

PLUS Point

Mental Health

MEETING PLACE FOR SHARING NEWS AND VIEWS

PERTH & KINROSS / EDITION 43 / February 2010

FIRST WORD

Lots of information and updates for you in this month Pluspoint - first of 2010!

Have had a very busy period since the beginning of the year with service reviews, strategic development and budget planning, not to mention our regular activities such as MRH ward information visits and organising one-off events such as St Patricks Night Celebration – more info on those in the local news page alongside interesting national news stories such as the Samaritans anti suicide initiative with Network Rail.

A focus in this months issue, on challenging the myths surrounding mental illness; 'At The End of The Day' and 'Dispelling The Stigma' supports the recent adverts on channel 4, as part of the national 'see me' anti stigma campaign. Stigma stops people from seeking the help they need and often by the time they do get help things have become much worse. This has to change. To this end it remains top priority to PLUS to continue our work towards improving attitudes to mental health and wellbeing - for all our benefit.

Family and Friends Support

One in four Scots will experience a mental health problem at some point in their lives. And, importantly, 62% of these people state that support from family and friends is most important in aiding their recovery. Therefore, it's vital that Scots know what steps to take to support their loved one:

- One of the most important things to remember about mental ill-health is that people can and do recover.
- Remember that your friend or family member is likely to be nervous about telling you how they feel.
- Don't shy away from the issue. Ask questions, listen to ideas, and be responsive. Ask what you can do to help.
- Don't dismiss a person's worries - express your interest and concern.
- You don't have to have all the 'right' answers, simply listening shows you care.
- Remember that the mental health problem being experienced by your friend or family member is only a part of who they are.
- People with mental health problems often feel excluded, lonely and alone. Reassure your friend / relative that you still care about them and include them in your everyday plans.

(Courtesy of see me website www.seemescotland.org)

New Date for PLUS Gathering

Following the cancellation of the Christmas Gathering due to frozen pipes we have set a new date for **Monday 22nd February** at the Perth Concert Hall. The event will start with a soup and sandwich lunch at 12.30 and finish at 4pm. All PLUS members and would be members are invited. (The criteria for full membership is anyone over 16 living in P&K who has used mental health services) You are welcome to bring along a companion or carer at a cost of £5 as this event is being funded via Choose Life money specifically for service users. PLUS members are free.

Please phone/email in advance to book as catering has to be arranged in advance.



Helplines

Breathing Space	0800 83 85 87
Depression Alliance Scotland	0845 123 23 20
Samaritans	08457 909090
Cruse Bereavement Care	0844 477 9400
Saneline	08457 678000
Eating Disorders Association	0845 6341414
Mental Health Out of Hours	08454242424
Survivors of Bereavement by Suicide	0844 561 6855
Pet Bereavement Support Service	0800 096 6606
Support Line (8.30am – 8.30pm)	

PLUS

77 Canal Street, Perth PH2 8JJ Tel.: 01738 626242 Email: plusperth@msn.com

www.plusperth.co.uk

Scottish Charity SC040271 Company No. SC354220



Snippets of Information

World Health Organisation (WHO) on depression:

Depression is common, affecting about 121 million people worldwide.

Depression is among the leading causes of disability worldwide.

Depression can be reliably diagnosed and treated in primary care.

Fewer than 25 % of those affected have access to effective treatments.

Upcoming Conferences and Events in Perth

Towards a Mentally Flourishing Perth and Kinross

Wednesday 17th February 2010, Dewars Centre.

Free. Contact PLUS or Marliese Richmond [MCRichmond@pkc.gov.uk]

Long Term Conditions Annual Conference and AGM

Tuesday 23rd February 2010, Perth Concert Hall

"View from the centre: how can we achieve person-centredness for people with long term conditions?"

Speakers include Nicola Sturgeon MSP, Cabinet Secretary for Health and Wellbeing

Free. Contact 0141 404 0231 or visit www.ltcas.org.uk.

Doing More ... With Less

Local Vol Sector Annual Conference, Crieff Hydro, Perthshire, Friday 5th March 2010

Cost £40 Contact PKAVS 01738 567076.

National Wellbeing Days in March

Self Injury Awareness Day, Monday, 1st March

www.firstsigns.org.uk

No Smoking Day, Wednesday, 10th March

www.nosmokingday.org.uk

Eating Disorders Awareness Week

22nd-26th February 2010

Eating disorders are a serious mental illness affecting 1.6 million people in the UK. **Beat, the leading UK charity for people affected with eating disorders** provides helplines for adults and young people, online support and a UK-wide network of self-help groups to help people beat their eating disorder.

beat's vision is simple: Eating Disorders will be Beaten.

beat helpline is open 10.30-8.30 Monday – Friday (Saturday 1.00-4.30) 0845 634 1414 or e mail help@b-eat.co.uk

beat Youthline 0845 634 7650 open 4.30-8.30 Monday- Friday (Sat 1.00-4.30 fyp@b-eat.co.uk)

Anyone interested in getting involved with local awareness raising during Eating Disorders Week please get in touch with PLUS 01738 626242

News from Depression Alliance Scotland (DAS)

Online Chat Group starts February

Are you aged between 18 and 35 and experiencing Depression or low mood? Why not visit the DAS new monthly online chat group? For more info or email ask@lookokfeelcrap.org.

Concerns about Money, Relationships and Health Top Scot's worries for 2009

According to a survey published by Samaritans and YouGov, nearly half of the Scottish population worried about debt and money last year.

A UK-wide poll of more than 2,000 people including 200 Scots asked the public to identify their five biggest worries over the past year. Other top sources of anxiety were relationships with family and friends (reported by 33% of Scots) and physical health concerns (32%).

Can a film make you depressed?

There has been controversy surrounding the recently released blockbuster film Avatar and the effect it is having on its audience. According to an article in the Metro newspaper, internet forums have been filled with fans saying they've become depressed after realising their life doesn't live up to the utopian alien world of Pandora. Be interesting to hear your views on this subject !!

Courtesy of DAS

Shrove Tuesday 16th February

In continuing our quest for healthy but tasty food here's a recipe to try - some delicious fruity pancakes with a smidgen of history thrown in. Shrove Tuesday marked the beginning of the 40-day Lenten fasting period when the faithful were forbidden by the church to consume meat, butter, eggs or milk. However, if a family had a store of these foods they all would go bad by the time the fast ended on Easter Sunday. The solution was to use up the milk, butter and eggs no later than Shrove Tuesday. And so, with the addition of a little flour, the solution quickly presented itself in ... pancakes.

BLUEBERRY PANCAKES

12 eggs, separated
1½ cups sifted all-purpose flour
2¼ teaspoons baking powder
3 tablespoons sugar
¾ teaspoon salt
1 cup milk
3 tablespoons butter, melted
1 cup fresh or frozen thawed blueberries, rinsed



Preparation:

In a small bowl, beat egg whites until stiff; set aside.

In a separate bowl, sift together flour, baking powder, sugar and salt. Beat egg yolks in a medium mixing bowl; add milk and melted butter. Stir egg mixture into dry ingredients; mix until batter is smooth and stir in blueberries. Fold in beaten egg whites. Bake on hot greased griddle.

Makes 12 pancakes.

NATIONAL NEWS

NEW 'SEE ME' AD CAMPAIGN LAUNCHED

'See Me's latest ad campaign was launched on Tuesday 5 January 2010 and is aimed at reinforcing the importance of support from family and friends whenever someone is experiencing mental health problems. This is particularly relevant given the findings from Hear Me 2 about how often family and friends just don't seem able to 'be there' when they're needed.

For more information, visit <http://www.seemescotland.org/>

UK GOVERNMENT ON MENTAL HEALTH AND EMPLOYMENT.

7th December 2009 saw the publication of the Perkins Review, and two other government reports on mental health and employment.

Unemployment amongst those with experience of mental health problems is shockingly high. The Perkins Review (full title: 'Realising ambitions: better employment support for people with a mental health condition'), is an independent review looking at how people who are currently out of work can be supported into employment.

SAMARITANS TEAM UP WITH NETWORK RAIL

Network Rail has recently gone into partnership with the Samaritans to address the high number of railway suicides. £5m will be spent on a number of measures, including training railway staff in how to spot people on platforms who may be contemplating suicide and how to talk to them, training for rail and train company staff in identifying and intervention, call-out service whereby staff from 202 Samaritans branches nationwide are ready to attend stations in emergencies, National communications campaigns increasing awareness of Samaritans' services and working with the media to ensure responsible reporting, reducing the likelihood of copycat suicides.

TOUCHED BY SUICIDE

Touched by Suicide run support groups for people who have suffered a bereavement by suicide. If you want to find out more about starting a local group you can contact them on: 0141 584 3211

MENTAL HEALTH IMPACT OF LONELINESS

The Mental Health Foundation will be launching a research report about loneliness and its links to mental and physical health during Mental Health Action Week, 4th – 11th April 2010.

TRAINING OPPORTUNITIES

Funding for Food, Nutrition and Health Training

Community Food and Health (Scotland) has funds available to support community based mental health organisations provide training to their staff and volunteers in food, nutrition and health.

Constituted organisations can apply for the funding for the following courses - REHIS Elementary Food and Health Course (max 10 per organisation) and RSPH Certificate in Nutrition and Health level 3 (max 1 per organisation). Organisations can also apply for funds to pay the costs for staff who meet the eligibility criteria to register with REHIS as an Elementary Food and Health tutor. For full details of this offer and an application form visit: www.communityfoodandhealth.org.uk or contact Sue Rawcliffe on 0141 227 6462.

Introduction to Peer Support Workshop

1.00pm – 4.00pm, Tuesday 23rd March 2010,

The Gateway, North Methven Street, Perth.

To book a place contact Chrys Muirhead, 01334 656341 or chrismuirhead@aol.com

Cost £20, if you are unwaged and would like to attend please contact Chrys.

WRAP Training (Wellness Recovery Action Planning)

2 day course – Monday 8th and 15th March, 10am – 4pm

The Gateway, North Methven Street, Perth

To book a place contact Chrys Muirhead, 01334 656341 or chrismuirhead@aol.com

Cost £100 for 2 day course, materials and lunch included, if you are unwaged and would like to attend please contact Chrys.

LOCAL NEWS

PUSH MOVING ON

Push, local charity for people with learning disability is moving from its Tay St premises in the middle of March. The new office premises will be located at 85 South Methven Street, Perth.

ST PATRICK'S NIGHT CELEBRATION

PLUS Entertainments committee are organising a St Patrick's Night Music, Supper and Karaoke for Wednesday 17th March at the Kinnoull Club, Perth. The celebration of all things Irish will take place 7pm-10.30pm and Admission is £4 There will also be a grand raffle on the night. Contact PLUS for tickets 01738 626242.

CHANGE IN TRIBUNAL ROOM DUE TO MH IMPROVEMENT ACADEMY

Mental health tribunals will be relocated to Corsie Room due to a new health improvement academy taking over Ballroom and Brown room in the main building. Having a focus on risk, the improvement academy will accommodate staff from NHS Tayside in developing this initiative. The change is due to take place this month. Plus is seeking further information on this and will update in March Newsletter.

DEMOLITION WORKS STOP AT MRH

There has been a temporary halting of the demolition stage of the new Murray Royal Hospital due the contractor Torith going into administration. A new contractor is in the process of being sought and if all goes to plan should be in place by mid February.

For more info visit www.mhdproject.scot.nhs.uk or call free on 0800 027 2123 or contact clinicalproposal.tayside@nhs.net.

PLUS MRH WARD VISITS

Plus will visit Glenelg Ward on the last Thursday of every month, 4.00-5.00pm and Moredun A/B Wards on the first Thursday of every month, 4.00-5.00pm commencing this month. Purpose of the visits to provide a two-way link of information and feedback to patients.

NEW RECOVERY AND VALUES BASED TRAINING FOR 2010

New 2 day recovery and values training courses for this year are set to take place in Blairgowrie, Crieff, Kinross, Pitlochry, Aberfeldy, Perth. A total of 34 courses over 68 days are scheduled in a selection of venues across P&K.

Contact Karen Stainer on 01738 477828 or email hcctraining@pkc.gov.uk for more info.

Murray Royal Hospital gets the green light

A decision by Perth council to grant final approval to a £95 million NHS scheme at Murray Royal Hospital, Perth was made at the end of January despite last-minute objections regarding the roads layout surrounding the complex. The hospital will be transformed as part of a two-year project which will eventually see four wards for psychiatry of old age, two new day hospitals, three general adult psychiatry wards providing 56 inpatient beds, a secure care day hospital and 68-bed accommodation classed as medium and low secure. The development control committee convener, Mr Wilson, said, "This is one of the most major and significant planning applications this committee will ever consider. The committee also decided to allow the demolition of a pair of listed villas in the grounds of the hospital. The developers state the Elcho and Birnam wards are not needed but Historic Scotland and the council's own archaeologist wanted them kept.

The present mental health care provision at MRH will undergo the major redevelopment works between 2010 and 2012. There will be about 180 new staff of whom, again, a proportion will be on site at the same time. This increase in services provision will result in an increase in staff, patients and visitors accessing the site on a daily basis. A travel plan will be developed to support all users in accessing the site during the transition phase of development as well as post development.

Dispelling The Stigma



Following a successful Art Exhibition in Giraffe Gallery, Perth during a recent PLUS mental health campaign Alastair Pocock voices his views on mental illness and the taboo surrounding it.

"Giving People With Mental Illness A Voice; By Questioning The Myth!"

What's the myth? ...David Gilmour (song writer for the group Pink Floyd), when asked why write songs about being sane, being insane, and the difference said: "What else is there? What's more important to a human being than being sane?"

... then there's the myth: "Mental health problems are very rare"

The truth: "Mental health problems affect one in four people!"

Then there's dispelling the stigma? The National Schizophrenia Fellowship newsletter 2009 said "Making mental illness a priority... changing attitudes by educating people..." explains that discussing cancer was once a taboo subject! That changed with the campaign to dispel the stigma... the same could be achieved for mental illness! We are not out of the woods yet, the media is the eyes and ears of the community and the barometer for change however, now seems the time to continue the campaign for mental health awareness; to join with PLUS Perth, Breathing Space, and Mental Health Matters... Never forgetting that "the care professionals provide the safety net for all those that balance on the tightrope we call mental wellbeing!"

Surplus Land at Murray Royal Hospital

Plus has been part of a group looking at the use of the surplus land and buildings once the new MRH complex has been built. The Surplus Land Group is proposing that the grounds be retained by NHS Tayside for continued use by patients, staff and the public. The group is also putting forward suggestions to the NHS Strategic Policy and Resources committee on how the buildings could be utilised. The following are the options which scored highest;

Main building as office space; Gilgal as budget accommodation/youth hostel; Dunsinane as social enterprise for people leaving hospital and the chapel to be retained as it is and use for weddings in conjunction with the Ballroom in the main building.

Part of the next steps is to look at the feasibility of the suggested uses in more detail.

AT THE END OF THE DAY

"See Me"

Two old and cracked window panes, or two square eyes looking out on an unseeing world from behind a closed door,
I see the world and the people outside, but does the world "see me"
indeed does the world care?

Some on us in this world may have at one time or another for any number of reasons felt in the depths of despair,
a deep and dark despair where we feel enclosed within a dark, oh so dark tunnel
with no light or end in sight, err only the darkness of perpetual night,
as portrayed by the image below.

As regardless of how immune or invincible we may feel none of us are immune to mental illness in it's many shapes and forms,
which has on occasion a habit of sneaking up on us and before we even know
it, or perhaps if we are lucky enough to avoid it someone close to us may not be so fortunate.

Perhaps one day the world outside may open it's door to you or I when people realise we are indeed all the same,
all that is needed is a bit of understanding of this so intangible aye and painful of illnesses, no more of cracked square windows,
no more of closed or locked doors, no more of stigma,
no more of shame or blame.

Just perhaps the world will "see me", behind the square and cracked window pane, if someone would take a moment to just look they may see
the real me not what your perception of me may be, and you may even be
pleasantly surprised as you look through my old cracked window panes,
if only to discover that I look no different from you really.

All I ask is that you please "See Me".

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