

DISCOVERY NEWSLETTER

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Background

The Discovery Newsletter was started in 2012 as a monthly publication by a group of practitioners working in the Bexley Recovery Team and Rehabilitation Services.

Later, we were joined by a volunteer reporter through the Bexley Volunteer2Work Scheme.

The name “Discovery” was chosen as a play on the word “recovery” and represents that fact that each person needs to discover their own individual pathways to feeling in control of their lives.

We aim to publish monthly and currently distribute by email through the social inclusion network. In addition, hard-copies are distributed in various centres around Oxleas.

Aims

We aim to provide people in mental health services a platform to tell their own stories, whether that be in the form of creative pieces such as artwork, poetry or pictures, or reflective stories.

We wish to foster a spirit of hopefulness for recovery from mental illness by enabling the sharing of experiences to encourage others. We have found that it has been a rewarding experience for contributors to see their work in print.

A “Whats On” section provides information about local programs and connects people to wider organisations.

Get Involved!

We welcome any one who could contribute to this project.

- If you are a practitioner who knows of someone, or a service user who would like to publish creative pieces or articles about their experiences of mental health and recovery.
- If you would like to have the newsletter emailed or distributed at your team base.
- If you would like to advertise an event in the “Whats On” Section



The Discovery Newsletter Team: from left to right: Catronia Toms, Trust Lead for Social Inclusion, Antoinette Willis, Senior Social Worker, Bexley Rehabilitation Team, Delana Home, Psychology student and Dr Catherine Carter, Higher Trainee, Bexley Recovery Team

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