

“ MY WRAP HAS ENABLED ME TO BRING MY BEST WHEN THINGS WERE TOUGH BOTH PERSONALLY AND THROUGH WORK WITH THE NHS. ”

Steve Clarke, Head of Quality NHS Frimley Collaborative

A FREE two-day course for NHS colleagues working in Primary Care across Hampshire & the Isle of Wight.



Develop your own

# Wellness Recovery Action Plan

29 & 30th March 2023

9am-5pm

Lakeside Country Park,  
Wide Lane, Eastleigh,  
SO50 5PD

A two-day course that uses a preventative evidence-based practice and empowers you with the skills and confidence to deal with challenges in and out of the workplace.

# What is WRAP?

A SELF MANAGEMENT SYSTEM THAT GIVES YOU THE FRAMEWORK AND TOOLS TO KEEP YOURSELF WELL.

WRAP is a preventative evidence-based practice that empowers you with the framework and tools so you can be happy, healthy and perform at your best.

The two-day experience gives groups of up to 16 people the opportunity to come together to develop their own WRAP so that they have the skills and confidence to deal with challenges in and out of the workplace.

The process focuses on people's strengths; it encourages individuals to take personal responsibility for their actions and to self-advocate for support before circumstances reach crisis point and require other costly interventions.

People have different learning styles, so the experience uses a variety of methods to engage with and meet the needs of all participants. In this work, participants, learn through their own experience and the experience of others.

## The journey involves exploring:

### Five key concepts

1. Hope
2. Personal responsibility
3. Education
4. Self-advocacy
5. Support

### Wellness Tools

Explore the things you do to keep yourself well, and the things you do to help yourself feel better when you don't feel well.

### Six parts of WRAP

1. Daily maintenance plan
2. triggers and action plan
3. Early warning signs and action plan
4. Breaking down and action plan
5. Crisis plan
6. Post crisis plan

WRAP helped me focus, giving me structure and a framework to follow. It reminded me, both professionally and personally, of recognising when to stop, when it was time to ask for help, when to do an activity for me and when to say no.

It helped me recognise behaviours that may mean something is wrong, but it also helped me further identify when something is right and how to replicate it, utilise it and maintain it as part of a daily routine.

*Lee Culhane, WRAP Facilitator*

Without a clear plan of how I keep myself well each day, and an understanding of my triggers and behaviour when I am not feeling great and then what to do, I truly do not know what 2020 would have done to me.

*Steve Clarke Head of Quality  
NHS Frimley Collaborative*

## Book your place today

Send an email to [HIOWWellbeing@solent.nhs.uk](mailto:HIOWWellbeing@solent.nhs.uk)

For more information on the course go to [Wellness Recovery Action Plan](#)