



Write to Recovery

Free Write to Recovery group opportunity

SRN is looking for Scottish organisations interested in hosting a Write to Recovery group with the people who use their service.

Write to Recovery is a free eight week programme of therapeutic writing workshops. The workshops focus on the promotion of self-management for people experiencing emotional difficulties or mental ill-health. The discussion and writing undertaken at the group aim to invoke, in participants, a recognition of their strengths and positive aspirations.

One Write to Recovery group participant commented:

It lets you see how your mood changes. It helps you see that IT DOES change. When you read back over what you previously wrote you can see how much you've changed. It's like being able to reflect on your journey.

What's involved?

SRN provides:

- Eight weeks of facilitation by our [Write to Recovery Group Facilitators](#).
- All materials
- Help to promote the group
- Support and training to make the Write to Recovery group self-sustainable after the eight week programme is over

Organisations provide:

- A group of individuals interested in attending (ideally between five and twelve)
- Support and overall responsibility for the individuals taking part
- A member of staff from the organisation present (or on-hand) for every session



The frequency and length of sessions is flexible. Every group is different. To the best of our ability SRN will work closely with your organisation to accommodate your needs.

For more information contact info@scottishrecovery.net or call 0141 240 7790. SRN would also be happy to come and do a taster workshop at your organisation.

Write to Recovery group work is complemented by an [online story-sharing tool](#).