



# THE BALANCE

The Advocacy Network's Newsletter for Suffolk

Volume 12 Issue 10

NOVEMBER 2009

## ESAN NEWS

### Open Day & Annual General Meeting

Thursday November 12th

10am - 2pm

(coffee from 9.30, lunch at 1pm)

**Kesgrave Community Centre, Ipswich**

The theme for this year's Open Day is 'Sharing Experience'. Christine Foster from the PCT will be telling us about the Patient Experience Event that they are holding in early October.

Many of us have our own unique experiences of the mental health system, and we'll be discussing how ESAN can feedback valuable user experience to improve future services.

Also, one of our own service users will be telling us about how advocacy helped with her own experience of the mental health system.

Please telephone the Ipswich office 01473 329671 to book your place, alternatively you can email [ipswich@esan.org.uk](mailto:ipswich@esan.org.uk) including your name, address and telephone number. Please also let us know if you have any special dietary requirements.

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 13th November 2009.

# READERS' LETTERS

## Relationships

A relationship can come and go, or stay or go away. But the relationship is important to everyone come rain or shine. Can a relationship be strong, steady, on going or not at all? Do you get, receive or give in during a relationship?

Every relationship is different, some good, some not so good, and some not worth mentioning. Find any benefits in a relationship—yes or no it's all in the knowing.

Green for go in a relationship would be nice, but red for stop would be nice if it was like a clown's nose—so you would know to avoid. Huge things can happen in a relationship, a slow pace, then you quickly warm to someone.

Ice in a relationship is colder than what's in your fridge freezer.

Joy you get in a relationship whatever it is, is higher than Mount Everest. Kill-joy in a relationship is a party pooper, always out for what they can get.

Love and relationships go hand in hand, a great mix. Must have relationships are like designer clothes, always something else new to get or aim for.

Nice relationships, just a good balance of easy and worthwhile are the best.

Open relationships either bomb or go well.

Pride in a relationship will come before a fall, and before whatever else is before that!

Quickness in a relationship either makes or breaks. Ready for a relationship—you can be too ready or ready, steady go.

Secrets and relationship are gloom and doom or unspoken words. Every one needs time for relationships. Vulnerability and relationships either helps or hinders.

Understanding in relationships is like a rocker to the moon: awesome.

Window to the soul to relationships, it is clear and bright and for all to see.

You in a relationship—look at the word relationship if you want to know about someone and you. If you see ship standing out in the word it could be like a ship sinking, so think about it.

RelationSHIP

(see page 4)

Jackie Bryant

## Sam - create + communicate

Do you want to learn new skills? Do you enjoy being creative, but lack the confidence to join in? Do you want to learn more about photography, film, television, radio and web design? Why not get involved?

The Sam Project gives people who are accessing mental health services the opportunity to up-skill and integrate into their local community through digital media. The project runs courses and workshops in radio, TV/Film, Web Design, Photography and music with an emphasis on social engagement and giving everyone a voice.

There are also opportunities to volunteer on the project - if you are interested in joining or knowing more please contact Faye Smith on 01473 418036 or e mail [fsmith@csv.org.uk](mailto:fsmith@csv.org.uk)

### Sam Radio Show:

THE "Sam Show" is a new radio programme broadcast each Friday afternoon between 2.00 and 3.00 pm on Ipswich Community Radio. It is a magazine based programme featuring interviews, articles and music. The team of presenters are all members of the SAM project who have completed a six weeks radio training course at the CSV Media Clubhouse in Ipswich.

We would welcome input for future shows from the **readers of the Balance**. If you are a writer, poet or musician, have an event to publicise, or have an idea that you think would be of interest, please contact the team by e mail - [sam@icrfm.co.uk](mailto:sam@icrfm.co.uk). Ipswich Community Radio broadcasts locally on 105.7fm and also can be heard via the station's website — [icrfm.co.uk](http://icrfm.co.uk)

# Poetry page

## GRAHAM

At Charterhouse  
your nickname was Jumbo  
You were a crack rifle  
and never a dumbo  
You were larger than life  
and enjoyed a grumble  
At seventeen bi-polar disorder  
disrupted your life  
and put a cross on your shoulder,  
You roared and you laughed  
as the climate got colder  
black pit of despair your unwanted companion  
You were larger than life  
and an oft thwarted stallion.  
A pint of five your preferred medication  
Care in the Community your enforced vocation.  
I met you when the best was done  
but for five or six years we had great fun  
I miss you now that you are gone.

—oo00oo—

I respect  
Any person  
Who has transformed themselves  
From a coward and shambling wreck  
To freestanding, square shouldered and erect  
Not at the expense of others' self respect  
But from within themselves  
Adding to the positive  
Diminishing abuse and neglect  
That I respect  
It takes more than a makeover  
More than a cheque  
To step forward  
As run of the mill everyday  
Elect

Stephen Kaines

**MONEY.....**

**by Nikita**

**Doesn't buy happiness, only a better class of misery  
Doesn't buy fortune only gloat and gluttony  
Can't buy fame or create your legacy  
Can't buy health only time of life expectancy  
Can't buy love only lust and adultery  
Can't buy friendship only hate and jealousy  
Can't buy trust only lies and dishonesty  
Can't buy respect only jeers and sniggery  
Can't buy paradise only a dream or fantasy  
Can't defy death your infinite destiny  
I only hope for life not spent alone in poverty.**

## 1914 V: The Soldier

If I should die, think only this of me:  
That there's some corner of a foreign field  
That is forever England. There shall be  
in that rich earth a richer dust concealed;  
A dust whom England bore, shaped, made aware,  
Gave, once, her flowers to love, her ways to roam,  
A body of England's, breathing English air,  
Washed by the rivers, blest by suns of home.

And think, this heart, all evil shed away,  
A pulse in the eternal mind, no less  
Gives somewhere back the thoughts by England  
given;  
Her sights and sounds, dreams happy as her day;  
And laughter, learnt of friends, and gentleness,  
In hearts at peace, under an English heaven.

Rupert Brooke

*This poem has been sent in by one of our readers, for inclusion, and with Remembrance Sunday being in this month I felt it was appropriate to include it. Rupert Brooke died during WW1, WW2 was said to be the "war to end all wars" and yet peace is so elusive. Many of our young men are coming back from Iraq in their coffins or severely wounded as double, and even treble amputees. God bless them for their courage, bravery and sacrifice and their families also.*

HERE WITH ME by TRAVIS LEE GORDON

Here with me despite the silence  
Here with me despite the grief  
Here with me despite the emotions of life  
Here with me constantly  
Here with me through envy  
Here with me through the pain  
Here with me through destiny  
Here with me the way I breathe  
Here with me the way I stand  
Here with me the way I see  
You're here with me, You're here with me.

## Techniques for Improving your Relationship

All relationships can benefit from an improvement in communication skills and sharing activities, enabling both partners to become more aware of each other's needs and wants.

### Pleasing days or evenings:

Each partner in turn makes an effort, for a set period of time, to try to please the other unconditionally.

### Going out.

Planning a night out together (a walk, a visit to the cinema, or a drink) or a weekend together.

### Disengagement.

Partners are to treat each other as friendly flatmates, greeting each other on arrival and departure, enquiring about each other's day, and arranging meal times.

### New Activities.

Joining clubs or evening classes either alone or together to increase or decrease independence.

### Timetabling:

Deliberately changing your routine at times where there is a high possibility of conflict, for example, having Sunday dinner in the evening rather than a large mid day lunch so that all the family can go out on Sunday morning and don't have to race home in time for lunch.

### Using "I":

Each partner uses the word "I" more, which makes needs and wants clearer without resorting to hints and double meanings, for example "I want", "I need", and so on.

### Behavioural contracting:

Each partner draws up a grid of the specific behaviour they would like their partner to increase and the specific behaviour they would like them to decrease. Two types of contracts can then be made:

- a.) a quid pro quo contract, or a straightforward exchange of behaviour, for example "You put the top on the toothpaste every day and I will stop throwing tea bags in the sink."
- b.) a parallel contract. Husband telephones if he's going to be late. Reward for compliance is a kiss on arrival. Punishment for non compliance is that supper will be removed at eight o'clock.

### Problem-solving sessions.

This structured technique provides a framework for improving communication and problem solving. The rules are: either partner who has a problem may approach the other and ask for a session. The second partner finds a time and place for the session without an unreasonable delay.

In the session the convenor (ie the partner who suggested the session) has the first 10 minutes to state the problem; the second partner must listen but not speak. The second 10 minutes is set aside for the responding partner to reply uninterrupted. The final 10 minutes is spent generating solutions and then selecting a solution to work on. The selected solution should be worded specifically: who is going to do what, when, where, and how often.

T. Powell

I was going to buy a copy of "The Power of Positive Thinking" and then I thought, "What good would that do?"  
Rule 1 - take one more step.

Rule 2 - when you don't think you can take one more step, refer to rule 1. !!!

# CALLING ALL SERVICE USERS AND CARERS

## CPAA Art Competition

We are looking for four seasonal designs for the front covers of the CPAA Association's journal **'The Approach'**. The journal is produced on a quarterly basis and the winners' artwork will be produced on the covers of next years editions of spring, summer, autumn and winter.

All entries must be of your own design, and can be in the following mediums: paintings, drawings, collages, computer generated artwork and photographs.

All artwork submitted must be in no larger than A3.

If you do not wish to submit your original artwork we will accept scanned images of your artwork as long as they are of high resolution.

Computer generated artwork and digital photographs must be submitted to us electronically via email or on disc.

The closing date for the competition is 1st December and winners will be notified during the week beginning 4th January 2010. All original artwork will be returned and copyright will remain with the artist.

A prize will be awarded to each of the winners - £30 of artist materials and a year's free subscription to **'The Approach'**.

The winners will be featured in the winter 2010 edition.

### COMPETITION ENTRY FORM

PLEASE PRINT DETAILS

NAME: .....

AD-  
DRESS: .....

POST CODE..... TEL.NO:.....

COMPOSITION TITLE .....

MEDIUM(S)  
USED .....

SEASON DEPICTING (delete where appropriate):

SPRING          SUMMER          AUTUMN          WINTER

Please return completed form to:

Denise Baxendale, CPAA, Walton Hospital,  
Whitecotes Lane, Chesterfield, S40 3HW  
Email: [cpa.association@derbysmhservices.nhs.uk](mailto:cpa.association@derbysmhservices.nhs.uk)



# NEWS - BITS & BOBS

## And that's how the fight started .....

My wife walked into the den and asked "What's on the TV?" I replied "Dust" .....

*And that's how the fight started.*

A woman is standing looking in the bedroom mirror. She is not happy with what she sees and says to her husband, "I feel horrible: I look old, fat and ugly. I really need you to pay me a compliment." The husband replies, "your eyesight's darn near perfect."

*And that's how the fight started.....*

My wife was hinting about what she wanted for our upcoming anniversary. She said "I want something shiny that goes from 0 to 200 in about 3 seconds. I bought her a scale.

*And that's how the fight started.....*

I asked my wife, "Where do you want to go for our anniversary?" it warmed my heart to see her face melt in sweet appreciation. "Somewhere I haven't been in a long time!" she said.....So I suggested "How about the kitchen?"

*And that's how the fight started....*

## The world's craziest laws

In Wilbur , Washington, it's illegal to ride 'an ugly horse' in public or you can be fined \$300.

Believe it or not, it is an offence for women of 'ill-repute or evil looks' to enter a cheese factory in Ferrara, Italy.

Legislation was passed in the early 1900s in Florida banning unmarried women from going parachuting on a Sunday.

In Rajasthan, India, carrot seeds are thought to be a contraceptive and women are required by law to eat them in a bid to help control population.

Ice skaters in Frankfurt, Germany are subject to a speed limit of 50mph on rinks—while residents of Troyes, France are banned from Roller Skating when drunk.

A law in Kentucky states locals must bathe once a year.

In Hartford, Connecticut, an 18th century law forbids anyone to "teach or try to educate a dog."

## INTERESTING STUFF?

In the 1400's a law was set forth in England that a man was allowed to beat his wife with a stick no thicker than his thumb.

Hence we have 'the rule of thumb'.

Apparently men can read smaller print than women can; women can hear better.

Q. What do bullet proof vests, fire escapes, windshield wipers, and laser printers all have in common?

A. All were invented by women.

A police recruit was in class as he neared his final few days of training, when he was called to the front of the class.

"What would you do if you had to arrest your mother-in-law?" the sergeant asked him.

The immediate response came from the recruit. "Call for back up!"

## Unwanted games, puzzles etc

Do you have any board games or puzzles that you no longer play with? Residents on Bromeswell Ward, Ipswich Hospital have expressed frustration that puzzles have pieces missing, and they would like more choice of board games to play. It's highly likely that other wards experience the same frustrations and would welcome a new supply.

If you would like to donate any complete old games or puzzles please contact your local ESAN office.

## CARE FARMING INFORMATION EVENING

Over 70 people attended the information evening about care farming at the Great Yarmouth & Waveney NHS (PCT) Head Quarters in Beccles. Attendees included service users, carers and professionals from health and social care.

Various presentations were made and we heard from Sari Kelsey, Manager at the South Waveney CMHT, how Care Farming fits in with the recovery model and about the 2 pilot projects running at present (1 at Sotterley near Beccles and one in Heckingham, South Norfolk). The projects are run by Doeke Dobma of the South Waveney CMHT team and as a result service users have reported an improvement in their mental health and some have even gone back to work or started courses. Claire, who attends one of the projects, inspired us all with her story and how she benefits from the work she does there.

Doeke explained that care farming is about combining the care of the land with care of people. It is the work in a natural environment and with animals that is so healing. It can benefit different client groups such as people with learning difficulties, people with mental health problems, older people including those with dementia and young people. There are benefits for the farmer too. It breaks up the farmer's isolation and gives him a (very good) reason to carry on with farming.

Veronica Downing, an experienced OT talked about her farm, Bridge farm in Chediston near Halesworth. It offers people opportunity to care for animals (sheep and chickens). There is also an orchard and large vegetable beds.

Finally we heard about Clinks Farm in Toft Monks. Although it is just in Norfolk (4 miles north of Beccles), it will be accessible to service users from Suffolk, especially those from the Waveney area. Clinks Farm should be up and running at the beginning of 2010. As the Care Farm is not a day care facility, the focus will not be so much on people's ill health but on the activities they are doing at the farm and hence this will help recovery. At Clinks Farm there will be various animals, a market garden, an orchard. There also will be opportunities to get involved in processing and selling the produce.

There was time for questions afterwards and a lively debate ensued as the Parish Councillors from Toft Monks raised concerns. Questions such as "what are the risks?" "will there be people with a criminal record?" "what supervision will those attending get?" were heard. However, other local people from Toft Monks who were present did not share their concerns. The Parish Council's questions were dealt with very effectively and 2 of the councillors visited the Sotterley project the next week. Other people at the information evening were full of praise and very interested in care farming.

If you want to know more about care farming in general, the pilot projects, or about Clinks farm you can contact Doeke Dobma 01502 470749. Veronica can be contacted at Bridge farm on 01986 875435

Another care farm has started up near Stowmarket. Contact Frances Stearman on 01449 673331 for more information.

Service users interested in attending a care farm will need to speak to their care coordinator regarding funding such as direct payments and individual budgets. People in primary care may wish to see their GP or Linkworker. No arrangements exist at the moment to pay for placements to be paid through primary care. But it doesn't hurt to ask.

Iris van Zon

### 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

Quakers Meeting House,  
Fonnereau Road, Ipswich

Every Friday 10am – 3pm

Cooked lunch available at £1.75

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@iscrc.org.uk](mailto:office@iscrc.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](mailto:ipswich@esan.org.uk)

**01473 329671**

### BURY

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

[Bury@esan.org.uk](mailto:Bury@esan.org.uk)

**01284 765925**

### LOWESTOFT

ESAN  
42 Alexandra Road  
Lowestoft  
NR32 1PJ

[Lowestoft@esan.org.uk](mailto:Lowestoft@esan.org.uk)

**01502 561200**



Email



The Ipswich office also has a FREEPOST address:

ESAN  
FREEPOST ANG8234  
Ipswich  
IP3 8ZZ

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