

# Making recovery real in Dundee

**Making Recovery Real in Dundee brings public and third sector partners and Scottish Recovery Network together to make mental health recovery a reality in Dundee. We have been working with people living with mental health problems and practitioners to set the priorities Making Recovery Real will follow as part of a longer term journey to transform mental health and supports in Dundee.**

**Our approach has been to hold a series of events and discussions where people living with mental health problems and practitioners worked together to identify what has promoted and supported their and others recovery.**

**This has not been a consultation on proposals but the start of a long term dialogue where the agenda is informed not only by the decision makers and practitioners but also by**



**people with lived experience of mental health challenges.**

**Our focus on lived experience and stories is important as it emphasises the (often missed) evidence we have of recovery and what promotes and supports recovery. We want to move beyond the telling of individual stories to work with people to identify messages which can inform the development of policy and practice.**

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## Our priorities

### Listen to and act on lived experience

We are collecting and sharing people's experiences and stories through peer-led story sharing groups, one-to-one interviews and writing groups. The stories will be analysed and key messages identified and shared with decision-makers, practitioners, people living with mental health problems and the wider community.



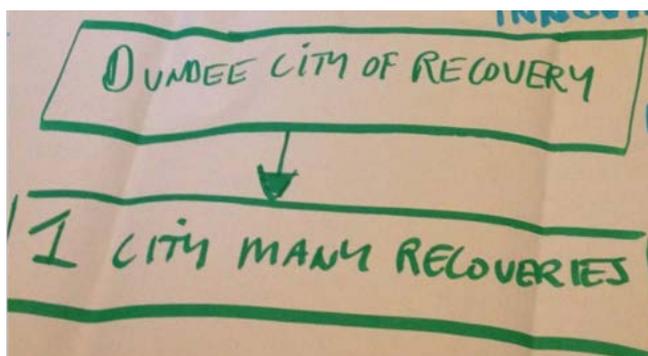
### Create more peer support roles

There is a significant demand for more peer roles and opportunities in the city. We will be working with local services and organisations to create more peer working (paid and voluntary) roles and will be training local people to take up these positions using the Peer2Peer training course developed by SRN and European partners.



### Celebrate wellbeing and recovery

We are working with others to showcase the contribution of people with lived experience to our work and the city.



By bringing people with lived experience, practitioners and decision-makers together on a regular basis we have developed a collective vision for Dundee and worked together to start making this a reality.

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## What people say...

- ✓ The Dundee City Plan and draft Mental Health and Wellbeing Strategy for Dundee reference Making Recovery Real and contain commitments to involving lived experience and developing peer roles in services
- ✓ A [recovery stories film](#) has been produced and premiered at Dundee Contemporary Arts. The film is now being used to take the message of recovery to decision-makers, services and the community. Materials to support others to collect and share recovery stories have been [shared](#)
- ✓ 25 people have been trained as peer supporters using the [Peer2Peer](#) resource
- ✓ Using a co-design approach local organisations and services have developed or are in the process of developing a range of voluntary and paid peer roles
- ✓ Dundee Peer Recovery Network has been established

'It was people in the agenda, the and the priorities has been a co-produced piece year three, Real has entered delivery.'



Dundee who shaped direction of the work that emerged. This designed, co-of work and now in Making Recovery the territory of co-

**‘It’s helped me get my head around co-production. It can be a bit scary because you don’t know where people would take it. But it doesn’t feel so scary now.’**

**‘Before Making Recovery Real it was just professionals working together, talking about what we were going to do. We did a lot of consultation, and people didn’t want to be asked their opinion again if it wasn’t going to be used for anything. There is a difference between being asked for your views and being asked for your story.’**

**‘Being involved in the film made me feel good. I felt I had been given the opportunity to help others with their mental health battle. I believe I can show that recovery is possible.’**

**‘Making Recovery Real in Dundee has been influential in breaking down barriers between NHS and the third sector and people living with mental health problems. It has been good at connecting and creating a feeling of possibility and change.’**



The Richmond Fellowship  
Scotland

