



# THE BALANCE

The Advocacy Network's Newsletter for Suffolk

Volume 13 Issue 4

May 2010

## NEW E.S.A.N. STAFF

*Hi,*

*I'm Richard Lague and I joined ESAN at the Bury St. Edmunds office in mid-January of this year, as a full time Advocacy Worker.*

*I have a very diverse work history; including Engineering, Sales and Enforcement and in September of 2008 I commenced a part-time counselling skills course, culminating in the achievement of a WPF Certificate in Counselling Skills in July 2009.*

*My knowledge of mental health stems from my personal experience as a service user with Bipolar Affective Disorder. To this end, what I can bring to ESAN as an advocacy worker is the ability to truly empathise with clients and the professionalism, drive and determination to work on their behalf to efficiently and effectively achieve their goals.*

*I am proud to say that I get up for work and look forward to what each and every day brings; something many people cannot boast!*

*I enjoy spending time with my daughter, motorcycling, playing drums and harmonica, dancing, seeing my family and cuddles with my cat.*

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 14th May, 2010

## **New E.S.A.N. Staff Cont:**

Hello. I've been asked to write a piece for this month's newsletter as a way of introducing myself. My name is Micaela Doucette and I started working as the Administrator at ESAN in Ipswich in January this year.

I was born in London & also spent part of my childhood living in Zambia in Africa.

I have had an interest in mental health issues as far back as I can remember, and accompanied with many years experience in secretarial/administrative roles, I feel that, for me, this job was "meant to be." So far, I am really enjoying it. I have a second job as a youth worker, which I also love. In my past, I have also worked as a carer and a volunteer support worker at a day centre for adults with disabilities.

As for my personal characteristics, I consider myself to be open-minded, honest, patient, intuitive and a good listener. I can be a bit eccentric sometimes. I don't mind what people say about me, as long as it's the truth.

I've never been a crowd follower & will stand up for what I believe is right, even if it means being rejected from the crowd. I've never been a fashion follower: I wear what I like when I feel like wearing it.

As well as O Levels & A Levels, I have done various courses & job related training; for example: Care/Support Worker training, Youth Worker Training, Child Protection, First Aid, HE Access, Understanding Diversity, Autism Awareness & various courses about Mental Health. I also have a Diploma in Higher Education.

I am a pianist, and managed to get up to Grade 8 when I was having lessons. At the moment, I generally play when I feel like it, rather than doing daily practice. I also regularly sing jazz in public with session musicians, or 'musos' as we are often called. I love flamenco dance & have lessons when I can. I love playing pool. As for being a spectator, snooker & rugby are about the only sports I enjoy watching. Some of my friends think it's quite sad that I can watch snooker all day. But I don't mind them thinking that. I also write poetry, when I feel like it. I once wrote a funny one for a poetry competition in a national magazine & won 1<sup>st</sup> prize. Anyway that's me for now!

### **1 in 5 people believe politics would improve is more MPs read the Bible.**

In the lead up to the next election, according to a new poll, the above statement was true.

A quarter of people also said they would trust an MP who is a practising Christian more than one who is not. And almost three quarters of all people (71%) say that the expenses scandal has heightened their concerns over perceived integrity issues.

This does however mean that nearly a quarter of people would still vote along party lines even if they believed that their MP had behaved with no personal integrity.

The ComRes poll for Bible Society also found that:-

- ◆ 72% of people say the personal integrity of their MP matters more to them than the party to which they belong!
- ◆ Women (74%) are more likely than men (69%) to favour personal integrity over party allegiance.
- ◆ Over a third of people actually assumed that their MP was a Christian.

The survey was commissioned to mark the launch of the new website [www.susa.info](http://www.susa.info) which provides information and links for Christians who wish to get more involved in politics.

ComRes interviewed 1,000 UK adults by phone between 22—24 January 2010.

Article from Inspire Magazine—[www.inspiremagazine.org.uk](http://www.inspiremagazine.org.uk)

"WHETHER YOU THINK YOU CAN OR WHETHER YOU THINK YOU CAN'T, YOU'RE RIGHT." Henry Ford

"WE HURT OURSELVES NOT BY WHAT WE ASK FOR, BUT BY WHAT WE SETTLE FOR." Alan Cohen

"AIM AT NOTHING AND YOU WILL HIT IT EVERY TIME." Unknown.

"A LIFE WITHOUT DIRECTION GOES NOWHERE." Nathaniel Summers

"MEN, LIKE NAILS, LOSE THEIR USEFULNESS WHEN THEY LOSE DIRECTION AND BEGIN TO BEND." -Uknown

Courtesy of JAM magazine

# Poetry page

## The Unsung

You plough a lonely furrow  
For many a year  
Rejection and failure  
Are all that you hear  
Your insight is not welcomed  
By the idiots who cheer  
False prophets and idols  
And other small beer  
I say to such normals  
Are you really so dim  
That you don't know a good punch  
When it lands on your chin?  
Stephen Kaines

## The End

To my trusty friend I will confide,  
Not a threat, but plea for hep,  
All I dream is suicide.  
As forty reaches my ell bu date,  
Life expiring before 2008  
just being fate.  
Losing the fight, perhaps  
Submitting my health ,  
Not to be left stale upon  
Life's mouldy shelf

Nikita

## Dreams of Youth

Would I could dream  
Those youthful dreams of yester-year  
That higher than the heavens soar  
That know no bound and never fail  
My body's frail  
My mind's deluded and confused  
My dreams flown high  
Now leave me far below  
What dreams are left  
But those that others ride  
That follow stardust everywhere  
And though I cannot follow theirs  
I watch the stardust shimmer in the sky  
And smile at dreams  
Once held - then lost - now found  
Rod O'Donoghue

WE NEED MORE POETRY FOR THIS PAGE!!!  
WHAT ABOUT SOME NEW PEOPLE GIVING IT  
A TRY?

## LIFE

*IT ISN'T ALWAYS GREAT  
SOMETIMES LOVE OR HATE  
BUT NEVERTHELESS I'D SAY  
THERE'S ALWAYS ANOTHER DAY  
TO TRY AND GET THINGS RIGHT  
TO CARRY ON THE FIGHT  
WORK TO BETTER ONESELF  
DUST COBWEBS OFF THE SHELF!  
FIND NEW INTERESTS, THINGS TO DO  
ENJOY, SEE THINGS THROUGH  
AND WHEN THE ACHES AND PAINS  
ARE IN OUR LIVES AGAIN  
TRUST IN HIM WHO CARES  
LOVES US IN OUR DESPAIR  
CAN UPLIFT AND BRING HIS PEACE  
AND GIVE LIFE A NEW LEASE.*

*CAW.*

## Three Billy Goats Gruff

Three billy goats gruff and all that stuff.  
One billy goat is for fear  
Do you now hear?  
Billy goat for fear is so extreme  
And not living the life supreme.

Second billy goat is for love  
And two birds fly above  
Billy goat for love is complete  
For nothing and nobody can defeat.

Third billy goat is for control  
Maybe makes you feel in a hole  
Billy goat for control is all  
Will we rise or fall?

Three billy goats gruff could be tough  
Fear, love, control all three goats  
Will give you their quotes  
By the hair on their chin  
And their hideous grin  
With three it's a crowd  
And their noises so loud  
Identify and defy  
Or get left by

Three billy goats gruff  
Maybe you've had enough.

Denise

**CARER, USER & STAFF CPA EVENT - 20 MAY 2010**  
**STEPPING FORWARD NINE**  
**KESGRAVE COMMUNITY CENTRE, IPSWICH**  
**10.15AM – 3.00PM**

**This day will focus on the delivery and regulation of the care provided to people with mental health needs in Suffolk. The new regulator of services, The Care Quality Commission, will join us and other Suffolk Organisations to plan their future involvement with us. Programme on page 5.**

***BOOKING IS ESSENTIAL – PLACES LIMITED TO 60 AND ACCEPTANCE OF APPLICATION WILL BE ON A FIRST COME BASIS.***

***For queries*** JEANNIE WRIGHT Phone 01473329347 / 01473 329300

*Education & Workforce Development, Brightwell Ward, St Clements Hospital, Foxhall Road, Ipswich, IP3 8LS  
Fax 01473 329016 email [education.development@smhp.nhs.uk](mailto:education.development@smhp.nhs.uk)*

### **Relaxation**

Relaxation is good for us. We know that when we're relaxed, we're more able to think clearly, cope with pressure and manage life more successfully. We also know that, when we're stressed, we can't think straight and can't cope as well. Our blood pressure rises and our immune system is weakened.

A recent study at Harvard Medical School has now found the reason for this link between our mental and our physical health. When we relax deeply, a range of 'disease fighting genes' are released in our bodies which may be just as powerful as medical drugs but without the side effects. The study found that the more people practised relaxation methods such as meditation or deep breathing, the greater their chances of remaining free from arthritis and joint pain, as well as gaining stronger immunity and lower blood pressure. The state of relaxation is also linked to higher levels of feel-good chemicals such as serotonin and to the growth hormone which repairs cells and tissues.

The biological explanation clearly shows the reason for this. Stress is linked to the fight-flight response and danger. In survival mode, the heart rate rises and blood pressure shoots up. Meanwhile, muscles, preparing for danger, contract and tighten. As a consequence, the immediately non-essential functions such as immunity and digestion go by the wayside.

On the other hand, relaxation is a state of rest and physical renewal. Free from danger, muscles can relax and food can be digested. The heart can slow and blood can flow freely to the body's tissues, feeding it with nutrients and oxygen. Digestion, memory and immunity, among other things, improve.

However, deep relaxation doesn't happen when lounging on the sofa watching TV. You can only really achieve it by learning the specific techniques of relaxation or guided imagery through, for example, yoga or Tai Chi. If you want to find out about local classes, contact your community education centre, leisure centre or library for information. A list of British Wheel of Yoga classes in Suffolk can be found at [www.yoga-east.org.suffolk.htm](http://www.yoga-east.org.suffolk.htm)

A variety of books are available from your library on yoga and Tai Chi. Relaxation and guided imagery CDs are also available from your library or to buy. One to try is 'The Therapeutic Power of Guided Imagery', £9.95 from Human Givens Publishing Ltd.

Jill Coleman

# Stepping Forward Nine

Kesgrave Community Centre

Thursday 20<sup>th</sup> May, 2009



**10.15 Welcome-** Jeannie Wright, CPA Manager.

**Centre of Service Excellence (SMHP)** - Service user, carer and Partnership involvement - Lisa Llewelyn, Head of Department.

**10.25 Care Quality Commission (CQC) role and responsibilities** - Regulator of services from April 2010 - 'the buck stops here' - with representatives from CQC.

**Discussion with Suffolk Organisations: CQC , LINKs, SMHP, PCT.**

**10.45 Facilitator: Peter Short,** Care Quality Programme Manager

You are responsible for the delivery and regulation of the care provided to people with mental health needs in Suffolk. You specifically also have a responsibility to protect the interests of people whose rights are restricted under the Mental Health Act.

How are you intending to achieve this through involving the people here today?

**11.15 Comfort Break**

**11.30 Open forum discussion - Invited SUF, VASP, ESAN, SPACE, PALS, Suffolk Carers, Speaking Up and all members.**

What most interests you from what you have heard?

How does it fit with your experience?

What would you add to what you have already heard that would help the providers and regulator make best use of your experiences?

Can you see ways in which you have to be involved?

**CQC , LINKs, SMHP, PCT, SCC.** Reflect on what you have heard. What did you find most useful and surprising? How do you now want to respond? From what you have heard what should we talk about this afternoon?

**Discussion in large Group to agree afternoon topics.**

**12.45 Lunch and comfort break**

**1.30 Group work**

What else do we need to develop to facilitate effective involvement?

**Making a plan- Who does what and when?!**

**2.50 Evaluation, Any Other Business and Farewell - Jeannie Wright**

**3.00 Close**

# NEWS - BITS & BOBS.

## RETHINK MAGAZINE—Victory over Discrimination.

After years of Rethink campaigning, this January finally heralded a long awaited decision from the Government banning employers for asking job applicants about their medical history before inviting them to interview. The amendment to the Equality Bill, announced 18/1/2010, marks a turning point in the UK, which is some way behind the United States and other European countries where it is already illegal to ask pre-employment questions.

Currently, people with mental illness have the highest “want to work” rate of any disability group, yet the lowest “in work” rate of any of these groups. A Rethink survey (2008) of more than 3,000 people with MH problems found that half of them felt they had to hide their MH problems on job applications whilst 41% were put off applying for jobs because they feared discrimination from employers.

Rethink is urging supporters to sign their petition saying “I care about mental illness and want a Government that cares too.” With the possibility of hundreds of new MP’s entering Parliament after the new General Election, coupled with threats to public spending as the new government looks to make savings they want to ensure that future MP’s understand what needs to change for people affected by mental illness.

Rethink hope to deliver a petition of over 10,000 signatures to 10 Downing Street. Please add your name to the petition at [www.rethink.org/petition](http://www.rethink.org/petition).

Mark Twain said he spent a lot of money tracing his family tree, then twice as much trying to keep it a secret! Another family wanted its history written so they hire a professional biographer. However, they were worried about Uncle George, the black sheep of the family who had been executed in the electric chair for murder. “No problem,” said the biographer. “I will say that Uncle George occupied a Chair of Applied Electronics at an important government institution. He was attached to his position by the strongest of ties and his death came as a real shock.”

*The Word for Today*

## CHARITY INDOOR MARKET

On the 1st & 3rd Saturday  
Of every month  
at

**MARSHALLS FORD SHOWROOM**  
(Down the side road from Glasswells)  
Dettingen Way  
Bury St. Edmunds  
IP33 3TU

8 a.m. - 3 p.m.

Free stalls are available to any local  
charities

For information please contact:  
Larry Nicholas 07986199202

This has been made possible by the charity  
Open Door

## **ADULT LEARNERS WEEK - 15TH - 21ST MAY 2010**

This celebrates learning in all its forms and inspires people to see what learning can do for them.

The nationally themed days for Adult Learners’ Week include Cultural Diversity Weekend, Learning at Work day and Silver Surfers’ Day. Adult Learners’ Week also introduces themes each year as potential hooks for events. These themes relate to current social concerns, providing a great opportunity to engage potential partners or sponsors.

Themes include Health & Well being, Older people’s lives, Social Mobility and a more equal society, Family life, Active citizenship and empowered, cohesive communities, a Resilient and Productive economy, International development, Sustainability

The new Adult Learners’ Week website has now been launched. It allows users to access a fantastic range of resources, including videos, podcasts, and the new ALW events diary. The site also provides information on what is going on across England and how to get involved with the campaign.

Please visit [www.alw.org.uk](http://www.alw.org.uk)

## **SUFFOLK MENTAL HEALTH PARTNERSHIP NHS TRUST - FREE SEMINARS !!**

This will be the third year of public seminars which are friendly, informative and free! They are designed to give an overview of issues around mental health, learning disability and substance misuse, as well as introduce you to some of the work we do at the Trust.

All seminar times are 2—3.30pm. You will have the opportunity to chat with the experts and specialists, ask questions and share your own views. Anyone can attend these seminars and booking is essential. You can book in the following ways:-

Give the membership office a call on 01473 329148

Email us at [membership@smhp.nhs.uk](mailto:membership@smhp.nhs.uk)

Write to : Foundation Trust project office, St. Clements Hospital, FREEPOST, RRYK-AAKL-UEUS, PO Box 170, IP3 8LS.

Forthcoming dates/ seminars for May/June are:-

- |           |                             |   |   |
|-----------|-----------------------------|---|---|
| 5th May   | Robert Butler               | Old age psychiatrist  | Who, what, why, when, how? Dementia and living with it.                         |
|           |                             |   | Venue: United Reform Church, Stowmarket   |
| 13th May  | Ian Robbins                 | Assoc. Director of psychological services                             | Outrunning the memories—Post traumatic stress in refugees and immigrants        |
|           |                             |   | Venue: Elizabeth Room, Endeavour House, Ipswich                                 |
| 20 May    | Dr. Jo Stevenson            | Consultant Clinical psychologist                                      | Puzzles & pieces—introducing developmental trauma and its wide reaching effects |
|           |                             |   | Venue: Elizabeth Room, Endeavour House, Ipswich                                 |
| 21 May    | Bill Franklin               | Assoc. director of service & business development                     | the X files—looking at unexplained medical conditions                           |
|           |                             |   | Venue: S2.02. West Suffolk College, Bury  |
| 2nd June  | Simon Anness                | Locality Manager  | Drugs in the community  |
|           |                             | substance misuse west   |   |
|           |                             |   | Venue: S2.02, West Suffolk college, Bury.                                       |
| 10th June | Sati Sembhi                 | Consultant psychiatrist   | Coping with depression  |
|           |                             |   | Venue: United Reform Church, Stowmarket.  |
| 18th June | Julia Ankrah                | Principal speech & language therapist                                 | How to get your message across - communication                                  |
|           |                             |   | Venue: Council Chamber, Endeavour House, Ipswich.                               |
| 7th July  | David Leckie/<br>Julie Todd | Director of environmental performance & modernisation project manager | Building a better future—the modernisation of MH inpatient services in Suffolk  |
|           |                             |   | Venue: Council Chamber, Endeavour House, Ipswich.                               |
| 15th July | Bill Brind                  | Psychosexual therapist  | Bedroom nerves—sexual anxiety & M Health  |
|           |                             |   | S2.02, West Suffolk College, Bury.  |
| 23rd July | Dr. Francis Winton          | Consultant Psychiatrist for early intervention psychosis services     | A normal state of mind? Explaining psychosis                                    |
|           |                             |   | Venue: United Reformed Church, Stowmarket                                       |
| 27th July | Dr. Jo Stevenson            | Consultant clinical psychologist                                      | Puzzles & pieces—introducing developmental trauma & its wide reaching effects   |
|           |                             |   | Venue: United Reformed Church, Stowmarket.                                      |
| 12th Aug. | Jonathon Ellis              | Therapy centre manager  | Old habits die hard? An introduction to CBT                                     |
|           |                             |   | Venue: Elisabeth Room, Endeavour House, Ipswich.                                |
|           |                             |   | MORE DATES WILL BE LISTED IN JUNE'S BALANCE                                     |

### 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](mailto: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](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

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.