

VOX SPRING NEWSLETTER 2010

Newsletter – spring 2010

Hello everyone and welcome to VOX's spring 2010 newsletter. Thankfully the weather is finally changing for the better, and we can look forward to a little bit of sun (fingers crossed). In this edition of VOX quarterly we are going to be hearing from headway a head injuries charity, finding out the latest on the focus group work VOX has been involved in and hearing from our members through their creative writing, letters and consultation responses.

We have now also set the date for our AGM, and are planning some national consultations over the next few weeks, VOX wants to hear from you and find out what you want us to focus on, remember VOX is your organisation not ours and we are keen to hear what you think is important in mental health just now.

VOX AGM – National Outcomes for Scotland, What Should They Be?

Date for the diary

The date of VOX's AGM shall be **Monday the 30th August 2010**. We are looking forward to meeting with our members and finding out what they think VOX should be focussing on in the next year, in addition to hearing your views on recent developments. We are going to have presentations on the work which has been taking place, and using the world café style of workshops to hear from our members on what our key areas of work should be.

VOX held its last members meeting in December 2009 in the Corinthian, Glasgow. 50 people attended the event. We used an open space format for the day, and ensured that members had the opportunity to say what they feel is important just now.

The key priorities identified were: -

The Benefits System

Employment and Mental Health

Challenging stigma and discrimination/positive stories in the media

The voice of the older generation

Creativity

This has helped VOX to shape the work VOX is involved in, and also verified much of the work we were already engaged with. Of the 24 members who completed an evaluation form, 92% of members felt that the members' day met with their expectations. 100% felt it was a good way for them to have their voice heard, and 100% felt that the workshops were either good or very good. Some comments which were made have been listed below.

“Good facilitators”

“Good turnout for meeting”

“Very open discussion among group”

“Everyone encouraged to talk”

“Made me feel welcome by group”

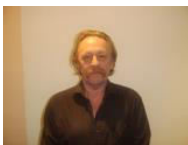
The strategic direction that VOX take was shaped by the day and this has influenced VOX’s workplans. We are now looking at how to strengthen our links with the media and find ways of getting positive messages out there. We have also recently completed a consultation on the benefits system, and are coming to the end of our employability project. So there is lots happening which has been shaped by what you have said, thanks to everyone who came along, we hope you can make it to the next members meeting.

Introducing the directors

VOX is made up of Member and non member directors. Member directors have had or currently have a mental health problem, and non member directors help to support and advise VOX. Last time we introduced you to our office bearers, we would now like you to meet some of our other directors.

Ross Macphail, Member Director: - I have been an active member of the board of VOX for the last two years, in addition to this I have been involved in the training, research and development sub-group and have attended a number of events and conferences on behalf of VOX. I am currently involved in the National Reference Group for Towards a Mentally Flourishing Scotland.

Dougie Pickering, Member Director



I have participated in all of the training which has been provided to board members. I believe that service users of Mental Health Services must have a strong and loud voice to ensure that services provided are effective, least restrictive and as comprehensive as possible.

I was active within Ayrshire and Arran and presently sit on the service user group in the Mind Your Health project reviewing mental health services, and also represented this group on the Programme Board. I am the chairperson of Morven Day Services User Committee and a member of the Panel of Reference (service user and carer group). I am also a member of the East Ayrshire Public Partnership Forum, with my main interest being mental health. I have experience of chairing and actively

participating in the groups mentioned and feel passionate enough to speak out about issues around Mental Health. I have been a board member of VOX since its official existence.

Chris Evans, Member Director



Hello. I'm Chris Evans and was co-opted to the new VOX Board in the summer. Before moving to the Highlands in 1988, I taught Chemistry for 15 years. Since living on Ardnamurchan I have worked in social care with the elderly; been a support worker and a mental health advocate. I have been a member of HUG since 1997. I now have a diagnosis of bi-polar disorder and have experienced a number of episodes of severe depression. Last year my manic phase went so high that I was on a section in hospital for two and a half months. Twelve months later, my recovery was such that I arrived in Sydney to take part in the International Initiative for Mental Health Leadership. Currently I am an almost full-time volunteer for HUG, but make sure I take time out for my hobby of sailing.

Dr. Sandra Grant, Non Member Director



I have been involved with VOX from the beginning as a member of the Interim Management Group, then Advisor. Although retired from the NHS I continue to work on a number of projects about mental health issues or later life, mainly for the Mental Health Foundation. My background is as a psychiatrist and psychotherapist before becoming Chief Executive of the Scottish Health Advisory Service, which reviewed the quality of services throughout Scotland for people with mental health problems, learning or physical disability, or who were elderly. I then reported on two national issues: the capacity of the service to meet the requirements of the new Mental Health Act, and 'Equal Services?' which explored race inequality in mental health services.

Richard Norris, Non Member Director



I am the Director of the Scottish Health Council, which was established in 2005 to help improve the way that people are involved in decisions about health services and care and treatment. As well as being a champion for patient and public involvement in NHS Scotland, the Scottish Health Council monitors local NHS Boards to ensure they are working with, and listening to, people in their community.

Previously, I was Director of Policy at the Scottish Association for Mental Health (SAMH), where I was in charge of policy analysis, campaigns, information, and research. Prior to this in the mid 90s I was the Chief Executive at the Centre for Scottish Public Policy (formerly the John Wheatley Centre), an independent centre for policy development, based in Edinburgh, which amongst other things organised seminars and produced publications looking ahead at the policy priorities for a future devolved Scottish Parliament, and Scotland's relationship with the European Union. I have also in the past worked in the printing and insurance industries. I also have a BA (Hons) in Politics and Government, and I am married with two daughters and live in Glasgow.

.....

Page 2

Members views

WINTER by Paul

The morning has broken. I look outside the windows and see a majestic white cover on the lawn, the trees. Snowflakes drop gently like crystals. The silence is almost deafening. The tall trees stand like pillars of majesty, strong years of beauty striking out from their branches, and heaps of snow that look like cotton wool. I'm desperate to go outside and play. On going outside I see the memory of big people's footprints in the snow. I run impatiently I can see the white sandstone walls of the buildings, the white window frames. The sun is out I see shadows, clouds of candyfloss in the sky. It's so quiet. Running towards the big trees I see more and more snow on them. I can see my breath. The chill of stillness. I look around; I see a wonder of snow reflection, the sunbeams reflecting from the snow crystals, jewels of infinite beauty, colours I cannot describe. I kneel down to gather snow, it's cold, my hands are cold, I can hear the snow coming together in my hands. I've made my first snowball today. As I throw it towards a tree, "piff", the ball shatters to dust. I hear the sound of a robin, I can't see it, there it is. I want it to come near me, please. It darts off onto another branch. I can see the faint imprints of birds' feet in the snow. I see a black bird, an orchestra bellowing from its yellow beak. I go to a big tree and look up; I'm dwarfed by its

majesty, its bark, like a hard sponge, a red sponge. As I look through the trees, way in the distance I can see a village. In front of me I can see a white quilt, I kneel down, lie on my back and roll over, the snow is comfortable, I can hear the sound of the snow as I move. Where I'm standing I can see the sandstone wall, and I can see tubular bells of icicles, different sizes, there big. I want one. There so high up the wall as they hang from the protruding sandstone. All the area around me is mine to play in, it's big and I'm small. Suddenly without warning....., I hear something, the big tree, on a branch high up in the air, snow has fallen, ssshhhuu, a blackbird just misses the cloud falling.

EVENING:

It's dark, it's still, and it's quiet, so quiet. The sun has gone to sleep; the moon has come out to play. On the ground below the snow is waiting for me for the next day. The snow, the moon hangs like a new pearl, it's reflection on the snow, and somebody has thrown a cluster of diamonds on the ground and trees. As I move my head left and right, these priceless diamonds wink at me with all their beauty. I look up at the sky, gentle clouds drift slowly, and through a tree, I see bare branches in front of the moon. Time has stood still. Suddenly, I see bats I can hear them, if I were a mouse I would say to a member of staff (who is also a bat), "Look, angels are flying by." And then I hear an owl it's, so quiet, the owl sounds again, it's far away, it's close to me. I want to play with the darkness, I'm sad; I have to go inside now. Through the windows I see colours that only the night can give me. In another place somewhere else, the snow, it's daytime, I'm cold. I feel the arm of a young woman around my right shoulder. I'm warm.

.....

Trapped by Barbara Sampaio

In a mental maze of prison, where your thoughts are all locked up
Where they can't escape to the future, cos the past keeps catching up
Clanging bells of pure frustration, ringing out from all around
Nobody to hear you crying, as your soul cannot be found
Pick yourself up off the ground, step into a world of sound

Tell the story with your inner voice, let it all come pouring out
A guardian angel's on your shoulder, to dry the tears of endless doubts
Open up the secret garden to a world of new found life
Where your singing is the water springing happiness from strife
Plant mixed bulbs into the ground, soon bright colours will surround. . .

.....

VOX Spring Diversity Update

By Mahmud Al-Gailani

Welcome to this years Spring diversity update. VOX have been involved in a number of projects to strengthen and widen the voice of people with lived experience of mental health problems.

As well as supporting several groups and building capacity within other organisations we have been involved in developing our communication resources such as our new and improved web site and producing information in accessible formats.

We currently have VOX information in Arabic, Chinese, French and Punjabi. We also have VOX information and Young VOX information in Brailled print and have invested in a portable hearing loop system.

This is just the start we are still working on further developing the accessibility of our web site and would welcome our members to tell us their thoughts and suggestion for improving access to our information.

Our coffee morning group has given us some valuable information on accessibility which is presented in an article in this issue.

Our Diversity training workshop is still available free of charge to mental health groups and organisations that are service user lead and we also have mental health awareness training for community groups that are interested in mental health issues.

Over 50's ICT and Choices

ICT (information communication technology)

Our over 50's coffee morning group has been meeting regularly in Glasgow to share experiences, knowledge, a hot cuppa and a scone. The group has discussed many different topics such as benefit payments, transport accessibility, the banking system and more recently information technology.

It is from this latter discussion that the group requested to communicate some of their views on how organisations, services and others communicate with older people.

It started with banking

The group were discussing issues with opening bank accounts and managing them, looking at how easy or difficult it was to understand the advice given to people when they open accounts, receive overdraft, credit or debit cards etc...This highlighted the fact that many services within the financial system are geared towards using the

internet and email to fulfill your banking needs. This overlapped with how organisations and services communicate with people, whether it is a survey to communicate your views, information on events, conference registrations and many more are done electronically via e-mail.

They highlighted several issues such as;

Clear benefits

Speed of communication in comparison with written and posted letters/posters
Low long term cost, no stamps, envelopes, printing cost required
Environmentally friendly, no trees chopped to make paper, no postal vans used to deliver the post etc

Several members of the group had access to and use of the internet and a computer, some were keen on starting an IT course aiming to own their own laptop computer, while others were happy that they could access free internet at local libraries if necessary.

On the face of it there are many benefits and reasons for us all to go on the information superhighway; I am doing it as I type this article up, however services, government and organisations also need to keep in mind some facts such as:

Things to keep in mind

Not everyone in Scotland has or can afford a computer or have access to a local public access library such as people in remote and rural areas

Public libraries although providing a good service have a limited number of computers available to the public in comparison with the number of people that may wish to access them

Public Libraries are not open 24hrs a day 7 days a week, therefore restricting when people can access their services

People of all ages have different needs. Some people are not comfortable in highly populated public buildings for example, others may only have time in the evenings to dedicate to going online, some people may simply find the idea of using a computer or learning all about using it and the internet just too much to cope with.

In relation to banks and banking it will be interesting to see what happens when cheque books are withdrawn, will there be any alternative offered to people that is not linked to internet banking and PayPal accounts?

Our message

Providing choices is the most important and fundamental element in ensuring equality for people, making sure that every one is informed, has the opportunity to be involved and is able to make decisions that affect their lives without restrictions.

It is our hope that organisations will keep some of these points in mind when planning or delivering electronic resources and information. One of the common arguments has been that public libraries will provide for those with no access to the internet but this is not an equal or acceptable way to justify not providing other options of accessible material.

Older people are not averse to new technologies and communication modes but would like for it to be acknowledged that we are all equal with many varying needs and circumstances.

Our message is about people having their say on the issues that are important to them.

If you are interested in being a member of the over 50's coffee morning group just give us a call for the date of the next meeting or if you would like some information, support or advice on setting up a similar group in your area we will be happy to discuss this with you.

Diversity News;

How to use the health service in Scotland: New multi-lingual online and DVD guide to NHS services

A new DVD guide to NHS services, designed to be accessible to as many people as possible, is now available. The DVD is aimed at anyone who needs information about how to use the NHS in a simple accessible format. It will particularly be useful for people who are new to Scotland, for people whose first language is not English and for those with low literacy. The soundtrack is available in 17 languages, including British Sign Language.

The DVD explains what to do if someone needs an interpreter, and encourages people to ask questions.

The resource has been developed in close collaboration with community groups, and speakers of all 17 languages. The content, style, graphics, language and translations have all been tested with members of the public.

The DVD is available, free of charge, by calling the NHS helpline on 0800 22 44 88 or logging on to www.howtousethenhs.com where there is an order form.

An e-mail to share from the States

Washington, DC Metro Station on a cold January morning in 2007.

The man with a violin played six Bach pieces for about 45 minutes.

During that time approx. 2 thousand people went through the station, most of them on their way to work.

After 3 minutes a middle aged man noticed there was a musician playing. He slowed his pace and stopped for a few seconds and then hurried to meet his schedule.

4 minutes later:

the violinist received his first dollar: a woman threw the money in the hat and, without stopping, continued to walk.

6 minutes:

A young man leaned against the wall to listen to him, then looked at his watch and started to walk again.

10 minutes:

A 3-year old boy stopped but his mother tugged him along hurriedly. The kid stopped to look at the violinist again, but the mother pushed hard and the child continued to walk, turning his head all the time. This action was repeated by several other children. Every parent, without exception, forced their children to move on quickly.

45 minutes:

The musician played continuously. Only 6 people stopped and listened for a short while. About 20 gave money but continued to walk at their normal pace. The man collected a total of \$32.

1 hour:

He finished playing and silence took over. No one noticed. No one applauded, nor was there any recognition.

No one knew this, but the violinist was Joshua Bell, one of the greatest musicians in the world. He played one of the most intricate pieces ever written, with a violin worth \$3.5 million dollars. Two days before Joshua Bell sold out a theater in Boston where the seats averaged \$100.

This is a true story. Joshua Bell playing incognito in the metro station was organized by the Washington Post as part of a social experiment about **perception, taste and people's priorities**.

The questions raised: in a common place environment at an inappropriate hour, do we perceive beauty? Do we stop to appreciate it? Do we recognize talent in an unexpected context? How many other things are we missing?

A Surprising Quiz

For this quiz to truly be interesting you will need to answer all questions without looking at the answers at the end of the quiz and without consulting friends, books, internet etc...

Just answer what you know and guess if you get stuck and the answers and reason will be revealed at the end.

Q1) what is the Woolsack?

Q2) how many parliamentary constituencies are there?

- a) 464
- b) 564
- c) 646
- d) 664

Q3) is the following statement TRUE or FALSE?

'Ulster Scots is a dialect which is spoken in Northern Ireland.'

Q 4) in which year did married women get the right to divorce their husband?

- a) 1837
- b) 1857
- c) 1875
- d) 1882

Q5) the number of children and young people up to the age of 19 in the UK is;

- a) 13 million
- b) 14 million
- c) 15 million
- d) 16 million

Q6) Schools must be open ... days a year

- a) 150
- b) 170
- c) 190
- d) 200

Q7) is the statement below TRUE or FALSE?

'In the 1980s, the largest immigrant groups were from the West Indies, Ireland, India and Pakistan.

Q8) who is the leader of the Church of England?

Q9) is the statement below TRUE or FALSE?

'Adults who have been unemployed for six months are usually required to join New Deal if they wish to continue receiving benefit.'

Q10) the percentage of people in the UK in 2001 who said they were Muslims was

- a) 1.6%
- b) 2.7%
- c) 3.4%
- d) 4.2%

Q11) the official report of the proceedings of Parliament is called

- a) The speakers notes
- b) Hansard
- c) The electoral register
- d) The constitution

Q12) which of the following statements is correct?

- a) Information in the census is immediately available for the public to search
- b) Information in the census is kept secret for 100 years

You may be interested to learn that these are selection of sample questions from the citizenship test which has been a requirement since 2005 for every one wishing to apply for British citizenship.

The test has 24 questions with a pass mark of 75% or over. So if you got 9 out of the 12 questions correct you can be eligible to be a U.K. citizen.

Answers

- Q1) The ancient cushion that the speaker of the House of Lords sits on.
- Q2) C 646
- Q3) True
- Q4) B 1857
- Q5) C 15 million
- Q6) C 190
- Q7) FALSE, it was from the USA, Australia, South Africa and New Zealand
- Q8) Rowan Williams
- Q9) FALSE it has to be 18 months
- Q10) B 2.7%

Q11) B Hansard

Q12) B 100 years for non statistical data

It is interesting to think about the relevance of most of these questions to being a British Citizen. Would knowing how many young people there are in the UK or the exact year married women got the right to divorce help me in my daily life as a citizen? It is also interesting that some of the wording of the questions can be quite misleading such as Q12.

Well done for those who passed and I suppose me and my wife may have to immigrate as we both failed the full test miserably.

You can take the full sample test by visiting; www.ukcitizenshiptest.co.uk

Thank you for reading and have a great Spring.

Mahmud

.....

The 9 Minute Clottie Dumpling

½ Pint Water

½ lb Plain Flour

1 Flat Tablespoon Cinnamon

1 Flat Tablespoon Mixed Spice

1 Teaspoon Bicarbonate of Soda

½ Cup Sugar

2 Eggs Whisked

6oz Margarine

8oz Mixed Fruit

1) Put in pot: - Water, Spices Sugar, Fruit, and Margarine

2) Bring to boil

3) Take from heat, put in flour and bicarbonate of soda

4) Then eggs (mixed well)

Line bowl with cling film and add to the bowl

Microwave for 9 minutes (650 watts)

.....



PHOTO COMPETITION

'see me' is Scotland's national campaign to end mental health stigma and discrimination. We know that minds and attitudes can be changed through pictures and words and this year we are running our highly successful Photography Competition for the third time across Scotland.

A Positive Frame of Mind launches on 1st June 2010

'see me's' photography competition launches on 1st June in over twenty localities across Scotland. The competition is open to anyone living in Scotland who is interested in taking photographs whether you are a complete beginner, have a keen interest or are an experienced photographer. Each local area will hold its own competition with prizes awarded in three separate categories – the Judges' Choice, Under 18s and one chosen by Public Vote. The 3 winners in each local area go forward to our national final.

This year's theme is '**Support**' and is open to your own interpretation. We encourage you to use your imagination and personal experiences as well as the objects and surrounding environment to illustrate the theme and use images to make the links with mental health. We all give and receive *support* as we go about our everyday lives – from family, friends, neighbours, teachers, colleagues and everyone in between. An encouraging smile, a helping hand, a good blether - what makes you happy, what keeps you mentally healthy, who helps you to stay positive. Look around you, take in the natural (or unnatural) environment, there may be a place that inspires you, or a person who you like to spend time with. You can check the 'see me' website for tips on what makes a good photograph.

You could be a shutter-click away from being one of this year's prize winners while helping 'see me' to tackle mental health stigma and discrimination.

From 1st June all the information you will need to enter will be available to download from our website www.seemescotland.org where you will be able to find your local host and download our guidelines and entry form.

LOCAL GRANTS SCHEME: - AWARDS UP TO £5,000

'see me's' new Local Grants Scheme will grant awards of up to £5,000 to local groups across Scotland who can come up with fresh and innovative ideas and projects to tackle stigma and discrimination associated with mental health in their area.

This round of awards opens for application on 19th April and will be to groups and organisations in the Health Board areas of **Greater Glasgow & Clyde**,

Highland, Grampian, Ayrshire & Arran and Dumfries & Galloway. There will also be an equality category to work with a specific equality group or community in one of those areas.

“ ‘see me’s vision is for a Scotland where all people with mental health problems are fully equal and included. This is your chance to make a real difference in your community. We will award grants that help to improve the quality of life of people with poor mental health and their carers.” – Suzie Vestri, ‘see me’ Campaign Director

We will fund projects that aim to:

- Change public understanding, attitudes and behaviours so that the stigma and discrimination associated with mental ill-health is eliminated.
- Enhance the ability of people to challenge stigma and discrimination.
- Ensure people with mental health problems and those who support them are valued and included.
- Improve media reporting of mental ill-health.

How to apply: - You can download a copy of our guidelines and application form from our website www.seemescotland.org or call ‘see me’ on 0131 554 0218 and we will send a copy out to you. Applications must be received by **5 pm on Friday 28th May 2010**

.....
Mild to moderate Mental Health Problems?

Are the mild to moderate forgotten about? We want to hear from you if you have a mild to moderate mental health problem, what kind of support exists? What support would be helpful? Get in touch to be involved.

.....

Meet Rebecca our VOX volunteer

Hello all,

Just a note to introduce myself – my name’s Rebecca Turner and I’ve been volunteering with VOX over the last month. Whilst I’ve been concentrating on consultation reviews around social care procurement and self directed support, I’m keen to branch out and hope that I can start sourcing information on any topics members might be interested in or have concerns about over the next little while. So do feel free to contact me if anything comes to mind! Some issues that our members have brought up previously are employment, the benefits system, the voice of older generations and challenging stigma and discrimination. If you have particular queries about these issues or anything else, do let me know.

I myself have a diagnosis of borderline personality disorder – I was diagnosed two years ago, but have had mental health difficulties for much longer. As such, I'm very pleased to have found such a friendly yet ambitious organisation as VOX. I fully support the drive to provide a platform for people with mental health problems and hope that together we can help bring about much needed changes, as well as share experiences and information to get us all on the road to recovery. I look forward to talking to some of you soon.

All the best,

Rebecca

.....
Snippets of what's happening

Sharing good practice

The second stage of the Mental Health, Peer Support and Employment Project is now completed, this project which has been funded by workforce plus aims to find out what it is about peer support and community development that makes a difference to people who are looking for work, volunteering, education or training (termed employability). VOX has just ran five service user led focus groups, including Forth Sector, an social firm in Edinburgh, Scotia Club-house in Glasgow, TAG in the Highlands, ACE project in Angus and the Peer Support Development Group in Glasgow. The final stage of the project is now underway, which will be good practice guidelines on peer support and community development approaches in employability.

.....
Personality Conference

One of our members recently went along to a personality conference

Deborah will have some input for next Wednesday.

My View

VOX has been involved in helping to develop a new self assessment tool for people with mental health problems. The tool which is likely to be called my view was adapted from a previous tool – the Avon tool. It is hoped that the tool shall encourage dialogue between a clinician and a service user, and that it will help to capture how the service user feels (including their needs and wants). It will also help to empower service users to take an active role in their recovery.

IIMHL

VOX has now made all the arrangements for the individuals who were selected to attend this years [International Initiative for Mental Health Leadership \(IIMHL\)](#) taking place in Ireland. The IIMHL is a “virtual” agency that works to improve mental health services by supporting innovative leadership processes. We had 26 applications this year to attend the IIMHL. In order to decide who to select a panel (which was made up of the Scottish Health Council, the Scottish Government, a VOX board member and staff) used a scoring system and a robust process to select five service users who will be provided with funding from VOX/Scottish Government to participate. Although the panel were keen to have a mixture of those who had attended in previous years and those who were new to the IIMHL, this year everyone who is being funded through VOX/Scottish Government is being involved for the first time. There were also some places which were funded by an Irish bursary (unrelated to the VOX places), and this has allowed for Scotland to be well represented this year at the IIMHL, we will provide feedback after the event has taken place. Please get in touch to find out more about the IIMHL. We will feedback how those who participated got on in the next edition of VOX quarterly.

Page 3

Local stuff Greater Glasgow Network info/flier

Quiz

General Knowledge Questions

1. If something is bicephalous it has two what?
2. Who played Elliot Ness in the 1987 film The Untouchables?
3. What is the fourth book of the Bible's Old Testament?
4. Who became the chairman of Watford Football Club in 1977?
5. What is the largest island in the Mediterranean?
6. Tenzin Gyatso is more famously known by what name?
7. What country borders with Belgium, France and Germany?
8. What alcoholic drink is distilled from the agave plant?
9. Scottish rebel Robert MacGregor was better known by what name?
10. ENT is what department in a hospital?
11. In which year was the American Declaration of Independence signed?
12. What colour is LaLa of Teletubbies?
13. What is the longest play written by William Shakespeare?
14. Who was shot dead by Jack McCall in 1876 at a poker table in Number Ten Saloon?
15. Nel Gwyn was the mistress of which King of England?
16. What are the members of the Unification Church commonly called?
17. What is the state capital of Queensland, Australia?
18. Acrophobia is a fear of what?
19. Which city hosts the headquarters of the International Red Cross and Red Crescent Movement?
20. Almeria, Merlot, and Waltham Cross are which fruit?
21. Which is the smallest planet in the solar system?
22. What are auctioned at Tattersalls?

23. Who was the first woman Speaker of the UK House of Commons?
24. Where in the human body is the radius?
25. Who was the first Roman Catholic US president?

General Knowledge Answers

1. **Heads**
 2. **Kevin Costner**
 3. **Numbers**
 4. **Elton John**
 5. **Sicily**
 6. **The Dalai Lama (14th)**
 7. **Luxembourg**
 8. **Tequila**
 9. **Rob Roy**
 10. **Ear, Nose and Throat**
 11. **1776**
 12. **Yellow**
 13. **Hamlet**
 14. **Wild Bill Hickok**
 15. **Charles the Second**
 16. **Moonies**
 17. **Brisbane**
 18. **Heights**
 19. **Geneva (Switzerland)**
 20. **Grapes**
 21. **Mercury (Pluto is no longer defined as a planet)**
 22. **Horses (thoroughbreds)**
 23. **Betty Boothroyd (in 1993)**
 24. **Forearm**
 25. **John F Kennedy (1961-63)**
-

Page 4

There's a Time and Place to give up smoking say VOX members!

VOX, a national mental health members led charity, which aims to give a voice to those with mental health problems responded to the Scottish Governments "Achieving smoke free mental health services" consultation last year which asked people their view on smoking in psychiatric wards.

VOX involved 86 people with mental health problems in this consultation and there was a unanimous finding that this is the wrong time and place to give up smoking.

The Scottish Government consultation found that around half (**51 per cent**) of all respondents recommended retaining the legal status quo (where there is an exemption in psychiatric wards).

The current position in Scotland is that ‘designated rooms’ in psychiatric hospitals and psychiatric units are exempt from the smoke free legislation although individual hospitals can opt to go “smoke-free”. However new guidance is looking to change this and remove the exemption in psychiatric wards.

81 out of 86 respondents who took part in VOX’s survey said that it was inappropriate to ban smoking when someone is very unwell. The main feeling was that this is already a very stressful time, that smoking provides comfort, and taking this away would be unfair and cruel.

“It would be a terrible time to have to stop smoking; you already have your freedom taken away” VOX member

VOX members also had concerns that they may be put-off seeking help and admitting themselves to a psychiatric hospital if there is a complete ban.

Wendy McAuslan, Development Coordinator for VOX stated ***“we really want to see inequalities being reduced for people with mental health problems, however, this is not the way to achieve this, when someone is in a psychiatric ward the key priority is recovery, we need to focus on more preventative approaches for reducing smoking”***

Joyce Mouriki, VOX chairperson said, ***“we really need to get away from a “one size fits all health improvement message” and start thinking about more appropriate ways to support those with mental health problems to improve their own health”***

VOX feels that this drive demonstrates a lack of understanding of mental health problems and their interaction with smoking. A blanket ban on smoking in psychiatric hospitals removes individual choice at a time when other freedoms are already restricted. There must be more focus on smoking cessation when people are at an appropriate stage in their recovery, VOX will continue to make sure the voice of those with mental health problems are heard on this topic. Many thanks to Perth Plus, The Greater Glasgow Network and HUG, who helped to gather views on this issue.

.....
Recently readmitted to hospital?

We would like to hear views – Good, Bad or Indifferent?

We are happy to meet you in a relaxed and supportive environment of your choosing e.g. a day service. Each session will last at most a couple of hours. We can offer travel expenses or provide transport. Participants will receive a £10 voucher.

If you are interested please contact your key worker or contact us direct:

Anna Barclay at Mental Health Network (Greater Glasgow) 0141 550 8417

.....

Involving service users in the training of mental health professionals

A study was carried out last year by Michelle Cook, Trainee Clinical Psychologist to look at what people who have used mental health services think about being involved in training mental health professionals, such as clinical psychologists. The study involved 32 individuals, ranging in age from 25 – 75 years; this included a number of VOX members who participated.

One of the key points to come out of the research was that participants valued relationships with professionals who had good people skills. They felt it was important that professionals worked in collaboration with service users, rather than taking on the role of expert. Professionals should also see beyond the diagnosis of the patient and see the whole person.

In terms of treatments, participants wanted to have a choice between different types, including psychological therapies. As there is currently an emphasis on cognitive behavioural therapy in the NHS, people were keen this was not the only treatment offered, regardless of their personal needs and preferences. Negative experiences of the mental health system were discussed, including the impact of hospital admission, side-effects of treatment and being labelled as mentally ill.

Participants were mostly positive about being involved in training as they felt sharing their own experience could be helpful and that more emphasis should be placed on learning from personal experience within the health service. However, the important point was made that service users would need to have support and training in order to assist in training health care professionals, including support with the emotional impact of sharing their story. Participants also wanted greater consideration over who should represent them to services, as consulting with a range of different people and not the same representatives over and over again would give a more balanced view of peoples' experiences.

.....

Panic Attacks INFORMATION AFTERNOON

Wednesday, 23rd June 2010, 2.00pm – 4.00pm

At Health in Mind, 40 Shandwick Place, Edinburgh EH2 4RT

Come along to our information afternoon on Panic Attacks and find out about different types of panic and treatments.

Topics covered include:

- ⇒ What are panic attacks?
- ⇒ Different types of panic
- ⇒ Self help and treatment for panic attacks

This information afternoon is being held by Mairi MacDonald-Wolley and Ronnie Menzies, Clinical Associate in Applied Psychology.

Information Afternoons are aimed at people experiencing mental health issues, and their carers as well as workers. Limited places available so please book in advance.

To book a place call: 0131 243 0106 or e-mail: information@health-in-mind.org.uk If you have any questions or would like more information, please don't hesitate to get back in touch. You can also contact the Information Resource Centre by telephone on 0131 243 0106 or pop in during our opening hours which are Monday to Friday 10.00am – 12.30pm and 1.15pm – 4.00pm.

.....

Thought for the Day from Hazel

“Happiness is good health and a bad memory”

“To love oneself is the beginning of a life long romance” Oscar Wilde

“Do what you can. With what you have, where you are” Theodore Roosevelt

“Believe in yourself and know that you can and will feel hopeful and joyous again”

“Life can only be understood backwards, but it must be lived forwards”

“As long as you live, keep learning how to live”

These sayings have all helped me. I hope they can help others.

.....

What can be done to prevent Depression?

Depression Alliance Scotland are currently running a survey which looks at public attitudes to preventing Depression. The survey is available via the following link <http://www.surveymonkey.com/s/8DJJW3C> . All replies are confidential.

Your response to the survey will help shape our new campaign on how to improve mood and stay mentally healthy, to be launched during National Depression Week on June 16th 2010. The closing date for responses is Friday 30th April.

.....

Peer Support Fife

Peer Support Fife presents a workshop on mental health user/ carer involvement. The principal speaker will be Mary O'Hagan, New Zealand Wellbeing Consultant and a leading international expert and origin thinker in the field of mental health recovery based services.

Date: **Friday 14th May 2010**
Time: **9.15am – 12.30pm**
Address **Cupar Old Parish Church, Short Lane, Cupar, Fife KY15 5EQ**

For a booking form contact Chrys Muirhead, Convenor, Peer Support Fife,
Tel: 01334 656 341, Email: peersupportfife@aol.com

.....