own pace. We have also explored other crafts such as decoupage, cardmaking, papier mache, felting, wirework and jewellery making.

Now, we wait, hoping the classes will resume at some point, while the focus of the group is on art, the real gold is in meeting others, others who know just how much it matters to be able to get through another hour of the day, to find a place where the background mind melts away.

In this issue, please enjoy the fantastic artwork of the Lincara Art Group





ARCHES is a recovery education service that has been developed by a collection of dedicated Service users, Family members & supporters, and members of staff from mental health services across Community Healthcare East.

Through a co-produced 'Area Recovery Committee' we plan and promote initiatives that support personal recovery and compliment traditional service delivery. We are delighted to have recently recruited a number of positions to resource ARCHES, such as a Recovery Educator, a Co-ordinator & Administrator and a team of 5 part-time Recovery education facilitators.

Supported through 'Local Recovery Groups' based at Dublin SE, Wicklow East and at the Cluain Mhuire Services, we aim to provide recovery learning activities to a wide mental health community and we hope to meet you in the near future.



### Pets for Life: 'Dinky' by Liz

I live alone in a rented apartment so when lockdown came Dinky was everything to me to be honest, he was the only thing that gave me purpose to get out of bed in the morning. He was the only living, breathing thing I spent time with over those months. I had to get out of the bed in the morning to feed him, he was the reason I went out for a walk, I would not have gone for a walk on my own at all. If I missed a day he would be pestering me the next day to go out, he wouldn't let me away with it 2 days in a row, always to beach which I find so calming, he saved my mental Health during that time. Because he's a rescue dog he likes to stick beside me all day, wherever I am, he's there. If I'm in the kitchen, he's in the kitchen, if I'm in the bed, he's in the bed, and always has to be on my lap. He lifts my spirits, without having to mind him. I would not have survived lockdown, I'd go crazy with loneliness.

Some people don't realise how important our pets are to us, they make us feel needed, he is my best friend, no matter how bad my day is, he's still there. Tablets don't take away loneliness, they help, but they are not enough, we need something living, they care for us and we care for them.

### Looking after YOU By Anne

The Covid-19 pandemic brings an unprecedented level of uncertainty and anxiety. How can resilience be fostered so that the joy of being alive is not overwhelmed? An important lesson I learned on my recovery journey is that that I need to actively practise things to mind my mental health. To remind myself to practise them, I have visible cues and reminders. Otherwise I will get caught up in the rush of day to day life and neglect what I know is good for me. Cues and reminders don't have to be complicated. It could be something as simple as a screen saver which has a positive affirmation that you read and consider briefly every time you login. A note to yourself to go for a daily walk (yes, even in the Irish winter) to look around and remind yourself that there is still a blue sky, trees and flowers during this difficult time. Or I love the cat cartoons from Blessing Manifesting which are all about reminding you that YOU matter. Winter is coming and looking forward to Christmas as a way of getting through almost seems too risky to contemplate. These coming months will be challenging but they WILL pass. Limit the amount of time you spend looking at Covid-19 news and social media. Focus on what you will do when things become better. If you had a trip cancelled, make a collage of pictures from that place. Treat yourself to a daydream of somewhere that you really felt relaxed, happy and good.



Plant bulbs in a pot now so that you will see them peeping up around Christmas. Or watch out for snowdrops in gardens. You will know for sure that Spring is coming!

### Recovery is...



HSE (2017)

***"Living well in the presence or absence of mental illness and the losses that can be associated with it"***

NZ Mental Health Commission



Felt collage

### Housed by HAIL by Michael C



My wait was seven years on the Dublin City Council housing list. However, in July 2020 I finally moved into a fully socketed Oak floor apartment in Dublin City. It was freshly painted white throughout. I had to furnish and appliance the apartment myself. A visit to DID sorted the fridge, hob, oven, washer dryer, kettle, toaster and television. I had a table, chairs, chest of drawers, bed and coffee table. All I needed to purchase was a sofa bed for stayovers.

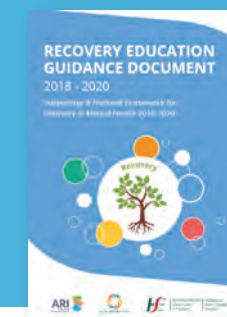
I had to organise Prepay electricity and gas myself also. Andy at HAIL was great in helping me with the details. Thanks also to Danny and Bronagh for their help. I must say that the Housing Association for Integrated Living really made my dreams come through and helped me on my Recovery journey particularly in these difficult times. I am so grateful to now have a place called home.

***"Working together as a community, with respect & compassion at the heart of our Recovery journey"***

**archesrecovery.ie**



Recovery education offers a different way of providing mental health support, where recovery focused therapeutic approaches are enhanced and supported through adult learning informed by 'Lived experience'. Here we note a few characteristics that make Recovery education so special:



Recovery Education has been identified as one of the four key principles in the National Framework for Recovery in Mental Health 2018- 2020 and is supported by a number of actions and measures, including a guidance document on Recovery Education.

Download a copy here: <https://bit.ly/archesdoc3>

- Co-produced: This means that workshops are designed and delivered by trained facilitators who are service users, members of staff and family members & supporters, all working together.
- Recovery education uses an 'Adult education' approach, supporting students to develop the knowledge and skills needed to pursue and achieve personal goals
- Stories of 'lived experience' are respected and valued
- Peer support relationships will be formed and built upon in a safe and welcoming space
- Recovery education is strengths based, person centred and is open to everyone



Paint patterns by Bridgit



Hands up by Dawn

## Recovery Principles and Practice Workshop



This evidence informed, workshop has been planned for delivery to HSE Mental Health Teams across Ireland and provides an opportunity to think, reflect-upon and define what Recovery really means from a variety of perspectives.

This is an interactive workshop, facilitated by a team of 3 people - a Service User, a Staff Member, and a Family-Member/Supporter. We promote information sharing and discussion about the principles of Recovery and how they can be put into practice within our service.

Whilst we are not in a position to offer this workshop in an attended setting, we have two opportunities for participating in our online delivery (Please see below). If you would be interested in attending this programme in the classroom setting, please contact us at: [info@archesrecovery.ie](mailto:info@archesrecovery.ie) and we will let you know when this again becomes available.

Here, Lisa shares her experience of delivering the workshop -

### Co-Facilitating Recovery Workshops

by Lisa

*I started my journey into co production, with a simple advert on a cork board, advertising a co production course. I decided to enquire about it and was delighted it was available to me, a service user, not just Mental health professionals. Then I learned that was actually the whole point. Where the voice of one's own lived experience married the professional voice and the voice of the supporter or family member. As much as I valued and admired both of them, my own lived experience was equally met with great respect!*

*Later, an opportunity arose for me to co facilitate a course in recovery. I was thrilled to be given this chance. We met as facilitators and prepared thoroughly. The course we gave was empowering and uplifting. I remember there being student nurses that attended along with other professionals as well as service users.*

*It was a real eye opener for all of the above. It gave them insight and empowerment and a sense they were all perfectly positioned on the journey they had all come so far on. The feedback was fantastic. The experience was incredible. I felt proud, not ashamed of my story.*

*I went in with a view, if this helps one person it will have been worth it, however, everyone took something from it. I felt that was a job well done!*

On these pages, you will see a range of Recovery education sessions on offer in November & December. We hope you can join us for one... or more! To take part, please register by email or phone:



[info@archesrecovery.ie](mailto:info@archesrecovery.ie)



087 342 9922



### New ways of working

Because of the ongoing Covid 19 restrictions, ARCHES have not been able to meet face to face for our planned programme. Instead, we have arranged a selection of recovery education sessions which will be delivered to small groups using the ZOOM digital platform. This technology has allowed us to stay connected with our friends and colleagues across the region.

If you would like to take part in one of these programmes but need help getting access to digital equipment or using the ZOOM programme, please contact us and we would be happy to help.

### Recovery in Colour

Six sessions to inspire creativity through using words, images, sounds and colour around the theme of recovery.

#### Topics included:

- To introduce the concept of creativity
- Complete recovery worksheets
- Develop a personal visual journal
- Safe space to explore your own story through a selection of mixed media

5 Wednesday sessions from Nov. 18 - Dec. 16:

14:00 - 15:30 pm

Repeated on:

6 Friday sessions from Nov. 13 - Dec. 18:

14:00 - 15:30 pm

### Recovery Essentials

Over 5 sessions, we share and discuss some of the key concepts to understanding personal recovery and it's central themes.

#### Session topics:

- Introduction to Recovery
- Processes of the C.H.I.M.E model
- Getting the most from your Mental Health service
- My Voice, My Choice
- Setting & achieving goals

5 Tuesday sessions from Nov. 10 - Dec. 8:

14:00 - 15:30 pm

Repeated on :

5 Wednesday sessions from Nov. 18 - Dec. 16: 10:00 - 11:30 am

### Recovery Principles & Practice Workshop

This evidence based workshop has been nationally co-produced to share the principles that underpin a recovery focussed service and demonstrates an useful model for Recovery.

This is an interactive workshop, facilitated by a team of 3 people – a Service User, Staff Member, and a Family-Member/Supporter. Listen to the personal narratives of their experience of their recovery journey.

Friday, Nov. 27 : 10:00 - 14:00 pm

Repeated on:

Friday, Dec. 11 : 10:00 -14:00 pm

REGISTER NOW





Recovery Education is a key driver for developing recovery oriented mental health services and to empower individuals to achieve improved recovery outcomes in their lives.

All learning material, topics and themes are identified and developed through co-production to reflect the needs of the student group and our wider mental health Community.

Here are some of the common themes that Recovery education sets out to support:



**Wellness Recovery Action Plan (WRAP)** is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be. It is used extensively by people in all kinds of circumstances, and by mental health services to address all kinds of physical, mental health and life issues. The course is co-facilitated and designed to be highly interactive and encourage participation and sharing from all participants.

Although WRAP is one of the most popular programmes available through ARCHES, we are currently not in a position to provide this course in an attended setting. If you would like to participate in a WRAP programme, please let us know by email and we will keep you informed as to when this will be next available. In the meantime, why not join us for our online sessions ‘Be well, Stay well’ which explore some similar ideas around maintaining your wellness. Here, Susan shares her experience of WRAP -

**WHAT WRAP MEANS TO ME - By Susan**

*I am a Cluain Mhuire service user since 2006, with 3 admissions to hospital between 2006 and 2012. I kept relapsing into severe clinical depression despite long periods of wellness between hospital admissions. 2 things have helped me to remain well in the last 8 years and I would like to share those with you. In 2010, my team suggested I try a course in the Centre for Living, called WRAP.*

*This Wellness Recovery Action Plan has been my template for daily living these last ten years. It taught me to stop blaming external factors for my illness and take personal responsibility for my own wellness. It gave me the tools to achieve the goals I was always aiming for. It taught me that there is always HOPE, no matter what your situation. It introduced me to the concept of peer support, a powerful aid to recovery. The WRAP course and the peer support which followed are the foundations of my recovery and wellness today.*

*Last year, I trained as a WRAP co facilitator to share this powerful learning with others. I cannot recommend WRAP highly enough, its the best investment you can make in your own recovery journey.*

In Recovery education, ‘**Co-production**’ is understood as the designing, delivering and evaluation of educational services in an equal relationship between professionals, people using the services, and their families. Through co-production, service users, family members, service providers and community partners become active participants and equal partners at all levels within design and delivery

HSE (2017)

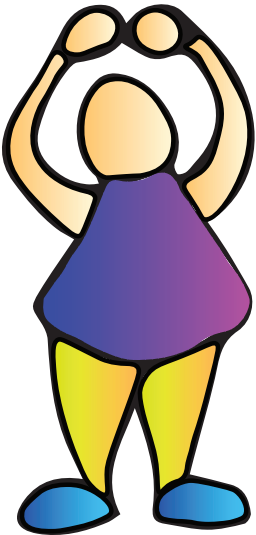
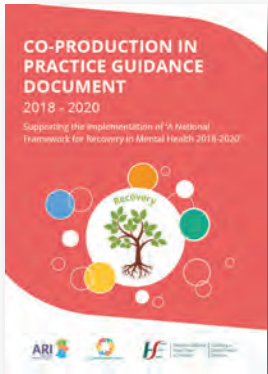
ARCHES are delighted to welcome new Service users, providers and Families & supporters to participate in developing courses and workshops. Training is provided and experienced fcilitators guide the process. Why not learn more about Co-production by joining us for our online workshop: ‘Introduction to Co-production’ (see below). Here Ciaran, shares his experience of involvement in Recovery Education:

*My brother’s challenges with mental illness over 40 years was punctuated by many involuntary admissions. Always highly intelligent and inquisitive, he drew me into consultation meetings to support his battle with illness. When I was invited to attend a ‘Recovery’ seminar in 2016 I had no idea what to expect but thought I might learn something of value that I could bring back to these meetings. The seminar was an SRF Recovery event, hosted by HSE and ARI (as it was then). It included some very inspirational speakers from Ireland, Scotland and from the USA. The central themes of Connectedness, Hope, Identity, Meaningful Roles and Empowerment, the now-familiar CHIME themes, were gently distilled and intensified in each and every conversation. These simple common-sense modalities have enormous power to help us to understand how we can provide some really practical help to those we support; how to enrich our support for them and how to allow their own recovery to take place. Taking part in the development of our own recovery orientated service through engagement, committees and activities, is a very satisfying and rewarding way to see the service transform and to be part of it.*



Paint patterns by Barry

**Co-production is one of the four key principles in the National Framework for Recovery in Mental Health 2018- 2020 and is supported by a number of actions and measures, including a guidance document on Co-production in Action**  
**Contact us for a copy, or download a copy here: <https://bit.ly/archesdoc4>**



Be Well, Stay Well	Unwrapping our Mental Health Services	Me, myself & I	Change & Loss	Introduction to Co-production
<p>This course contains 3 sessions that share the skills and knowledge that support participants to maintain wellness.</p> <p><b>Topics included:</b></p> <ul style="list-style-type: none"><li>Wellness planning and the five key concepts</li><li>Tools and strategies for Wellness</li><li>The importance of routine for a daily maintenance plan</li></ul> <p><b>Thursday, Nov. 12, 19 &amp; 26: 14:00 -15:30pm</b> Repeated on: <b>Thursday, Dec. 3, 10 &amp; 17: 14:00 -15:30 am</b></p>	<p>Useful information for those who are in early interactions with, or awaiting Mental Health Services.</p> <p><b>Topics included:</b></p> <ul style="list-style-type: none"><li>How Mental Health Services are delivered</li><li>Find out where to get help</li><li>Explore available service supports</li><li>Identify recovery and community supports</li></ul> <p><b>Monday, Nov. 23 &amp; 30: 14:00-15:30 pm</b> Repeated on: <b>Monday, Dec. 7 &amp; 14: 14:00-15:30 pm</b></p>	<p>Over 3 sessions, we explore what <b>Isolation</b> is in today’s world. We aim to identify strategies for coping and re-connecting in a meaningful way.</p> <p><b>Topics included:</b></p> <ul style="list-style-type: none"><li>Social &amp; Emotional Isolation</li><li>Introduce different types of isolation</li><li>Effects of isolation on mental and physical health</li><li>Coping strategies for living with isolation</li></ul> <p><b>Friday, Nov. 13, 20 &amp; 27: 10:00 - 11:30 am</b> Repeated on: <b>Friday, Dec. 4, 11 &amp; 18: 10:00 - 11:30 am</b></p>	<p>Delivered over 2 sessions, this short course supports participants dealing with loss and change in their life .</p> <p><b>Topics included:</b></p> <ul style="list-style-type: none"><li>Different experiences of loss</li><li>Physical and emotional reactions</li><li>Processes of grief</li><li>Addressing difficult feelings</li><li>Finding acceptance &amp; self compassion</li></ul> <p><b>Thursday, Nov. 26 &amp; Dec. 3: 10:00-11:30am</b> Repeated on: <b>Thursday, Dec. 10 &amp; 17: 10:00-11:30pm</b></p>	<p>This short workshop introduces the characteristics, principles &amp; challenges of ‘co-production’ - the co-operative working between service users, supporters and service providers in an equal and respectful relationship.</p> <p><b>Topics included:</b></p> <ul style="list-style-type: none"><li>What co-prodcution is and is not</li><li>Co-production principles</li><li>Barriers to co-production</li><li>Examples of co-production in action</li></ul> <p><b>Friday, Nov. 20 : 14:00-15:30 pm</b> Repeated on: <b>Tuesday, Dec. 8 : 10:00 - 11:30am</b></p>





## Volunteering at ARCHES

There are a range of ways that you can get involved with ARCHES. You could take part in your Local Engagement Forum (see below), help us to design supportive recovery education courses, or train to become a workshop facilitator.

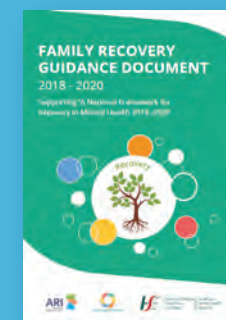
We also welcome participation at one of our **3 Local Recovery groups**. These groups are located in Wicklow East, Dublin SE and at the Cluain Mhuire Services. Meeting once monthly, our local groups help to direct and promote recovery education throughout Community Healthcare East. If you feel that you have the time or skills to help us develop services at ARCHES, please get in touch.

For more information email: [volunteering@archesrecovery.ie](mailto:volunteering@archesrecovery.ie)

## Recovery for Families & Supporters

Family Recovery Education is the process by which families, friends and supporters explore, assimilate and create the knowledge required for Recovery in their own lives and within their family.

Family Recovery is discussed in greater detail within the HSE Family Recovery Guidance Document, 2018- 2020 (HSE, 2017). Family Recovery Education is guided by the same principles and guidelines as all Recovery Education. You can download a copy here: <https://bit.ly/archesdoc5>



We are grateful to all our volunteers and contributors. Here, Sushil shares his experience of volunteering:

*"A family supporter with many years of experience, it was in the last 4 years I became aware of and then involved in Mental Health Engagement. Starting at a local level through our local area forum, a place to meet and discuss through lived experience how services could be improved in our area, I was then invited to join the National Family Advisory Group and have also taken part in conferences at National and European level.*

*My motivation to do this was to speak as a family member so that in future other family members and those dear to them availing of mental health services would have a voice when it came to determining their own recovery programmes. Whilst I have voluntarily given up time to attend meetings, seminars and conferences I have benefitted enormously through the acquisition of knowledge achieved through education and training as well as developing a network of people spanning professionals to service users, family supporters and carers who have helped me gain a deeper and more meaningful understanding of the challenges of mental health. It is this knowledge and experience that helps me deal with the day to day challenges life throws at us. I would encourage you to seek out your local groups and recovery colleges and find out more about the services available to you."*



Landscapes by Helen

## Do you have recent experience of public mental health services



Our voice matters.

Hi, my name is Charles.

I'm here to help people voice their opinions on our mental health services. Would you like a say?

Please get in touch to meet for coffee and an informal chat about how you can make a difference.

Find out more:

086 460 5631 LocalEngagement@hse.ie

Charles Seanson, Mental Health Engagement  
Vergemount Hall, Clonskeagh D06 EY15



Coram Sláinte Pobail Thoir  
Community Healthcare East

Cluain Mhuire Community  
Mental Health Services



CH East Engagement and ARCHES Recovery Education are launching a co-produced Webinar Series and Online Education module called **"Making Sense of Sharing the Vision"** - Ireland's new policy on the future direction of mental health services.

**Thurs. 12th November- 12:30 to 14:00 pm**

Tickets Here: <http://bit.ly/ARCHES-STV>

## The National Framework for Recovery in Mental Health (2018-2020)



**This Framework was co-produced by service users, family members and mental health professionals. It communicates an agreed understanding of recovery and recovery focused services, outlining a range of tasks and actions that promote recovery across all mental health services.**

The Framework identifies four core principles that underpin a recovery-oriented service:

- The centrality of the service user lived experience
- The co-production of recovery promoting services by all stakeholders
- An organisational commitment to the development of recovery focused services.
- Supporting recovery-oriented learning and practice across all stakeholder groups.

Learn more about this Framework by joining us online for a short presentation (see details below) or you can download a copy here: <https://bit.ly/archesdoc2>

## National Framework for Recovery in Mental Health

A short presentation (45 mins) on the 'National Framework for Recovery in Mental Health - 2018 - 2020' and how it sets out to guide the recovery focus of Mental Health services.

**Includes the 4 key principles of:**

- Centrality of Lived Experience
- Organisational Commitment
- Co-production
- Recovery Learning

**Tuesday, Nov. 24 : 10:00 - 10:45am**

Repeated on:

**Monday, Dec. 7 : 10:00 - 10:45am**

## Exploring Stress & Anxiety

During 3 interactive workshops, we explore different types of stress and anxiety and find out what can help.

**Topics included:**

- Identify different forms of stress & anxiety, and how they can affect us
- Thought process involved in anxiety
- Fight / Flight / Freeze response
- Tinking errors
- Discover a range of coping strategies

**Monday, Nov. 16, 23 & 30: 14:00 -15:30pm**

Repeated on:

**Wednes. Nov. 25, Dec. 2 & 9: 19:00 -20:30pm**

## Five Actions for Wellbeing during Tough Times

This workshop, co-produced at Mental Health Ireland, shares five simple actions we can all take to protect our mental health and maintain positive wellbeing during uncertain and challenging times.

- Connect
- Be Active
- Take notice
- Give
- Keep Learning

**Friday, Nov. 6: 10:00 - 12:00 pm**

Repeated on:

**Tuesday, Dec. 1 : 10:00 -12:00pm**

Repeated on:

**Tuesday, Dec. 8 : 19:00 -21:00pm**

## Recovery for Families & Supporters

This workshop looks at the relevance of Recovery for family members and supporters.

**Topics included:**

- What Recovery means for families and supporters
- Introduce a family and supporter model of recovery
- Connect the CHIME model with families and supporters

**Tuesday, Nov. 17: 19:00 - 20:30 pm**

Repeated on:

**Wednesday, Dec. 9: 2:00 - 3:30 pm**

## Self-care for Families & Supporters

A 1.5 hour workshop, looking at the importance of Self-Care for supporters and families.

**Topics included:**

- What is Self-Care ?
- Why Self-Care is important
- Barriers to Self-Care and ways to overcome them

**Tuesday, Nov.24 : 19:00 - 20:00pm**

Repeated on:

**Wednesday, Dec. 16 : 14:00 - 15:30pm**





Poem by Lisa Delaney

He lay there and blocked the world out  
No energy to move  
No desire to go anywhere  
Wishing he was anywhere but here  
“Maybe tomorrow” was the answer  
But tomorrow would never come  
Talking about a past life  
About a world so far away  
The sun never rose in his eyes, at the  
breaking of the day  
Life was long and hopeless  
Each day rolled into one  
He hadn’t felt the cool breeze,  
The sun upon his brow  
He hadn’t felt the sand between his toes  
Or the buzz of the evening in the city  
Or the rain against his skin  
For what felt like forever

He said, back to bed again  
Bed was where he sought and dreamt of  
days gone by  
Days relieved over and over from the safety  
of his bed  
Nobody knew what went on inside his head  
Lifeless there he lay  
Day after day  
Listening to another song  
Feeling hope was forever gone  
Lethargy weighted the full weight of him  
The bookies had his soul to keep  
His taste had gone sour  
Sleeping round the clock hour after hour

One day he made a decision  
To peak behind the brick wall  
surrounding him  
He saw life  
It was something he could have  
It was something he still had  
Maybe that was the opening  
And faced with a choice to sink or swim  
He began to rise to the surface  
Pulling himself from the depths of murky  
waters  
Feeling he could breath again  
A light caught the corner of his eye  
And he could glimpse hope  
And that chink in his eye, became blinding  
The sun rose above black water  
Above dark, dirty depths  
It lit the path for him to wander down  
Something inside him changed  
Came alive  
For the first time, after many sinful years  
He got up, dressed up, showed up  
For me, for his mother, for his son  
But most of all for himself  
He was cleansed and his spirit awoke  
On he ventured into what life has to offer  
With a twinkle in his eye



Paint by Barry



Time to get creative!

To celebrate our first ARCHES newsletter we are hosting a photography competition!

We have a fabulous Lenovo Tablet to award to the winning entry!



We welcome submissions from all members of the mental health community across CHEast



The theme of the competition is :  
**‘Mental Health for All’**

Feel free to get as creative as you like with this!

The winning entry and top runners up will be included in our next ARCHES newsletter.

There is a maximum of 3 entries per person.  
The closing date is Wednesday , December 9th

Competition entries will be judged by members of our Area Recovery Committee and the winner will be announced on December 16th

Please email your photograph along with your name and a contact phone number to:

[info@archesrecovery.ie](mailto:info@archesrecovery.ie)

Best of luck everyone!

At ARCHES, we are delighted to have been meeting and working alongside other mental health services that are based in the community and we will include information on these collaborations in our upcoming newsletters. Recently, we have been working closely with Rachael at SHINE and in this issue we learn what has been happening there.



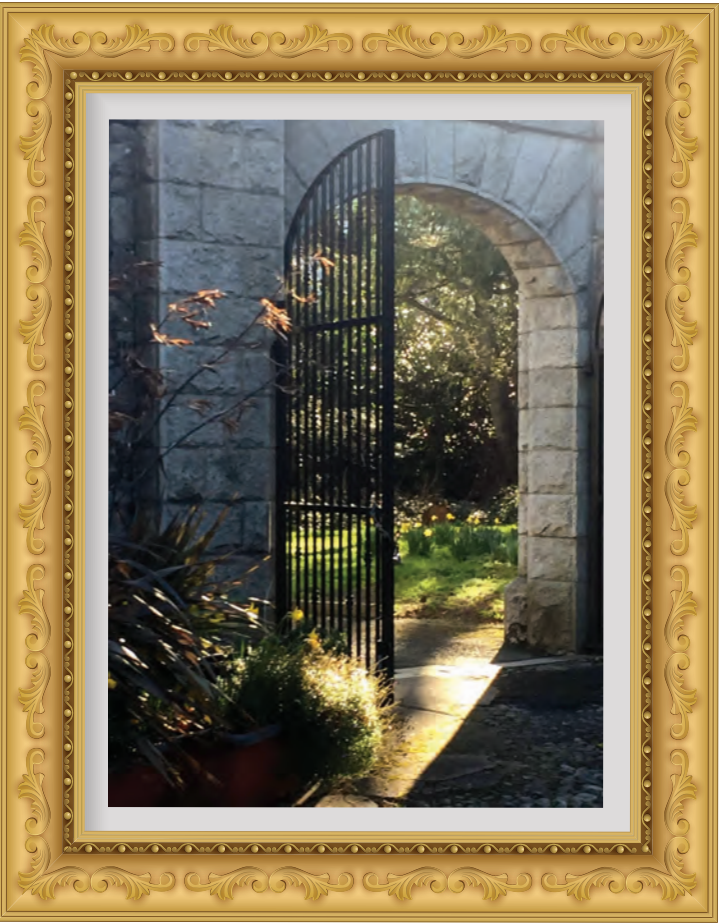
During the Covid pandemic, Shine had to adapt all its services to the new environment we found ourselves in, not only in the South Dublin area, but all over the country. The organisation moved swiftly to ensure all staff could work from home and continue to provide support to people through phone calls, emails, information texts and social media, encouraging and supporting people to keep well and to find new ways or re-discover old ways of supporting their recovery.

As the government quickly restricted movement and gatherings, we were unable to hold our normally busy weekly Phrenz peer support meetings and monthly Relatives support meetings. However, we look forward to resuming these at the earliest possible opportunity, as they are still an essential aspect of the support we provide. Until then, I am available to provide support and information on all Shine services including our new pilot online group projects. You can contact me:

**Rachael Hughes** Information & Support Officer Dublin, Kildare and Wicklow M 086 014 2112 E: [east@shine.ie](mailto:east@shine.ie)

Old By Matthew Tubridy

Your old! You’ve only years to live!  
But I’m the same now as when I was 3 years old.  
The body changes, gets scolded at.  
You have only years to live!  
The scaffolding changes, the appearance changes  
But the black box stays the same.  
What creates this world stays the same.  
Get in touch with the moulder.  
Be with the world or what creates the world.  
Don’t let the world drag you down.  
Sing a song you’ve never sung before.  
Be with the singer or the concert hall it’s sung in.



Sunlight through Arch at Burton Hall by Aoiffe

RECOVERY EDUCATION WORDSEARCH  
By Amy

Y	H	T	W	E	G	R	G	J	C	B	S	R	S	Y
T	O	C	E	N	D	G	A	O	P	T	N	S	W	R
I	L	E	L	M	E	U	M	E	R	I	E	Y	N	E
L	I	P	L	F	P	M	C	E	N	N	T	O	W	V
I	S	S	B	J	U	X	N	A	D	I	I	K	B	O
B	T	E	E	N	F	G	R	E	T	S	L	O	C	C
I	I	R	I	B	T	C	T	N	I	I	H	N	J	E
S	C	T	N	H	H	C	E	V	A	L	O	O	O	R
N	Y	F	G	E	E	D	G	F	O	H	L	N	P	N
O	U	L	S	N	I	O	P	T	I	M	I	S	M	E
P	R	B	N	E	M	P	O	W	E	R	M	E	N	T
S	N	O	I	T	C	E	R	I	D	S	M	M	N	D
E	C	H	A	N	G	E	H	G	N	I	N	A	E	M
R	H	T	L	A	E	H	A	C	T	I	O	N	H	L
K	R	R	W	S	H	M	S	N	T	S	P	O	X	N

ACTION	ARCHES	CHANGE
COMMUNITY	CONNECTEDNESS	DIRECTION
EDUCATION	EMPOWERMENT	HEALTH
HOLISTIC	HOPE	IDENTITY
MEANING	NONLINEAR	OPTIMISM
RECOVERY	RESPECT	RESPONSIBILITY
STRENGTH	VISION	WELLBEING





'Motivate' by Helen



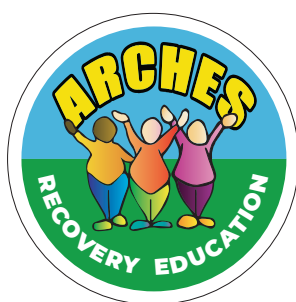
Bird collage by Karen



Lincara group collage



Patterns by Sean



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Cluain Mhuire Community  
Mental Health Services



Mental Health  
Ireland

*"Working together as a community, with respect & compassion at the heart of our Recovery journey"*

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