



Thank you for taking the time to complete the feature questions below.

(Karen Taylor)

Please, tell us about *Working to Recovery* and the work that you do? (How did it come about? Whose idea was it? When was it established? What different aspects are there to the company?)



We started Working to Recovery in 2002; we had just lost our previous business Keepwell. Previously we had written a workbook called working to recovery and we realised that this was exactly what we were both doing; financially, physically, emotionally & spiritually.

We have a publishing house called P&P press (P&P stands for psychotic and proud).

We also undertake consultancy, workshops, in house training, mentoring, and public speaking.

What has been some of the personal highlights of your time with *Working to Recovery* and the work that you do?

For me personally travelling to many parts of the world and having the honour to follow many people on their journey to recovery.

A bit about you; where were you born and raised? What education course did you follow & where did life take you after this?

I was born in Gloucester and spent most of my first 40 years living in Gloucestershire apart from 2 years spent in Stratford on Avon on a theatre studies course. Early on I wanted to be an actress but eventually went to nursing school and became a registered mental Nurse working for 16 years in the NHS as a nurse then manager. For the last 14 years I have worked with Ron, we have 7 children between us, pigs, cows, chickens, sheep, ducks, turkeys, geese and dogs and continue working to pay the food bills.

Would you like to share how you got involved in Mental Health?

I saw an advert in a job centre for student psychiatric nurses and applied, I didn't really have a clue what it entailed, but loved working with people right from the beginning.



What projects are you currently working on?

We are working on opening a Recovery House in Australia, a narrative conference in York in July and many other pieces of training, writing and an e-learning initiative called ICRA. We have also set up Working to recovery Australasia.

Do you have any 'coping strategies' that you use?

Walking the dogs, swimming, cooking, singing and shouting when necessary.

What does the future hold for you, personally?

I want to do more singing and learn to write better and be able to take more time out.

And for Working to Recovery?

I would like to see our work spread further around the globe to places like China, more countries in Africa and South America. Many places have still not heard about the concepts of recovery or about the working with voices approaches. Also wish to develop the narrative approaches to understanding distress.

Favourite Quote?

*"When the Grandmothers speak, the Earth will be healed
When the Grandmothers pray, Wisdom will be revealed
When the Grandmothers sing, the Earth will be made whole."
- Circle of Grandmothers Newsletter*

(Ron Coleman)

Please, tell us about Working to Recovery and the work that you do? (How did it come about? Whose idea was it? When was it established? What different aspects are there to the company?)

Working to recovery was set up in after Karen and I decide to begin again when our old company Keepwell had to go into receivership after growing to quickly and over extending. We set up in 2002 and the name reflects two things one our belief in the process of recovery and secondly the need for us to recover.

Working to recovery provides training in recovery practice in mental health, we also publish books and make DVDs and we run a small recovery house on the Isle of Lewis.





What has been some of the personal highlights of your time with *Working to Recovery* and the work that you do?

I have had many highlights over the years but perhaps the main one recently was the three-month project in Italy where we ran a recovery house for ten people over a three-month period. Alongside this every time I meet someone who has reclaimed their life back is a highlight for me.

A bit about you; where were you born and raised? What education course did you follow & where did life take you after this?

Born in Dundee Scotland educated in Scotland studied business admin and accountancy. I Played Rugby enjoyed that but hated School love reading and writing and debating. I asked my wife to tell me something about myself and she said Fat and Scottish but lovely really.

Would you like to share how you got involved in Mental Health?

I always say that I did not get involved with mental health but that it got involved with me and when I left mental health services I decided to stay working in mental health because I saw a system that was broken and I wanted to be part of the solution.

What projects are you currently working on?

The main things I am working on at the moment are developing recovery houses, new training packages around implementing recovery practice and working with "BPD". I am also writing two new books one is called "We all flew out of the cuckoo's nest" and the second is a fantasy book about Trolls on the Isle of Lewis.

Do you have any 'coping strategies' that you use?

I still make time for my voices and talk with them when things are stressful.

What does the future hold for you, personally?

I still feel passionate about developing recovery services and tools that work for people and personally I intend to do my PHD.

And for *Working to Recovery*?

I hope we will continue to provide high quality training and much more materials including on-line courses that are fully focussed on two areas these are recovery practice for workers and self-help.

Favourite Quote?

"They said I was mad I said they were mad dam them they outnumbered me"
- Nathaniel Lee

Web link:

<https://www.workingtotherecovery.co.uk/>

Social Media links

Facebook: [Working to Mental Health Recovery](#)