



THE BALANCE

The Advocacy Network's Newsletter for Suffolk

Volume 13 Issue 3

April 2010

LOCALITY JOINT ADVISORY GROUP

There will be a meeting on **Tuesday 13th April, 2010** at **The Bethel** (Lowestoft Players Headquarters) **Battery Green Road, Lowestoft** commencing at 9.45 am and finishing around 2 pm. A light buffet lunch will be provided at approximately 12.30 pm providing an opportunity for Networking. Following lunch there will be an opportunity to meet with individual providers.

On 1st April 2009 the **Pooled Fund** was set up between Health and Social Care to provide funding to develop Community Mental Health Services. This is where the majority of **ESAN's** funding comes from and a condition of the funding is that service providers produce a quarterly report about the delivery of the service and outcomes being achieved for the users of the service.

Another condition of the funding is that a meeting will be held every six months to give everyone involved an opportunity to say what they think about the service provided, and if there are any improvements they would like to happen. This meeting is called a **Joint Advisory Group (JAG)** and will include a number of other service providers in the locality.

We need to know how many people will be attending the meeting. Therefore could you please telephone the **Lowestoft office on 01502 561200 by Wednesday 7th April** to let us know if you would like to attend as we need to confirm numbers of those attending for seating and catering purposes. Also any special dietary needs required.

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 16th April, 2010

READER'S LETTERS

TIME

What were you thinking about a minute ago?

If it was the past, forget it.

If it's the future, it doesn't exist.

Neither the past or the future exist outside the mind,

Time is always now.

Do not imagine!

It's pointless thinking how things ought to be.

What could be is irrelevant.

Why think about the way things used to be?

Or how they may have been?

Things are what they are.

Don't waste your time dreaming.

Wake up!

You are here.

It is now

Why complicate things?

Jonathon has compiled some jokes which we had a good laugh with—hope you enjoy them too.

A young couple on their wedding night, and the young bride is lying on the bed seductively spread out. She says to him "you know what I want" to which he replied "all the bed by the look of it!!"

A man speaks frantically into the phone "My wife is pregnant and her contractions are only two minutes apart."

"Is this her first child" the doctor queries?

The man shouts "No this is her husband."

What do you call a woman with an opinion? . . . Wrong!

I just brought some sausages with a picture of Jamie Oliver on the pack. It says "prick with a fork."

Yep—you can't argue with that!!

J. Covington

MEN AND WOMEN.

Men are from Mars and women are from Venus. Men be with standing and women be with sitting. Men can see things and women can see for miles. Men don't know soaps and women don't know sports. Men are ever so strong and women ever so even. Men foretell seconds and women foretell moments. Men go to work and women go to building. Men have been boys and women have been girls. Men can dream and women can spend. Men just want time and women just want answers. Men love the results and women love the shopping. Men mostly do the DIY and women mostly do the cooking. Men often will see and women often will know. Men practice many tricks and women practice many games. Men quickly try solutions and women quickly try solving. Men rule in spinning and women rule in juggling. Men might do in sayings and women do in actions. Men undergo looking and women undergo seeking. Men versus women and women versus men.

Denise.

A nun who worked in caring for people who were infirm at home ran out of petrol. As she was only down the road from a petrol station she walked there and asked if she could borrow a petrol can. The attendant told her it was already on loan and wouldn't be back for at least three hours. Not having time to waste, she went back to the car got a bedpan and went to the petrol station. After filling it up she returned and started to pour it into the car. As she was doing this, two men drove slowly past and saw the nun.

"If that car starts, I'll be in church on Sunday" one man said to the other!!

I'm just catching up with yesterday, by tomorrow I should be ready for today!

When I learnt all the answers, they only went and changed all the questions!!

Poetry page

Living Reflections

Out on the cold heath
Lonely and grey
Stands an old building
Where faithful can pray

Inside I venture
Looking around
Up at the angels
Or down on the ground

I look at the stained glass
Bright light shines down
Dancing before me-
It quickens the ground

Living reflections
Tales of the past
Play on my senses
My trance must not last

Caught in a day dream-
Psychosis near-
Things can take over
S'my constant fear

Looks so beguiling
Seem to be true
Take on their own life
Does it happen to you?

Rod O'Donoghue

The U in Jesus

Before U were thought of, or time had begun
God stuck U in the name of his son.
And each time U pray, you'll see it's true,
You can't spell JesUs and not include U.

You're a pretty big part of his wonderful name
For U he was born, that's why he came.
And his great love for U is the reason he died,
It even takes U to spell crUcified.

Isn't it thrilling, resplendently grand,
He rose from the dead with U in his plan,
The stones split away, the gold trumpet blew,
And the word resUrrection is spelled with a U.

When JesUs left earth with is upward ascen-
sion,
He felt there was one thing he has to mention.
Go into the world and tell them it's time
That I love them all, just like I love U.

So many great people are spelled with a U,
Don't they have a right to know JesUs too?
It all depends now on what U will do

A Spring Poem

Relaxing in the sunshine, trying to get the washing dry
between April showers,
Rainbows and their colours and a pot of gold at the end
of it!
Romance and countryside walks—wayside flowers,
Mothering Sunday and posies at Church,
Love, peace and understanding,
Hippies with flowers in their hair.

Susan Diane Hawes

Mixed up feelings, I need to unwind,
Contentment in whom shall I find,
The nearer I get the further I fall,
With more to say the harder the call,
Lost in emotion caught up in a spell
Finding my way with no-one to tell,
Calm my sorrow release this bind,
Show me a passion I need never find.
I want to escape, I have no shame,
This yearning for freedom is all I will claim.

Karen Curtis.

Had a Little Lamb

Mary had a little lamb and it remained little,
Mary had a little lamb and they made it into spam,
Mary had a little lamb and they made it into jam,
Mary had a little lamb and no-one thought it was
ham,
Mary had a little lamb and it was serenaded by
Wham,
Mary had a little lamb and everyone swore oh
damn.

Novello N. Maynard-Thompson

Twinkle twinkle little star.

Twinkle, twinkle little star for all you are
Twinkle twinkle the light goes on so far,
Little star who chugs like a brand new car
Star from every angle, thank you—ta

Up above for heaven's star twinkles bright
The diamond that does shine in the night
But sky and world not left in fright
For the star you are, hug someone tight.

Twinkle, twinkle little star, who is now on par
You have been raised to be a brilliant, bright,
super star.

Denise

Boost your proteins

Nutritionists tell us that we need to eat enough protein to build muscles and repair our body tissue. Sometimes it's difficult, though – meat and fish are expensive and cheese is high in fat, so sometimes eating enough protein is a problem if we're short of money, watching our weight or taking care of our heart.

Combining plant foods to make a complete protein is a healthy and cheap alternative. Vegetarians have known about this for a long time but it may be a new idea for non-veggies. We need to combine the right plant foods together in one meal to create a complete protein source. There are different combinations of plant foods that can be selected so you can choose which foods you prefer to eat. The diagram below shows you how to combine plant foods successfully.

Group 1 - grains

e.g.. bread, rice, breakfast cereal, pasta, noodles etc.

Combine any item from group 1 above with any item from just one of the 3 groups below

Group 2 - legumes e.g. peas, beans and lentils

Group 3 - vegetables all vegetables, including potatoes

Group 4 – nuts and seeds e.g. walnuts, cashew nuts, peanuts, sunflower seeds, pumpkin seeds etc.

Simple examples include;- baked beans (legumes) on toast (grain),
peanut butter sandwich (grain and nuts)
pasta and broccoli (or any veg – grain and vegetables).

The following recipe is a high protein meal combining rice (grain) and peas (legume) with some egg for good measure. It's a simple, quick meal, cooked in one pan, and is absolutely delicious – one of my favourite stand-bys.

Stir-fried vegetable rice (serves 3-4)

Ingredients:

Olive oil
4oz carrots
4oz button mushrooms
1 small green or red pepper
3 spring onions
2oz frozen peas
4 eggs, beaten
10oz brown rice, cooked and dried
2 tablespoons soy sauce
black pepper

1. Cut the vegetables finely in roughly equal sizes.
2. Heat half a tablespoon of oil and stir fry the carrots, mushrooms, pepper, spring onions and peas for 3 minutes. Remove from the pan.
3. Heat another half tablespoon of oil, pour in the eggs and stir fry until cooked and lightly brown, breaking it up into small pieces. Remove from the pan.
4. Heat another half tablespoon of oil and stir fry the dried cooked rice for 2 minutes. Add the soy sauce and plenty of pepper.
5. Add the vegetables and egg and stir all together over a low heat. Serve.

Jill C.

Creativity and Living Well

Inside Out Community is an arts in mental health organisation based at the CSV Media Clubhouse, 120 Princes Street Ipswich. We run an inspiring programme of arts workshops that include the visual arts, singing, music, drama, film making, photography and creative writing. The programme is open to anyone wanting to put creativity at the heart of their recovery and well being.

Inside Out is founded on a belief in the innate creativity of human beings; we believe that when our creativity is able to find expression we are more vibrantly alive. This should come as no surprise; creativity is linked with spontaneity, imagination, intuition, emotion, playfulness, meaning, and soulfulness and is therefore central to sustaining a sense of well being and to a well lived life. Sadly it is the experience of many people that their creative self gets suppressed and discounted by an accumulation of negative strokes as they grow up and grow older. How many of us have 'lost our voice' because we have been told we can't sing; how many of us have been prevented from 'making our mark' because we have been told we can't draw! Inside out is concerned with helping you discovering the singer; the artist, the writer within!

Many people who come to **Inside Out** have experienced periods of overwhelming psychological distress and have sought healing and recovery through the arts. It is our experience that through participation in an accepting, supportive, enabling artistic community, people come to know the richness of their true selves; are able to rebuild self esteem and confidence; regain a sense of joyfulness; re-experience a flow of life energy; discover a sense of belonging and set off along pathways on their life journey that have meaning and purpose. Over the past seven years we have seen people whose lives had stalled in the midst of disabling distress, move on to full time work; to visual art and graphic design courses; to a consciousness of their artistic talent and worth; and to a more inclusive social life through the arts. If you think this might be what you've been looking for you are welcome to join us when our new programme begins in May. Meantime please get in touch with us and get your name on our mailing list. Contact Juliet Lockhart 07947565711 or Siobhan Barrett 01473 418017 or log on to our website www.insideoutcommunity.com

Peter Watkins Inside Out Community

Psychoeducation online

Dr Nick Stafford is a consultant psychiatrist who suffers from bipolar disorder. He has set up a website www.psychiatristonline.net to help people access good quality, easy to understand information on mental health issues. The website gives access to videos, books, news and articles on all aspects of mental health. Nick Stafford says, 'The emphasis is on being holistic, independent and comprehensive but easy to navigate and understand. It promotes recovery and wellness. It is not just about the medical model but it does not ignore that either. It is broad in scope and with a good dose of humour.'

Although this website is relatively new and is still being developed, it is already attracting a lot of interest because of the range of information it contains. There is a series of short films on each disorder, educational links, films of people with, for example, bipolar disorder discussing their experiences, news about illnesses, podcasts and books. There is also information about medication.

The Balance would like to hear your views about the usefulness of this website, so please write in and let us know if you've found it helpful. You can also contribute to the website yourself by emailing Nick Stafford at editor@psychiatristonline.net

(Dr Nick Stafford is Consultant Psychiatrist and Clinical Director at Leicestershire Partnership NHS Trust.)

NEWS - BITS & BOBS.

THE FIRST GEORGES DAY CHARITY RELAY FRIDAY 23RD April 2010.

Nowton Park, Bury St Edmunds.
Start 12.30.

Teams of 5 people, run one mile
each in a relay.
£10 entry per team.

Register by April 10th at the very
latest.

All profit in aid of St Nicholas
Hospice.

**For further information please contact
the organizers; Jack Karney and Bern-
ard Debney, email;
Jack.karney@smhp.nhs.uk**

St. Johns HOUSING TRUST - Bridge View

8 Commercial Road, Lowestoft.

Since last April there has been a complete revamp of the building and staff are available to help people with their problems, or signpost on if needed. There is access to computers, a lounge area for just sitting, refreshments available and a friendly ear if needed.

A Personal Development Course will be starting on Tuesday 23rd March from 1pm—3pm. For more details contact Jane or Dawne on 01502 513974.

Other activity groups are :-

Arts and Crafts workshops every Monday from 6.00—8.00pm.

Cookery classes on Thursdays from 11.00—1.30pm.

Find out about healthy eating options, and budgeting.

Adventure Walk every Friday 11.00am

Opening Times for Bridge View are:-

Monday: - 8.00 a.m. - 9.30 p.m.

Tuesday/Wednesday 8.00 a.m. - 4.30 p.m.

Thursday:- 8.00 a.m. - 9.30 p.m.

Friday:- 8.00 a.m. - 4.00 p.m.

Saturday/Sunday 9.00 a.m. - 4.00 p.m.

The Ipswich Town and Bridge Project

The Town and Bridge Project works specifically with people 45+ who live in the town centre and Stoke Bridge area of Ipswich. The main aim of the project is to help people improve their health and well-being. Groups run by the Town and Bridge Project include:

- Let's Get Walking – 30 minute to one hour walks for everyone.
- the People's Community Garden at Maidenhall allotment in Halifax Road.
- two lunch clubs near the town centre
- Healthy Lifestyles programme – a 6 week programme.
- Aqua Confidence – aimed at improving self confidence in water and raising fitness levels
- Circle and Folk dancing, aimed at beginners with an emphasis on fun
- Nordic Walking taster sessions – learn about the benefits of walking with poles. Nordic walking uses 90% of the body's muscles, improving all aspects of fitness and stability

The Town and Bridge Project is looking for new members. You can find out more from their website www.townandbridge.org.uk If you would like to chat to someone, you can phone 01473 261112 or 07810 801316 or email julie.stokes@ipswich-cvs.org.uk

Quick reads for World Book Day.

Launched in 2006 over 50 different Quick Reads titles by best selling celebrities have been published and have engaged 1.25 million people.

Quick Reads are a series of bite-size books which are perfect for adults who are new to reading, or find reading tough. Now in its 5th year, the latest batch of books which were launched on World Book Day on 4th March included authors Andy McNab, Alvin Hall, Alison Weir, Rolf Harris and Cathy Kelly.

These books are widely used in Skills for Life lessons and ESOL classes and have also been used in hospitals, stroke recovery units, dyslexia centres and care homes. They are available in supermarkets, bookshops and online at around £1.99 each. For more details visit: www.quickreads.org.uk

Suffolk InfoLink – connecting you with your community

After all those long dark, cold winter evenings now is the time to start looking forward to the spring and summer and trying new activities or making new friends.

If you want to boost your skills or confidence or just do something different there is a great website that will give you lots of ideas of things to try. The website is Suffolk InfoLink, an online directory of nearly 7,000 local services, clubs, activities and organisations for people of all ages in Suffolk. It is managed by Suffolk County Council staff, but all the information it contains is sent by the organisations themselves and is updated regularly.

Suffolk InfoLink is available on the internet and can be found on the Suffolk County Council Website at www.suffolk.gov.uk/infolink. If you do not have a computer at home, you can visit your local library where you can access the internet for free.

You can search Suffolk InfoLink using keywords and place names, however if you are not confident searching there is a page of Popular Searches for Daily Living to help you. Follow the link on the left on the www.suffolk.gov.uk/infolink page. These searches include services and activities to support anyone with a mental or physical health need.

I would like to know about your experience of using InfoLink and what new activities you have tried as a result of using it. You can do this by going to Feedback on the Suffolk InfoLink website or sending me an email. So, give it a go and try something new for spring.

Kate Turner, Suffolk InfoLink, Endeavour House, Russell Road, Ipswich. 01473 260878

Kate.turner@suffolk.gov.uk

FORWARD – a bipolar newsletter written by manic depressives for manic depressives, their carers, their families and friends and the public at large...

FORWARD – educating, informing, relating and inspiring its readers with a new issue every weekend.

FORWARD – targeted at the issues bipolar people face and topics of value to all mental health services users and their carers including:

NEWS
HUMOUR
WELLBEING
MEDICATIONS
WEBSITE DIRECTORY
WEBSITE OF THE WEEK
BENEFITS & CONCESSIONS
RECOVERY STORIES

WE SUPPORT THE WORK OF:

RECOVERY in Sight for better
mental health
MDF The BiPolar Organisation
Mind

FORWARD – read back issues in our 'Dusty Archive' on the web at:
www.tinyurl.com/dustyarchive

FORWARD – sign up for our free email newsletter by sending a blank email to:
ashby300@hotmail.com with 'SUBSCRIBE' in Subject Box.

WE WILL NOT PASS ON YOUR DETAILS TO OTHER ORGANISATIONS

O C D – LIMITS

SELF HELP GROUP—ALL WELCOME

MEETS WEEKLY ON THURSDAYS 2 PM - 4 PM

QUAKER MEETING HOUSE

FONNEREAU ROAD, IPSWICH

Contact: Mr. Paul Maguire, 11 Dombey Road, Ipswich
IP2 0JS. Mobile: 07922973916 Home: 01473/212536

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

Join in with a game of cards or the raffle,
or just come along for a chat!

All Welcome!

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

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

Independent Groups: Swimming Self-Help Group — Two sessions Per Week at Forestreet Pool, Ipswich

For more details please contact:

Anthony Dooley. Tel. 07876571791

Saturday 2 P.M. - 3 P.M.

Tuesday 3.00 P.M. - 4.00 P.M.

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

ESAN,
C/o St Clement's Hospital
Foxhall Road
Ipswich.
IP3 8LS

ipswich@esan.org.uk

01473 329671

BURY

ESAN
The Coach House
50 Long Brackland
Bury St. Edmunds
IP33 1JH

Bury@esan.org.uk

01284 765925

LOWESTOFT

ESAN
42 Alexandra Road
Lowestoft
NR32 1PJ

Lowestoft@esan.org.uk

01502 561200



Email



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.