

SPEAKING OUT

Summer Edition 2008

Volume 3 Issue 2

The Newsletter of East Lothian Involvement Group

ELIG is the Independent Collective Advocacy Group for people who are using or have used mental health services in East Lothian.

A Review of ELIG's Members' Day and 2008 AGM Event

On 15 May last ELIG held the above event in the Arts Centre, Tynepark Resource Centre in Haddington. The event kicked off in the morning with a film show "Working Like Crazy" about social enterprise firms in Canada giving employment to people with mental health problems. This was followed by workshops which discussed the issues raised therein. About 24 people attended and were split into three groups for the workshops. These were facilitated by Peter Inglis (Signposts), Kirstie Henderson (CAPS) and Ross Macphail (ELIG). By all accounts, people enjoyed the film and the discussions afterwards were very lively indeed with the main outcome being that the majority present thought that a similar project in Scotland could be of benefit to them and others with mental health difficulties who wanted to get back into work.

After the excellent buffet lunch, the morning attendees were joined by invited guests and other members for a drama presentation by Tynepark Multimedia Group called "On the Road to Recovery". This was a 20 minute "work in progress" excerpt from their current project on mental health recovery. The opening sketch "I Believe" featuring an over-the-top evangelist from Alabama named 'The Reverend Howling Wolf' played by Rick, was certainly attention grabbing with the antics of his faithful "brain-washed" followers hilarious at times. However, the audience seemed to be very taken by the next sketch entitled "Anyone for Tennis?". This featured Ronnie (Council), Carol (The Secretary), Gillian and June as

patients in an experimental unit of a Psychiatric hospital, slowly coming out of their medication haze and taking part in progressively more stimulating activities until they were "H-A-P-P-Y". At one point near the end the audience showed their appreciation by giving a spontaneous round of applause. The last sketch called "THEM and US", was about service users (US) and mental health practitioners (THEM) having a debate about what is the best treatment for users and who decides this. The sketches were interspersed with a monologue in three parts, about the recovery journey of a former pig farmer called Lonely (played by Googs) who had lost his farm during the last outbreak of foot and mouth and had gone into a deep depression. The story told of his isolation from his family, his homelessness, finding a job as a 'Big Issue' seller and slowly getting *on the road to recovery* with the help of an old friend.

Some comments from members of the audience after the show: -

"I thought it was very raucous !" (Ken Morrice)

"The medication sketch had me in tears. I found it very moving"
(Unknown)

"I found it very entertaining indeed",
(Archie Nelson)

The drama was followed by the formal Annual General Meeting (see page 3) and the event was rounded off with tea and cake.

Feedback from people attending this event was very positive. Many said they had thoroughly enjoyed the day and thought it was well organised and went very smoothly from start to finish.



A warm welcome to the summer edition of the **ELIG** newsletter.

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Note from the Editor

Due to pressure of work planning the recent Members' Day event, this edition of the newsletter comprises four pages only.

We hope to return to the normal eight page format in the Autumn edition.

Special points of interest:

Any mental health service providers, who wish to be featured in the next edition of the ELIG Newsletter, which is scheduled to be published in early September 2008, should contact Ross Macphail on Tel. No 01620 82 6667 or by E - m a i l : eligdevworker@btconnect.com at eligdevworker@btconnect.com by 15 August 2008.

Cognitive Behaviour Therapy– Do you think it would benefit you?

You're standing in the queue at Tesco's check out and think "This will take a while. I may as well relax. I'll pick up that interesting looking magazine and browse through it or start up a conversation with someone nearby to pass the time" Your body stays relaxed and you feel calm.

Recognize that person? No? Then if you are anything like me, you think "This place is poorly managed, I wish they would get a move on". You begin to get agitated and start counting the number of people in the queue ahead of you and the amount of items they have in their trolleys. Then after doing a time/efficiency calculation on each cashier you decide to 'queue change' only to find that after a few minutes the queue you've just left appears to be moving much quicker now that you've left it. You now feel angry, your body is tense and you spend your time looking at your watch or grumbling to the person next to you. Your patience has nearly gone and to confound it all, just before your turn, the check out girl puts out the sign "CLOSED FOR LUNCH"

Recognize that person? Yes? Well you could benefit from Cognitive Behaviour Therapy (CBT). 'Cognitive' means thought processes as well as knowledge and perception. It teaches you to identify your thoughts, moods, behaviours, and physical reactions in small

situations as well as during major events in your life. You learn to test the meaning and usefulness of various thoughts you may have during the day and to change the thinking patterns that keep you locked into dysfunctional moods, behaviours, or relationship

interactions. In addition, you learn how to make changes in your life when your thoughts are alerting you to problems that need resolved.

Outcome research demonstrates the effectiveness of CBT for a wide range of psychological problems including depression, anxiety,

anger, eating disorders, substance abuse and relationship problems.

Although medication is the main treatment for mental health illnesses, CBT has been increasingly recognised as being equally important in helping some sufferers and their carers understand and manage these often distressing illnesses. For these reasons CBT should be offered to patients more widely than at present as a complimentary treatment alongside medication.

It is understood that the new East Lothian Community Mental Health Team will offer psychological therapies such as CBT.

Article by The Editor

Outcome research demonstrates the effectiveness of CBT for a wide range of psychological problems.....

E-mail to Editor

Dear "Speaking Out" Editor,

On attempting to renew my free bus pass it became apparent that there had been a rule change. Anyone receiving 'low' rate DLA is no longer eligible to receive a free bus pass as of 1 October 2007. People who receive middle rate and higher rate are not affected and if they need to renew their bus pass they should take their latest DLA award letter to their local library to process the renewal which should take no longer than 7 days.

Could you circulate this information to your readers.

Regards
Lesley McDade

Having Your Say

If any newsletter reader has a view or concern about the provision of mental health services in East Lothian they should write to Ross Macphail, ELIG, c/o Tynepark House, Poldrate, HADDINGTON EH41 4DA or e-mail him at eligdevworker@btconnect.com clearly outlining their concerns and giving their contact details. Every effort will be made to bring relevant issues to the attention of the appropriate authorities and highlight them in the ELIG newsletter. Alternatively, you can come along to one of ELIG's monthly meetings and explain the issue in person (see back page for dates)..

**ELIG
SPEAKING OUT FOR POSITIVE MENTAL HEALTH
AND WELLBEING IN EAST LOTHIAN**

ELIG NEWS

New ELIG Management Committee

I wish to inform members who were not present at the AGM, that Harry Paton has stood down as our Convener as of 15 May 2008. Harry is to be thanked for all his hard work for ELIG over some ten years in various posts and I hope that he will continue to play a part in the development of ELIG as a member.

As one door shuts another opens with the election of Veronica Forrest as the new Convener. Veronica is interested in fund raising and is a good organiser and was involved in the planning of the Members' Day event. A warm welcome is also extended to our new Vice Convener, Margaret Cessford and to our new Committee Members, Andrew Kernohan and Gordon Cameron. Andrew is also Convener of the East Lothian Bipolar Support Group. George Watson and June Rumbles were both re-elected as Treasurer and Secretary respectively. If any member is interested in taking up the vacant post of Committee Member they should speak to Ross Macphail.

NEW ELIG MANAGEMENT COMMITTEE (as elected at AGM 15 May 2008)

OFFICE BEARERS

CONVENER	Veronica Forrest
VICE CONVENER	Margaret Cessford
TREASURER	George Watson
SECRETARY	June Rumbles

COMMITTEE MEMBERS

Andrew Kernohan
Gordon Cameron
Third post unfilled

Members' Day Film Show

I am very happy with the trial of our new projector to play the film onto a large screen at the Member' Day event and hope to make regular use of it to show films and presentations at ELIG meetings and other ELIG social events.

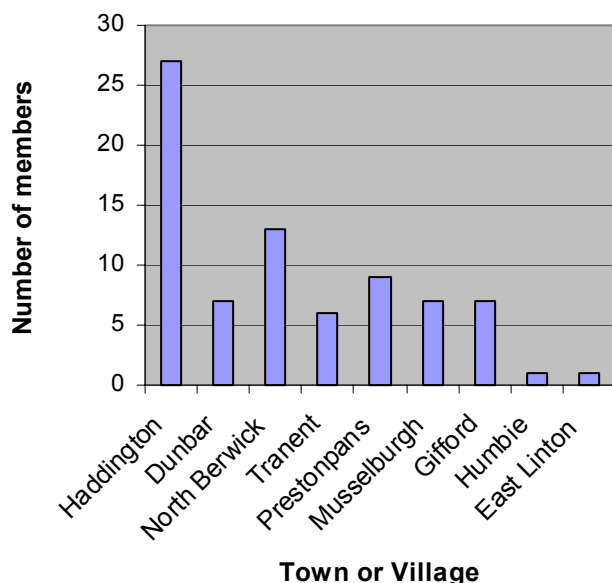
ELIG Membership

Our membership has grown over the past year and now comprises 62 full members, 18 associate members and 3 group members namely Stepping Out, Prestonpans Women's Support Group and East Lothian Bipolar Support Group. The chart below shows the distribution of where our members and associate members stay in East Lothian and it is interesting to note our fairly widespread representation throughout the county.



Ross Macphail
Development Worker

Distribution of where Elig members live in East Lothian



Tynepark Meetings

There will not be the normal ELIG meeting on Wednesday 2 July 2008 as we are attending the Annual General Meeting of the Scottish Independent Advocacy Alliance. This is taking place at Dynamic Earth, Edinburgh. Any members or associate members wishing to attend should complete the enclosed booking form and return it to Ross Macphail at the address given below by Wednesday 18 June 2008.

Please refer to notice on back page for dates of ELIG monthly meetings this quarter.

Ross Macphail
Development Worker
Tel No 01620-826667

ELIG,
c/o Tynepark House,
Poldrate,
HADDINGTON EH41 4DA

Adverts

PRESTONPANS WOMENS SUPPORT GROUP



We meet every Wednesday morning
Between 10 am-12 noon
At
PENNYPIT CENTRE
PRESTONPANS

For more information contact: -

Janet Demarco Tel 07765713552
Dawn Doran Tel 07737568621

Public Notices

East Lothian Involvement Group

Meetings this quarter

Wednesday 4 June
Wednesday 6 August

1 pm to 3 pm
At

Tynepark Resource Centre
Poldrate, Haddington

*For further information contact Ross Macphail
on Tel No 01620 82 6667*

East Lothian Bipolar Support Group

*For people who experience bipolar disorder
and their carers.*

We meet on the 3rd Monday of each month
between 6.30 pm—8pm
At

Tynepark Resource Centre,
Poldrate, Haddington

Next meeting

Monday 16th June 2008

For further information contact Alan Douglas,
Development Officer, Bipolar Fellowship Scotland
tel: 0141 560 2050

East Lothian Mental Health Forum

*A place to voice your views/concerns about Health
and Social Services in a friendly and informal setting.*

Next meeting: -

Tuesday 26 August 2008

1.30 pm to 3 pm
At

Tynepark Resource Centre
Poldrate, Haddington

Guest speaker: Gerry Power
General Manager—East & Mid Lothian
Community Health Partnership

All travel expenses paid. Contact Lesley on
Tel No 01620 82 2212

Joining ELIG

ELIG membership is free and can be obtained by phoning the office at 01620-826667, e-mailing the development worker, Ross Macphail at eligdevworker@btconnect.com or writing to : Ross Macphail, ELIG, c/o Tynepark House, Poldrate, HADDINGTON EH41 4DA.