



THE BALANCE

The Advocacy Network's Newsletter for Suffolk

Volume 14 Issue 9

OCTOBER 2011

ESAN

ANNUAL GENERAL MEETING

will be held on

WEDNESDAY 2nd NOVEMBER

**At Kesgrave Conference Centre
Community Hall**

**12 Acre Approach (off Bell Lane)
Kesgrave. Ipswich.**

**10.00am Coffee for 10.30am Start
Lunch will be provided**

The meeting will include an E.G.M. to give the final vote on our merger with VoiceAbility.

Representatives from VoiceAbility will be there to talk about how the service will operate in the future and their vision for Suffolk.

Please put this date in your diary!!

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 October 2011

World Mental Health Day—10th October 2011

The VASP have organised a number of events for the week beginning 10th October. You are welcome to participate/ go and look/lend your support at any event.

- ◆ A 'flash mob' (surprise singing) on 10th October at Ipswich Library and the town centre. Tracey Sharp (of Music in Mind) has some 30 singers lined up for this. Rehearsal will be at 2pm in the lecture room at Ipswich Library and the flash mob at 3pm—everybody is welcome and you won't be alone!
- ◆ Art on the Move on 10th October—an exhibition of artwork by service users in one of the empty shops in the Buttermarket shopping centre (not sure which shop yet—depends on what's available). This is always a really good exhibition.
- ◆ Wellbeing and publicity on 10th October—in an empty shop in the Tower Ramparts shopping centre. Publicity from all organisations plus reflexology taster and others yet to be announced.
- ◆ All week beginning 10th October—a VASP publicity table in St Lawrence café. The table will be in the café all week but will only be staffed on Tuesday and Friday.
- ◆ As part of the Suffolk Health and Wellbeing month, VASP will have a table in UCS from 11am-2pm on Thursday 13th October.

**Open Secrets
Free Film Night**
Ipswich Film Theatre, The Corn Exchange, King Street, Ipswich
Monday 3rd October— 7.30pm-9.30pm
Tickets available on the door from 6.30pm

The focus of the films is around the experiences of people living with mental health from Black and Minority Ethnic communities but organisers are keen to promote this event to all

★ **Live Well Suffolk—Steps to a healthier future.** ★
★
★ **NEW !!!** 6 Week Street Dance Course Starts Monday 3rd October 2011 from 5.30—6.30 pm.
★ At Murrayside community Centre, Nacton Road, Ipswich IP3 9JL
★
★ **FREE !!!** For more information, or to sign up, call 01473 22 22 92 or email:
★ tasters@livewellsuffolk.org.uk ★

COMMUNITY RESOURCE SERVICE - PERSONALITY DISORDER IN THE OPEN.

ARE YOU: managing with Borderline Personality disorder, interested in finding support, able to share your experiences to support others?

THE FIRST MEETING OF A USER-LED Peer Discussion group for people with a diagnosis of Borderline Personality Disorder was held at 6pm. On Wednesday 14th September at Suffolk Mind, 46-48 Westgate Street, Ipswich IP1 3ED.

For more information email: Kobe.borich@suffolkmind.org.uk
Alternatively, contact Kobe Borich at Suffolk Mind on 01473 652847
For latest information phone 01473 230609 or go to www.suffolkmind.org.uk

Together PO Box 691, Bury St Edmunds, Suffolk, IP33 9GQ
077044815836

I would like to take this opportunity to invite you to a joint get together event in Suffolk to celebrate **World Mental Health Week**.

We have planned an event **on October 7th at Hillside Community Centre in Stowmarket. IP14 2BD**. This will run from 10am to 2pm and lunch and a number of activities are in place for the day.

We hope you are able to join us for the day and if possible could you let our coordinator for this event know you will be attending. Please call Patrick Yardy on 07704481267 or e-mail suffolkbefriendingservice@together-uk.org

Best Regards Patrick Yardy Volunteer Manager

Norfolk & Waveney Mental Health NHS Foundation Trust

Are you interested in high quality mental health services?

Everyone is welcome to join the quality debate and help us determine next year's mental health quality priorities.

We hope that as many people as possible come along to one of the following events we are holding across the county to influence the quality of mental health provision in Norfolk and Waveney. This is the largest stakeholder event we have ever held and the outcomes will result in real improvements for service users.

Thursday 6th October - 2pm-4pm - George Hotel, Swaffham
Thursday 13th October - 2pm-4pm - Victoria Hotel, Lowestoft

No need to book, just come along. Refreshments will be provided.

MY OP

Today I went and had my op
I looked a proper sight,
My teeth were a chattering
My face, well it was white
My hands they were a shaking
My knees joined in too,
I felt so much worse
Than when I had the flu.
Then I went and had a lovely sleep
And when I did awake
Someone brought me flowers
And a bunch of grapes.
A cup of tea, how wonderful
It really was the best
I'm glad I went and had my op
I so enjoyed the rest!

Linda Southgate

ENOUGH ALREADY

I pay for the mistakes I make,
with hours of remorse,
Or days or weeks or months or years,
depending on the cause,
So I really do not need your fury,
By way of more reproach,
Because I punish myself enough already,
And find it difficult to cope,
With your burning coach
On top of my carthorse.

Stephen Kaines

**GOT ANY CHRISTMAS POEMS??
PLEASE — DON'T BE SHY!!**

University Campus Suffolk Mind, Body & Soul Exhibition

University Campus Suffolk is pleased to invite you to take part in our
Mind, Body & Soul Exhibition

Where: Waterfront Building Neptune Quay Ipswich IP4 1QJ

When: Thursday 13th October 2011 - 11.00pm-2.00pm (refreshments included)

Costs: Charities/not for profit **free**, £75 for profit organisations

The Mind, Body and Soul Exhibition is an opportunity to promote overall health and wellbeing to our students and raise awareness of issues relating to accessibility, equality and diversity.

For further information contact: Sian Lewis, sian.lewis@ucs.ac.uk or 01473 338421

Stress Control Classes

NHS Wellbeing Service

www.nhswellbeingsservice.org

What is it? A course of 6 classes

How much does it cost? Nothing it's **FREE**

Do I need a GP's referral? No, telephone our self referral number

When? Monday evenings 6.30 – 8pm, The Kirkley Centre, London Rd South, Lowestoft

How will it help me feel better? Learn techniques to help you deal with stress

Stress Control is a course which runs over six consecutive weeks in the evenings (6.30-8.00pm). If you want to learn better ways to handle common problems such as anxiety, depression, low self-confidence, poor sleep and panic attacks then come along to the Stress Control classes.

Stress Control is an evening class – **not** a group therapy – so you do not have to talk about your problems in front of others. You just sit back and learn some of the ways to control stress. There are some slides/handouts to look at – so don't forget your glasses! This approach was devised by Dr. Jim White from Glasgow and is now used across the world.

As stress is so common, there may be between 25 – 75 people at each session. Feel free if you want to bring someone with you. They will need to be registered beforehand too, but they can give you a bit of support and it also gets that person on the same wavelength.

What happens in each of the sessions?

Session 1: Information about stress

Session 2: Control your body: relaxation, exercise

Session 3: Control your thoughts: learn to think your way out of stress

Session 4: Control your actions: boost self confidence

Session 5: Control panic

Session 6: Control sleep problems; control your future

As a part of the Stress Control classes, there are booklets to read as soon as the course starts. These will tell you:

- All about stress
- How to measure stress
- How to work out how and why stress is affecting you
- Self-help ideas to tackle stress

The Stress Control courses are held on Monday evenings from 6:30 – 8:00 pm at

The Kirkley Centre, 154 London Road South, Lowestoft. NR33 0AZ

Please register yourself on the course by phoning 0300 123 1503*

Start dates for 2011

Monday 31st October

★ Did You Know?

★ It took engineers 22 years to design the zip.

★ It's against the law to slam your car door in Switzerland

★ Less than 1% of the Caribbean Islands are inhabited.

In October 1683 a huge amount of toads fell at Acle, Norfolk. The villagers feared it was a result of witchcraft, so swept the dead toads into piles & burned them.

NEWS - BITS & BOBS.

Self Development for Carers who support people with their mental health.

Suffolk Respite (suffolkrespite@btconnect.com) Starting at the end of September focus groups will explore what helps and what gets in the way when coping and living alongside mental health issues. They will also expand on individuals' self confidence and explore on going sustainable coping strategies to share within the family.

They will run for up to 12 weeks, up until and then continuing after Christmas, which can be a very difficult time for Carers. They will take place on a Wednesday morning from 28th September, 9.30—12.30pm. There will be a break on 26th October (half term) and a second break on 30th November. There will be 2 further sessions before Christmas and then a final 2 sessions after Christmas on the 4th and 11th January.

The venue is The Key in Ipswich, near Christchurch Park, which is central and easily accessible by bus and there is also free parking available.

If you are interested visit the website for more information or ring Suffolk Respite on 01473 730929 there may still be spaces available.

WORLD MENTAL HEALTH DAY EVENT.

Although World Mental Health Day is always celebrated on the 10th October an event is being held at the **Triangle Market Place, Lowestoft** (north end of town) from 10 am on **Saturday 8th October.**

It will be a fun event where there will be a wide variety of stalls and Mental Health Service Providers present, all aiming to raise awareness of mental health, and the stigma which still surrounds it. Amazing when you consider that 1 in 4 people will experience some form of mental health problem in their lifetime. Women are more likely to be treated for a MH problem than men. Also depression affects 1 in 5 older people.

courtesy of feedback newsletter

FAMILY ACTION - Tel: 01502 531789

COMMUNITY RESOURCE SERVICE PROVIDING A FREE CONFIDENTIAL SERVICE FOR ADULTS FROM 18 YRS ONWARDS WITH MENTAL HEALTH ISSUES.

LOWESTOFT LISTENING EAR SERVICE. 10.30—1.30 pm
On Monday and Tuesday mornings is a one to one service. Either drop in or telephone for an appointment, for support through whatever mental health issue is causing you concern. Also Thursdays 3—6 pm and Friday 1—4 pm at Lowestoft. **Beccles,** (at Beccles Library) have the service Wednesday 1.30—4 pm and also a Social Group from 2—4 pm.

Other activities are:-

Monday — Social Art group 2—4 pm
Tuesday — Being Well Group 2—4 pm
Thursday — Creative Activities 1—3 pm
Friday — Active Lifestyles 10.30—12.30 pm

7 WEEK PROGRAMMES are run several times a year. To secure a place on the next programme contact Sue or Bill and you will be invited to meet on a 1-1 basis prior to programme starting. Courses are:-

Anxiety Management, WiseRguys (for men to identify feelings, handle anger, be assertive, stress management), Confidence/ Self Esteem, Take Control, Find Yourself (aimed at women who experience a cycle of losing control of life, to adapt to positive behaviour and retake control of life as an adult.

Do you provide unpaid support to a family member or friend who cannot manage without your help due to frailty, illness, disability or mental health difficulty?

Time for You provides opportunities for Family Carers to have time for themselves.

The Time for you Project

A series of 3 sessions to help promote inner peace and well being
(Attend all 3 sessions or just any of your choice)

For family carers individually, or to enjoy with the person they support.

Saturday 8th October

Reflexology. Demonstration of this therapy and simple techniques you can use yourself to promote well-being

Saturday 22nd October

Learn about the use of Crystals and Crystal healing. The session also includes Relaxation and Visualisation

Price per session: £5

Location: Small meeting room, Arts Library Ipswich County Library, Northgate St.

Time: 10am – 12.30pm

Befriending service

We are looking at the potential for a befriending service for Family Carers. If you are a Family Carers and interested in this, please join us for an informal chat, to see what we could do to develop a service to meet the needs of Family Carers.

Monday 17th October 10am-12noon or Thursday 20th October 6.30pm-8.30pm

Where? ISCRE, 46a St Matthews Street, Ipswich, Suffolk IP1 3EP

Feedback Forum Dates

Lowestoft @ 28 Gordon Road

10th October 2011 at 2 pm.

Beccles @ The Quaker Rooms

12th October 2011 at 11 am.

Gt. Yarmouth @ Christchurch Church Café

3rd October at 10 am (Cobholm Room)

Halesworth @ Patrick Stead Hospital

2011 at 11 am

****NEW VENUE****

Bungay @ the Fisher Theatre, Broad Street

at 2.00 pm

For further information phone 01502 533529

GOSH - For members in the Waveney and Yarmouth areas who are interested in trips out. For more information you may contact Tina on 07765637521 between the hours of 10am—6pm.

Waveney Women's Health Information Centre.

Retuning our Emotions Workshop. Monday 17th October 7pm—9pm. A look at how we cope with our emotions, with ideas and techniques that might help us to change. Cost £4. Venue: Lowestoft.

An Evening of Transformation Workshop.

Wednesday 19th October 7pm—9pm. If you feel stuck or unhappy with part of your life, this evening can help bring change by connecting you with angelic energy to assist you in finding greater happiness, health and peace. Cost £4 Venue: Lowestoft.

Phobia Clinic—Whether it's spiders, birds, needles, heights a phobia can limit your life. Book a session with our therapist, normally one session is enough. Sessions cost £5 Venue: Beccles.

Wellbeing Coach—Facing a difficult situation? Got a conflict with someone you live or work with? Wellbeing coach sessions last up to an hour, maximum 6 sessions. Sessions cost £5 Venue: Beccles.

For more information or to book a place visit at 4 Bevan street East, Lowestoft or ring 01502 561816 Or check website: www.onesuffolk.co.uk/

Thought Provoking?

Why does someone believe you when you say there are four billion stars, but check when you say the paint is wet?

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

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

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

ESAN
FREEPOST ANG8234
Ipswich
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LOWESTOFT

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01502 561200

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.