

## COMMUNITY DEVELOPMENT WORK CORE VALUES:

Mid West ARIES implements the key values required for the practice of effective community development work:

1. Collectivity
2. Community Empowerment
3. Social Justice and Sustainable Development
4. Human Rights, Equality and Anti-discrimination
5. Participation

## THEORETICAL FRAMEWORK

**C.H.I.M.E** underpins the work of Mid West ARIES:

**C**onnectedsness  
**H**ope & Optimism  
**I**ntity  
**M**eaning & Purpose  
**E**mpowerment

(Leamy et al., 2011)

HSE Mid West  
Community Healthcare

### Contact Details

Mike O'Neill  
061-461275  
085-8768517  
michael.oneill8@hse.ie

Eileen Cunningham  
061-461276  
085-8589546  
eileen.cunningham4@hse.ie

Mid West ARIES,  
Service Improvement Office,  
Mid West Mental Health Services,  
St. Joseph's Health Campus,  
Mulgrave Street,  
Limerick, V94 C8DV  
061-461226.

[www.hse.ie/mwaries](http://www.hse.ie/mwaries)

Follow us on **Social Media**  
@MidWestAries



Twitter



Instagram



Youtube



HSE Mid West  
Community Healthcare



Recovery & Well-Being Education  
in Mental Health

Mid West Advancing Recovery  
in Ireland Education Service

**FREE**  
Mental Health  
Recovery Education  
for all in the  
Mid West

## WHAT MAKES MID WEST ARIES *Different?*

### VISION

To provide the Mid West region with an inspirational and inclusive educational programme on recovery and well-being.

### MISSION

- To provide education and resources created and delivered by service users, family members, carers and mental health professionals.
- To inspire hope, create opportunities and foster the belief that recovery and well-being are possible.
- To promote education as a tool in mental health recovery.
- To make this programme available in Limerick, Clare and North Tipperary.
- To promote a culture of inclusivity, mutual respect and learning among all, service providers, service users, family members, carers and anyone with an interest in mental health and well-being.

#### Co-Production

- The topics of the courses are created by people with lived experience, service users, family members and service providers. This is called **co-production**. This means that everyone has a say in what goes in to the courses.

#### Co-Delivery

- The courses are then delivered by people with lived experience, family members and staff working in mental health services. This is a different way to how other courses are usually created and delivered.

## WHAT DOES MID WEST ARIES OFFER?

- Mid West ARIES offers a range of courses, information and educational materials on Recovery and Well-being in Mental Health.

#### RECOVERY EDUCATION:

- With communities across Limerick, Clare and North Tipperary
- With the Mental Health Services
- Recovery Principles & Practice Training for mental health staff
- Recovery Principles & Practice Workshops with 3rd level students

## HOW CAN YOU GET INVOLVED?

You can enjoy Mid West ARIES as a **Student** (attending courses), **Co-Producer** (creating material), or **Co-Facilitator** (delivering courses).

Find out more and sign up by visiting [www.hse.ie/mwaries](http://www.hse.ie/mwaries)

