



THE BALANCE

The Advocacy Network's Newsletter for Suffolk

Volume 14 Issue 8

SEPTEMBER 2011

1 BIG Multicultural Festival

Featuring entertainment from:-

Great Britain, Bangladesh, India, Poland, China,
African-Caribbean, Kurdistan, Albania, Spain
& many others.....

LIVE MUSIC
BAND GROUPS

BOLLYWOOD
DANCERS/ MUSIC

MARKET
BAZAAR

KIDS ZONE

CULTURAL &
HERITAGE ZONE

FREE
FAMILY EVENT

SUNDAY 4TH SEPT.
@ ALEXANDRA PARK
Ipswich IP4 1NY

12pm - 5pm

SPORTS
5 A SIDE FOOTBALL
KABADDI

MUSIC PERFORMANCE
FROM AROUND THE
WORLD WORKSHOP

FEAST OF
WORLD FOODS

BANGLADESHI
MUSIC & DANCE

Organised by Bangladeshi Support Centre

Partners with: Evening Star, Ipswich Borough Council, Suffolk Constabulary,
Ipswich Town Football club, Suffolk County Council, Channel 5, UCS, Suffolk New
College, Town 102FM

For more information please contact 01473 400081 or visit www.bscentre.org.uk
FREE CAR PARKING AT UCS CAR PARKS

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 16th September 2011

READER'S LETTERS

POP GOES THE WEASEL: is being at the end of your tether or when you have had enough. When the whole of your life is in front of you and you can't do the things you really want to yet. It is when you know your distractions, but not yourself, or when you can see only a thumb when you should be seeing the whole of your hand.

Pop goes the weasel is when good and bad is about rules, rituals, regulations and routines, but you really need the traffic lights to stop—look—listen. It's for when life smacks you in the gut, when you could do breathing exercises—to inhale through the nose and your stomach rises slowly, and exhale for a little longer and your stomach goes down. The calming of nightmares and mind mares.

Pop goes the weasel for a furry weasel who blows lots of raspberries at the hunter with a gun, because it can beat the bullet.

Denise

September is:

Better Breakfast Month, Classical Music Month, Library Card Sign-Up Month, National Courtesy Month, Read-A-New-Book Month & National Honey Month.

1st September is Ganesh Chaturthi (Hindu celebration)

2nd is Krishna Janmashtami (Hindu celebration)

4th - 10th is Migraine Awareness week

4th - 11th is Fibromyalgia Awareness Week

6th is National Read a Book Day

8th is International Literacy Day & Nativity of Virgin Mary (Christian)

9th is Foetal Alcohol Spectrum Disorders National/International Awareness Day & Teddy Bear Day

10th is World Suicide Prevention Day

12th is National Chocolate Milk Shake Day

12th-18th is Sexual Health Week & "Know Your Numbers!" (National Blood Pressure Testing Awareness Week)

13th is Positive Thinking Day

15th is World Lymphoma Day & Make A Hat Day

15th Sept - 15th Oct is Hispanic Heritage Month

16th is Collect Rocks Day

18th is National Play-Doh Day

21st is World Alzheimers Day, Miniature Golf Day, World Gratitude Day & International Day of Peace

22nd is Elephant Appreciation Day

23rd is Equinox - Autumn Begins

24th is National Punctuation Day

25th is Good Neighbour Day

27th is Crush a Can Day

28th is World Rabies Day & Navaratri and Durgapuja (Hindu festival)

29th is Rosh Hashanah (Jewish New Year's Day)

Anniversaries:

1st September 1830 - "Mary had a Little Lamb" was published

9th September 1835 - The "sport" of bear baiting was banned by parliament.

13th September - Roald Dahl's birthday

26th September 1955 - Bird's Eye fish fingers first went on sale.

29th September 1829 - Scotland Yard formed.

30th Sept 1928 - Penicillin was discovered by Alexander Fleming

Micaela

POETRY PAGE

Popping Pills

I've got pink ones and blue ones
Some green and yellow ones too
Beige ones and white ones
In total thirty two

I sit down on the sofa
My heart sinks at the sight-
A queasy sickening feeling-
From pills there's no respite

I've tablets for the water
And tablets for my heart
I've tablets for my achy joints
And that's only the start

I've tablets for my mood swings
And tablets for the pain
I've tablets to ease my fragile mind.
Next day it starts again.

I ask if they're all needed
My doctors tell me "Yes!"
So I Pop my Pills on my sofa
Each pill feeds my distress.

-oo00oo-

Spiders-Panic

Spiders, spiders, in my sight
Large as saucers give me fright
Just can't squash them
(They're not there)
Blooming spiders everywhere

Now they're running fast and free
Olympic medals one, two, three
Just can't squash them
(They're not there)
Olympic spiders everywhere

Now they're climbing up the walls
Cross their cobwebs – creepy crawl
Just can't squash them
(They're not there)
Abseiling spiders everywhere

Spiders on the sinks and bath
Plant pots, curtains, corners, hearth
I can't squash them
(Don't know why)
Spiders hiding everywhere

Rod O'Donoghue

Time by Nikita

No time to waste, a world wide problem to face,
Over population, earth just hasn't the space.
With the prospect of a baby boom, use contra-
ception,
Prevent a major catastrophe by reducing the
population.
With increasing unemployment and the homeless
situation,
Build a concrete future for the next generation.
A generous gift to Third World famine,
Take a look at yourself and conscience examine.
Entering then leaving this world alone, therefore
life ends a tie,
After all, we're all born to live and destined to
die.
Fulfil every moment while you can,
For time continues and waits for no man.

SONNET

Sugar and water can you afford it,
The welfare state you would think it based on,
And in a seedy café all day sit,
And assume the popular name of Joan,
With your UB40 in your pocket,
You think what can you do for a living,
And can you buy some woman a locket,
And talk about the pleasure of giving,
Ponder oh! Becoming a roving priest,
And never having to sign on again,
You could go on a journey to the east,
And be no more second classed or in pain,
You would be one more step up the ladder,
And in your heart and mind much more
gladder.
Novello. N. Maynard-Thompson.

I Thank You Dad (1927-1989)

I will die from the cigs just like
my Dad,
Except he was judged sane and I am
judged mad,
I'm grateful to my Mum and Dad,
There is no reason to feel sad.
Stephen Kaines.

**WE ARE IN REAL NEED OF YOUR
POETRY. 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 19th September

Monday 31st October

Are you feeling stressed or anxious?

Are you from the Minority Ethnic Community?

Would you like to learn how to improve your mood?

ESAN in Lowestoft are running a 5 week workshop to help you understand and improve your mental well being, this can help you to reduce the impact stress and anxiety can have on your life.

The sessions are free and will last around 1 hour 15 minutes we will look at how to identifying stress, what we can do to manage it and how to relax.

Come and join us the dates are below:

- Wednesday 31st August 10:30 – 11:45
- Wednesday 7th September 10:30 – 11:45
- Wednesday 14th September 10:30 – 11:45
- Wednesday 21st September 10:30 – 11:45
- Wednesday 28th September 10:30 – 11:45

Please contact ESAN on (01502) 561200 to secure a place on the workshop.

**A Slice of Healthy Living
Your Healthy Heart**

**A 6 week course for members of the
Black and Minority Ethnic community**

Starting on Friday 23rd September 2011 – 12.30-2.30pm

**Murrayside Leap Centre
Nacton Road
Ipswich IP3 9JL**

National statistics show that BME communities are more likely to suffer from heart diseases. There are many reasons for this, so let's find out why!"

This course helps to educate and empower learners to make more informed choices about their health. The course also will get you thinking about volunteer or paid work within the health and well being sector.

You will also gain an NOCN Introduction to Career preparation qualification upon successful completion of the course.

For more information or to book your place please call 01473 325286

Funded by the skills funding agency—community learning and skills development
Karibu—African women's support group

Resolution - Rebuilding Lives

Free effective treatment for Military Post-Traumatic Stress for integration into work and family life.

Case Study

A former soldier who suffered serious post-traumatic symptoms after serving in the Army for 22 years underwent Resolution's treatment:

"I had my first session which did not involve any detail discussion about my trauma; indeed my therapist still has no knowledge of the events which traumatised me. After the session I went away not knowing what to expect, but that night my nightmares ceased, I became much calmer and to this day have not had one flashback or re-enactment episode. I threw out my anti depressants. I have re-connected to those around me and can now hold down a job."

"Together with many others, I believe that anyone who has been traumatised in the service of their country should be given immediate access to a kind of therapy that gives most patients proper relief from the symptoms that they suffer.

Ideally this treatment should be provided close to their homes, in a calm and pleasant environment; and it should be free in case of need.

But the sad reality is traditional programmes tend to focus on long term support - which is expensive and may generate dependency - and some organisations will not deal with sufferers who are known to be users of drugs or alcohol, or who have certain types of a criminal record".

General the Lord Ramsbotham GCB CBE,
President of PTSD Resolution

Folklore & Beliefs:

Various superstitions & beliefs surround Michaelmas Day - 29th September.

"Eat a goose on Michaelmas Day, want not for money all the year."

"He who eats goose on Michaelmas day, shan't money lack or debts to pay."

"If St Michael brings many acorns, Christmas will cover the fields with snow."

Did You Know?

Nothing whatsoever happened in British history between 3rd & 13th September 1752.

A male emperor moth can smell a female emperor moth up to 7 miles away.

About 3,500 gallons of water is needed to produce one pound of beef.

Albert Einstein was offered the presidency of Israel in 1952.

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.

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 24th September

Learning ways to take control of your life, bringing energy, focus and confidence to deal with life situations.

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

Feedback Forum Dates

Lowestoft @ 28 Gordon Road

12th September 2011 at 2 pm.

Beccles @ The Quaker Rooms

14th September 2011 at 11 am.

Gt. Yarmouth @ Christchurch Church Café

5th September 2011 at 10 am (Cobholm Room)

Halesworth @ Patrick Stead Hospital

2011 at 11 am

****NEW VENUE****

Bungay @ the Fisher Theatre, Broad Street

22nd September 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.

Thought Provoking?

If a book about failures doesn't sell, does that make it a success?

Quote of the Month

"Everybody loves honesty, until they hear the truth." (Unknown)

'Be On The Radio'

The **SAM Radio Show** are looking for new people to be part of the SAM radio show, on Ipswich Community Radio 105.7 fm. The show goes live every Thursday afternoon from 2.00—3.00 pm.

So if you have anything interesting to share—a story, poem, an experience of the health services, an event you wish to promote or simply want to have a chat with other presenters we would love to have you as part of our team.

The show also welcomes contributions from carers, friends or mental health professionals. Whatever you wish to share, we would love to share it with you.

To get in touch please contact **Faye Smith** on **01473 418036** or **fsmith@csv.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**

Create + communicate **SAM**

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**

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

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.