**West Lancashire W.R.A.P. Workshops**

The Service User Development Team will be running a series of W.R.A.P. Workshops in Skelmersdale. There may be people you are working with who wish to work on their recovery in a structured way and would benefit from participating in the workshops.

The Wellness Recovery Action Plan (W.R.A.P.) is a framework with which people who experience mental health difficulties can develop an effective approach to overcoming distressing symptoms and unhelpful behaviour patterns.

Once completed by the individual, the W.R.A.P. becomes a practical support to a person’s recovery journey which can be referred to on a daily basis. It can also be used as a reminder and guide to turn to in times of difficulty. It is designed as an aid to learn about oneself, what helps and what doesn’t, and how to get progressively more control over their life and experiences.

By the end of the workshops, each participant will leave with their own Wellness Recovery Action Plan, which will enable them to devise their own WELLNESS TOOL BOX and a DAILY MAINTENANCE PLAN. The WRAP will also help participants to identify their own personal “TRIGGERS” which may lead to unhelpful behaviours, thoughts and feelings and what to do about them. The WRAP also covers how to recognise “EARLY WARNING SIGNS” and what action to take to avoid a worsening of a condition or situation.

You may wish to use the above information in discussion with the people you are working with to ascertain whether participating in the workshops would be a useful experience in their “Recovery Journey”. Please emphasize however that should they become a workshop participant they are making a commitment to attend **six 2 hours sessions** on one afternoon per week for six weeks. A facilitator from the Service User Development Team will be present at each session to deliver the workshops plus one ST&R worker who will give additional support to participants. Workshop participants will therefore be expected to attend and participate independently regardless of whether they have a support worker (ST &R) etc.

Also present will be a volunteer co-facilitator with lived experience of mental distress who actively uses the W.R.A.P. as a central element of their “Recovery Journey”

**Once a service user has agreed to participate in the workshops please email Lewis Smith-Connell on** **Lewis.Smith-Connell@LancashireCare.NHS.uk****, 07515399137 or 01772773600 with their NAME AND PHONE NUMBER before Monday 20 March 2017.**

Please find below details of the W.R.A.P. workshops which can be duplicated and given to service users.

**Wellness Recovery Action Plan**

**Workshops**

**VENUE: PULSE (opposite Iceland ground floor), Concourse shopping centre, Skelmersdale**

**DAY: Thursday**

**START DATE: 30 March 2017**

**FINISH DATE: 4 May 2017**

**TIME: 1pm UNTIL 3pm**

**CONTENT**

**Thursday 30 March:** What recovery means to me- Personal Goals

**Thursday 6 April:** My experience of mental distress –Learning from my symptoms

**Thursday 13 April:** Coping Strategies. (Wellness Toolbox) (Daily Maintenance Plan)

**Thursday 20 April:**  Early Warning Signs, Relapse Prevention, Crisis Planning – How to create a Wellness Recovery Action Plan.

**Thursday 27 April:** 1.) Building Support Networks. 2.) Self Advocacy.

**Thursday 4 May:** 1.) Building a hopeful outlook 2.) Social Inclusion and opportunities in our communities.

These sessions will be delivered in a supportive environment by an experienced facilitator. There will be an element of group work and discussion, individual work and paired work. There will be no more the 15 people participating in the workshops.