



Cornwall Mental Health Project

# Cornwall Mental Health Project Newsletter Christmas 2008



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## ***PROJECT UPDATE***

The festive season is upon us, the shops have been stocking Christmas gifts and decorations since July (well, it feels like it!) and most of us are hoping we've been good enough to warrant a visit from Santa on the 25th—if you think he might give you a miss this year then don't miss our **Christmas Party** (see page 9) for your chance to win a prize in our raffle and nibble on some great nosh from the buffet!

**We have a new name!** We wanted our name to more accurately reflect all the work that we do. Gone are the days when we were simply about service users' forum meetings. We still do these—but we also have our in-patient and community Independent Visiting Schemes, the Individual Empowerment Grant and the Mental Health Self Help Resource; we still provide information on all aspects of mental health services and self help groups and, naturally, continue to offer mental health service users a voice. With all this happening, the name Cornwall Mental Health Forums just wasn't saying enough and people were finding the name confusing. So now we're Cornwall Mental Health Project.

Our **new logo** was designed by one of our Service User Representatives (the same chap who designs our newsletter, in fact, and who doesn't like to be named publicly, modest man that he is!) and was selected from a number of designs by our Service User Representative Group. We love it and hope you do too!

**In this issue...** look out for **creative activities** being offered in your area; these are real confidence boosters and a great way to channel your inner Picasso or JK Rowling! Also, one reader has sent in a piece about '**The Science of Happiness**', which offers tips on increasing your happiness quota. Read all about the events that took place on **World Mental Health Day** on 10 October, including our own extravaganza upstairs in the Hall for Cornwall and on Lemon Quay.

We hope you have a very Merry Christmas and a Happy New Year!

from

Jenny, Nicki, Lesley and Caroline





Cornwall Mental Health Project

Invites all users of mental health services and carers to our ...

**OPEN FORUMS**

**West Cornwall Open Forum:**

**Friday, December 5th**

2.00pm-4.00pm

At

Passmore Edwards Institute,  
Hayle.

**East Cornwall Open Forum**

**Thursday, December 11th**

2.00pm-4.00pm

At

The Shire House Suite,  
Bodmin

These are some of the stalls:

- \* Citizens' Advice Bureau
- \* Outlook SouthWest
- \* Christians Against Poverty
- \* Murray Legal
- \* LINKs in Cornwall
- \* South of England Advocacy Project
- \* Welfare Rights Officer

NB: please see opposite page for which stalls will be at each venue



Refreshments will be supplied

If you would like any more information about these Forums and about the organisations that will be attending, please ring Caroline Walsh on 01872 243532 or email her at [caroline.walsh@cornwallrcc.co.uk](mailto:caroline.walsh@cornwallrcc.co.uk)



Public transport costs or mileage can be refunded. Volunteer drivers can be provided if needed. Please phone Caroline.



## OPEN FORUMS – STALLS

December 5<sup>th</sup> , Hayle

South England Advocacy Project  
Peter Carey, Welfare Rights  
Local Involvement Network (LINK) - brochures  
CAB  
Kathy Smith  
Forums / Service User Rep Group information  
Christians against Poverty  
Murray Legal  
Stephan Jones – Stonham Housing

December 11<sup>th</sup> , Bodmin

South England Advocacy Project  
Local Involvement Network (LINK)  
Kevin Simpson, Outlook SouthWest  
CAB  
Kathy Smith  
Forums / Service User Rep Group information  
Morris Pearson (Individual Budgets)  
Murray Legal

## **UPDATE from SURG**

### **(Service User Representative Group)**

*User representation is a two way process. It is about representing user concerns, providing a user perspective on issues and ensuring that user views are taken into account. Our Service User Representative Group (SURG) also provides the health and social community with a focal point for involving service users in the planning and delivery of services. In essence it is about supporting, promoting and protecting the rights of*

- One of our reps is involved in a strategy group with the Primary Care Trust looking at Section 136. Section 136 enables a police officer to remove someone from a public place and take them to a place of safety and there has been some criticism about the way in which the Police sometimes handle people in this situation. A new 136 Suite is being introduced at Longreach.
- Kate, the East Cornwall CPT (Cornwall Partnership Trust) Network User Rep and Lesley Ayers put on a meeting in September at the Coach House day centre, Liskeard, about planning for a crisis. Sarah Gabert (CPT Lead for the Care Programme Approach) also attended and, with Kate, went through a Wellness Recovery Action Plan (WRAP). *If anyone would like more info on WRAPs, please give us a call.*
- Reps are continuing to attend CPT staff induction days, having a slot in which they are able to talk to new staff about their experiences as someone who has used mental health services provided by CPT.
- One of our reps is doing an interview for the Telegraph magazine about coming off prescription drugs

- Another rep has done a Primary Care Trust article regarding recovery.
- Reps have been involved in the rolling out of CPT's 'Hubs and Spokes' consultation events. These events are about giving people the opportunity to say where they would like local Community Mental Health Team (CMHT) staff to meet with them, given that there will only be 6 CMHT bases in the future. Meeting places could be GP surgeries, community centres, etc. More events are to follow across the county.
- Reps helped man the stall we had at our World Mental Health Day event and at a Funders Fair in Penzance, both in October. Reps were there to help promote the work that service user reps do and to provide information on helpful organisations.
- One of our reps attended a 'Centre for Independent Living' consultation event, run by Disability Cornwall. This event was looking at the Government's agenda to provide support for disabled people and for them to have greater choice, control and empowerment over their own lives. More events will take place at a later date.
- One rep has been asked to attend a seminar on treatment for the West Hub Mental Health Research in Bristol in February 2009. He has also been asked to be part of the Podcast for Employment Stories.





## **Individual Empowerment Grant 2008**

### **What is it for?**

To empower individuals to undertake activities which help to promote a sense of well-being and positive mental health in order to reduce the stigma and impact of mental distress.

To enable individuals to develop effective coping skills as a way of reducing and preventing mental distress.

### **Who can apply?**

Residents of Cornwall and the Isles of Scilly  
Individuals over the age of 16 who are experiencing mental health problems and receiving support.

A grants committee meets every six to eight weeks to consider applications. The committee is made up of mental health service users and will meet on the following dates in 2008...

Wednesday 10th December 2008

For an application form please call Cornwall Mental Health Project on 01872 243532 or write to us at: Individual Empowerment Grants, 2 Princes Street, Truro TR1 2ES.

Alternatively you can email us:

[mentalhealth@cornwallrcc.co.uk](mailto:mentalhealth@cornwallrcc.co.uk)



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**Thursday 18 December**

**2—4 pm**

**at**

**Royal British Legion Club  
18 St Mary's Street, Truro**

Featuring:

**Quiz, raffle, finger buffet,  
music**

**Places are limited!**

So if you would like to come, please call  
Caroline on 01872 243532 to book your  
place.

Transport costs can be refunded on the  
day. If you need help with transport,  
please let Caroline know.

## **Independent Visitor Feedback**

### **Winter 08**

#### **Longreach**

##### **Bay Unit**

Independent Visitors have been involved in the Accreditation of Inpatient Mental Health Services (AIMS) review happening at Longreach to ensure there is service user representation and involvement. The process is about looking at all aspects of inpatient services, from practical needs to record-keeping procedures, and a group was set up to discuss improvements that need to be made. The process began around December of last year and has now been completed.

A new mobile phone policy is now in place and is aimed at protecting people's rights to confidentiality. In particular, there has been concern over the use of phones with camera or video capability. The new policy states that people may only use their mobiles in their rooms or in the garden and taking photos or videoing people on the ward is strictly prohibited.

Bay unit has been redecorated and new comfy armchairs have replaced the old ones in the communal lounge. Feedback from patients about these changes have been very complimentary, with a couple of people saying that the ward now feels more homely and welcoming.

As part of the redecoration, the office window has now had the 'frosting' removed so that everyone can see in or out. Service users on the ward requested this for two reasons: if you're looking for a member of staff it's easier to find them if you can see if they're in the office or not; it would feel safer if people felt that staff could immediately see if there was a problem. It needed to have confidential information moved out of plain sight but the office window is now clear.

Bay unit now has computer pods on each ward and it is hoped that internet access will be available very soon.

Female patients recently asked if there could be a female-only lounge made available sometimes at night, as some of them were feeling a bit vulnerable. The Ward Manager has responded by making one of the lounges a female-only area all the time, and this can be reviewed at any time should people no longer want this. Response from some female patients as a result of this action has been very positive.

More activities are being made available on the ward itself, in addition to the programme on Haven Unit, and are also being offered in the evenings in response to feedback from service users on the ward.

Service users on Bay Unit have said that they do not always know who their Named Nurse is each day. Notices have now been put up on the outside of each person's bedroom door that give this information. These are updated daily.

Service users said that when they're first admitted to hospital, they don't always know when meal times are, where the laundry is, and other housekeeping information. A notice has now gone up on the inside of patient's bedroom doors that gives this basic information to help people orientate themselves to the unit and a leaflet has been produced to the same effect.

Magazines and newspapers are now freely available on Bay Unit and, at the request of service users, these include Cornish World, which has mental health service users as part of its production team.

Bay Unit has some new artwork installed – these are pieces produced by patients.

***See p. 14 for news from Cove Ward at Longreach***

## **Bodmin**

### **Harvest Ward**

The ward has now been decorated. The concerns about the lack of pictures in the de-escalation room are being discussed.

### **Bowman Ward**

Independent Visitors' opinions were sought with regard to the introduction of an electronic 'wand' used to detect knives and other metallic objects. Visitors agreed that the use of the wand was preferable to physical contact.

As there is currently no volunteer independent visitor available to visit this ward, Lesley Ayers (Mental Health Forum Co-ordinator for N+E Cornwall) will be visiting fortnightly.

### **Fettle House**

Major building work has been taking place at Fettle House during the past few weeks in order to provide extra accommodation. Residents of the ward seem to be managing well with the situation and activities have been continued as usual despite the upheaval. Some of the residents of Selwood House have been re-located to Fettle and have settled in well.

### **Garner Ward**

Our independent visitor has been continuing to visit on a weekly basis. She encourages small groups of patients to participate in preparing and cooking food which they then eat. The ward recently held a Halloween party which was very much enjoyed by everyone.

The ward has been re-decorated and re-furnished recently. Problems with bad paintwork have now been resolved.

### **Fletcher Ward**

The independent visitor on Fletcher has been taking her registered 'PAT' dog onto the ward. 'Henri' is proving to be both popular and therapeutic to the patients on the ward.

There has been a bid to the League of Friends for a grant to replace the summer house in the garden. There are also plans for a 'pick and grow' fruit and vegetable garden.

**Selwood House**

Selwood House has now finally closed. Independent visitors offered support to residents before the final closure. Some Selwood residents have been re-located to Fettle House and others to community settings.

**General**

A number of 'Quick Read' books have been donated by the library, to the hospital and these have been distributed around the wards.

Enquiries have been re-commenced with regard to the provision of a cash machine on the hospital site.

Spirituality/Quiet Room at Bodmin Hospital had its official opening and is available to visitors, staff and patients. It is comfortably furnished and has information related to all faith groups. The key for this room is kept at reception area if Christopher Newell is not around.



Would you like to influence Mental Health Services in a positive way?

Are you someone who is interested in the views and experiences of other people?

**Then you could become a volunteer  
Independent Community Visitor**

We are looking for people who have, or have had, experience of mental health services, either as service users or carers. We would like you to meet informally with current service users in order to obtain feedback and provide information about mental health services in Cornwall.

If you are interested,  
phone Nicki (West) 01872 243542  
or Lesley (East) 01872 243557 for further information.

## **In Focus: Independent Visiting on Cove Ward, Longreach**

I have now been doing independent visiting on Cove for a couple of months – and I have to say it is a privilege to visit such a happy unit.

I have been trounced at darts by a jubilant client to the general hilarity of all assembled as I wrestled to get the hang of Velcro darts and a cloth board, and my drawing skills have improved (or possibly not) through colouring in harvest loaves and numerous witches complete with their black, or in some cases, purple (artistic licence) cats.

The highlight was a brilliant Halloween party complete with a table of carved pumpkins waiting to be judged and some lovely, not at all scary, food laid out. Halloween bingo is not dissimilar to ordinary bingo but with cards and counters decorated with bats and witches. Everybody waited with baited breath for the moment when their card was full and they could shout “haunted house” and win a cuddly bat. The games were enjoyed by clients, staff and visitors alike although I have to say I was laughing so much at one stage that all my counters fell off the board!!!

Of course there is a serious point to independent visiting and I have been able to make contact with several visitors who had queries about their relatives, especially with regard to the future when they leave Cove.

I have to say I have not heard a word against the staff in this very special ward. In fact it has been summed up for me in the words of one client on the unit who told me: “I love being here, all the staff are always smiling and laughing”. I look forward to my next weekly visit to this happy place.

By Caroline Walsh

**STOP PRESS !!****STOP PRESS !!**

## **Independent Visiting Scheme**

More Visitors Needed !

What Independent Visitors do:

- Visit Cornwall's in-patient units on a regular basis. Visitors will have all experienced mental health problems at some time in the past and so know what it's like to be there. They are also good at listening and know the importance of confidentiality.
- The main purpose of the visits is to give patients a chance to talk to someone if they want to. Sometimes people find it very useful just to be able to talk to someone who is independent, neutral and has been in similar circumstances.
- Patients may need to discuss things relating to their stay in hospital and visitors may be able to help with some of these issues.

At present, the scheme needs more visitors for the east and west of the county, going in to Bodmin or Longreach Hospitals. New applicants will need to be in touch with a Care Co-ordinator through Cornwall Partnership Trust (e.g. a Community Psychiatric Nurse) and will be required to have a CRB check completed.

**For more info and an application form call**

**East: Lesley Ayers on 01872 243557**

**West: Nicki Sweeney on 01872 243542**

# CHRISTMAS SONGS



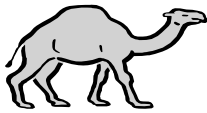
## ACROSS

- 1 Heavenly messenger  
 3 Love  
 7 ..... Ride  
 9 Santa Claus is Coming to ....  
 12 Emma's partner or a horse  
 13 jk...op  
 15 Winter .....
- 18 Bass or treble  
 20 Modulate vocalization to create sounds  
 distinct from speech  
 22 The First ....  
 23 "Emmanuel, ... with Us"  
 24 A pirate's drink  
 25 ..... Christmas  
 27 ..... We Have Heard on High  
 31 Opposite of me  
 33 The Christmas .... (Chestnuts)  
 34 Christmas celebrates one  
 37 I'll Be .... for Christmas

38 O' Come All Ye .....

## DOWN

- 1 Cheese and wine are usually this  
 3 .ei.uy  
 4 To live in a particular place  
 5 not not not off  
 6 One thing to do on Christmas day  
 8 ..... Town of Bethlehem  
 9 It's the Most Wonderful .... of the Year  
 10 ..... Bells  
 11 Hotel best known for lack of room  
 14 Away in a .....
- 15 Joy to the .....
- 16 Rudolph the Red Nose .....
- 17 Little ..... Boy  
 19 ..... the Snowman  
 21 Sea... or milk ...  
 26 "Oh, .... Night"



## Camel Club Cookery Corner

As Christmas is just around the corner the club thought it would be nice to come up with a real traditional Christmas treat:

### Dundee cake

250g soft margarine  
1 cup soft brown sugar  
4 eggs – lightly beaten  
1 cup raisins  
1 cup sultanas  
1½ cups currants  
1/3 cup (60g) orange and lemon peel  
¼ cup (60g) chopped cherries  
1½ cups ground almonds  
1½ cups plain flour  
½ cup self raising flour  
2 tsp rum  
100g whole almonds for the top of cake

Cream sugar and margarine  
Add eggs gradually  
Fold in flour  
Transfer mix to a large bowl  
Add fruit using a metal spoon  
Mix all ingredients in together  
Arrange almonds on top of cake

Alternatively, mix everything together in a food processor.

Use a 20cm (8 inch) tin

Preheat oven to 150 degrees Centigrade

Cook for 2 -2½ hours

Storage time for cake – two months (if it lasts that long!)

## CREATIVE WORDS FOR HEALTH AND WELL-BEING

*There is growing evidence that reading and writing are good for your health. It's also a sociable and enjoyable way to spend a few hours in the company of others. As someone once said, it can 'take you out of yourself by taking in you into yourself.'*

Anyone who enjoys writing – whether a diary, emails, poems or songs would find the activities enjoyable and everyone gains insight into themselves and their concerns.

*After an eight week pilot at Falmouth Health Centre organised by Arts for Health, Cornwall and Isles of Scilly, there is now funding from the Mental Health Project's Mental Health Self Help Resource for an on-going group. It meets most Monday mornings, 10.30-12.30 and is open for new participants. If you are interested, please call Victoria Field on 01326 319030.*



### ***When we read ...***

we are not alone  
we see our feelings given shape and structure by a stranger  
we find beauty  
we have something outside of ourselves to focus on  
we have something to agree with or argue with

### ***When we write ...***

we give sorrow words – or joy words  
we find out things we didn't know we knew  
we create  
we find our voice  
we re-write and re-story our experience

### ***When we share our writing with others***

we are heard  
we give and receive  
we are empowered  
we reveal and conceal as much as we like  
we build community

**Victoria Field**



## **Creative Words for Health and Well-being**

OPEN TO ALL - free of charge!

Monday mornings 10.30-12.30  
beginning 13th October 2008

*Falmouth Health Centre, Trevaylor Road*

Do you enjoy reading poems and stories?  
Do you keep a diary or write letters or emails?  
Are you bored or lonely sometimes?

If so, you might like to join a safe and supportive Creative Words Group. Many people find expressing themselves in writing can be both enjoyable and helpful. No experience of any kind is necessary and you can join in as much or as little as you like. The group will be led by local writer and facilitator, Victoria Field.

**If you are interested, please call  
01326 319030 for more information or to  
reserve a place.**

### Creative Group in Newlyn

The Mental Health Self Help Resource Budget has funded an ongoing creative writing group which meets on Friday mornings in Newlyn. This group is hoping to publish an anthology of their work in the New Year.

The five men and five women who have been meeting regularly since May, recognise the enormous benefits of creative writing, and are very pleased that the sessions are able to continue.

Some comments from members:

"Being Creative has made me feel better about myself."

"Writing has had enormous value in terms of helping me to overcome aspects of trauma that were haunting me."

"I've enjoyed meeting other people, being heard and hearing others."

"The writing group has made me feel like a whole person with something valuable to contribute. It has been of enormous benefit."

"The group is a ray of sunshine in my week."

"It has helped me see others and myself more clearly, and given me permission to play."

Angela Stoner

## Local Self-Help Support Groups

### **Redruth Friendship Club**

Social Club  
Wednesdays 12.00-3.00 pm  
Redruth YMCA, Station Rd,  
Redruth

### **Pink Umbrella LGB Group**

Gay, lesbian and bi-sexual  
support  
Every 3rd Friday of the  
month,  
1-3 pm, 2 Princes Street,  
Truro

### **Camel Club**

Social group  
Tuesdays & Fridays 10.00-  
1.30 pm  
Delabole Church, Delabole

### **St Agnes Self Help Group**

Social Support Group  
Mondays 10.00-1.00 pm  
Coffee lounge, At Agnes  
Methodist  
Church, British Rd, St Agnes

### **Breakaway**

Support for people who want  
to  
reduce or come off Benzodi-  
azepines  
Thursdays, twice a month,  
2-4 pm  
2 Princes Street, Truro

### **Hearing Voices Network**

West Cornwall  
Tuesdays, 1.30-3.30 pm  
Healing Star, Causewayhead,  
Penzance

### Mid Cornwall

Thursdays, 4-5 pm  
Newquay Mind, 40c East St,  
Newquay

### East Cornwall

Wednesdays, 2-3.30 pm  
Bodmin (please call 07807  
813996 for details)

### **Manic Depression**

#### **Fellowship**

West Cornwall  
Every 3rd Weds of the month,  
2-4 pm  
Healing Star, Causewayhead,  
Penzance

### Penryn/Falmouth

Every 2nd Monday of the  
month, 1.30-3 pm  
Jubilee Wharf (upstairs  
meeting above café), Penryn  
(call 08456 340 540 for  
details)

### **Cornwall Survivors Group**

Mutual support for male  
survivors of rape or sexual  
abuse, Tuesdays, 7.00 pm, St  
Austell

Where telephone numbers are not  
given, call Cornwall Mental Health  
Project for details on 01872 243532

Mid Cornwall

Once a month, Mondays  
(please phone for dates)  
Newquay Centre, 17a St Michael's Rd, Newquay

East Cornwall

Every 4th Tues of the month,  
10-12 pm  
Liskerrett Centre, Varley Lane, Liskeard

**Mind Social Groups**Camborne

Mondays, 1.30-3.30 pm,  
Camborne Parish Church Hall,  
Church Street (opposite Aldis)

Helston

Tuesdays, 10 am -12pm,  
St Mary's Roman Catholic  
Church Hall, Clodgey Lane  
(near Tesco roundabout)

Penzance

Wednesdays, 10am—12pm  
St Mary's Church, Chapel  
Street

*For info on any of the Mind  
groups, please call 01209 714  
550*

**Creative Words**

Creative writing group  
Monday mornings, 10.30am—  
12.30 pm,  
Falmouth Health Centre, Tre-  
vaylor Road  
Please call Victoria on 01326  
319030 to reserve a place

**Experts Through Dialogue**

Support for people with  
Personality Disorder  
1st Monday of the month,  
1-3 pm, 2 Princes Street,  
Truro

**Rural Community Link  
Project (RCLP)**Welcome groups—all run  
10am—12.30 pm

Monday—St Blazey  
Tuesday—Indian Queens  
Wednesday—St Dennis  
Friday—Penwithick & Lost-  
withiel

Men's group

One Sunday a month for  
Restormel residents

*For info on any of the RCLP  
groups, please call 01726  
821858*

**Time Out**

Social Support Group  
Thursdays 4-6 pm  
Liskerrett Centre, Varley  
Lane,  
Liskeard

**SOBS**

Suicide bereavement support  
group  
Meets monthly in Carrick  
Call 07948 586264 for further  
info

If you would like your self help  
group listed here, call Nicki on  
01872 243542

Cornwall

**Survivors**

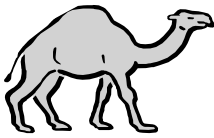
Boys who are sexually abused have to grow up fast. Like men who are raped, they have to live with extremes of pain, fear, shame and guilt. However or whenever the assaults happened, survivors have to learn to cope any way that they can.

But as we try to leave the abuse behind, its effects linger on. Feelings of worthlessness can surface as depression. Sometimes this erupts in anger, towards others or towards ourselves. We try to keep our bad feelings down with alcohol, work, sex, food or drugs, only to have them spill out in panic attacks, insomnia, risk-addiction and self-destructive behaviour. Often the feelings and memories are buried so deep that we find it hard to admit, even to ourselves, that we were sexually assaulted.

That first step is often the hardest. But if you were raped or sexually abused, and want its effects to stop messing up your life, then we can help you along your road to recovery. At Cornwall Survivors, we're men of all ages, from every walk of life, who were raped or sexually abused in our pasts. Now, we've resolved not to let the abuse ruin our lives. We've decided that the best revenge is to live happily.

So we meet once a week to chat about what's going on in our lives. We talk about the problems we're facing, and share ideas to overcome them. In an atmosphere of friendly support, we break the silence by talking about what happened to us. We meet up with other survivors at weekend getaways and rallies, and feel the solidarity of being amongst our brothers. Most of all, we fight back at the loneliness that our abusers tried to condemn us to by meeting every week, sharing support and companionship, and even an occasional laugh.

If you're ready to stop being a victim of abuse and start becoming a survivor, leave a message on our confidential phonenumber – 07800 940558 – which we check and follow up regularly and discreetly, or find us on the web at [www.cornwallsurvivors.org.uk](http://www.cornwallsurvivors.org.uk)



### Camel Club, Delabole

Mental Health Day, 10 October

The Camel club hosted a coffee morning and cake stall raffle, which was opened by the Reverend Chris Newell (Mental Health Chaplin, Bodmin Hospital, and was held at the St John's Church Delabole. The day was a great success and managed to raise the grand total of £250 and everyone who attended the event had a great time. This event made people aware that anyone can suffer from mental health problems and this was brought into a small village of Delabole. The Camel group would like to thank everyone who supported the event.



.....  
Pictured tucking into their  
ham and chips are Antia  
Roots, Linda Hammond and  
Tony Wickett (looking on)  
.....

.....  
Pictured at the Mental  
Health Day are Donald  
Hoskin, Antia Roots, Tony  
Wickett, Linda Hammond,  
Rosemary Wickett (event  
organiser), Rev Chris Newell  
.....



Pictures courtesy of Adrian Jasper



Cornwall Mental Health Project

## **Community Independent Visiting Scheme**

We've advertised in the local papers and through our networks and have had a great response from people interested in becoming volunteers within our new Community Independent Visiting Scheme.

*"We've met with some fantastic people over the last couple of months and we're really looking forward to working with each one of them,"* said Jenny, Mental Health Project Manager. *"Everyone is bringing some amazing skills and experience to the role and we hope the scheme will be a great success."*

Piloting in just a handful of venues in the east and west in the New Year, volunteers will begin by meeting with any service user who

will be coming into one of the designated Community Mental Health Team offices for their usual appointment with their Community Psychiatric Nurse or Psychiatrist. These drop-in sessions will offer service users the opportunity to chat with one of our volunteers in confidence about any concerns they may have about the services they receive or to offer any suggestions on how services could be improved. If people need information on where to get further help, our volunteers will be able to signpost them to relevant people or organisations.

Any out of pocket expenses will be paid and on-going training will be given. Each volunteer will be fully supported and have regular supervision.

*"Once we've piloted the scheme in just a few places to iron out any initial creases, we hope to expand it to the rest of the county. This could be huge!"* enthused Jenny.

If you think you have what it takes to be a Community Independent Visitor and want to be part of our exciting new scheme, why not give us a call!



## **PENWITH INTER-AGENCY MEETING**

**The Penwith Inter-Agency Meeting is a meeting point for organisations working in health, education, work, housing, social care and the voluntary sector who support people with mental health needs.**

**Together we share information about what's on offer locally, and identify gaps in services.**

**This enables the organisations to work together to improve existing services and develop new services.**

**We welcome people who use mental health services and their carers to come and have their say.**

**Meetings are every other month on a Wednesday**

**We meet at Manna's Diner (formerly Choughs Café) at the Wharfside Centre in Penzance for coffee at 9.30am. The meeting starts in the Wharfside Centre Conference Room at 10am.**

**Do come along and join us. Your input to these meetings would be greatly appreciated!**

**For more information please call Adrian Sellers on 01209-888260**

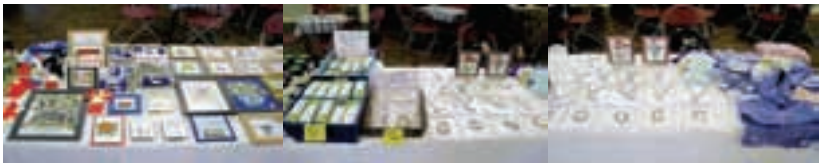


# Crafty Christmas Fayre



*Looking to buy presents with  
a difference this year?  
Looking to support a good  
cause?  
Then why not come and have*

## *The West Cornwall Mind Craft Stall*



*Why not come along and support us on  
Saturday 13<sup>th</sup> December from 11am - 3pm*

*At the*

**Elim Centre, Dolcoath, Drive, Camborne  
(Just behind Kerrier Council Offices)  
(Near Camborne Tesco)**

There will also be many other craft stalls, light refreshments and face painting

Entrance fee is just 20p, under 5s are free





## WEST CORNWALL MIND BEFRIENDING SCHEME

Can you spare 2 hours a week?

*It could make all the difference to someone*

Who is feeling lonely, anxious or experiencing emotional difficulties.

*Befriending can be Fun:*

Just Listening, Chatting, A Short Outing, Sharing An Activity  
Or going out For A Coffee. It's very rewarding and worthwhile.

*Our volunteers receive:*

FREE Training Scheme Induction  
Ongoing Support Expenses port Travel



*For more information call or write to us today!*

**Tel: 01209 714550**

16a Commercial Street, Camborne, TR14 8JY

**Website. [www.westcornwallmind.co](http://www.westcornwallmind.co)**

**Charity Registration No. 1119629**

## The Science of Happiness

Until recently psychology has focused on unhappiness, depression and anxiety. However in the 1990's Dr Martin Seligman pioneered the study of 'happiness' with the focus on how to live a happy and contented life. This rapidly growing area of research has become known as 'positive psychology'.

Happiness is inherently subjective, which makes it difficult to define. Attempts at defining happiness could suggest it is to do with optimism, pleasure, satisfaction with life, or purely the absence of sadness. It is recognised that some people are born with a sunnier disposition than others, however happiness is not constant, and even they can and do have low days. Whatever a person's genetic disposition, other factors such as social conditions, environment and behaviour can also have a big impact on people's happiness. Seligman recognizes that happiness is subjective; however after many years of researching his studies suggest there are three components of happiness universal to everyone. These are the amount of pleasure people pursue and gain from their activities, engagement; the depth of involvement with ones family friends, work etc, and the meaning people place on their lives. Along with other researchers in the field of 'positive psychology' it is assumed happiness is a skill that can be taught, and researchers have come up with a range of different factors they believe may lead towards someone leading a more satisfying life:

**Nurture relationships with friends and family** As found by all the research into happiness, one of the biggest factors affecting a person's satisfaction with life appears to be the strength of their personal relationships. Investing time and energy into relationships increases our potential to be happy.

**Count Your blessings** Research carried out by the University of California found that participants who were encouraged to keep a diary of things they were thankful for were not only happier and more optimistic, but also had more energy, than those in another group who didn't keep

such a diary. It is also suggested that showing gratitude to others can have a positive effect on our happiness.

**Take care of your body** Getting plenty of sleep; exercising and eating well can all help improve your mood. Exercise can release feel good endorphins. There have been links made between diets low in carbohydrates and low levels of serotonin. Eating complex carbohydrates, such as potatoes, grains, and fruit which release energy very slowly can help stabilise your energy and mood.

**Practice acts of kindness (both random and planned)** Being kind to others can make you feel capable, generous, and can give you a greater sense of connection with others. Acts of kindness can also win you smiles, and smiling can be contagious.

**Savour life's pleasures** By paying attention to what is going on around us, and savouring momentary pleasures such as the warmth of the sun as we walk outside, can have an effect on our happiness. Some psychologists suggest taking mental pictures of pleasurable moments which we can review when we need them.

**Develop strategies for coping with stress** In many of the studies having a religious faith appears to help people cope. Practising meditation, and allowing the mind to rest from distracting and worrying thoughts, and the body to relax, also has been shown to have a very beneficial affect on a person's happiness.

Whether happiness is a skill that can be learnt is still an area of much debate. However on a personal level, I don't think it can do any harm when trying to improve our mental health, to focus on what makes us happy, as opposed to what makes us sad, and this is something we can all explore further if we want to.

Jacqui Hickmore

## Space For You Creative Days



Feeling low ? Lacking confidence ?

11 -1 pm Singing and Voice Work : Val Stagg

11-1 pm Pottery : Linda Craig

2-4 pm Painting and Drawing : Linda Craig

2-4 pm Wood Sculpture : Clare Dyas

3.30pm-4.30pm and 4.30-5.30pm : Counselling

Community Bus Penzance Bus Station

10.40am

Return 4.30pm £1 each way

Sanerzed House, Sanerzed, Penzance

01736 810409

Wed Nov. 12 and then weekly from Dec 10

2008

£2 per session. (To include 24 but not 31 Dec)

Bring a packed lunch.

## Dead line

Once upon a time a young boy, found  
disturbed, depressed and distorted,  
the contorted lines didn't lie,  
his very face reminded him of pain;  
he was disgusted at his very flesh,  
life was vicious and cruel and he'd had  
enough of it all.

Something deep inside was trying  
to escape so himself, and no one else,  
could wound him any longer;  
people enjoyed the memory  
of hurting him like a weekly,  
twisted Christmas;

this boy, now a man, was  
thrown, taunted and hit as a  
child, as a teen, contained, incarcerated,  
bullied and manipulated into compliance.

One year on dead as a drone, gone,  
worse, more. He didn't want to live anymore;  
now as a man life was cruel and vicious,  
sarcastically fictitious; dying seemed better  
than crying; shrugging and sighing he  
couldn't keep denying, tainted and empty  
his very breath felt stolen, a sword that  
couldn't be seen scored within his portrait; he  
saw a mangled corpse upon this final  
knife

Mentally, became  
physically sick, his mind  
wanted rid and  
his lungs were  
trying to stop  
as if they were  
stuck together;  
he wished he  
could sever himself  
from everyone forever;  
if only he were  
**NEVER!**

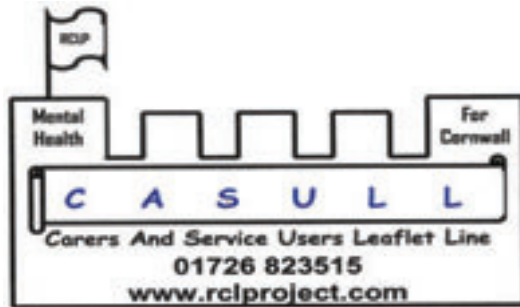
By A.J. Bancroft



## DO YOU OR SOMEONE YOU CARE FOR HAVE A MENTAL HEALTH PROBLEM?

Are you sure you have enough relevant information?

You may find it useful to contact our  
**Carers And Service Users Leaflet Line**



**CASULL** is a dedicated phone line which enables easy access to a wealth of printed information on mental health & related issues.

**Available freely to**

Mental Health Service Users, Carers, Professionals, etc,  
living in Cornwall and the Isles of Scilly.

**Telephone: CASULL: 01726 823515**

**E mail: CASULL.rcpl@googlemail.com**

**Rural Community Link Project**

**Unit 2, 22 Fore Street, St Stephen, St Austell, PL26  
7NN**

For details on other RCLP services:

Telephone: 01726 821858

E-mail: RCLP@freenet.co.uk





## **CREATIVE SESSIONS FOR SERVICE USERS !!**

We are pleased to announce our next round of creative sessions for Mental Health Service Users. **These are free of charge** and are available to any mental health service user. The artists will be providing amongst them 4 sessions in each area over a period of one month. The sessions will be as follows..

**Mondays – Richmond House, Penzance**  
**Music sharing and Movement with Robert Lee 24<sup>th</sup> Nov, 1<sup>st</sup> Dec**  
**Voice work with Val Stagg 8<sup>th</sup> Dec, 15<sup>th</sup> Dec**

**Tuesdays – St Michaels' Hall ( Behind Newquay Mind), Newquay**  
**Theatre games and Story Making with Cladia Hope 25<sup>th</sup> Nov, 2<sup>nd</sup> Dec**  
**Felt Making with Hazel McGregor 9<sup>th</sup> Dec, 16<sup>th</sup> Dec.**

**Wednesdays – The Coach House, Day Resource Centre , Liskeard.**  
**Creative Movement with Rosie Allen 26<sup>th</sup> Nov, 3<sup>rd</sup> Dec**  
**Story Blanket Making with Sue Field 10<sup>th</sup> Dec, 17<sup>th</sup> Dec**

**Thursdays – All Saints Centre, Camborne**  
**Animation with Lizzie Black 27<sup>th</sup> Nov, 4<sup>th</sup> Dec**  
**Creative Writing with Angela Stoner 11<sup>th</sup> Dec, 18<sup>th</sup> Dec**

**All sessions are from 10am - 12:30 pm so arrival at 9:45 am would be useful for the artists.**

## **Cornwall marks World Mental Health Day 2008**

On Friday the 10<sup>th</sup> October a World Mental Health event took place at the Hall for Cornwall, to recognise and promote World Mental Health Day.

The Mental Health Day event was situated in the Hall for Cornwall, with Cornwall Mental Health Project (CMHP) upstairs and the Primary Care Trust et al in the Boscawen Foyer of the Hall, which being situated alongside a busy shopping street served as a perfect venue to attract shoppers and raise awareness of mental health issues.

The day was promoted as a day of celebration and information, and entertainment from Samba band Penzamba certainly grabbed people's attention and lifted people's spirits. For people with mental health problems, carers, support workers or any other interested parties there was a wealth of information available at the fair, with organisations from the voluntary and community sector, the public sector, and the NHS having stands at the fair providing information on their services. Provided by the CMHP upstairs in the Hall, there were free complementary therapy sessions being offered, as well as art and craft activities, and drama workshops that people could get involved in.

Jacqui Hickmore



Cornwall Mental Health Project

## **World Mental Health Day 2008**

Back in June, CMHP decided to hold an event to celebrate World Mental Health Day on October 10<sup>th</sup> this year. With a certain amount of worry and apprehension, we booked the upstairs of the Hall for Cornwall and began planning.

Slowly but surely plans began to crystallise, and Partners, Groups and Societies agreed to join us for a day focusing on the positive support and opportunities available for those suffering from poor mental health.

Apart from providing a wealth of information on stalls, we also held various workshops. There were relaxing therapies available – including Reflexology, Indian Head Massage and Reiki. The therapies were so popular that our therapists were busy for every minute of the day – great thanks to Graig and Emma. We enjoyed some fantastic music from Penzamba – truly inspirational!!

The Boscawen foyer of the Hall for Cornwall was used by the Primary Care Trust to promote the new psychological therapy treatments available in local GP surgeries and the work Community Development Workers are doing to improve access to mental health services for Cornwall's black and minority ethnic communities. People were able to stroll between both events and enjoy the HFC Flea Market on the way.

The weather was beautiful and many people visited us – it was a really excellent day.

Many thanks to everyone who supported World Mental Health Day 2008 – voluntary organisations, community groups and all the service users who gave their time and help. Also to all of you who supported the event – thanks for coming!

We are now looking for ideas for 2009...

**World Mental Health Day in pictures**

*John Sweetman,  
Truro Town Crier*



*Penzamba on  
Lemon Quay*

*Arts For Health  
workshop*



## Useful Telephone Numbers

General office Tel: 01872 243532

Nicki Sweeney, Forum Co-ordinator (West)

Tel: 01872 243542

Lesley Ayers, Forum Co-ordinator (North & East)

Tel: 01872 243557

E: [mentalhealth@cornwallrcc.co.uk](mailto:mentalhealth@cornwallrcc.co.uk)

Nightlink: 0808 8000 306 (daily 5-midnight)

Samaritans: 01872 277277

Welfare Rights/Benefits advice: 0800 882200

NHS Direct: 0845 4647

Shelter: 01209 314844

Legal Helpline: 0845 650 3122

Cornwall Rape & Sexual Abuse Centre: 01872 262100

Community Mental Health Teams (CMHTs)

East Cornwall: 01579 335226

North Cornwall: 01208 251408

Restormel: 01726 291212

Carrick: 01872 356000

Kerrier: 01209 881888

Penwith: 01736 575524

Out Of Hours (Bodmin Hospital switchboard) :01208 251300



Cornwall Rural Community Council  
(registered as Cornwall Community Development Ltd.)  
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