



Cornwall Mental Health Project

CORNWALL MENTAL HEALTH PROJECT



# Autumn 2009



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*Cover photo: Golitha Falls by Tony Armstrong*

## In this issue...

Events to look out for this Autumn:

Cornwall Mental Health Project's Health & Wellbeing Event in Mevagissey on 1st October (p.47)

Expert Patients courses for mental health in Bodmin & Launceston (p.15)

CSV Make a Difference Day (p. 34)

Chy-Sawel Conference at the Eden Project (p. 16)

*NEW!!* initiatives to help improve the lives of people with mental health issues:

Regain - Cornwall's 1<sup>st</sup> mental health specific, "not for profit," social enterprise (p. 11 )

Web resource [cornwallmentalhealth.com](http://cornwallmentalhealth.com) (p. 29)

Esteem – new charity for male victims of domestic abuse (p. 24 )

Plus regular features such as our Independent Visitor feedback, Community Care Services reports and poems from our readers. Keep an eye on our website [www.cornwallrcc.co.uk/mental\\_health.html](http://www.cornwallrcc.co.uk/mental_health.html); we're working all the time to add things of interest and to make information more accessible. *If you have any ideas for how we could improve our web pages, please contact us.*

Sadly, we are saying goodbye to our Administrator/Support Worker, Caroline. Caroline finished with us on the 26<sup>th</sup> August to take up a post at Kenwyn Nursing Home in Truro. Caroline has been a real pillar of support to many of you who have called our office and I know she will be greatly missed by staff and service users alike. Good luck to her in her new job.

**If you would like to place a Christmas greeting  
to your friends and family in the next issue,  
please let Nicki have your message by Fri 6**

Have a great Autumn and see you in the Christmas edition!

Jenny, Nicki and Lesley



Cornwall Mental Health Project

# Independent Visiting Scheme

## Feedback

### **Bodmin Hospital**

#### **Harvest**

Windows around dining area have now been replaced.

Ward received a grant from Healthy Living Centre for Healthy Living project to be implemented on ward.

An Independent Visitor will be involved in a podcast and will speak of her role as an Independent Visitor.

#### **Bowman**

Bowman has been awarded a national, 'Star Wards Implementation' award for work carried out on ward.

Activities on ward have now been extended to some evenings and include cinema trips and a comedy evening.

#### **Fletcher**

Ward is implementing 'Productive Wards' policy which should enable staff to spend more time with patients.

Independent Visitor has been involved with the self review for AIMS accreditation (bench-marking standards policy) which was awarded in 2007.

A lot of work, including re-planting and a vegetable area, has been carried out in the garden area.

#### **Garner**

King's Fund grant has been awarded to ward for 'Enhancing the Healing Environment'. This will be used to provide a therapeutic environment using the skills, advice and ideas from Independent Visitor, designers, CPT staff and a Mental Health Project Co-ordinator.

King's Fund Advisors visited the ward recently and were treated to a home cooked lunch by independent visitor.

Carers group is now being facilitated on ward by Independent Visitor and CPT staff. A very successful Carers lunch was held recently which was home-cooked by our Independent Visitor.

### **Fettle House**

Internet access is now available on ward and several residents have been helped to use this facility. Assistance has also been provided to set up e-mail accounts.

A Nintendo Wii has been purchased for use on the ward.

### **Cash Machine (ATM)**

Mental Health Project Co-ordinator has written to several banks to enquire into the possibility of the installation of a cash machine on the Bodmin Hospital site. 'Footfall' statistics (i.e. numbers of staff, visitors and in-patients using the site) have been included. Two of the banks have refused, but one of the others has asked for further information.....watch this space!

## **Longreach Hospital**

### **Bay Unit**

Independent Visitor was asked by the Ward Manager to ask service users whether how they would feel about having their bathroom door removed and a shower curtain replaced in all ward en-suite bathrooms. The reason for this is because when the shower is in use, the bathrooms steam up when the bathroom door is closed and some service users can find it difficult to open the door. Over several meetings with service users, discussions took place about the pros and cons and, in the main, service users felt that if the ward could obtain patterned shower curtains, this would be preferable, as they are less translucent when wet.

Computers are now up and running on Bay Unit. There is one on each ward and service users can book to use them for an hour at a time to ensure fair usage, although they can be rebooked for further periods if no-one else has a slot booked. Computers have internet access and it is hoped that they will help service users maintain social contact with friends and family outside of hospital.

A service user reported their concern regarding people visiting the ward without consent from the service user, especially when a visitor would like to see a person in their bedroom. A service user reported that people have visited without being checked they were welcome at Reception, which can have negative affects on service users. Service users report that stricter checks need to be implemented at the Reception area.

An Independent Visitor spoke to the Ward Manager and ward staff, and it was agreed that Reception are to have a daily list of people that are not welcome as visitors. Other possible actions to be considered, suggestions from service users welcome.

Service users reported that when they do not have leave they have difficulty accessing their money from their bank /building society and then they are unable to buy goods. This is particularly difficult for people who do not have carers or relatives who could help. An Independent Visitor discussed this with the Ward Manager and was advised that staff

Service users have asked about what psychological therapies are available on the unit. An Independent Visitor spoke to staff and was told that staff are trained in Solution-Focused Therapy. In terms of access to a Psychologist, anyone, in theory, can see a Psychologist as part of their overall Care Plan, and that includes whilst in hospital. However, the waiting list to see a Psychologist is very long. Provision of Psychologists across Cornwall is being reviewed at the moment.

Nicki Sweeney and a service user were asked to deliver training to staff as part of CPT's Core Capabilities training programme. The training was about the role of the Independent Visiting Scheme and the service user experience of an in-patient unit. Staff seemed to appreciate the opportunity to learn more about the IV role and also came up with good ideas to resolve things raised by service users. They would like more direct contact with independent visitor issues so Nicki is to attend staff team meetings on a quarterly basis.

SEAP Advocates now trying to attend service user forum meetings with Independent Visitors. This will help with communication between IVs and Advocates around what issues are being raised and whether any joint-working might help with improvements for service users.

All electrical items that service users bring into the ward with them have to be PAT (Portable Appliance Testing) tested. Ward Manager asked Independent Visitors to consult with patients to find out if they mind being charged the cost of PAT testing each item or if numbers of appliances should be limited.

Visitors consulted with some service users and they prefer a limit to the number of items they bring in rather than being charged. It was also suggested that ward could acquire universal mobile phone chargers and hairdryers to be kept in the office and lent out where needed.

A Productive Ward study has been carried out by CPT to look at how to increase more patient contact time by reviewing non-patient contact activities. Since this study took place, direct contact with patients has increased by 30% and staff seem to be more visibly spending time with patients.

### **Cove Unit**

A hairdresser is due to start coming to the ward soon and just waiting for her CRB check to be processed.

A goodies trolley is now operational – notepads and cards have been added at a resident's request – and is proving popular with residents and visitors.

A service user was taken to the Royal Cornwall Show in her wheelchair by two members of staff and had a great day out.

Several patients were taken on a trip to Tehidy Woods on a sunny day.

Ward meetings are continuing, although they often become reminiscence sessions, which serve an equally useful purpose.

### **Lower Cardrew House**

Lower Cardrew is now a male-only unit following national legislation around the provision of gender-specific services. The majority of Lower Cardrew's service users have been male in the past. Female service users will be accommodated on an individual basis either at Longreach House or within supported housing in the community.

rethink

**BUDE WOMEN'S GROUP  
HELD AT THE NEETSIDE CENTRE  
EVERY WEDNESDAY**

**Midday – 2pm**

- **DO YOU WANT TO IMPROVE YOUR MENTAL WELL BEING?**
- **WOULD YOU LIKE TO MEET OTHER WOMEN TO DISCUSS ISSUES OF MUTUAL INTEREST?**
- **WOULD YOU LIKE TO TAKE PART IN A VARIETY OF SOCIAL AND LEISURE ACTIVITIES ?**
- **WOULD YOU LIKE TO JOIN IN ON SOME SESSIONS AIMED AT PERSONAL DEVELOPMENT AND WILL INCLUDE TOPICS SUCH AS :**
  - **ASSERTIVENESS**
  - **COMMUNICATION SKILLS**
  - **BUILDING SELF CONFIDENCE**
  - **DECISION MAKING.**
  - **DEALING WITH DEPRESSION AND OR ANXIETY**

**THESE SESSIONS WOULD BE BASED ON A COGNITIVE BEHAVIOURAL APPROACH – WHICH HAS BEEN SHOWN TO BE AN EFFECTIVE WAY OF LEADING A FULLER AND MORE REWARDING LIFE**

**THEN COME AND JOIN US ON A WEDNESDAY**

## Nightlink & Sanctuary join Re-Gain

From the 1<sup>st</sup> of October the Nightlink and Sanctuary Projects will be managed by Re-Gain (Cornwall) C.I.C.

Re-Gain is Cornwall's 1<sup>st</sup> mental health specific, "not for profit," social enterprise.

The aim of Re-Gain is to provide listening, support and empowerment to people with emotional health issues in Cornwall & the Isles of Scilly.

Service Users are at the heart of the organisation, both in the development of existing mental health services in Cornwall and the creation of new projects. Working with Service Users in this way is what makes Re-Gain different and is an essential part of what Re-Gain does.

Nightlink has been supporting callers with emotional issues for over 11 years and Sanctuary has supported guests for 7 years. Further information about Re-Gain and the projects can be found at: -

[www.re-gain.org.uk](http://www.re-gain.org.uk)

or telephone 0845 1228668

## Longreach Carers & Relatives Forum

Meets every 3rd Weds of the month

1.30-2.30 pm

Longreach House

Check the Carers & Relatives noticeboard at the entrance to Bay unit for

further information



## Carrick Mind

1 Frances Street, Truro

Cornwall TR1 3DN

Tel 01872 222469

[carrickmind@talktalkbusiness.net](mailto:carrickmind@talktalkbusiness.net)

### **WE AIM TO PROMOTE GOOD MENTAL HEALTH IN THE COMMUNITY**

Carrick Mind Befriending Scheme offers support to anyone in the Carrick district who feels they may be experiencing mental ill health and/or emotional distress. Difficulties may include

Depression

Anxiety

Stress

Isolation

A more serious break down

We are supported by Mind, the National Association for Mental Health and aim to promote good mental health in the community.

#### **BEFRIENDING SCHEME**

The essence of befriending is to offer a special relationship of support and trust. A volunteer befriender will visit a client on a regular weekly basis for a period of at least six months, when it will be reviewed. The befriending role is not intended to replace treatment or support from professionals, but to offer a very special additional service to that of the statutory services .

#### **COUNSELLING SERVICE**

A counselling service is available for any of our existing clients or for anyone in Carrick experiencing mental distress and/or emotional problems. This service is confidential and free of charge, but donations to 'Carrick Mind' would always be appreciated. Individual counselling provides an opportunity to talk confidentially about current and past problems. Our counsellors are all trained volunteers who have personal supervision, and are here to listen and help you arrive at solutions to improve your life.

### SUPPORT GROUPS

Our support groups provide a safe and friendly environment for members to meet and socialise with each other, and a place to share ideas and concerns. The groups offer support and social contact with other people and volunteer befrienders, who are always available, over a cup of tea or coffee.

#### **Truro Coffee Corner**

Tuesdays – 10.00am to 12.00pm

Baptist Church, Chapel Hill, Truro

#### **Falmouth Coffee Corner**

Thursdays – 10.30am to 12.30pm

W.I. Rooms, Webber Street, Falmouth

### SUPPER CLUBS

The Supper Clubs meets once a month at Wetherspoons in Truro and Falmouth. Please telephone the office for details.

### WALKING GROUP

Our Walking group meets on a Sunday afternoon once a month. If you are interested in joining us, please call the office and we will ensure you are notified whenever a walk group is organised.

### CAN YOU HELP US?

If you feel you can spare one hour or more a week, and offer a listening ear for someone who feels lonely or confused, Carrick Mind is always pleased to hear from anyone who feels they would like to volunteer and train as a Befriender. We are also looking for volunteers who have skills in other areas such as fundraising, publicity, Committee work, or administration. You will receive initial and on-going training, and out of pocket expenses.



## **Community Independent Visiting Scheme Feedback**

incorporating feedback from the  
Community Care Services Forum (CCSF)

### **Trengweath, Redruth**

Community Visiting here switched to Thursday afternoons to match consultants' clinics but still not many people coming through the door, meaning that Visitors are there for 3 hours with very little service user contact. Consequently, visiting has stopped at Trengweath for time being. Nicki to liaise with Trengweath CMHT Team Leader to consider other visiting times.

### **Bolitho, Penzance**

Community visiting taking place on Tuesday afternoons. Again, hardly anyone ever walks through the door at these times, possibly because, it turns out, this is only an emergency crisis clinic. Consultants have clinics Monday mornings but there is no room for Visitors to be there then. Visiting stopped at Bolitho for the time being. Alternative approaches being considered, e.g. leaflet-drops during busy times, awareness raising through therapy groups at Bolitho. It has also been agreed at the CCSF that leaflets about the scheme can be forwarded to the CMHT Team Managers and they will ensure that leaflets go out with introductory information for new CMHT clients and with discharge information for departing clients.

There had also been a CIVS session at Richmond House in Penzance where service users raised lots of issues. Visitors also went to the Anchor Project in Falmouth, where the session was very successful.

### **Alexandra House, St Austell**

Scheme going well at St Austell with people wanting to talk to Independent Visitors. Some initial concerns from CMHT but also a lot of support, and this is growing. Possibility of expanding the scheme to Newquay suggested and also Liskeard.

### **CCSF Feedback**

Bude Resource Centre - A number of members have expressed concern re: management arrangements following retirement of Lynn Attwater. CPT's East Network Community Services Manager and the East Service User Consultant to visit the centre at the end of June to meet with members.

Restormel CMHT - Positive feedback given to CIVS from service user on quality of service received.

Episodic Care – where service users discharged from CMHTs can self-refer back to their CMHT for a short period if they start to become unwell again.

People are still concerned that episodic care system will not work and that GPs often have little understanding of mental health issues. It has been suggested that following discharge a follow up phone call could be offered.


- It is not practicable to offer contact post discharge but the CMHT duty workers are available 5 days a week and can help to address concerns which may arise post discharge e.g. about medication or worrying symptoms.
- All service users should have an agreed discharge plan which should give guidance on how to deal with difficult situations and how to re-access support if needed
- Discharge from the service is a needs-based, agreed process and not a rejection, though it should be acknowledged it may feel that way at times.
- Episodic care is still a relatively new concept and may take time to be fully accepted by service users and staff as a workable and reliable process – service users' concerns are understandable and must be acknowledged and addressed by CPT staff.

Leaflets about episodic care will be printed shortly.

Service users at a day centre have seen the policy given to centre staff around dealing with service users in a crisis. Centre members felt that the policy was very woolly and was still open to interpretation. It felt that the emphasis was on the responsibilities of staff rather than the well-being of the client. It was suggested that staff could do a First Aid in Mental Health course. The aims of Mental Health First Aid are:

- to preserve life where a person may be a danger to themselves or others
- to provide help to prevent the mental health problems developing into a more serious state



**EXPERT PATIENT PROGRAMME**

  
 Cornwall and Isles of Scilly

**SELF MANAGEMENT COURSES  
FOR PEOPLE WITH  
LONG TERM HEALTH PROBLEMS**

Would you like:

- To improve your quality of life
- Learn new skills to manage your health condition
- Meet others and share experiences
- Communicate better with family, friends and professionals
- Feel confident and more in control of your condition

The Expert Patient Programme is being run regularly by NHS Cornwall and Isles of Scilly for anyone living with a long term health problem. The EPP Course is a weekly half day course over six weeks led by volunteer lay tutors who themselves have a chronic health condition.

**Next Course in Bodmin Starts  
7th October 2009**

**Wednesday afternoons 2 – 4.30pm**

**Dates:**

7 <sup>th</sup> October	4 <sup>th</sup> November
21 <sup>st</sup> October	18 <sup>th</sup> November
28 <sup>th</sup> October	25 <sup>th</sup> November

**Venue:** Shire House Suite, Mount Folly Square, Bodmin, PL31 2DQ

**Next Course in Launceston Starts  
2<sup>nd</sup> October 2009**

**Friday Mornings 10 – 12.30pm**

**Dates:**

2 <sup>nd</sup> October	23 <sup>rd</sup> October
9 <sup>th</sup> October	30 <sup>th</sup> October
16 <sup>th</sup> October	6 <sup>th</sup> November

**Venue:** Trethorne Leisure Park, Kennards House, Launceston, PL15 8QE

For more details contact:  
Cathie Shipwright EPP Lead  
01208 252506 or 07824598626  
[cathie.shipwright@ciospct.cornwall.nhs.uk](mailto:cathie.shipwright@ciospct.cornwall.nhs.uk)  
[www.expertpatients.nhs.uk](http://www.expertpatients.nhs.uk)

**THE CHY-SAWEL PROJECT**  
**is holding a one-day conference**  
**NUTRITIONAL AND HOLISTIC INTERVENTIONS FOR**  
**TACKLING MENTAL ILLNESS**  
**Friday, 16 October 2009 at The Eden Project, Bodelva,**  
**Cornwall PL24 2SG**

This conference will highlight the latest research into the effects that diet and other external influences have on the mental and emotional health of people of all ages, identifying that link between what we eat and mental health. Our speakers will explain how diet, dietary supplements and emotional support counselling can make an important contribution in the battle against this problem.

**PROGRAMME FOR THE DAY**

- |       |                                                                                                                                                                                                                   |
|-------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 09.00 | Registration and Refreshments                                                                                                                                                                                     |
| 09.30 | Opening remarks by Sandra Breakspeare followed by Steve Angove, committee member, who will guide you through the day.                                                                                             |
| 09.45 | 'Food, Mood and Behaviour: Facts and Myths'<br>Founder/Trustee, FAB Research; Senior Research Fellow, University of Oxford; Author of 'They Are What You Feed Them'                                               |
| 11.00 | Refreshment Break                                                                                                                                                                                                 |
| 11.15 | 'Eat Yourself Happy - Nutritional Therapy in Practice'<br>Kevin Williamson; Senior Nutritionist with the Early Intervention on Nutrition and Psychosis Services - Rotherham, Doncaster and South Humberside Trust |
| 12.30 | Lunch                                                                                                                                                                                                             |
| 13.30 | 'Food sensitivities, allergies and testing relating to mental and physical problems' Dr Damien Downing                                                                                                            |
| 14.45 | Refreshment Break                                                                                                                                                                                                 |

15.00

**Provisional booking - to be confirmed**

The dependence of upward human evolution on nutrition and now it's downhill! Prof Michael Crawford PhD, Cbiol, FIBol, FRCPATH Director of the Institute of Brain Chemistry and Human Nutrition, London Metropolitan University

16.00

Closing summary from Dr.David Orton, Former Consultant Psychiatrist in Early Intervention in Psychosis. Devon Partnership Trust.

**PLEASE CONTACT CHY-SAWEL FOR A BOOKING FORM****Booking forms must be in by 2<sup>nd</sup> October.**

[chy-sawel@tiscali.co.uk](mailto:chy-sawel@tiscali.co.uk) OR Tel 01736 795748

**Focus on.... Fletcher Ward, Bodmin Hospital –  
July 09**

This week I helped with the AIMS (Accreditation of Inpatient Mental Health Services) questionnaires. This gave me a great platform to chat to clients on the ward about their experiences as clients.

It would seem from the comments I received that the ward is really hitting the mark. There were the usual comments about not getting as much one-to-one time with staff nurses but without prompting, all but one client acknowledged that this was not because staff didn't want to but because they were rushed off their feet with paperwork. All were happy that the HCAs (Health Care Assistants) gave them a lot of time to chat.

WHAT IS EXCELLENT ABOUT THE WARD IS THE MALE AND FEMALE AREAS BEING SEPARATE. THERE IS ALSO A SEPARATE VULNERABLE ADULT UNIT.

I spent a little time on the vulnerable adult (VA) unit on Wednesday and the lady was receiving excellent care. There is a dedicated team who work on the VA Unit and there is a good client/staff ratio. I recently had a relative on the unit for nearly 4 weeks and we were astonished by the level of care not just for the client but for the family too.

Susanne (Independent Visitor)

## **A Cornish Celebration of Age and Ambition**

Do you have a burning question or issue you would like to raise before the people who influence care and support services for older people in Cornwall and the rest of the UK?

On Thursday, October 8, Age Concern in Cornwall and the Isles of Scilly together with our partners and colleagues from other organisations will be taking over Kingsley Village at Fraddon for a special day – Celebrating Age and Ambition.

You can get involved in a discussion about ageing in Cornwall and we are collating questions in advance from individuals, groups and forums across Cornwall. This special Question Time event will take place between 10.00 am and 12.30 pm with a panel of experts available to answer your questions.

We will be joined by Tom Wright, Chief Executive of the newly combined Age Concern and Help the Aged UK charity, Cornwall Council's new Chief Executive, Kevin Lavery, plus Professor George Giarchi from Plymouth University and Ann James, Chief Executive at Cornwall and Isles of Scilly Primary Care Trust. The panel will be chaired by Daphne Skinnard, Deputy Editor of BBC Radio Cornwall.

If you want to come along to this and you, your group or your forum have a question you would like answered, then let us know by:

Emailing        [sally@ageconcerncornwall.org.uk](mailto:sally@ageconcerncornwall.org.uk)  
Posting to        Age Concern  
                      Boscawen House  
                      Chapel Hill  
                      Truro TR1 3BN

Questions should be a maximum of 30 words and sent to us by 4 September. There will be an opportunity to ask supplementary and additional questions on the day.

There is room for 100 people at the discussion and you will need to book your place. If you cannot come along but have a question, please still send it in. We will be collating questions from seniors across Cornwall and anything that cannot be answered on the day, we will respond to in writing.

After the serious stuff, we'll be letting our hair down with lots of interesting things to see and do, from dance and art workshops to entertainment, interactive exhibitions and refreshments.

The afternoon session will be opened by entertainer Jonny Cowling at 1.30 pm and is free and accessible to all.

There is room for everyone in the afternoon so there is no need to book in advance but do give us a call if you need assistance with transport.

We hope to see you there.

With all best wishes

Tracey Roose



Do you need an Advocate?

If you live in or around Restormel and have mental health problems we may be able to help.

An Advocate listens to what you want to say or do and then assists you to express yourself

in situations where you find it difficult.

***For full details contact RCA:***

**01726 823137**

**[rcadvocacy@googlemail.com](mailto:rcadvocacy@googlemail.com)**

**RCA, Unit 2, 22 Fore St, St Stephen**

**St Austell, PL26 7NN**





Cornwall Mental Health

## Local Self-Help Support Groups

### Breakaway

Support for people who want to reduce or come off Benzodiazepines



Thursdays, twice a month,

2-4 pm

### Camel Club

Social group

Tuesdays & Fridays 10.00-1.30 pm



Delabole Church, Delabole

### Creative Words

Creative writing group

Monday mornings, 10.30am—12.30 pm,

Falmouth Health Centre, Trevaylor Road

Please call Victoria on 01326 319030 to reserve a place

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

### 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/ Bipolar Groups



#### West Cornwall

Every 3rd Weds of the month, 2-4 pm

Healing Star, Causewayhead, Penzance

#### 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—Carrick**

#### Truro Coffee Corner

Tuesdays, 10 am –12 pm

Baptist Church, Chapel Hill, Truro

#### Falmouth Coffee Corner

Thursdays, 10.30am-12.30 pm

W.I. Rooms, Webber Street,  
Falmouth

#### Supper Clubs

Meet once a month in  
Wetherspoons in Truro & Falmouth.  
Please call Carrick Mind for details  
on 01872 222469

### **NEW!!**

#### **Mind Recovery**

Self help support group  
Mondays 7pm, Garden  
Pavilion,  
St Mary's, Isles of Scilly  
Tel: 01720 423538

### **Mind Social Groups—Penwith/ Kerrier**

#### 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

### **Perranporth Coffee Corner**

Social group

Wednesdays 10.30– 1.00 pm

Upstairs in the Conservative  
Club, St Piran's Road,  
Perranporth

Call Brenda 01872 572453 or  
Betty on 572546





**Pink Umbrella  
LGB Group**

Gay, lesbian and bi-sexual support

Every 3rd Friday of the month,  
1-3 pm, 2 Princes Street, Truro



**Redruth  
Friendship Club**

Social Club

Wednesdays 12.00-3.00 pm

Redruth YMCA, Station Rd,  
Redruth



**Rural Community Link  
Project (RCLP)**

Welcome groups—all run  
10am—12.30 pm

Monday—St Blazey

Tuesday—Indian Queens

Wednesday—St Dennis

Friday—Penwithick & Lostwithiel

Men's group

One Sunday a month for  
Restormel residents

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

**SOBS**

Suicide bereavement support group

Meets monthly in Carrick

Call 07948 586264 for further info

**St Agnes Self Help Group**

Social Support Group

Mondays 10.00-1.00 pm



Coffee lounge, At Agnes Methodist

Church, British Rd, St Agnes

**Time Out**

Social Support Group

Thursdays 4-6 pm



Liskerrett Centre, Varley Lane, Liskeard



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

## **What is the difference between the Cornwall and the Isles of Scilly Primary Care Trust (PCT) and Cornwall Partnership Trust (CPT)?**

The Primary Care Trust (PCT) is an NHS organisation that provides some health services like GP's and dentistry. It also receives money from the government to commission, or buy in other health services for the people of Cornwall. NHS examples of this are Cornwall Partnership Trust (CPT) who are commissioned to provide specialist mental health and learning disability services, and Royal Cornwall Hospitals Trust which provide medical and surgical services. The Primary Care Trust can also commission outside providers (e.g. Outlook South West) to provide an aspect of care.

The Primary Care Trust sets out what services it wishes to commission, and what it wants those services to provide. The PCT pay the service provider to provide a service which meets their specification.

This means for most mental health specialities that there is a tight budget and that to meet the service specification means that resources cannot be transferred from one service to another.

Cornwall Partnership Trust provides specialist mental health and learning disability services for people who live in Cornwall. It has contracts with the Primary Care Trust to provide services for certain groups of people and diagnoses. Unfortunately some important services have not been commissioned as yet by the Primary Care Trust, for example services for people who have Asperger's Syndrome or personality disorder.

Lisa Solheim



## ESTEEM

Empowering Male Victims of Domestic Abuse

ESTEEM is a pioneering new charity, launched in Cornwall and funded by the Big Lottery Fund. The charity known as ESTEEM is an innovative and unique new service exclusively to support the needs of male victims of domestic abuse.

ESTEEM is part of the DAISI chain (Domestic Abuse Interventions Support Initiative). DAISI consists of WAVES counseling (support for female victims of domestic abuse) and ESTEEM

The service is led by Andrew Baker RMN and is based in central Truro.

Supporting male victims of domestic abuse poses unique challenges. It is believed male victims under report the crime for various reasons. Male victims are concerned they may not be believed or may be accused of being the perpetrator of abuse; men may also feel a sense of embarrassment at reporting such a crime.

The following figures are taken from The British Crime Survey report: Home Office Statistical Bulletin 2007/08 published 22<sup>nd</sup> January 2009 & cited by the Mankind initiative.

- 1 in 5 (20%) of men have experienced domestic abuse/violence since the age of 16, this equates to 3.2 million men.
- In 2007/08 in the UK 34 men were murdered in domestic abuse incidents. This represents 2 men every 3 weeks and is the second highest for 11 years.
- Men make up to 2 in 5 (40%) of the victims of domestic abuse/violence.

- In 2007/08 4.5% of men experienced domestic abuse/violence this equates to 727,000 men
- There are 7,500 spaces in refuges for women and 50 spaces for men in the UK
- The government provided in 2007/08 £64.5 million financial support for women at risk of domestic violence. None of this was available for men.
- There are 6 small charities (including ESTEEM) in the UK providing help-line and support for male victims, there are over 400 for women.
- The Government has never run an information campaign to support male victims.

ESTEEM offers support for men in many ways which meet their complex needs, these include;

Counselling

Face to face support in men's homes or an agreed safe alternative

Advocacy support to help men face bureaucratic and other challenging situations such as attending court, solicitors, police, housing, benefits etc.

Advice on child protection and rights

Referral to additional specialist support agencies

24 hr emergency support telephone helpline

Interactive web site with a range of information and related links

Blog for men to offer peer support

Finding emergency accommodation

Risk assessment and safety planning

Everyone has the right to feel safe in their own home; everyone has the right to live free from violence, fear, oppression, intimidation and threats. The responsibility for domestic abuse ALWAYS rests with the abuser. We cannot assume men are always the abuser. perpetrators may accuse male victims of being the abuser in an attempt to exert power and control over them. Children and young people are also affected by living with domestic abuse.

If you would like to show your support to ESTEEM or to obtain more information please contact Andrew Baker on 01872 226981 or 07825 220232 or by email at [andrew@esteemmen.co.uk](mailto:andrew@esteemmen.co.uk).

If you would like posters or leaflets for your workplace please get in touch.

**The website is [www.esteemmen.co.uk](http://www.esteemmen.co.uk)**



**SEAP**

South of England Advocacy Projects

**Mental Health Advocacy**

For inpatients of mental health services in Cornwall

The service is free, independent and confidential

An Advocate will:

- Support and represent your wishes and feelings without taking a view of what is best for you
- Spend time with you to get to know your views and wishes
- Act on your behalf
- Provide information to enable you to make informed choices

**Community Mental Health Advocacy**

Free and independent service for adults living in Caradon, Carrick, Kerrier, Penwith and North Cornwall

An Advocate will offer the same service as above and Sign-post you to other agencies or support if we cannot help you with a particular issue

**Independent Mental Capacity Act (IMCA) Service**

Who can receive IMCA?

- Those who are considered to lack capacity by decision-makers
- Those who have no family or friends to represent their likely views (with the exception of adult protection cases).

When decisions are being made about them that relate to:

- Serious medical treatment (SMT)
- Changes of NHS accommodation (more than 28 days)
- Change of Local Authority (LA) accommodation (more than 8 weeks)

**Older Persons Advocacy**

Advocacy for People with Dementia living in Cornwall

**Contact**

SEAP

28 Beatrice Road

Walker Lines Industrial Estate

Bodmin

Cornwall PL31 1RD

Tel: 0845 2799019

Fax: 0834 2799018

Email: [admin.bodmin@seap.org.uk](mailto:admin.bodmin@seap.org.uk)

[www.seap.org.uk](http://www.seap.org.uk)

## Mat's Environmental Tips

Save electric – turn off electrical items when not in use, rather than leaving them on standby. Worse culprits: televisions and computers!

Use low energy light bulbs – they not only consume less than 20% of normal bulbs, they last up to 15 times longer too, saving you money!

*"By swapping a normal bulb to an energy saving bulb you could cut energy wastage by three quarters and save £9 on your electricity bill. It might seem like a small change, but if every home in the UK changed just 3 light bulbs, enough energy would be saved to light the UK's street lamps" [www.carbonfootprints.com/lightbulbs](http://www.carbonfootprints.com/lightbulbs)*

Add reflective strips behind radiators (ordinary kitchen foil will do) to increase the amount of heat that gets circulated around each room.

Insulate: consider loft insulation, cavity wall insulation, draught excluders around doors and windows (*see our feature later in this newsletter about the Warm Front grant scheme to see if you may be eligible for free help with these*)

Attach a sprinkler fitting to your taps – this uses less water, rather like having a shower instead of a bath.

*Put a "hippo" in your toilet cistern to use less water. Hippos cost less than £8.00 for a pack of 3. Cheaper still, use a brick!*

*"Hippo the Water Saver is the simple, proven and low cost water saving device to help conserve water in toilet cisterns. Every time a toilet is flushed the Hippo saves approximately 3 litres of water. Hippos installed in the average home provide a saving on your metered bills of approximately £20 per annum, with a pay back on your initial investment within 8 - 12 weeks."*

*[www.hippo-the-watersaver.co.uk/forthehome.html](http://www.hippo-the-watersaver.co.uk/forthehome.html)*

*Mat is a volunteer with Cornwall Waste Action in Penzance*

## **MAJOR NEW CORNISH WEB SITE TO BE LAUNCHED**

Pentreath Ltd would like to invite everyone on the 2<sup>nd</sup> of October to Kingsley Village from 9.30 am until 1.30 pm to celebrate the launch of this exciting and all encompassing new website.

This one stop resource is commissioned by the Primary Care Trust and is called [www.cornwallmentalhealth.com](http://www.cornwallmentalhealth.com).

Whether you are a health care professional looking for information for a client, have an interest in mental health yourself or simply want to access complimentary therapies you'll find it all on this amazing new site.

Additionally for each person that attends this informative launch morning there will be an opportunity to further advertise your contributions for free for a trial period.

[www.cornwallmentalhealth.com](http://www.cornwallmentalhealth.com), being fully interactive, will enable you to share your concerns or questions with others on live forums, bypassing the historic problem of accessing information out of hours. Linked to this site due to popular demand is the magazine Vitality Matters that covers a varied and interesting list of local well being issues. Don't miss this fantastic opportunity to be part of this momentous new project.

For further information or photo opportunities contact:  
[paulr@pentreath.co.uk](mailto:paulr@pentreath.co.uk)



LINK is the independent voice of all people in Cornwall.

Existing to inform, develop and improve health and social care services.

LINK is made up of individuals and community groups working together to find out about peoples views and experiences of local services and to work with the people who plan and run them to help make them more effective and improve delivery.

At the end of March this year, we celebrated our first year of being the Local Involvement Network in Cornwall. Our first year is a story of learning and development.

### **What has been happening in the world of LINK ?**

#### **MENTAL HEALTH**

We continue, via our Mental Health Task Group, to look at where someone goes if they need support with mental health problems outside of normal working hours.

The Task Group are working with local Voluntary and Community Groups to ask people 2 questions:

- \* How would you contact an out of hour's mental or emotional distress line?
- \* In an ideal world what services would help you deal with mental or emotional distress outside of normal working hours?

Responses to these questions will be used to write a report on people's experiences and recommend what changes need to be made. This report will become LINK in Cornwall's view and will be shared with the people who plan and run out of hours and crisis support services. LINK is already working with the Primary Care Trust [PCT] to tell them this is what we will be doing and they are very interested to hear what we are being told by people answering our 2 questions.

**Get Involved! If you would like to take part in anything you have read about in this Newsletter or respond to the questions about mental health services then please contact us – you can get involved if you are a patient, a carer, a provider of services, a representative from a group or organisation or if you just have something to say. As we build up a picture of what people say needs to improve in health and social care services we want to ensure that this picture includes perspectives from individuals, communities and groups across Cornwall**

**LINK in Cornwall, c/o CRCC, 2 Princes Street, Truro, TR1 2ES**

**Tel: 01872 243533 Email: [linkincornwall@cornwallrcc.co.uk](mailto:linkincornwall@cornwallrcc.co.uk)**



## **Wellness Recovery and Action Planning**

Planning for the future

Rethink will be running a six week WRAP planning course  
at

THE PARKHOUSE CENTRE

BUDE

**Come together to build friendships**

**Share ways in which we cope with mental  
distress**

**Build a plan on how we prepare for the bad  
times**

**How we can celebrate the good times**

**Starting on THURSDAY 29<sup>th</sup> October for 6 weeks**

**2pm until 4pm**

To find out more about this informal six week course,  
please call

Anne at Rethink ARC on 01208 815676 or 07918 727031

## **South West Network of User Groups Summer Gathering 2009.**

\*

The summer gathering of the South West Network of User Groups (SNUG) was held at the Phew Centre in Exeter, on Wednesday 10th of June. SNUG is a South West network of mental health service users/survivors; some of whom are also carers. Service users attended from all the counties in the South West: Devon, Dorset, Somerset and Cornwall .

The programme for the day began with an informative discussion about Direct Payments. Direct Payments are a cash payment(s) made to an individual, that can be used to purchase support services appropriate to the service user's particular needs. Direct Payments can enable service users to live independently; improving their quality of life by meeting some of their support needs. Service users can ask their CPN to arrange for an assessment of their needs and eligibility for Direct payments. Further information can be obtained via Care direct on: 08451551007.

Service users at SNUG shared their first-hand experiences of applying for and receiving Direct Payments. It was widely felt that insufficient information is readily available to service users about what Direct Payments are and how to apply for them.

The next part of the SNUG programme was a discussion about two user-led initiatives in Exeter : The Bridge Collective and The Women's Network. The gathering was a timely opportunity to share with service users from across the South West some of what is going on in Exeter involving service users/survivors.

Ben and I did a short presentation about The Bridge Collective. We discussed how the Bridge Collective is run as a Community Interest Company (CIC) which means that it is a not-for-profit company. We talked about the democratic structure of the Bridge - that everyone is welcome to attend meetings and to participate in the decision-making process at The Bridge Collective.

We gave a summary of the different groups running at The Bridge Collective. I talked about RainbowMind, which is a group for Lesbian, Gay, Bisexual and Trans people (LGBT) with an experience of mental health issues. This group currently runs monthly at The Bridge Collective and is open to anyone who identifies as LGBT.

Ben spoke about Underground Sounds; the music group for 18-30 year olds who have experiences, feelings and beliefs that are often labelled as mental illness. Ben explained that different people turn up every week as it is a drop-in group. The group is open to new people as well.

Nerak talked about Experts by Experience including recent plans for service users to be involved in the training of Psychology Doctorate students. The presentation was a success; newsletters were handed out and interest in The Bridge Collective was generated!

The second part of the discussion focused on the development of The Women's Network in Exeter . Myself and Jo Swift who is a co-ordinator of The Women's Network talked about how the network started and how it is run. We explained that the network is open to all women, of all ages and backgrounds. All of the groups at the Women's Network are anchored by women who are in the network. Some of the groups running at present include: a creative space group, meditation, swimming and social evenings. I talked about the positive effects of co-anchoring a swimming session every fortnight at a local leisure centre. I described how my confidence and fitness have improved through being involved in the swimming group. Jo and I emphasised that the aims of the network are to break isolation and to empower women to find "fun, friendship and mutual support".

The presentation was well-received and provoked discussion. One person at the SNUG gathering conveyed that it was unequal that men who are service users/survivors could not access the network. The person felt that the activities on offer would appeal to men and women.

After lunch, there was an update from service user groups from all regions of the South West. It was an opportunity to hear about local service user involvement and to have feedback from the different service user groups. Finally, we shared poems and songs with Meg Compton from the Phew centre. One service user played an original song on the trumpet and also sang for us. Myself, Shirley and Nerak read a poem. It was very inspiring and many people were moved. All in all a brilliant day of networking!

For further information about SNUG please contact me via The Bridge Collective, Exeter

Anna Rose Langley-Smith.

## Welcome to the CSV Make a Difference Day!

CSV Make a Difference Day, the UK's largest day of volunteering, takes place on 31 October 2009, with activities from **24 October to 7 November**.

Imagine if everybody got to know their neighbours, gave their time to help others and took a more active role in their communities. This campaign is your chance to do all of these things and to inspire others to do the same, by taking action and making a positive difference in your community. In the uncertain times we face today, the need for strong community spirit is greater than ever. Through a collective day of volunteer action, we can create a wave of kindness across the UK this autumn.

Anybody can get involved – so why not you? The following pages will help you to:

- Identify the issues that matter most in your community
- Rally support for your cause and make your activity a success
- Gain publicity for your event

By acting together, we can beat the recession gloom, break down barriers and help build stronger, happier and safer communities for us all to live in.

Remember, the team is here to help in any way, so if you need advice, tips or help, just get in touch – we'd love to hear from you.

Call us on 0800 284 533, or send us an email at [difference@csv.org.uk](mailto:difference@csv.org.uk).

## How we will support you?

- If you set up an activity we'll send you a free Action Pack containing a T-shirt, posters, balloons, stickers and certificates to thank your fellow volunteers.
- If you want us to advertise your project on the Activity Locator potential volunteers will be able to find your activity.
- The CSV Make a Difference Day awards will reward the most innovative and interesting activities across the UK.

The team is here to answer questions, help with ideas and lend support before and after your event.

Make sure you subscribe to our e-bulletin In Touch in order to receive regular updates on the campaign – visit [www.csv.org.uk/difference](http://www.csv.org.uk/difference) to sign up.

Don't forget to register your project, either on the website or by calling us on Freephone 0800 284 533



### [What Is A Health Trainer?](#)

Our team of Health trainers are local people who live and work in your community. They have the knowledge, experience and training to be able to put you in touch with other local services and community groups, but more importantly to provide you with one to one support to make real changes in your life to improve your health and general wellbeing.

### [How Can A Health Trainer Help?](#)

A Health Trainer will help you fill out a personal health plan to help you to identify GOALS that you want to achieve in order to improve your health and wellbeing. GOALS vary from individual to individual and can seem a challenge but the Health Trainer will help you to break them down into small achievable steps.

### [What Can The Health Trainer Help Me With?](#)

The Health Trainer can help you in the following areas of your life:

- ✦ People
- ✦ Family
- ✦ Community
- ✦ Health (eg. Diet, exercise, smoking...)
- ✦ Housing
- ✦ Debt
- ✦ Safety
- ✦ Work
- ✦ Learning

### [Is There A Health Trainer In My Area?](#)

Health Trainers Currently work in the following areas:

- ✦ Parc an Tansys
- ✦ Pengegon
- ✦ Treneere
- ✦ Newquay
- ✦ The Clay Areas
- ✦ Liskeard
- ✦ Redruth North
- ✦ Saltash
- ✦ Torpoint
- ✦ Bude
- ✦ Kinsman and Berryfields
- ✦ Malpas and Trelander Estates

Floating Support covering North Cornwall, Caradon, Restormel & Carrick

### [How Can I Access The Service?](#)

This is a free service and you can arrange for a Health Trainer to see you by contacting Emily, who will then allocate you to the most appropriate Health Trainer to support you in meeting your goal.

Emily Beech - Health Trainer Administrative Support  
Tel:01209 313419

E-mail: [healthtrainers@ciospct.cornwall.nhs.uk](mailto:healthtrainers@ciospct.cornwall.nhs.uk)

## **Cornwall Celebrates – Volunteering**

We are delighted to announce the launch of the first ever celebration event to recognise the amazing work done by volunteers across Cornwall.

Every hour of every day of every year, volunteers play a vital part in keeping the heart of Cornwall beating - and this is your chance to recognise that effort.

If you know someone who volunteers, who you think deserves recognition for what they do, you can nominate them for an award in one of the categories below. All nominations will be considered by a panel of judges who will produce a shortlist of three per category.

Those three people will be invited to attend an awards ceremony on 29<sup>th</sup> October 2009 at Truro College and will each receive a scroll.

An overall winner from each category will be named and receive a prize and an overall Volunteer of the Year award will also be presented by Lady Mary Holborow.

### **The Categories**

Young Volunteer

Vulnerable Adult

Work Focused Volunteer

School Volunteer

Volunteer Driver

Volunteer Learner

Volunteer Supporting Elders

### **The Sponsor**

Cornwall College

Dept Adult Care & Support

Cornwall Council

Job Centre Plus

Dept Children, School &  
Families Cornwall Council

Cornwall Passenger  
Transport Unit

Truro College

Cornwall Care

Health Volunteer	Duchy Health Charity Ltd
Community Volunteer	Citizens Advice Bureau
Environmental Volunteer	Cornwall Council Environmental Services
Sports Volunteer	Leap Active
Community Safety Volunteer	Devon & Cornwall Police
Culture	TBC

So now, it's over to you. You can download a nomination pack from [www.volunteercornwall.org.uk](http://www.volunteercornwall.org.uk) or pick up a copy from your local Volunteer Centre or other selected outlets.

Nominations need to be in by **noon on 30<sup>th</sup> September** and should be sent to

Cornwall Celebrates – Volunteering, heron House, Newham Rd, Truro, TR1 2DP

*The judges' decisions are final and no correspondence can be entered into.*

*Cornwall Celebrates - Volunteering is a partnership between Volunteer Cornwall, Cornwall Council, BBC Radio Cornwall and Cornwall & Devon Media.*

*Full details are contained in the nomination packs*



## 'YOU DO NOT HAVE TO BE GOOD AT ART TO DO ART THERAPY'

Art Therapy service available at Bolitho House, Penzance for those who have a Care Co-ordinator within the adult Community Mental Health Teams in Penwith.

Art Therapy is a 'talking cure' in which art materials are used within a relationship with the therapist. Because there is a 3-way engagement between client, artwork and therapist, the process of self-exposure becomes easier to tolerate. It is not for artistic development but can sometimes lead to it – primarily the aim is to increase understanding and make sense of experience so as to stimulate new thinking and open up possibilities.

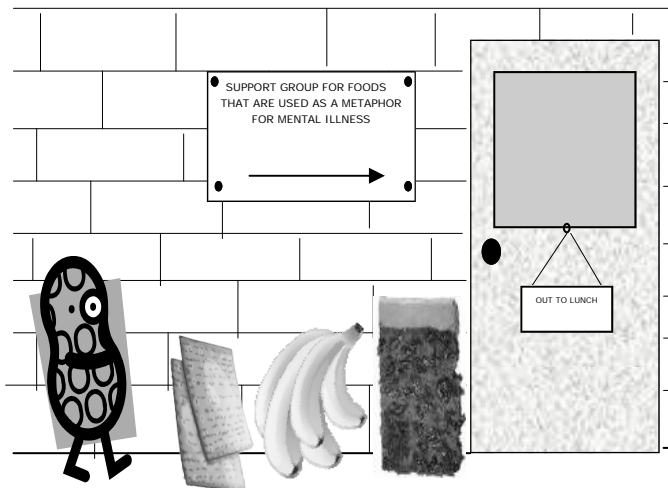
Whilst Art Therapy is valuable at all levels of mental distress, it is most applicable with:

Severe depression

Personality Disorders

Bi-polar Disorder

Schizophrenia/Psychosis





## Flu Friends

Everyone will be aware that the UK is experiencing higher levels of Swine Flu at the moment. For most people, this will mean nothing more than a short spell 'out of action' with flu-like symptoms and some TLC from family members, neighbours or friends. Within a matter of days they will be back on their feet.

**But not everyone has family, friends or neighbours they can turn to. That's where 'Flu Friends' comes in.**

Volunteer Cornwall is looking for people to act as 'Flu Friends' for those who have no-one else to help them. Put simply, it involves being a good neighbour for vulnerable people in your community and could involve:

Picking up medicines on their behalf

Doing their shopping for them as you do your own

Checking on their progress each day and being a 'friendly face'

### **What about the risks?**

Obviously, being around people with flu may increase your chances of catching it yourself. People with underlying health problems, with children under one or pregnant women may not be suitable for direct contact roles but for everyone else, if you follow basic hygiene rules, the risks are minimal.

It may be that you have already had Swine Flu yourself and now want to volunteer to help others or you may feel that the difference you could make to elderly or vulnerable people outweighs the risk of catching flu yourself.

### **So how do I get involved?**

Contact your local Volunteer Centre and we will do the rest. Visit [www.volunteercornwall.org.uk](http://www.volunteercornwall.org.uk) to find your nearest Volunteer Centre

### **Is there any help or support for me?**

Yes, we will give you a full induction pack and we can offer you additional training and support if you want it.

### **Do I get a vaccination or face mask?**

The UK's vaccination programme is not up and running yet but when it is, the first vaccine batch is earmarked for full-time health workers.

Face masks have only limited value and you are much better following basic hygiene guidance around proper hand washing and using tissues – Catch it, Bin it, Kill it!

*Flu Friends is supported by the NHS and Cornwall Council*

**COLOURFUL**

*We talk*

*We laugh*

**WOMEN'S HEALTH GROUP**

**many cultures**                      **many languages**                      **many friends**

*An opportunity for women from the many diverse backgrounds and cultures in our county to meet in a safe and friendly atmosphere! Together we share our experiences, learn new skills, improve our knowledge of the English language, keep fit and healthy and enjoy ourselves!*

**Groups currently run in Newquay, Bodmin and Penzance**

Children and young people welcome! To find out more ring Magda on 07515 58 00 00 or Lynette on 07515 58 00 01 or email [magda@pentreath.co.uk](mailto:magda@pentreath.co.uk) or [lynetteondrak@pentreath.co.uk](mailto:lynetteondrak@pentreath.co.uk). See you there!

## ***POETRY CORNER***

### **It's Reigning**

Fat Eamon Holmes presents the world today  
From his seat at the Sky New studio  
Offering us his unique presence.

We hear that abuse is rife  
Political, social, and one on one  
It cloaks itself in language.

Social inclusion  
Community care  
Was sold for a war  
Eamon H washes his hands  
He probably has OCD  
But tries to heal the cracks with expensive soap

Soon they'll be raw  
And open up altering his signature  
Bleeding on us from on high

Anon

## **HIGH WIRED ACT**

CONSUMED BY THE ALLURE OF MANIA  
MY CIRCUS SWING ARCS SKYWARDS.  
BLINDED BY THE GLAMOROUS SHIMMER  
I FLY HIGH ABOVE REALITY, BEYOND REASON.

WITH NO RESTRAINTS, NOR NET BELOW,  
IMPULSIVE COMPULSIONS ABOUND.  
PRESSURED SPEECH, EXUBERANT EMOTIONS;  
THE EXHAUSTING SHOW MUST GO ON.

A SEQUINED STRAIGHTJACKET CONSTRICTS  
WHILST MY COMPOSURE SLIPS TO THE FLOOR  
REVEALING VULNERABLE FLESH BENEATH,  
MY HEAD IS IN THE CLOUDS ONCE MORE.

REPEAT PERFORMANCES AND MATINEES,  
FOR A DWINDLING AUDIENCE THESE DAYS,  
I SHOULD PRACTICE A WHOLE NEW ACT,  
USE PAST EXPERIENCE TO CHANGE MY WAYS.

DEFYING GRAVITY IS GREAT AT THE TIME  
BUT THE COLLOSAL DROP TO THE GROUND  
SHATTERS ME AND BREAKS MY SPIRIT;  
IT'S A LONG WAY BACK UP FROM THE PIT.

BY LESLEY

## **And now about me**

I have hidden & hid  
In my bed just to rid  
myself of life, for a while.  
But thoughts still go through my head.  
I wish it were me that was dead.  
Selfish of me that I know  
But I'd really like to go  
A worthwhile life I have not  
But my children I have got  
I could not hurt them so  
But how to be freed?  
To succeed?  
I know not where to go.  
It is wretched to feel this way  
But I feel it day to day,  
And have done for 2 years or more.  
I am the living dead.

## **MY BRILLIANT DAY**

There are so many brilliant days, from parting the curtains for the first time in weeks after a bout of depression and letting the sun back into my life again to snorkeling in the cool blue water off a small Greek island, the shafts of sunlight reflecting the jeweled silver of fish; hearing my bubbled breathing, feeling weightless and free, safe near the shore, enveloped in one of Natures wonderlands; discovering each stone, each shell and tiny creature, shiny and magnified by the waters clarity and with no memory of time past – only now. Brilliant.

**BY DEREK**

DREAMSCAPE

from Bard of Caer by Francis Dexter

Listen do you hear the birds up in the sky  
See the blue and purple of the flitting butterfly  
Listen do you hear the babble of the stream  
See the colors everywhere is it just a dream

Is it just a dream and will I wake again  
Is it just a dream and will I wake to pain

Listen do you hear the rustle of the leaves  
See the red and yellow of the gently humming bees  
Listen do you hear the lark so bright and gay  
Can this all be real or will it fade away

Will it fade away or will it all stay clear  
Will it fade away or am I really here

Listen do you hear the laughter of your friends  
See them swinging on a branch as it bows and bends  
Listen do you hear their shouts of happiness  
Take the joy of every moment who would want for less

Who would want for less or ever ask for more  
For dreams are only ships that travel to a stranger shore  
So travel to that stranger shore and never question why or how  
Believe you're on that stranger shore  
and grasp the chance of here and now

And grasp the chance of here and now

# GOOD MENTAL HEALTH AND WELL BEING EVENT EVERYONE WELCOME!



MEVAGISSEY ACTIVITY CENTRE - THURSDAY 1<sup>ST</sup> OCTOBER 2009

FROM 2:00PM TO 7:00PM

Come along and enjoy a variety of activities and talk to representatives from many different organisations, including:



Cornwall Mental Health Project

Mevagissey Surgery

Health Promotion Service

U3A (St Austell)

Citizen Advice Bureau

Arts for Health

Trading Standards

Age Concern



Join in the activities during the day, such as Tai Chi, Singing and Art.

Enjoy taster sessions of complementary therapies, including Shiatsu, Massage and Reiki.

Learn about Meditation and how it can help you.

There will be no charge and there is something for everyone

**Come along at any time between 2:00pm and 7:00pm.**



Cornwall Mental Health Project



Organised by Cornwall Mental Health Project Community Independent Visitors Scheme, and Supported by Mevagissey Surgery, River Street

## Useful Telephone Numbers

General office Tel: 01872 243532

Nicki Sweeney, Project Co-ordinator (West) Tel: 01872 243542

Lesley Ayers, Project 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

Carers and Service Users Leaflet Line (CASULL) 01726 823515

Shelter: 01209 314844

Legal Helpline: 0845 650 3122

Cornwall Rape & Sexual Abuse Centre: 01872 262100

SEAP Mental Health Advocacy (not Restormel) 0845 2799019

Rural Community Advocacy (Restormel only) 01726 823137

Disability Information and Advice Line 01736 759500

### 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 25130