



THE BALANCE

The Advocacy Network's Newsletter for Suffolk

Volume 13 Issue 2

March 2010

Research into Bipolar Disorder

Bipolar disorder is thought to affect 1 in every 100 adults at some time during their life and men and women appear to be affected equally. It is now well established that bipolar disorder runs in families and that genes play a role in influencing an individual's susceptibility to the illness.

The Mood Disorders Research Team led by Professor Nick Craddock, is a group of researchers based jointly at Cardiff University and the University of Birmingham. Their study aims to look at how genes and other factors (such as stressful life events) interact and make some people more likely than others to experience bipolar disorder.

Interested in taking part?

Two researchers usually visit individuals in their own homes and usually spend around one hour asking about your experiences and the kinds of symptoms you have had in the past. You are also asked to complete some questionnaires and give a small blood sample. All information shared is treated in the strictest confidence.

This is a major study and is likely to take another couple of years, we understand they are aiming to interview around 6,000 people.

For further details see their website at www.bdrn.org email e.s.caesar@bham.ac.uk or
Tel 0121 301 2361

Volunteers

We have vacancies for volunteers in our Ipswich and Lowestoft offices. Are you interested in advocacy and would like to work as an assistant to one of our advocacy workers? If so, please contact our Ipswich office for an information pack, or speak to Laura Gill, our County Advocacy Manager on 01473 329671.

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 March, 2010

READER'S LETTERS

NOTICES:-

On a Maternity room door - Push. Push. Push.

In an Office - After tea break, staff should empty the teapot and stand upside down on the draining board!!

Applications are now being accepted for 2 year old nursery workers.

Ushers will eat latecomers! (Seat I think!)

Genius has limits. Stupidity does not.

Insanity is heredity: you catch it from your children.

If quitters never win, and winners never quit, what fool came up with the saying "Quit while you're ahead."

EXCUSES:-

"in an attempt to kill a fly, I drove into a telephone pole."

"I pulled away from the side of the road, glanced at my mother-in-law and headed over the embankment."

Wisdom is:-

The four sides of a mirror.

Good business inside.

Discernment, respect of life and those who live it.

Is a tower of strength.

Is a love of being.

Is a nurturing kind.

Is the "twit a woo" of an owl.

Is the stroke of time.

Wisdom has nothing to hide.

Wise In Side Deep On Meaning

-oo00oo-

Maturity is:-

A place you are at.

A peace within.

A state of health, contentment.

Life's label, coming of age.

Soundness of mind.

Whiskers to a cat.

Maturity has grown over time and has no rules.

Mature And Timeless Understanding Real Issues To Yours truly.

Denise

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

A bloke takes his goldfish to the vets complaining that it suffers from epilepsy. The vet says "it looks calm enough to me." the man replies "You haven't taken it out of the bowl yet!"

A man's dog goes missing and he's inconsolable. His wife says "Why don't you put an advert in the local paper?" He puts the ad in, but two weeks later the dog's still missing.

"What did you put in the advert?" the wife asks. He replies . . . "Here boy!"

Anne Robinson asked a contestant what "acoustic" meant. He thought for a moment and then replied, "It's something you use to hit a cow with!"

A gift of 20,000 West Ham shirts have been declined by a homeless charity. A spokesman commented that just because their clients have no homes or laundry facilities, they still have their dignity!

J. Covington

Appropriateness.

Appropriateness is learning or processing insight into what is the Good, the Bad and the Ugly in life's circles. Doing mirror talking to rehearse or practice your inner voice or depth to where you want a person or persons to be, or to view and see you.

Trying to be balanced a little like a spirit level, so you don't burst your air bubble and get too way off.

Learn different effects and speech play you want to someone's mouth, misconducts and behaviour.

Emotions and feelings, some people have, some don't, they are there for a reason, not for treason.

Sayings to say at the right time, or at a crucial moment.

Behaviour is like a frisbee or a boomerang, either comes back at you, or go back to someone else with a better delivery.

Dare to try, or get left by. Happiness is not catching.

Pretend is an illusion and a pass the parcel game, plus a childish game.

Your place is knowing love right away.

If you can't speak your own language don't speak anyone else's.

In other words if you don't understand yourself, don't try to be someone else.

Appropriateness means something different to everyone!!

Jackie Bryant

Poetry page

Travel Lighter

So many things you don't need in life
You trudge around and they weigh you down
So many things only cause you strife
Just stop a moment and put them down

Drop them where you're standing now
Don't look back; don't turn around
Leave them there right on the floor
No regrets; no feeling down

Travel lighter; make life brighter
Put your baggage down
Turn your life around

Rod O'Donoghue

Who-man?

Who can explain?

For his interest is personal gain
Who knows the mind of the intelligent who-man?
No teacher, nor doctor, nor scientist can,
Exchange hate, greed and violence, for love, joy
and peace

Will mans' destruction ever cease?

For his domination of each race to another
marching war

His killer instinct, a bloody knock at deaths door.

Who can't live and let live?

Learn not to take, but to give

Man's best friend, his canine

Mans worst enemy, himself, his reproduction line.

Nikita

Message to the Government

The Government all they do is hiss and boo
They say the same old thing when it comes to rule
Wigs on their heads and their raggedy robes
With the silence of a sting, with the stem of a rose
And yet there goes another lie, it's super-imposed
Some government expenses and they pay for a moat
We hear the same old thing in a rut on the dole
We hear the same old thing with a buck in the road.

Message to the government:

Do you really hear me?

Do you really hear us?

Can you speak clearly?

Drab with the dreary

Help with the needy

A pound worth a price

A life that is nice

A life's worth a life

Get out of Iraq.

Travis Lee Gordon

Yourself

Everyone needs not to feel a twit
Nurture the parts no one else reaches and then
Inspect the inspector and cast them out to sea
Let yourself never have to try
End all hardships and relax in a chair
Understand you, yourself are now fab
Quit from being second and be a woman
Count on you and support yourself
Ask yourself who am I?
Justice then is you letting go.

Denise

Of our Time

The muse is departed, quiescent the poet
A summer of poems, some quite good.

In a way, a relief to be done

The problem of how to promote Suffolk Pink

Strangely unpressing,

Timing one imagines will be everything.

Of our time, yet eminently ignorable

In the moment.

Three times, three times, three years after

necessitated

I am a writer. Amen.

Stephen Kaines

Little Bo Peep.

Little Bo Peep has lost her sheep:-

One sheep called worthwhile

who has lost his style

Second sheep called voice

that's never had a choice

Third sheep called dignity

last seen in a gritty vicinity

Fourth sheep called confidence

who has sworn an offence

Fifth sheep called self esteem

for a life that's not a dream.

Little Bo Peep for your sheep that now reap:-

Worthwhile knows his place

and has a happy face

Voice can speak his mind

and is not so blind

Dignity has found himself

and doesn't feel like an elf

Confidence really is on the up

and is lively as a pup

Self esteem bleats with joy

and is no longer coy

Little Bo Peep - your five sheep

Bleepetty bleep!

Jackie Bryant

The Need for Justice

We all know what it's like to be treated unfairly. We've all been hurt by people who have broken our trust or have been unkind. Many people have suffered much more serious cruelty or trauma. And we've all felt the anger and desire for revenge against the person who's hurt us.

In her book, 'The War Hotel', Arlene Audergon explains how these feelings work. She is a psychotherapist and was previously a conflict resolution facilitator in Croatia after the Bosnian War. Arlene Audergon shows how conflicts can escalate when people who have been hurt feel that the injustice is not acknowledged. The feelings of the victim can easily grow from the initial hurt to the desire for murderous revenge.

Arlen Audergon developed the following 'Justice Scale'.

The Justice Scale

I was treated unfairly and I want the other person to:

- Acknowledge my feelings
- Admit that an injustice has occurred
- Confirm my version of events, rather than a completely different version
- Apologise for his or her actions
- Feel and show remorse for his or her actions
- Acknowledge his or her misuse of power or rank in the situation
- Acknowledge it and apologise publicly
- Offer reparations
- Be punished for what he or she did
- Suffer and feel humiliated, to feel the same pain that he or she inflicted
- Be publicly humiliated
- ◆ Be killed

The justice scale applies to both groups and individuals. Injustices of war will be widespread and witnessed by many through the media and afterwards there is likely to be a programme to help the community repair itself, such as happened in the 'truth and reconciliation' scheme in South Africa and Croatia. In contrast, injustices that individuals suffer, often within the family, may have no witnesses other than the victim and the perpetrator. And the perpetrator may be too powerful or too uncaring to feel that any apology or reparation is necessary.

As human beings, we tend to remember sharply those events where the words or actions of another person caused us hurt, shame or humiliation. At such times we feel the need to defend ourselves and validate ourselves as a person. We can only feel safe again when the person who has done us wrong has acknowledged their wrongdoing and apologised. If they refuse to do so, or if they try to excuse themselves from blame, the threat to our sense of being a person increases and we then need to do something even more powerful to defend ourselves.

I am reassured to realise that the feelings described in the justice scale are completely normal. I know that my emotions react violently when I'm hurt and my fantasies about what I'd like to do to the other person are best kept to myself! But it's comforting that these feelings are human and natural rather than a hint of a hidden dark side to my character.

And again because we're human, we will all at times have caused hurt and distress to other people. It's important to know, therefore, that we must own up to our mistakes, look the other person in the eye, apologise and ask what we can do to make things right. If we are not able to do this we may generate an escalating need for revenge – and that's no good for anyone.

Jill Coleman

The Phoenix Club

The Phoenix Club has been set up to support people to maintain their mental well-being. The club started in June 2009 and meets every Friday from 10am-2pm at the Quakers' Meeting House, Fonnereau Road, close to Ipswich town centre. It is aimed at adults who have experienced long term mental health issues.

The Phoenix Club supports people via social contact in a welcoming and friendly environment which encourages a sense of belonging. The social support includes a low cost nutritious meal.

The Phoenix Club was set up by Donna Garrod and John King. Both Donna and John have worked within mental health services for over 20 years and are experienced advice workers and group facilitators. They set up the club in response to requests from people who had experienced cutbacks in their social support provision in 2009. The club's current attendance is between 12 and 20 each week. There is potential to support up to 30 people within the current set-up.

The Phoenix Project has recently gained a small amount of funding from Ipswich Council Community Fund and are also in the process of applying to the National Lottery (Awards for All) so that they can further develop the support they offer.

Future plans include a practical cooking group where people could learn to cook healthy, balanced meals on a budget as well as a relaxation and gentle exercise group. Other future activities may include (depending on funding) creative activities such as crafts and creative writing. Donna and John would like volunteers to help run these groups to ensure their success.

The Phoenix Club welcomes new members. You can just turn up any Friday to the Quakers' Meeting House in Fonnereau Road between 10am and 2pm or you can contact Donna or John to find out more Information - details below.

Donna - Tel 07976768763

Email donna2.garrod@ntlworld.com

John Email johnwking51@yahoo.co.uk

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 through improved housing, safer neighbourhoods, better access to welfare and debt advice, healthy eating, social and physical activity, volunteering and health information.

Groups run by the Town and Bridge Project include:

- Let's Get Walking – 30 minute to one hour walks for everyone, including people with mobility problems
- the People's Community Garden at Maidenhall allotment in Halifax Road. You can volunteer for a few hours each week or attend one of their courses, for example on gardening in Spring or growing and using herbs
- two lunch clubs near the town centre
- Healthy Lifestyles programme – a 6 week programme designed to promote healthy eating and more active lifestyles
- 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 technique and benefits of walking with poles, especially if you find walking difficult because of weight problems, knee, joint or back problems. 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

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 Ber-
nard Debney, email;
Jack.karney@smhp.nhs.uk**

Serenitylink Group

A self help support group in Felixstowe for people
experiencing mental ill health.

Many people suffering from depression and mental
health issues find it difficult to talk; this group
offers a safe environment where people can chat to
other members. Members enjoy board games and
refreshments while chatting informally. From time
to time the group intends to invite speakers from the
local authority to give a talk/discussion on issues
such as 'Keeping safe on the streets' and 'Fire
safety at home'.

The group meets at Felixstowe Conservative Club
on Friday afternoons from 12noon to 4pm and
members are welcome to drop in for however long
they wish.

If you would like more information about the group
or would like to attend, please contact Serenitylink
on 07747042356

Mindfulness-Based Cognitive Therapy - MBCT

Relapse prevention for Depression & tools for Stress & Anxiety management.

Having suffered depressive episodes in the past, are
you currently not depressed but wanting to stay
clear of future episodes? Are you stressed, or
suffering with chronic anxiety or pain? Are you
looking for a self-help alternative (or complement)
to medication?

If so, MBCT may be what you are looking for. The
next 8 week group-work treatment (Approved by
the National Institute for Clinical Excellence,
NICE, 2003) is starting 22nd April, for 8 weeks
(with probable break over half-term) day retreat
between weeks 7 & 8. Would-be participants need
to make contact for a pre-group telephone interview
with Martin Wilks 07950 802613.

You might like to check to see if your GP considers
this a suitable way forward for you?

There are costs involved but therapists may
sometimes offer sliding scale fees in cases of
financial hardship.

See details of the Ruby Centre on page 7.

St. Johns HOUSING TRUST

For those readers who live in the Waveney area the
above Charity are very present in the town at Bridge
View located at 8 Commercial Road, Lowestoft.
(These premises were originally known as Riverside)

Since last April there has been a complete revamp of
the building and staff are eager 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 has been started in
January and will be every Tuesday and Wednesday
from 1pm—3pm. For more details contact Jane or
Dawne on 01502 513974.

Opening Times for Bridge View are:-

Monday: -	8.00 a.m. - 9.30 p.m.
Tuesday:-	8.00 a.m. - 4.30 p.m.
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:-	9.00 a.m. - 4.00 p.m.
Sunday:-	9.00 a.m. - 4.00 p.m.

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. From volunteering opportunities to sports and leisure activities or just how to eat more healthily there is something for everyone. 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 or ask the staff to find information on Suffolk InfoLink for you.

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.

If you belong to a group that is not listed on Suffolk InfoLink I would like to hear from you so that we can add it. I would also 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

The Ruby Centre—Psychological Therapies: Counselling & Psychotherapy for everyone.

Ruby Centre therapists are experienced senior practitioners, fully qualified and working to their ethical codes and practice guidelines. These therapists work from Felixstowe and Woodbridge centres and have been serving the area since 2002, having referrals from GP practices, mental health services, social services, probation as well as self-referring clients. You can visit their web page at www.therubycentre.org.uk or ring 01394 671029.

If you are put through to an answer phone please leave a message.

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.