



The Mental Health Network is involved in various activities to support mental health services users to have a say on the services that they use. Our website gives a snap shot of the work that we do. You can access our website at [www.mhngg.org.uk](http://www.mhngg.org.uk)

If you are interested in the work that we do and joining the Network, please complete the form below and return it to the Network offices. Alternatively you can call the Network offices on **0141 550 8417**.

Name:  Date:

Address:

Postcode:  Contact No:

Email:

How do you prefer to be contacted? Please tick Phone  Post  Email

I am interesting in joining the Mental Health Network

I would like to find out more about the Mental Health Network

Please tick

Newsletter of the Mental Health Network (Greater Glasgow)

# NETWORK *News*

ISSUE 16 | SUMMER 2011



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

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*Your Service, Your Voice*

# CHAIR REPORT

*Hi Everyone,*

Hope you have all been enjoying the good weather we have been having recently.



This is a really busy time at the Network just now; one of the main things that is happening is the setting up of new forum groups in each area. The BUGS group is already established in the North West and is doing great, thanks to all the hard working members. Gordon is in the process of helping to set another forum in the South, as is Moira in the North East and East Dunbartonshire. Please do not hesitate to get in touch if you are interested in learning more about any of the groups. You can call **0141 550 8417** or email [info@mhgg.org.uk](mailto:info@mhgg.org.uk)

I would recommend coming to one of the forums that are being set up, as this is how I started becoming involved with mental health. I joined the mental health forum in my local area and the Management Committee of the Mental Health Network. At first I just watched what was going on and didn't say much (if you can imagine that ha ha), but I soon found my voice and haven't stopped since. No really, what I'm saying is this has had a great impact on my recovery, so much so that I'm thinking of taking the next step and training to get back into employment. Although employment is not an option for everyone being involved has given me purpose and a feeling of being useful, so if you are interested please give the forums a try.

It is great to see Elaine Park our General Manager back at work, welcome back Elaine and we all hope you are feeling better.

On other hand I would like to say Good Luck to Debbie, who produces our newsletter. She finished in May to have her second child. Good Luck Debbie and and hurry back, we'll all miss you.

*Have a great Summer, Anne*

## THE MENTAL HEALTH NETWORK SEEKS TO APPOINT NEW MEMBERS TO OUR BOARD OF DIRECTORS

Mental Health Network (Greater Glasgow) is a service led organisation that gathers the experiences and opinions of people that have used Mental Health Services in the Greater Glasgow Area.

Originally set up in 1999, the Network became an Independent Charity in 2004. We are a membership organisation and membership is open to individuals that have a lived experience of mental health difficulties and to groups.

To help support the organisation we are looking for interested and motivated individuals to join our Board of Directors with experience and skills particularly in the following areas:-

Accountancy and Finance; Fundraising, Marketing and Management.

The Board currently meets six weekly and although the role is non-remunerated, reasonable expenses will be reimbursed with training provided at no extra cost.

If you would like an informal chat about the role, please contact Elaine Park, General Manager, Mental Health Network on **0141 550 8417**.



therapeutic  
theatre

*Solar Bear*  
Solar Bear's pioneering Therapeutic Theatre is a unique combination of drama, psychodrama and performance that offers both a creative and therapeutic experience for people who access mental health services.

This pioneering approach was created and developed, on request, for the Mental Health Arts and Film Festival following a discussion that took place around the important link between art forms and therapy within mental health.

The project is facilitated by specialised practitioners Emma Hagen; drama artist/psychodrama psychotherapy trainee, and Ian Gidley; psychodrama psychotherapist/mental health nurse. Modelled in our style of facilitation is the belief that creativity, spontaneity, self-expression and playfulness are essential for emotional health.

MHN will be working with Solar Bear over the summer months. If you would like to know more about the work please call **0141 550 8417** or email [margaret@mhgg.org.uk](mailto:margaret@mhgg.org.uk). Information will also be available via our web site [www.mhgg.org.uk](http://www.mhgg.org.uk)

# Walk to WORK



Since February, Margaret, Gordon, Anna and Debbie have taken part in the Walk to Work Challenge. Over a twelve week period they wore pedometers and counted their steps. They have now completed the challenge and between them walked 2,294,719 steps.

## Try Our Quiz

Answers on Page 11

1. Manchester United has just won a record top flight championship, whose record did they beat?
2. Which tennis player is still unbeaten in 2011?
3. What is the most common Street name in the UK?
4. What is the name of the annual dog show held in London?
5. After Asia, what is the largest continent?

**VISIT OUR WEBSITE**  
**www.mhngg.org.uk**

**We look forward to your views!!**

## Wellness Recovery Action Planning

# WRAP

At the end of March I was fortunate enough to get a place on the WRAP facilitator's course. The course ran over 5 days and we worked to the materials provided by the Copeland Centre where WRAP originates from. We looked intensely at the main principles of WRAP: Hope, Personal Responsibility, Education, Self-Advocacy and Support, and worked on these for five consecutive days, which was tiring but extremely rewarding.

I can also hear you say 'What is WRAP?' WRAP stands for Wellness Recovery Action Plan. It is one of many self management tools out there, and there are several, but it is the one that I use personally and believe that it can help individuals in many ways.

It is very much focused on empowering individuals to have a voice and take control of their own lives.

So what does that all mean? It means that we will soon be facilitating WRAP sessions within the Mental Health Network. We will guide you through the material so YOU can develop your own WRAP. See Inset regarding this. Full details will also be available via our web site [www.mhngg.org.uk](http://www.mhngg.org.uk)

*Moira*

## Free Wellness Recovery Action Plan training!

The Mental Health Network is pleased to announce that we will be facilitating free Wellness Recovery Action Plan (WRAP) training for members of our organisation.

Who is this suitable for? We firmly believe that anyone would benefit from developing their own WRAP, however ideally it would be a Network member who is interested in self-managing their mental health condition and identifying further strengths to help them take control of, and move forward with, their own 'recovery'.

What is the commitment required? Over the coming year we will be running three courses for between 6-8 participants. Each course will be delivered over 3 days (5-6 hours each day) and require some personal reflective work between sessions. The bulk of the sessions will involve working in a small supportive group and we would ask all participants to be prepared for elements of this. We will be evaluating each session and would ask participants to contribute to this.

How do I get involved? Please call 0141 550 8417 or email [moira@mhngg.org.uk](mailto:moira@mhngg.org.uk) or [gordon@mhngg.org.uk](mailto:gordon@mhngg.org.uk) and we will be happy to discuss any issues or concerns you may have regarding this.



The Calm Project at Glasgow Association for Mental Health (GAMH) is funded by the Long-term Conditions Alliance Scotland and the Scottish Government. Calm offers complementary therapies and mindfulness to people aged 60 and over who have a long-term condition (including a mental health problem) and to mental health carers aged 18 and over.

Complementary therapies are therapies that work alongside conventional medicine. They usually adopt a holistic approach whereby the whole person is taken into consideration rather than just the symptoms of an illness. The Calm project offers a range of complementary therapies including Indian head massage, reflexology, hot stone massage and Reiki. Therapies are offered on a weekly basis for a period of 6 weeks.

Some comments from people who have had therapies from the project include:

*"I can't find the words to explain the difference it's made to me. My husband's not well. I was feeling that I couldn't cope any more. As if by magic, this appeared"*

*"I suffer from migraines and stress. The massage is heaven. I can't praise it enough. It's calming me down immensely. I haven't had headaches as much"*

Mindfulness teaches greater awareness of thoughts and feelings through simple techniques like meditation and gentle movement. It also helps to develop ways of thinking and living that can improve wellbeing. The Calm project is running a series of mindfulness groups, with each group taking place once a week for a period of 10 weeks.

Some comments from people who have attended the mindfulness group include:

*"Mindfulness helped a lot. I learned a lot, such as the breathing exercises. I've been under a lot of pressure recently, it helped a lot"*

*"I use the techniques at home, when stressed I use them. Before I didn't know what to do, it's been educational."*



If you're interested in finding out more about the Calm Project please contact Donna Lowden or Debbie Mitchell (tel: 0141 404 3769; email: [calm@gamh.org.uk](mailto:calm@gamh.org.uk))

Would you like to join our Newsletter Group?  
If you would like to share your views and experiences and work with a very enthusiastic team call the Network.

I have now completed the course and would say that there were a few things that I got out of it. I really liked the tutor, Audrey; I definitely made a connection and with that I respected and listened to her opinion. She explained that you have to take care of yourself before you can help others and I felt I could take something away from that. I also learnt that the root of stress and anxiety is that we feel powerless to change certain situations and I'm trying to accept that by attempting to manage the anxiety that I feel when thinking about my writing. I am now even attempting to write as I am more aware of the causing factors that prevent me from doing so. Lastly, she got me to realise that when I say 'can't' I really mean 'won't' and I am hoping to tackle that in the future.

Andrew



## B.U.G.S.

Over the past few months we have started visiting projects over the North West of Glasgow. So far we have been to Flourish House and the Restart Project. We would like to visit more projects to let them know about us, just let us know and we will come and visit. The meetings that we have attended in Gartnavel Royal include the West Acute Planning and Implementation Group and the Scottish Mental Health Arts & Film Festival.

BUGS will be working with, amongst others, the Couch House Trust to bring together people who would be interested in taking part in the Festival.

If you are interested in any of the BUGS activities or you would like to find out more you can contact us at the Network Offices by calling 0141 550 8417 or emailing [info@mhngg.org.uk](mailto:info@mhngg.org.uk)



## East Dunbartonshire

A "Wee Blether" was held in the area at the Kirkintilloch Health & Care Centre. My Colleague Tommy was there as was Peter Cameron who works within the Centre as a Peer Support Worker. It was an extremely informal meeting; we looked at how we could develop a meeting within East Dunbartonshire, the main difficulty that arose was the geography of the area. To combat this issue I am looking at having a separate "Wee Blether" in Milngavie or Bearsden. The meeting will be open to anyone and all current members will be lettered. If you are not a member as yet please contact the office or look at our web site where the information will be placed [www.mhngg.org.uk](http://www.mhngg.org.uk)

I will also continue, where possible, to contact and work jointly with the voluntary organisations within East Dunbartonshire and I will gladly speak to anyone who would like to find out more about the Mental Health Network (GG). Please call **0141 550 8417** or email [info@mhngg.org.uk](mailto:info@mhngg.org.uk)

*Thank You, Moira*



## North East Glasgow

In the North East of Glasgow I have continued to contact as many groups of people as possible by going out and speaking with many of them. I have been to the drop in at Cranhill flats which is run by Cranhill Art Project and met really nice people who meet and encourage one another. I visited the Ruchazie drop in on a Monday afternoon where again I met like minded people getting together.

The Glasgow East Mental Health Service Users & Carers Forum continues to meet monthly on the last Thursday of the month and is always eager to have new members on board.

I would be delighted to meet with anyone from the North East of Glasgow. I will in the coming months be organising a "Wee Blether" within the area and will be inviting all members from our mailing list. Anyone interested please call **0141 550 8417** or email [moira@mhngg.org.uk](mailto:moira@mhngg.org.uk). You will also find full details on our web site once finalised.

<http://www.mhngg.org.uk/>

*Thank You, Moira*

## PROMOTION WORK

Over the last few months I have been doing promotion work for the Network. This is done by having a table within the hospital setting and handing out leaflets and talking to people. So far this has been done in Leverdale, Gartnavel Royal and various other events in the Glasgow area. The whole concept of the promotion work is to highlight and encourage service users to get involved with the Network if they so wish. But also to let staff know who we are.

**We are at Leverdale on:**

- Thursday 19th May 2011
- Thursday 25th August 2011
- Friday 21st October 2011
- Thursday 17th November 2011

All visits will be between 12pm – 3pm

**We will be at Gartnavel** on the first Tuesday of every month till October 2011 between 12pm – 2.30pm

**Stobhill Hospital** sometime in May 2011.

*Thank You, Tommy*



## BREAKING THE SILENCE

The report from the event is now ready and is available on our website <http://www.mhngg.org.uk/>

So far we have brought together a group of women who are hoping to take things forward. In April Margaret (from the Network) and Dorothy Morrison (Health Improvement) attended the Scottish Perinatal Mental Health Forum. The presentation they gave was about the event and what people said would benefit them.

If you are interested in Breaking the Silence and you want to become involved please contact the Network to find out more. Phone **0141 550 8417** or Email [info@mhngg.org.uk](mailto:info@mhngg.org.uk)



# GOVERNMENT CUTS

GOVERNMENT CUTS?

SPENDING REVIEW?

EFFICIENCY SAVINGS?

AUSTERITY MEASURES?

BENEFIT CHANGES?

SERVICE REDESIGN?



## HOW DO THE CHANGES AFFECT YOU?

Vox (Voices of Experience) want to know the impact that the massive programme of change introduced by the government in Westminster is having on you.

Vox will be working with local service user organisations across Scotland, such as Mental Health Network (Greater Glasgow) and HUG to try to measure the impact of these changes, and how they affect your life. You can contribute to this by filling out a survey monkey questionnaire, the link is: <https://www.surveymonkey.com/s/YQFVNYQ>

Alternatively if you want to discuss the ongoing program of change and how it affects you, you can call me on **0141 550 8417** or email [gordon@mhngg.org.uk](mailto:gordon@mhngg.org.uk) as I will be interested in collating anonymised feedback from this.

*Gordon McInnes*

Please Note: The views expressed  
in this newsletter are not necessarily the views of MHN.

## Men's Health Day

On Wednesday 20th April I attended an event at Palace of Arts at Belahouston Park. The theme of the day was men's health and it was well attended.

The idea was to promote things that men can do to keep healthy. There were about 10 stalls there: from health promotion; education information; and cooking skills. Glasgow libraries were there too; they were promoting the concept that reading is good for the mind. South Regeneration also took part in promoting how they can help to guide you towards training and employability.

Mental Health was covered not just by the Network but by Plat-forum; the idea was to highlight that volunteering can be helpful to your mental health, as I found it to be very beneficial in my own recovery, leading me to employment. This was a choice I felt was important to me and was happy to do. Volunteering may not be for everyone, but I would say that if you have not tried it go on and do it, you may surprise even yourself in what you are able to do.

There were also fitness checks available; folk had the chance to sign up and take part in a 6 week programme, which I put my name to. There was a stall for healthy eating where people had the opportunity to taste food being cooked on the spot. Eating healthily is important to us all. There were even therapeutic sessions like massages and reiki available to all.

I do think it's very important for men to look after their wellbeing, whether it's physical or mental. I know we all can improve how we maintain a healthy life style, it just about making the right choices and with a little help from others we can do it.

Our first Men's Mental Health Forum took place at the Network May 17th, you can find an update about the meeting on our web site [www.mhngg.org.uk](http://www.mhngg.org.uk) If you wish to know more about our group you can contact me, Tommy, at the Network **0141 550 8417** or email [tom@mhngg.org.uk](mailto:tom@mhngg.org.uk)



### Answers

1. Liverpool
2. Novak Djokovic
3. High Street
4. Crufts
5. Africa