

Words are important the language we use and the stories we tell  
 From Kate Duffton

**Recovery Community Group**  
 How we work together

I was introduced as a recovering "psychiatrist and psychotherapist" on a canal path recently and I thought that is probably why I go to Ty Croeso in search of some kind of recovery myself. What is recovery? It can be experienced as the latest fudge but my interest is in recovery in the sense of finding our sense of self, meaning and purpose which I think means connecting to our deepest values and wishes and with the communities we belong to.

The group begins with an activity to do together which has varied from meditation exercises to compiling a music play list and blowing bubbles to drawing images of well-being. Sometimes the discussion which follows has been open and sometimes on a specific topic - as in "Loneliness" which we discussed before Christmas and "Work" which seems to be around at the moment. And I am pleased I don't know exactly what will happen in the group though I am aiming to contribute to the aims of "liberation and integration" for all of us in the group. What happens comes out of the unique mix of individuals in the group that day.

The group has the subtitle "how we work together" and it is open to all involved with the organisation - members, staff, volunteers, trustee/directors and friends. If we all came we would be a crowd - some of us will come some of the time or for a while and it is always interesting who the some are - as if we are elected for the moment to represent all of us or do a particular task. Hopefully the group is a good place to bring problems or issues. Currently we need to work out how to make the organisation more secure financially and this along with our needs to maintain a secure base and to develop will make up our strategy for the next several years. So you have met or will meet Rosie who will be developing our fund raising. We need your input and ideas - do come when you feel like it and be part of the some of us for a while in the group that week.

**Clangers**  
 Connect  
 Learn  
 be Active  
 Notice  
 Give back  
 Eat well  
 Relax  
 Sleep well

With thanks to  
 Dr Phil Hammond

team centred @ believing in people @ curiosity @ playfulness @ space @ clangers @ words we tell @ hope @ diversity @ choice @ acceptance @ inclusion @ partnership @ respect @ empowerment

