



Elysium 2nd Service User Conference

Rebecca Gleave & Gemma Dobson | 25th April 2018

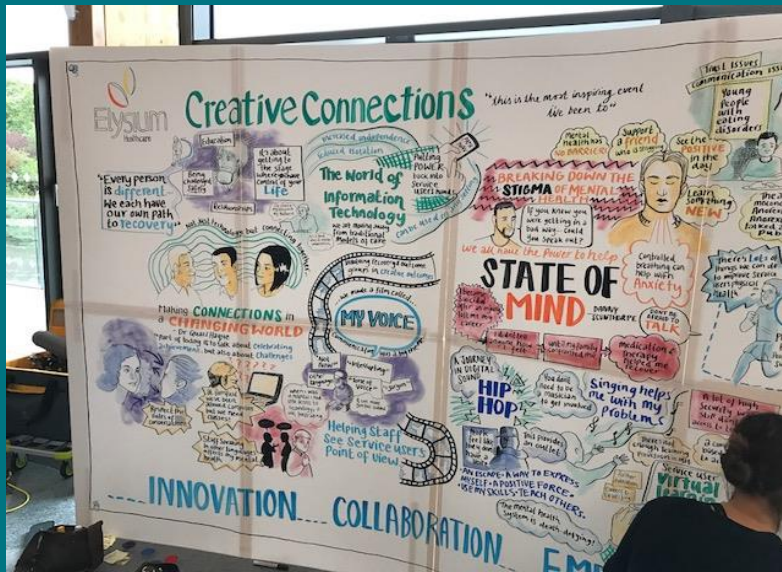


Background

- How Elysium Healthcare was formed
- When we started
- Where we are now
- Our site
- The 1st Elysium Service User Conference 2017
- Service User Involvement in Conference Planning



Creative Connections – 2017 Conference



2018 Conference

- This year's theme is “Moving Forward; Building Resilience and Overcoming Adversity”
- Introduction of a Service User Lead who will sit within the Conference Planning Group
- Introduction of a Carer Lead who will sit within the conference Planning Group



MONTHLY MESSAGE

SERVICE USER CONFERENCE
"MOVING FORWARD; BUILDING
RESILIENCE AND OVERCOMING
ADVERSITY."

"YOU KNOCK AT THE DOOR OF RE-
ALITY.

YOU SHAKE YOUR THOUGHT
WINGS, LOOSEN YOUR SHOULDERS,
AND OPEN." **-RUMI**

20TH SEPTEMBER 2018

We are now planning the
annual Elysium Service User
Conference!

The Slate Conference Centre (Warwick University
Campus)
20th September 2018

What is a Service User Conference?

A service user conference is an event where service users, staff and external speakers come in and share their journey either vocally or through art. The aim of the conference is to focus on a title and encourage people to explore its' meaning. It's hoped that people will connect to it and find a way to express or vocalise their thoughts in whichever way they feel comfortable. The idea is to share this at the conference. It can be inspiring to see what other people share and to reflect on what the title means to you. This year's theme is about building resilience and overcoming adversity, which is a broad topic with a different meaning to everyone. It will be good to see what it means to you.

Who is writing this?

My name's Gemma and I'm a service user at Gateway Recovery Centre. I'm also the Service User Rep who attends the conference planning on our behalf. Every month, I'll write an update through this newsletter, in which I'll let you know what has been planned for the conference. As it is a conference for our benefit, it is important to keep everybody in loop. It will hopefully help to keep everyone updated and the newsletter will also include a message. The message should help to capture the meaning of the title to maybe help to spark ideas!

Where will the conference be held?

The conference will be held at “The Slate”, a conference centre on the Warwick University Campus in the Midlands. It may be a few hours drive away, so to help us cope, we will have a quiet space to use if things get too much. The conference will include interactive workshops, presentations from Service Users, displays of artwork and “Open Mic” where we can share our music or poetry. There is also external speakers who are coming to share their story and how they’ve overcome adversity and further built resilience.



What is adversity?

"The reality is that every individual's reality is different. Everyone has a different journey and therefore a different reality; that does not mean that your reality cannot be worth living. Try not to get caught up in expectations of how things "should be." Achievement can be found in day to day life- it does not have to be something "big". Today you may have done something you couldn't do yesterday; don't forget to reflect on and appreciate these amongst the pressure."

Adversity are obstacles/difficulties that we face. Adversity covers anything from illness, to difficult events. The reason we want to focus on building resilience and overcoming adversity is because recovery doesn't mean we will never face difficult situations again. Recovery is more about having the skills to manage difficult events and find outlets to help us to continue to move forward despite continuing to face difficulties. Recovery means something different to everyone. For some, day to day activity may continue to be a struggle for a while— this will be unique to different people. We chose this theme because recovery is not about being invincible after recovery, but learning skills to cope with adversity. We still face adversity following recovery from or maintenance of illness. There will also be a "Growing Tree" at the conference where we can write our hopes, aspirations and achievements as the day goes along.



Any Questions ?

