

Special Campaign Edition

FIRST WORD

Welcome to a special 'Mental Health Matters Campaign 09' edition of PLUSpoint - in glorious Technicolor! It is with thanks to **'Awards for All'**, funders of the campaign, that this month's newsletter, in all the colours of the rainbow, brightens up your day. We hope you enjoy looking at the photographs of the people and events that took place in and around Perth. You will see that those pictured in the centre pages certainly seemed to have had a good time in making it all happen. Our hope is for the campaign to grow and flourish with the passing years, so get on board and let's hear some of your good ideas for promoting mental health and wellbeing in 2010.

Steps for Stress

Scots are being encouraged to take simple steps to tackle their everyday stress to help avoid developing more serious problems, as part of a Scottish Government campaign launched this month. 'Steps for Stress' aims to help people recognise the signs of everyday stress, and offers advice and information on how to take action to help stop it in its tracks - such as being more active, talking to someone or helping other people. Three quarters of people surveyed in government campaign research admit to experiencing stress, but only one in four feels happy to talk about it.

Public Health Minister Shona Robison launched Steps for Stress by taking part in a meditation walk at the Cambuslang and Rutherglen CHI. Ms Robison said: "Stress can affect everyone. We all have busy lives today, juggling work and family commitments, but by knowing how to spot the signs we can help ourselves feel better. If the causes and symptoms of stress are allowed to snowball, they can risk leading to other problems like unhealthy eating, drinking too much or heavy smoking. Steps for Stress shows us that even small steps like going for a walk - perhaps through an organisation like CHI - talking to a friend or doing something for someone else can make a big difference to how we feel."

One of the highlights of the campaign will be a six-part prime-time STV series, *Make Me Happier*, sponsored by the Scottish Government and presented by Lorraine Kelly and Angus Purden, presenter of the People's Postcode Lottery.

Make Me Happier - STV - 7.30pm Tuesdays

For more information on Steps for Stress, visit <http://www.infoscotland.org.uk/stepsforstress>

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Depression link to processed food

Eating a diet high in processed food increases the risk of depression, research suggests. What is more, people who ate plenty of vegetables, fruit and fish actually had a lower risk of depression, the University College London team found.

Data on diet among 3,500 middle-aged civil servants was compared with depression five years later, the British Journal of Psychiatry reported. They split the participants into two types of diet - those who ate a diet largely based on whole foods, which includes lots of fruit, vegetables and fish, and those who ate a mainly processed food diet, such as sweetened desserts, fried food, processed meat, refined grains and high-fat dairy products. Those who ate the most whole foods had a 26% lower risk of future depression than those who ate at the least whole foods. By contrast people with a diet high in processed food had a 58% higher risk of depression than those who ate very few processed foods. Dr Andrew McCulloch, chief executive of the Mental Health Foundation, said: "This study adds to an existing body of solid research that shows the strong links between what we eat and our mental health." Major studies like this are crucial because they hold the key to us better understanding mental illness."

He added people's diets were becoming increasingly unhealthy.

"The UK population is consuming less nutritious, fresh produce and more saturated fats and sugars. "We are particularly concerned about those who cannot access fresh produce easily or live in areas where there are a high number of fast food restaurants and takeaways." Margaret Edwards, head of strategy at the mental health charity SANE, said: "Physical and mental health are closely related, so we should not be too surprised by these results, but we hope there will be further research which may help us to understand more fully the relationship between diet and mental health."

From BBC News website

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)	

involving Mental Health Matters 09



Irma, Sheila and Jimmy, Springwell Day Services, Kinross during a visit to Giraffe Gallery. Background masks part of Springwell exhibits.



Provost Dr. Hulbert and Lady Provost chat with Mike Walsh at "Joining Hands".



Sinead and Hannah, project artists of the NHS "Create Connections" art exhibition.



Little and big Samaritans campaign on "Involving Mental Health Matters" stand in St. Johns Centre.



Judy Robertson - Smoking Cessation Officer manning St. Johns Centre Mental Health and Wellbeing stand.



Susan Scott, PLUS and Dr. Werner Pretorius, NHS with Alastair Pocock at his launch.



Players and organisers of anti-stigma football match with St. Johnstone youth team at McDiarmid Park.



Dr. Karen Adam and Susan Scallan, Dundee, celebrating "Create Connections."



Pitlochry campaigners, Margaret Knox, June Ross and Fred Smith in the local co-op.



"see me" photography competition organisers and entrants in St. Johns Centre.



Mo and co. in Walled Garden art studio preparing for launch of "Joining Hands."



Alastair Pocock and Dr. Calum Jackson at the launch of Alastairs' photography exhibition "Rebuilding the House".



Artists and organisers of Walled Garden/Wisecraft "Joining Hands" launch.



Guests, artists and organisers of "Create Connections" at Giraffe Shop and Gallery, Perth.

NATIONAL NEWS

Little Things Make a Big Difference

A resource for frontline NHS staff to value and enhance the patient experience has recently been developed. The site supports both rapid access to key documents and also deeper exploration of resources and current literature. It has been designed to enable quick access to resources, support continuous professional development or to use as a resource with patients and carers. You can visit the website at: www.knowledge.scot.nhs.uk/making-a-difference

Mental Health Trusts Should Recruit Former Service Users to Help Deliver Care,

according to a paper from the Sainsbury Centre for Mental Health. NHS mental health trusts should establish 'recovery education units' to train and support former service users and train 'peer professionals' to provide direct care within local services. The paper goes on to suggest that, in time, up to 50% of mental health care could be delivered by peer professionals working alongside existing professional staff. Implementing recovery can be downloaded at www.scmh.org.uk

Fund to Support Vital Services

The Third Sector Resilience Fund which closes on the 4th December is available to mitigate the twin impact of recession on some organisations of increased demand for their services and cash flow difficulties. £1.7 million is available and will provide immediate help to third sector organisations.

Contact: <http://www.scotland.gov.uk/Topics/People/15300/funding/ResilienceFundStrategy1>

Get Well Soon

The Royal College of Psychiatrists has produced the first get well soon cards specially designed to send to people who have mental health problems.

Research has shown that people who are admitted to mental health inpatient units receive far fewer cards and messages of support than people admitted to hospital with a physical health problem. The cards are a simple way to send a message of support to friends or relative and could even help boost their recovery from mental illness. Cards can be ordered from: leaflets@rcpsych.ac.uk

Up and Coming Conferences

Community Engagement and Action around Alcohol Issues

Tuesday 8 December 2009 9.30am to 4.00pm
Radisson SAS Hotel, Glasgow

This is the first conference of its kind in Scotland and is aimed at all who work in community settings where alcohol issues forms part of the remit.

Further info contact 0141 572 6703

LOCAL NEWS

Plus St Andrews Night Bingo Supper

Tickets priced £4 are now on sale for a bingo supper in the Kinnoull, Club, Perth on 30th November at 7pm. Raffle prizes will be gratefully received. Pop into the office at 77 Canal St, Mon- Frid 9-2.45 to pick up a ticket.

Choirs in the Park

Ten local choirs will perform a Christmas song on the South Inch, Perth as part of Giraffe and CheckIn group Christmas fundraising event on Wednesday 16th December. In addition to the choir singing other activities will include Christmas gift stands, Fair-Trade gift bags, Seasonal food sales, Hot Food drinks, Tombola, Raffle, Mulled wine etc. PLUS are entering a choir. Please get in touch if interested.

Views on Emergency Services

Mary Wilkie of P&K Community Psychiatric Service is presently looking at developing a service which bridges the gap between psychiatric and general hospital treatment of individuals with mental health needs, particularly in relation to emergency services. She would like to hear from people with mental health problems who have used services such as accident and emergency; what their views are, and ways of improving them. To facilitate this Mary is holding a focus group on 25th November at St. Leonards Bank at 10.30am. Contact PLUS if interested in attending.

Christmas Gathering Tues 29th December

This year's event for members and friends of PLUS will take place in the period between Christmas and New Year on Tuesday 29th December from 12.30 to 4.00pm. We have booked the Norrie Miller Suite in the Perth Concert hall. A letter of invite will go out to all our members with the December newsletter.

Wednesday Group

The next meeting of the Wednesday Group, a supportive social group facilitated via Murray Royal Hospital will take place on the 25th November. Those interested should meet at Wetherspoons restaurant, Tay St, Perth at 6pm for a meal. Contact John or Mandy on 562303

Scottish Recovery Indicator Presentation/Workshop

Friday 11th December 2009 at Tay Room, Blackfriars Development Centre, North Port, Perth, 9.30am – 12.30pm

William Ellis (Scottish Recovery Indicator Project Lead) will give a presentation and workshop about the Scottish Recovery Indicator (SRI).

The SRI is a web-based tool that has been designed to help mental health services facilitate change in practice and to promote more of a recovery orientation. In order to secure a place please call 01738 477893/477828 between 09.45am and 14.45pm or e-mail: HCCTraining@pkc.gov.uk

CONTACT PLUS FOR FURTHER INFORMATION 01738 626242

AT THE END OF THE DAY

Hope

When gravity
Finally splits and crumbles
And the earth
Falls back into the stars,
When all our desperate dreams
Have sunk back down
Into the muck,
And our laughter and pain
Fossilized
In ice cold rock,
The moment will come
Deep within
The unimagined twists and whirls
Of space and time
When we recrystallize,
Unfettered by
The crawling speed of light.

