

**Our Reflections: Monday 10 March Edinburgh City Conversation Cafe
Contributing to Recovery in Edinburgh City: Edinburgh Suite, Lothian Chambers**

Into Action

Nick Smith, Co-ordinator for Edinburgh City Alcohol and Drug Partnership, David Williams and myself met to discuss the various interventions that were available to Edinburgh City. Nick accepted our calling card and the first working group meeting for a Conversation café in Edinburgh took place on Tuesday 17 December 2013. It was very close to Christmas but this dedicated working group turned up, enjoyed the mince pies and started planning the Café.

Thank you so much Nick for all your hard work, meeting organisation and keeping us all right in terms of the overviews and action points. You were a really great asset to the working group.



Café table

Our aim

Our aim for the café was to have dialogue with intention throughout the day and contribute to recovery in Edinburgh by inviting all key recovery assets to the event. A huge thank you to all who gave up their time and made the café so successful.

Event Planning

Our first meeting was very focused despite it being so near Christmas and discussions around a Working Group's commitment and responsibility on the day. A preferred date was decided and Nick undertook to secure a venue, which would dictate the numbers invited.

Initially the Café was to be held in the Council Chambers. Due to a double booking the venue had to be changed nearer the day to the Edinburgh Suite in the Lothian Chambers, which were beautiful and very suited for a café.

There was only large 6ft round tables available, holding 10 people, which was not ideal for our café but despite this as a working group we embraced the challenges that larger tables bring and it worked really well.

The Event Programme

10.00 am	Arrive Tea & Coffee
10.15 am	Introduction & Etiquette
10.30 am	Seed One
10.45 am	Conversation One— <i>(Overview/commitments)</i>
11.15 am	Tea & Coffee Break
11.45 am	Seed Two
12.30 pm	Cafe News and Themes
12.45 pm	Lunch
1.45 pm	Seed Three
2.00 pm	Conversation Three
2.30 pm	Tea Break
2.45 pm	Whole Group conversation
3.30 pm	Commitments
4.00 pm	Close



The Café News Board's Filling Up with all the Contributions from our guests.



The Host Team In the picture in back row, Shirley, Jardine, Dave, Stuart, Emma, Charlie
In front row from left to right, .Kevin, Nick,, Anne-Marie, Adele, David
Alistair, and Elizabeth (not pictured).

A huge **thank you** to all members of the **café host team** who really got their sleeves rolled up on the day and made sure that everyone had refreshments and kept the tables cleared. No mean task when refreshments were in a separate room and the tables were so large. This fabulous Host Team were constantly on the go and Nick even managed a run down to his office when I realised I needed something printed.

A genuine thank you Dave for redirecting guests to the new venue, given the weather it was a cold, wet job for the best part. Everyone took their role seriously and every job was attended to from replenishing coffee to clearing tables and collecting our guest's vital feedback.

In particular I loved the fact that the whole team after clear up went for a coffee and informal chat about how the day went.

Were we successful in achieving our aim?

Yes. From our survey monkey 64.71% of people who attended had attended a 'World style' conversation café before and 78.57% of participants said they left with new ideas.

Who came to the event?

A total of 79 people came to the event. Invitations were allocated to each member of the working group, who in turn invited key assets with an interest in recovery, in the community, in services, with a lived experience of recovery and from Mutual Aid and treatment services and from Edinburgh's fast growing Recovery Community.

Feedback

Feedback was received informally on the day and was given to members of the working group in the days after. A SurveyMonkey was then sent out. All feedback given on the day in response to the dialogue questions has been typed and will be available to interested parties in a separate report by Nick. I really

appreciate the way his report has been created with much care taken in the design to reflect everyone's comments on the day. A special mention of thanks to Jeanette Shields for all the administrative work and holding the registrations. The survey: - 17 people responded from 41.18% treatment provider, 35.29% other staff and 17.65% person in recovery. A selection of these below:-

We asked - What was your overall experience of the Edinburgh Conversation Café?

"Moving and engaging. Awkward at times also challenging."

"Positive – good to see such a broad cross-section of the recovery world."

"I found it interesting to hear from people in recovery about their experiences. I felt that people in recovery who are in abstinence based programmes were well represented, however I would have liked to have seen some representation of people who use substitute prescribing services too."

We asked - What themes emerged in the conversations that you took part in at the event?

"Recovery and the need to have it integral to treatment plans."

"I was encouraged that everyone brought different experiences to the event but that was universal agreement that recovery needs to be at the heart of all that we do. Many agreed that Primary Care could make better use of recovery systems."

"The need for service providers to have better expectations of recovery. The need for peer support (where there is proper support, training etc., for supporters, the need to get over issues re information sharing, confidentiality, etc., and support."

We asked – Did you leave the event with any new ideas?

"I left with the problem of trying to reconcile this experience with my experience of planning meetings and thinking how our existing treatment system can facilitate more of the change that was on show in the café."

"Café style conversation would be beneficial for carers and family members."

"The importance of connections between people in recovery. Events like this help to form the ideas of what we need to do to promote recovery, but mainly they are about making connections."

We asked – for any final comments for the SRC that related to your experience at the café.

"It was good – far better than a conference with lots of people spraffing on at you. I would like to have an event that looks more closely at what services in Edinburgh need to do to change to help people in recovery. The making of a commitment was a neat idea too. This arrived this week and was a timely reminder of the café."

"My overwhelming feeling of the event was that it provided a more hopeful and optimistic future in how we manage dependence."

"Really enjoyed the day, I liked the fact that no-one had name badges so it was not highlighting who were service users and who were workers/managers."

"Perhaps smaller groups would have been better as people had a lot they wanted to share and I think that smaller groups might have enabled everyone to have a chance to contribute more."

"Excellent event, very helpful, and good to have a non-local organisation hosting. The SRC role was very much appreciated."

Visibility of recovery - initial impact

- A decision made on the day of the café that a Recovery Matters Workshop be finalised for NHS Lothian, in early June.
- After connections and dialogue for "A Sense of Belonging, Taking Stock 2015" Conference a new workshop was born (see descriptor under recovery bounce).

Visibility of recovery; developing impact (recovery bounce)

- 32 recovery commitments were made.
- Further meeting to be scheduled for joint Recovery Matters for Nurses, Social Workers and the Third Sector staff, hopefully before the summer break. Sense of Belonging, Taking Stock 2015.
- Workshop Descriptor - Models of recovery in addictions and mental health –similarities, differences and opportunities for working together. This workshop will explore different approaches to recovery in addiction and look at how these approaches relate to the recovery movement in mental health.

What did we learn?

How beneficial a good closure is to any event. The coffee with the host team was exactly what we all needed to share all the learning and informal feedback of the café with each other.

How talented and creative people can be when given the opportunity.

Anne-Marie Quigg

May 2014