



THE BALANCE

The Advocacy Network's Newsletter for Suffolk

Volume 14 Issue 5

JUNE 2011

ESAN NEWS

The trustees are pleased to announce that they have selected Voiceability as ESAN's preferred merger partner. Voiceability already have one advocacy project in Suffolk known as Young Voices which provides advocacy to young people with additional needs.

We are hoping to hold an open event in the summer and everyone is welcome to attend, so that you can hear about how the merger will work and any changes. It will be an opportunity to learn more about Voiceability and also ask any questions that you may have. We will let you know as soon as we have a date and venue for this.

Obviously, there is still a lot of work to do and we don't expect the merger to be completed until the autumn as there are legal and financial processes to go through.

As I have said previously, we hope to make the transition as smooth as possible, so that there is the minimum disruption to the service clients receive.

Elaine Ainsworth

Treasurer

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 17th June 2011

READER'S LETTERS

On My Staff

On my staff is not anything to do with a job or being on the committee. On my staff means the type of people who can bring the warmth of the sun to you. The light of the moon, can blow a gentle gust of wind in kindness to you. people who will not rain on your parade, but simply provide you with an umbrella. Be it a heatwave or the icicles of a harsh cruel life.

On my staff there's need of people who can weather the storm of times, when things really do matter. Hurricanes and whirlwinds are not what I want on my staff. Fires and floods likened to people are also not welcome on my staff. So what do you need on your staff? Just the three L's - to listen, to love and to learn.

Do you want to apply? To be on my staff there is an application form.

Denise.

Thought Provoking.

If you stole a pen from a bank, would it still be considered a bank robbery???

Isn't Disney World just a people trap operated by a mouse???

When your pet bird sees you reading the newspaper, does he wonder why you're just sitting there staring at carpeting???

Church Ladies with Typewriters.

- ◆ The Fasting & Prayer conference includes meals!
- ◆ The sermon this morning "Jesus walks on water". The sermon tonight: "Searching for Jesus."
- ◆ Ladies don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.
- ◆ Remember in prayer the many who are sick of our community. Smile at someone who is hard to love. Say "hell-" to someone who doesn't care much about you.
- ◆ Don't let worry kill you off - let the Church help.
- ◆ Miss Charlene Mason sang "I will not pass this way again" giving obvious pleasure to the congregation.
- ◆ For those who have children and don't know it, we have a nursery downstairs.
- ◆ Irving Benson and Jessie Carter were married on October 24th in the church. So ends a friendship that began in their school days.
- ◆ A bean supper will be held on Tuesday evening in the church hall. Music will follow.

THE TWENTY THIRD CHANNEL

The TV is my shepherd, my spiritual growth shall want
It maketh me to sit down and do nothing
For his namesake, because it requireth all of my time
It keepeth me from doing my duty as a Christian
Because it presenteth so many shows that I must see.
It restoreth my knowledge of the things of the world
And keepeth me from the study of God's word.

It leadeth me in the paths of failing to attend evening worship services
And do nothing in the Kingdom of God,

Yea though I live to be a hundred, I shall keep on viewing my TV as long as it will work
For it is my closest companion, it's sound and it's picture they comfort me.

It presenteth entertainment, and keepeth me from doing important things for my family,
It fills my head with ideas, which differ from those set forth in the Word of God.

Surely no good thing will come of my life, because my TV offereth me no time to do the will of
God,

Thus I will dwell in a place without God forever.

This certainly made me think. ED

POETRY PAGE

Obsessive compulsive disorder.

*

Stay inside stay alone
Stay inside stay alone
Stay inside stay alone
Stay inside stay alone
Stay inside stay alone
Stay inside stay alone
Stay inside stay alone

Compulsion to mentally say it
Compulsion to write it
Compulsion to try to think how to apply it
Begin again at *

lisa.

LACK OF CONTROL

Lack of control
Is bad for the soul
You feel like you've gone to the north pole
Or fallen in a very big hole.
You never seem to score a goal
Or feel as dark as coal
So lack of control
Is not the acting role
To be like soup in a bowl
Or as useless as a newborn foal
Maybe bury yourself like a mole
How absolutely droll for the lack of control.

Denise

Each day is a day.

Woke up today and oh my word,
I actually moved without the pain,
Medication worked, or so I've heard
And I could get on with life again.

It's very tiring when you hurt,
Can make you miserable and sad,
Life's not fun and that's a cert.,
Frustrating challenges—I just get mad.

Inside I feel as young as can be,
My mind's alert and full of go
But body wise I'm very slow,
I'm trapped in my body, can't you see
It's not always easy being me.

CAW

Summer is coming?

As I walk among the flowers and trees
And feel the petals and leaves beneath my knees,
The sun shining through the trees
The branches swaying in the breeze.

The animals eating the grass and weeds,
The squirrels climbing from branch to branch
Amidst the pine needles, collects his cones and
nuts.

Then I see a deer trying to cross the lawn,
He must have some guts,
The fox is stalking his prey
A horse in the field laying in the hay,
A bird flying past me, I think it's a Jay
I think summer will soon be here, today,
And the mercy month of May.

M. Crickmore

A Tear, Then a Prayer

Say a prayer tonight, if you're at a low ebb
Jesus listens to what you've said,
Don't be frightened, he's here for us,
No need to worry, no need to fuss!!

St. Clement,s hospital Chapel, oh! So holy,
This is the residence of the one and only,
Come to our chapel, please, don't delay,
Be forgiven, a chance to have your say.

If you have a dream, it's not lost forever
Jesus is kind, wise and oh so clever!
The ministers will help you, help with the pain,
One day you'll be better, get on the road again.

Please close your eyes, reach out your hand,
Jesus is there, please make your stand!
Don't be defeated, at the gates of St. Clements,
Regain your spirit, that's your inheritance.

Jesus comes again, to rule our heavenly abode,
We all shall be transformed, into rejoicing mode,
Can you feel his presence, he's beside me now,
Why he's with me, only God knows how!!

So when you're alone at your bed late tonight,
Get your rest, get ready for your fight!
Tomorrow comes, you need to be strong,
Be at rest, Jesus has been with you all along!
God Bless.

Steven Bennett.

ThoughtOUT - Press Release

Psychosis can be a lonely experience although 1 in 100 people will suffer from it at some stage in their life. It's not something people easily talk about, nor is it easy to know what is available or how to help. To improve on this situation the 'thoughtOUT' web project was started by psychosis sufferers for psychosis sufferers, with funding from the Suffolk Primary Care Trust and support from Suffolk Mental Health Partnership NHS Trust.

Based at Workwise in Bury St. Edmunds, Suffolk, over a period of some 18 months, (42 sessions) a team of volunteers have produced a website and an accompanying leaflet which will be launched and distributed from April 2011.

The primary aim of the project has been to connect with people recovering from psychosis, to help them to understand their condition and to give access to resources aiding recovery and day to day living. The 'thoughtOUT' team reviewed and collated resources and information available and combined them at one address... <http://www.thoughtout.org.uk>

One area the team looked at in particular was that of functional and social recovery in psychosis, looking at common experiences and those of the team members themselves. The full result is given on the website together with several in-depth reviews of local services such as Workwise, Healthy Minds, and a local supported housing project in Bury St. Edmunds.

The development stage has now been completed. However, the site will be updated periodically over the next two years.

For further information please contact: Dr Marlies Jansen, 01473 633 710

"Starting a Group" Training Programme Thursday 9th June (and every Thursday for 4 weeks)

Cheryl Rawlinson, Participation Project Worker at Family Action, 26 Suffolk Road, Lowestoft (01502/531789) has organised a training programme designed for **service users** who may be interested in forming their own community groups.

The workshop will begin on Thursday 9th June at 10.00 am till 12.00 noon.

A flavour of the first week will be:-

Registration- all attendees to sign in Introduction – *facilitators* talk about selves, names, what we do, employment background; health & safety- fire exits & alarms, identifying risks, responsibilities, first aid, reporting Housekeeping- toilets, tea 'n' coffees, group respect agreement, phones, location for all meetings, times Objectives- course over-view of what will be covered, groups expectations. Ice breaker -

Health & Safety- What needs to be included, why, responsibilities, to know fire drill, who to contact at venue if needed, risks, suitability of room, obstacles, accidents, getting help, reporting, contact lists, people attending, venue details, further help contacts. **Break**

House keeping – confidentiality, Information about layout of building esp. toilets. Group contact of respect. Times, places, facilitators. Budgets, costs. Refreshments

Feedback – Time to talk over in group or 1-2-1

An excellent opportunity—for more information, and to give your details, ring Cheryl at the above Family Action number.

Celebrate our launch!

You are personally invited to attend the official launch of the... *Suffolk Coalition Of Disabled People!*

Why not join us for a lively discussion about personalisation (choice and control), and enjoy a glass of wine and some delicious food?

Wednesday 13th July 2011 at 6.00-9.00pm

Arrival refreshments from 5.30pm

Venue: University Campus Suffolk, Waterfront Building, Neptune Quay, IPSWICH, IP4 1QJ

For more information and a booking form

E mail: leah.jordan@scodp.org.uk

Welcome to Bridge View...

Bridge View, situated in Commercial Road Lowestoft, is a day centre where information and advice on the following can be found:

Housing, Benefits & Money...

By providing flexible support, the Community Support Worker can help you identify and take steps to address issues which may be affecting your life and well-being.

⇒ **Helping** with benefits claims, and providing practical help with money management and sorting out debts;

⇒ **Advising** on housing and tenancy issues;

⇒ **Providing one-to-one personal development support**

⇒ **Signposting** to other agencies and services providing specialist support

Education, Training & Volunteering...

Depending on your personal circumstances, the **Personal Development Team** could help you decide which path your career and future

⇒ **Housing and benefits** ⇒ **Money management**

⇒ **Accessing drug & alcohol services**

⇒ **Accessing mental health services**

⇒ **Education and training** ⇒ **Volunteer opportunities**

⇒ **Careers and employment** ⇒ **Fathers' worker**

⇒ **ICT training**

[For opening times see Page 7.](#)

Drug / Alcohol Issues and Mental Health...

Somebody with a dual diagnosis has a mental ill health condition twinned with substance misuse problems.

The **i2 Dual Diagnosis Team** has experience of working with individuals aged 18+ who have been unable to engage with other services. The team provides support to those living in hostel accommodation and the community in the Waveney area.

Through drop-in clinics, you can access support without having to refer or make an appointment. For more information, contact **(01502) 527214**, ore-mail:

ddt@stjohnshousing.org

Samaritans

Providing confidential, non-judgmental, emotional support, the **Samaritans** will Listen to what you have to say in the strictest confidence. **Tuesdays, 10am—2pm.**

Smokefree Get free support, expert advice and tools to help you give up smoking. A trained advisor will help you prepare and put a plan into action, exploring which way to becoming smoke-free is best for you.

For more information, contact **Stuart Jennings** on **(01502) 513974.**

NEWS - BITS & BOBS.

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

June is: Everyman Male Cancer Awareness Month
SANDS (Stillbirth & Neonatal Death Society) Awareness Month

- 5th June is World Environment Day & The Big Lunch
- 6th June is National Yo-Yo Day
- 9th June is Donald Duck's birthday
- 11th-19th June is Green Transport Week
- 12th June is Magic Day & the Queen's Official Birthday
- 12th June is the Pentecost or Whit Sunday - a day when, 50 days after the resurrection of Jesus, his disciples began to spread the Christian message.
- 13th June is Weed Your Garden Day
- 13th-19th is National Men's Health Week & Carers Week
- 14th -21st June is Homeopathy Awareness Week
- 15th June is Fly A Kite Day
- 16th June is National Fudge Day
- 18th June is International Picnic Day
- 19th-25th June is Herbal Medicine Week
- 20th-26th June is Refugee Week
- 23rd June is National Pink Day
- 24th June is Wrong Trousers Day
- 26th June is International Day Against Drug Abuse & Illicit Trafficking
- 30th June is Superman's birthday

Anniversaries:

- 10th June 1829 - 1st Oxford v Cambridge boat race. Oxford won.
- 18th June 1815 - Battle of Waterloo, the Duke of Wellington beat Napoleon, in Belgium
- 28th June 1834 - Coronation of Queen Victoria

June is the 6th month of the year. The flower for June is the rose. June takes its name from the Roman goddess Junno, the goddess of marriage. For this reason, June has always been looked upon as the best month in which to marry:
Married in the month of roses - June
Life will be one long honeymoon.

Sharing Stories

A reading aloud group designed for adults/young adults with learning difficulties and those recovering from mental illness.

**Every Tuesday 2.30 pm—3.30 pm.
Starting Tuesday 1st June 2011**

**At
Ipswich County Library**

(meet at the Enquiry Desk on the ground floor)

Promoted by Suffolk County Council and Suffolk Libraries. See also www.suffolklibraries.co.uk

THINK ABOUT IT!!

- ★ Sorry not to have paid your bill before, but my wife had a baby and I have been carrying it around in my pocket for weeks.
- ★ All right everyone, line up alphabetically according to your height!
- ★ Last night I lay in bed looking up at the stars in the sky and I thought to myself, where the heck is the ceiling.
- ★ When I was kidnapped, my parents snapped into action—they rented out my room.
- ★ As you get older three things happen. The first is your memory goes, and I can't remember the other two....
- ★ Whatever it is—I didn't do it!!
- ★ Why is my opinion valued only if it agrees with yours?
- ★ Why am I "such a lovely person" that people want to then systematically change me??

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

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

ipswich@esan.org.uk

01473 329671



EMAIL



The Ipswich office also has a FREEPOST address:

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

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The Editor reserves the right to edit or shorten submissions when necessary for space reasons.