



# IMHREC, Red Cow Moran Hotel (Dublin), Tuesday, 16<sup>th</sup> February

## “Morning Tea”

10.30-11.00am Tea/Coffee Biscuits

## “Paninis and WRAPs”

11.00 am Welcome **Valerie Maguire** IMHREC Programme Coordinator

11.15 am **Piers Allott**- Recovery and WRAP Educator in a previous life!

11.30 am **Professor Agnes Higgins (TCD)** and her research team  
**Sharing our experience of evaluating IMHREC Recovery Education Programme.**

11.45 am **Female Participant** from Mental Health Recovery & WRAP Programme

11.55 am **Male Participant** from Mental Health Recovery & WRAP Programme

## “Homemade Bread (and Butter)”

12.05 pm Minister for Equality, Disability and Mental Health at the Department of Health and Children, **John Moloney T.D**

Launches “**Recovery in Ireland**” DVD & Poster

## “Karrot & Koriander Soup”

12.40 pm Introduction to the **Recovery Cafe: Karen Colligan and Karen Quigley**

## LUNCH—served at your tables

1.00-1.45

## “Irish Stew”

1.45pm The Recovery Cafe: **Facilitating conversations and connections that matter!**

2.00 pm Round 1

2.30 pm Round 2

3.00 pm Round 3

High Tea Served in the room—please help yourselves!

## “Selection of Tasty Treats”

3.30 pm Feedback “post-it” Session

## “Takeaways”

4.00 pm Special thanks and acknowledgements

Conclusions and further information

Distribute “**Recovery in Ireland DVD/Poster**” & “**Revised Little Book of WRAP**”