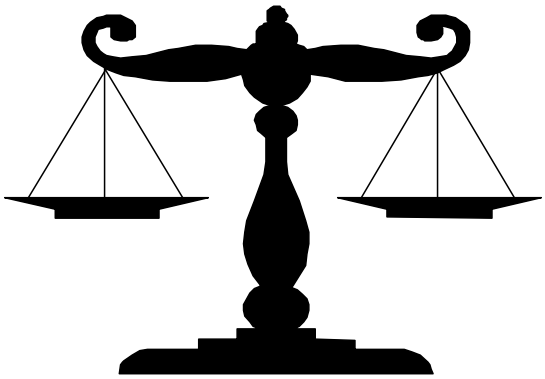
Generated by Foxit PDF Creator © Foxit Software
http://www.foxitsoftware.com For evaluation only.



THE BALANCE

The Advocacy Network's Newsletter for Suffolk

Volume 14 Issue 7 AUGUST 2011

Health and Well Being

Are you feeling stressed or anxious?

Are you from the Minority Ethnic Community?

Would you like to learn how to improve your mood?

ESAN in Lowestoft are running a 5 week workshop to help you understand and improve your mental well being, this can help you to reduce the impact stress and anxiety can have on your life.

The sessions are free and will last around 1 hour 15 minutes we will look at how to identifying stress, what we can do to manage it and how to relax.

Come and join us — the dates are below:

Wednesday 31st August 10:30 – 11:45

Wednesday 7th September 10:30 – 11:45

Wednesday 14th September 10:30 – 11:45

Wednesday 21st September 10:30 – 11:45

Wednesday 28th September 10:30 – 11:45

Please contact ESAN on (01502) 561200 to secure a place on the workshop.

Do you have an article you would like to have printed in this newsletter? If you have any material please send it in using the freepost address for the Ipswich office or e mail to Lowestoft. The deadline for any articles for inclusion in the next issue of The Balance is:
Friday 19th August 2011

Generated by Foxit PDF Creator © Foxit Software
http://www.foxitsoftware.com For evaluation only.

READER'S LETTERS

Roulette of Feelings by Denise.

The roulette of feelings is when a dice has been rolled, you put all your chips on one feeling and something says "place your bets please" as the ball of what may be spins round and round and goes where it stops, nobody knows. Your feelings are like the numbers—so many of them and many places to go, but only one place the ball will stop. Have you bet on the right one. Have you put high or low stakes on your feelings as they go round the roulette wheel. It is a chance to take on your feelings, with just one feeling you've gambled with all your chips. "no more bets please" is said. You have done it now—your roulette of feelings now are the expectations of winning or losing. In betting and gambling your feelings for chips on a roulette wheel, did you get the result you wanted. Did you gain respect or lose control? Feelings are more important than gambling on a roulette wheel. Even one feeling for betting with chips and the mental money you win is false modesty. A moment of pleasure and the mental you lose is downright dirty as you have cheated yourself and been cheated.

The roulette of feelings is best served as a keen observer—from the background you can see from all sides. Watch out for the roulette of feelings. Your feelings gambled for chips, or your chips as feelings gently rolled in your hands should never be placed as a bet. The roulette of feelings is more about a magic roundabout of you:- yourself, the roulette of feelings.

The Month of August is:

The month when the following festivals take place:
Edinburgh Fringe Festival, Edinburgh International Festival, Reading Festival, The Glenn Miller Jazz Festival, Notting Hill Carnival.

August is Foot Health Month, Home Business Month, National Catfish Month, National Golf Month.

1st-7th August - WABA World Breastfeeding Week and also National Clown Week.
1st August is Ramadan - the month of fasting from dawn to sunset. During Ramadan, Muslims celebrate the time when the verses of the Qur'an were revealed to the Prophet Muhammad (peace be upon him.)
2nd August is National Ice Cream Sandwich Day
3rd August is National Watermelon Day
6th August is "Wiggle Your Toes Day".
8th - 14th August is Elvis Week, National Apple Week & National Smile Week.
9th August - National Women's Day in South Africa.
9th August is Betty Boop's Birthday (created in 1930)
12th August - International Youth Day
13th August is Raksha Bandhan ('raksha' means 'protection' and 'bandhan' means to 'tie'). A Special Hindu festival for brothers and sisters. The festival celebrates brotherhood & love. Girls tie 'rakhi' (twisted red & gold threads) around the wrists of their brothers, who in return, usually give their sisters a present.
13th August is a Full Moon
16th August is Roller Coaster Day
20th August is International Homeless Animals Day
22nd August is Be An Angel Day
24th August is Strange Music Day
25th August is Kiss and Make Up Day and National Banana Split Day
30th August is National Toasted Marshmallow Day

Did You Know?

- No word in the English language rhymes with month, orange, silver, or purple.
- In Toy Story, the carpet design in Sid's hallway is the same as the carpet design in "The Shining".
- Ireland is the only place where windmills turn clockwise.

Micaela

Generated by Foxit PDF Creator © Foxit Software
http://www.foxitsoftware.com For evaluation only.

POETRY PAGE

When The Birthday's Over.

Another year will soon be here,
Another year to live in fear,
To know health getting only worse,
Life seems to be such a curse.

It's hard to look forward or make a plan,
Crippled and no strength of hand,
The simplest job can take forever
All seems a grind—where's the pleasure?

I want to chat, to laugh and sing,
To feel of use in some small thing,
To be understood that I try my best,
And can't forever sit and rest.

Even when ill the brain is keen,
Divert away from pain and life can be seen,
To have some meaning, a reason to live,
If everyone learns, don't take but give!

-oo00oo-

Dreams.

When I was little I wanted to grow,
Tall and slim, handsome, and have a glow
That said life is good, I have fun,
Working and playing in the sun.
I'll have family and friends who love and care,
Through good and bad, they'll always be there,
I'll travel the world, see all the sights,
Have beliefs and put the world to rights.
That's what I hoped for
But circumstances shut many a door,
Trying hard couldn't improve my health,
Good stewardship can't improve my wealth,
But nevertheless I have to say
Though sometimes I have lost my way,
Life is sweet and I live for each day
And am happier for it.

"who can add an hour to their life through worry?"

CAW

Folklore & Beliefs:

"If the first week of August be warm, the winter will be white and long."

Quote of the Month

"You miss 100% of the shots you never take". (Wayne Gretzky - famous ice hockey player)

My Cry To The Lord.

I sought you with tears on my holy bed,
I cried and cried within myself
But it felt you had run away,
I raised myself from off my bed
And there with open arms
My Lord and Master stood right there
With open loving arms.
I ran with tears astreaming
Into his mighty caress,
He looked right down and spoke to me
"you are the apple of my eye" says the Lord

Jeanette Summers

To Put Yourself First.

To put yourself first
You could do worse
Can be hard for some
For others it's easier as it comes.
To put yourself first
It's like being reimbursed
Putting something back
Instead of saying "I'm all right Jack."
To put yourself first
Isn't like a curse
As a curse is more binding
And you are now finding
To put yourself first
Is not to immerse
But to set yourself free
To be who you're meant to be.
To put yourself first
Is to converse
In a way you feel happy
But sometimes you're more crappy
To put yourself first
Is then to rehearse
A much better way
For you to say.
To put yourself first
Is to be your own nurse
To look out for yourself
And not be left on the shelf.
To put yourself first
Is for chapter and verse
That you are very much indeed
A person who will succeed.

Denise

WE ARE IN REAL NEED OF YOUR POETRY. PLEASE — DON'T BE SHY!!

Generated by Foxit PDF Creator © Foxit Software
http://www.foxitsoftware.com For evaluation only.

University Campus Suffolk Mind, Body & Soul Exhibition

University Campus Suffolk is pleased to invite you to take part in our
Mind, Body & Soul Exhibition
Where: Waterfront Building Neptune Quay Ipswich IP4 1QJ

When: Thursday 13th October 2011 - 11.00pm-2.00pm (refreshments included)

Costs: Charities/not for profit **free**, £75 for profit organisations

The Mind, Body and Soul Exhibition is an opportunity to promote overall health and wellbeing to our students and raise awareness of issues relating to accessibility, equality and diversity.
Please confirm your attendance by completing enclosed booking form by Friday 29th July
For further information contact: Sian Lewis, sian.lewis@ucs.ac.uk or 01473 338421

Mind, Body and Soul Exhibition
Thursday 13th October 2011 11am-2.00pm
University Campus Suffolk

Please note that this event will run from 11-2pm. We anticipate exhibitors will be able to depart shortly after 2pm.
Please confirm your attendance by Friday 29th July. We will confirm your booking within two weeks of receipt of this form by our office. Please do not assume that your booking has been accepted without this confirmation.
If applicable, we reserve the right to charge 50% of the original fee for any cancellations made after the 6th October 2011.

Organisation Name .....
Organisational profile
(Please record a brief overview of your organisation. We would like to collate profiles from each of our exhibitors, to be made available to visitors attending the event)
.....
.....
.....

Address .....

Contact Person .....
Telephone .....
Email .....
Website .....
Your requirements .....
Please note that chairs and tables will be provided offering table space of 120cm. .....
Exhibitorr space allocated will be 2 metres approx .....
If you require any access arrangements, please give details here: .....
.....
Names of delegates (maximum 2)

Please book my place at the exhibition ☐ Charity / public / not-for profit **(free)**
☐ For Profit £70.50 inc VAT For card payments ring 01473 338421
Please make cheques payable to University Campus Suffolk

Electricity
We have a small number of power points available, which will be allocated on a first-come-first-served basis. Please indicate whether you require electricity and we will confirm the Arrangement. Yes / No

Generated by Foxit PDF Creator © Foxit Software
http://www.foxitsoftware.com For evaluation only.

MUSIC IN MIND

WE HAVE GOOD NEWS re our Music in Mind singing workshops run fortnightly in Ipswich Library and Heart Song workshops starting in September for Family Carers and their families monthly at Claydon Carers centre, monthly in Bury Library, term time in Lowestoft. We have been successful with our application, both to the Ipswich Foundation and to the Lottery's Awards for All, to continue our projects for another year.

We hope to continue to attract new people, but are very aware that people need the encouragement or practical support of someone they trust to overcome their anxieties about new groups, singing generally etc. Feedback from Music in Mind which started in January and attracts 20—35 people fortnightly has been very positive, but we need to continue to reach people in settings in which they feel comfortable to offer taster sessions. We also need to reach staff groups, especially those including support workers and volunteers.

We have funding to offer talks and taster sessions both to staff and to community/voluntary groups and could be available to visit any project you are involved in so we would like to encourage people to take this opportunity to become part of a singing community.

If you would like hard copies of fliers to advertise these workshops, or more information generally please e mail **tracy.sharp43@ntlworld.com** or telephone **07594 621571, or flowerstogether@gmail.com** or telephone **Fran on 07817 744758 or Jennie on 07853 397215.**

A Slice of Healthy Living
Your Healthy Heart

A 6 week course for members of the Black and Minority Ethnic community

Starting on Friday 23rd September 2011 – 12.30-2.30pm
Murrayside Leap Centre
Nacton Road
Ipswich IP3 9JL

National statistics show that BME communities are more likely to suffer from heart diseases. There are many reasons for this, so let's find out why!
This course helps to educate and empower learners to make more informed choices about their health. The course also will get you thinking about volunteer or paid work within the health and well being sector.
You will also gain an NOCN Introduction to Career preparation qualification upon successful completion of the course.

For more information or to book your place please call 01473 325286

Funded by the skills funding agency—community learning and skills development
Karibu—African women's support group

Generated by Foxit PDF Creator © Foxit Software
http://www.foxitsoftware.com For evaluation only

Resolution – Rebuilding Lives

Free effective treatment for Military Post-Traumatic Stress for integration into work and family life.

Military post-traumatic stress wrecks the lives of sufferers, their families and friends. Trauma can cause flashbacks, nightmare, anger and depression, often leading to violence, alcohol and substance abuse, family breakdown and even suicide. Over 300 Falklands veterans have committed suicide; more than were killed in the fighting in 1982. Today, 20,000 ex-servicemen are in jail or on probation.

PTSD Resolution: our mission is to provide more effective therapy for veterans suffering from military post-traumatic stress. We're ensuring better access and availability for treatment. It's a programme designed to meet the special needs of our ex-service men and women. Relief is almost immediate: therapy is brief, effective and proven to work. With your support, PTSD Resolution can ensure more veterans benefit from this treatment, helping sufferers in need of help to resume a normal family, work and social life.

Approved for Veterans: PTSD Resolution treatment meets the special needs of veterans of the armed forces. Therapists in the PTSD Resolution Programme use a form of Trauma-Focused Cognitive Behavioural Therapy (CBT) which is a treatment for Post Traumatic Stress Disorder (PTSD) approved by the National Institute for Health and Clinical Excellence (NICE); delivered within the Human Givens approach.

Treatment is effective without the therapist or anyone else having to know the details of the traumatic events, and without the sufferer having to re-tell or re-experience the impact of the events. This respects the need for privacy and confidentiality. The patient's calm state during treatment, and minimal verbal recounting of the traumatic episode, ensure that PTSD Resolution's trauma-focused CBT is as compassionate and supportive as possible for veterans.

Military Post Traumatic Stress can be treated successfully

- Local outreach programme through 250 therapists nationwide.
- Effective treatment: 80 per cent of patients successfully treated.
- Brief therapy: typically within three to five one-hour sessions.
- Out-patient treatment: supports family, work routines and relationships.
- No waiting lists: therapy can usually begin within days.
- Confidential service, no clinical or service referrals required.
- Non intrusive: no requirement to re-tell or re-live past traumas.
- Free.

What we do: Our mission is this: to ensure effective therapy for military Post-Traumatic Stress.

Better access and availability of treatment for all veterans and reservists of the UK armed forces.

The PTSD Resolution Programme involves a series of one-hour therapy sessions on a one-to-one, out-patient basis, to relieve veterans of disabling symptoms.

Four treatment sessions is usually enough to bring the peace of mind that enables a veteran to start to resume a happy and productive family and work life.

A single course of treatment is usually all that's required. It's delivered through a national network of approved therapists (full details are available on request), so veterans do not necessarily have to travel to receive help.

We're also doing research and raising awareness of the causes and treatment of post-traumatic stress. PTSD is little understood by veterans – or their families, friends or employers who are often very much affected by the destructive behaviour associated with the condition. A key area of research will be the plight of veterans in the prison and probation system – who number some 20,000 today. (case study will b published next month.)

Generated by Foxit PDF Creator © Foxit Software
http://www.foxitsoftware.com For evaluation only

'Be On The Radio'

The SAM Radio Show are looking for new people to be part of the SAM radio show, on Ipswich Community Radio 105.7 fm. The show goes live every Thursday afternoon from 2.00—3.00 pm.

So if you have anything interesting to share—a story, poem, en experience of the health services, an event you wish to promote or simply want to have a chat with other presenters we would love to have you as part of our team.

The show also welcomes contributions from carers, friends or mental health professionals. Whatever you wish to share, we would love to share it with you.

To get in touch please contact **Faye Smith on 01473 418036 or fsmith@csv.org.uk**

Bridge View Day Centre

8 Commercial Rd.
Lowestoft, Suffolk
NR32 2TD
Tel / Fax: (01502) 513 974
General Enquiries:
jennings.s@stjohnshousing.org

Mondays, 9am—8:30pm
1pm - 4pm: Dual Diagnosis drop-in clinic
Tuesdays, 9am—4pm
10am - 2pm: Samaritans drop-in session
Wednesdays, 9am—4pm
1pm - 4pm: i2 Dual Diagnosis Team **appointments only**
Thursdays, 9am—8:30pm
1pm - 4pm: Dual Diagnosis drop-in clinic
Fridays, 9am—4pm
2pm - 4pm: i2 Dual Diagnosis Team **appointments only**
Saturdays — 9am—3pm
Sundays, 9am—3pm

*Various activities and programmes run throughout the week. To find out more, contact **(01502) 513974**.*

Feedback Forum Dates

Lowestoft @ 28 Gordon Road
15th August 2011 at 2 pm.

Beccles @ The Quaker Rooms
24th August 2011 at 11 am.

Gt. Yarmouth @ Christchurch Church Café
8th August 2011 at 10 am (Cobholm Room)

Halesworth @ Patrick Stead Hospital
16th August 2011 at 11 am

For further information phone 01502 533529

GOSH - For members in the Waveney and Yarmouth areas who are interested in trips out. For more information you may contact Tina on

Looking for Social Support?
Why not come along to the
PHOENIX CLUB
The Quaker Meeting House,
39 Fonnereau Road, Ipswich

Every Friday 10am – 2pm
Cooked lunch available at £2.50

For details please ring Donna - Tel 07976768763
Email donna2.garrod@ntlworld.com

All Welcome!

Like Minds—a social support group for lesbians, gay men and bisexual people affected by mental health difficulties. Meets twice a month in Ipswich. For further details please contact Lois on 07981 988841

Create + communicate S A M

The SAM Project supports people recovering from mental illness into *volunteering and employment.*

We provide training and social activities; including IT and media, conservation and social groups.

For more information please contact Sarah on 01473 418036 or email **sboycott@csv.org.uk**

Also visit www.thesamproject.co.uk www.ictv.org.uk and www.csv.org.uk

Generated by Foxit PDF Creator © Foxit Software
http://www.foxitsoftware.com For evaluation only

On a section?

Do you need help to understand your treatment or your rights?
Would you like support at a ward round, care review or appeal?

You now have the right to an independent advocate from ESAN.

ESAN provides independent mental health advocacy (IMHA) for people who are treated in hospital or in the community under a section of the Mental Health Act.
If you are on a section you can call us yourself or ask a nurse or relative to phone for you.

Free legal advice

1st & 3rd Thursday of each month

(4.30—6.30pm by appointment only)
Free 30 minute appointments on a variety of areas of law
(interpreter available upon request)
Please contact:
The Law Advice Centre
46A St. Matthews Street,
Ipswich
(next door to BBC Radio Suffolk)
Tel: 01473 408111
Email: office@iscre.org.uk

Independent Groups: Swimming Self-Help Group, Ipswich
Promoting Physical & Mental Well being

New Members welcome

Two sessions Per Week at Fore Street Pool, Ipswich

Tuesday 3.00 pm—4.00 pm Saturday 2.00 pm—3.00 pm

Cost is £1.50 Standard or £2.00 Full time waged Come along and give us a look!

Professionals must telephone beforehand if they wish to refer clients.

For more details please contact: Anthony Dooley. (Facilitator) on Tel. 07876571791

Sponsored by Ipswich Borough council and Suffolk Single Gateway.

HOW TO CONTACT YOUR ADVOCACY NETWORK

If you would like to know more about your local advocacy network you can contact any of the offices below. Your call will be returned if there is no-one available to talk to you.

	IPSWICH	BURY	LOWESTOFT
	ESAN, C/o St Clement's Hospital Foxhall Road Ipswich. IP3 8LS	ESAN The Coach House 50 Long Brackland Bury St. Edmunds IP33 1JH	ESAN 42 Alexandra Road Lowestoft NR32 1PJ
EMAIL	Ipswich@esan.org.uk	Bury@esan.org.uk	Lowestoft@esan.org.uk
	01473 329671	01284 765925	01502 561200

The Ipswich office also has a FREEPOST address:

ESAN
FREEPOST ANG8234
Ipswich
IP3 8ZZ

THE BALANCE encourages its contributors to express a variety of views but these do not necessarily represent those of the Editor or ESAN.
The Editor reserves the right to edit or shorten submissions when necessary for space reasons.