

SPEAKING OUT

Winter Edition
2008/2009

Volume 3 Issue 4

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.

EDITORIAL

For those that do not know us, we are a service user group which actively campaigns to improve people's experiences of using mental health services in East Lothian.

We work alongside and enable service users in East Lothian, to have their voices heard by providing Independent Collective Advocacy so that they are involved in decisions which affect their lives.

Collective Advocacy is about groups of individuals with a common cause who come together to raise awareness, campaign and influence service planning and provision. We are consulted on proposed changes to mental health services in East Lothian.

Our Aims are to:

- speak up for mental health service users
- raise awareness of mental health issues
- speak out against stigma and discrimination
- work in partnership with other service providers
- show where there are gaps in mental health services
- participate in planning and managing mental health services
- facilitate training to provide skills and knowledge

- use social events to strengthen our group
- promote positive mental health and well being

ELIG is always keen to welcome new members (membership is free). We are currently looking for help and support to take on practical tasks, e.g. fundraising, distributing our newsletter and with the general running of the group. If you would be interested in helping out, please feel free to give us a call.

Anyone who uses or has used mental health services in East Lothian is welcome to join us. Others, who agree with our aims and have an interest in raising awareness of mental health issues, are also welcome.

For further information visit our web site at:

www.eligadvocacy.org.uk

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ELIG
INVESTING IN
PEOPLE



A warm welcome to the winter edition of the **ELIG** newsletter

Inside this issue:

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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 March 2009, should contact Rick Murphy on Tel. No 01620 826667 or by E-mail: info@eligadvocacy.org.uk by 15 February 2009.

Just For Fun

CHRISTMAS NAME GAME

Each clue leads to a well known name associated with Christmas. Put the initials or stated letters in the appropriate squares to identify the person.

1	2	3	4	5	6	7
8	9	10	11	12	13	14



Clues:

- (2,10 & 3) He was born in Denmark and wrote Fairy Tales (initial letters of full name)
- (7,13) He was the original Santa Clause
- (11) He went up the beanstalk (last letter of first name)
- (12,14) He was tight fisted at Christmas in the past
- (6,8) She was taught how to pronounce her vowels in My Fair Lady
- (1,9) She had two ugly sisters (first and second letters of first name)
- (4,5) He had a very shiny nose (first and third last letters of first name)

CHRISTMAS MYSTERY MESSAGE

		1																	
2																			
		3																	
			4																
	5																		
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			13																
		14																	



The mystery message will appear in the 6th column on the grid when you have solved the clues. Can you crack it?

Clues (Across only)

- | | |
|---------------------------------------|--|
| 1. Santa's entrance | 8. Don't gobble too much of this at xmas |
| 2. Little Town of..... | 9. Rudolph pulls one |
| 3. Is she at the top of the tree | 10. Purse your lips, your underneath it |
| 4. Christmas hymns | 11. Don't forget to hang it up |
| 5. The.....and the Ivy | 12. Wise men brought gifts of Gold, Frankincense and |
| 6. This king looked out | 13. This showed the way |
| 7. They were brought the glad tidings | 14. Use it to decorate the tree |

ANAGRAM SAM

Rearrange the letters of the following phrases to match the clues: -

- A 'KILL THEY BID' (Clue: He did the killing)
- B. 'ONE OLD FORT NOW' (Clue: But it's still impressive from the River Thames).
- C. 'SO SO FLASHY LONDONER' (to give the name of a classic TV comedy series). What is it?
- D. 'WE ALL MAKE HIS PRAISE' (to give the name of a famous playwright). Who is it?

TRICKY RICKY'S CHRISTMAS QUIZ

(Watch out the answers are not what you might think initially)

1. What was odd about Rudolph the Red-nosed Reindeer?
2. Where does Santa Clause come from?
3. What colour were the original Oompa-Loompas? (A). Black. (B) Gold. (C) Multi-coloured. (D) Orange.
4. What kind of fruit are Jaffa Cakes made from?
5. Where do Panama hats come from?
6. What do we have Thomas Crapper to thank for? (A). The manhole cover. (B) the bathroom showroom. (C) The ballcock. (D) The flush toilet.
7. How many animals of each species did Moses take into the Ark?
8. Which country has a Fourth of July? Is it Britain, America or France?
9. What was King George VI's first name?
10. From which animal to we get catgut?



CHRISTMAS WORD SEARCH



S	M	Y	E	O	C	N	Q	O	Q	D	L
T	R	E	E	I	L	Z	G	F	R	N	M
A	T	V	H	P	L	O	D	U	R	N	I
R	T	I	N	R	A	P	C	A	N	D	Y
E	E	X	Y	E	B	R	E	H	S	A	D
E	M	E	E	S	N	A	M	W	O	N	S
D	O	N	N	E	R	N	Q	H	S	C	W
I	C	S	M	N	K	C	A	S	A	E	R
P	B	L	I	T	Z	E	N	S	N	R	E
U	E	E	H	F	F	R	O	S	T	Y	A
C	L	D	C	I	J	P	P	H	A	O	T
E	L	F	U	G	N	R	B	C	W	T	H

Can you find these words?

- | | | |
|---------|---------|---------|
| BALL | DEER | SANTA |
| BELL | DONNER | SLED |
| BLITZEN | ELF | SNOWMAN |
| CANDY | FROSTY | STAR |
| CHIMNEY | GIFT | TOY |
| COMET | PRANCER | TREE |
| CUPID | PRESENT | VIXON |
| DANCER | RUDOLPH | WREATH |
| DASHER | SACK | |

Answers to quizzes on page 11.

Oor Stories

Josephine's Story

My nightmares started when I was eleven years old. That was also when I started sleepwalking. I was picked on at school and this bullying also started when I was eleven and went on until I left school. I'm sure that is when all my troubles started. This I am sure, was the beginnings of my mental illness.

My mum took me off to the doctor's and he sent me to my first psychiatrist. He said that I was having problems and nightmares because my mind was not at rest. I still have nightmares but I don't sleepwalk very often these days. When I have nightmares, I shout out in my sleep. Friends who have come to stay have heard me and told me about my shouting and screaming in my sleep.

I have been bipolar since the age of eleven. I never went to school much I used to skip school most days. My oldest friend and my sister took me to school every day, but at playtime I ran out of school and one day two girls saw me. They told the teacher and she ran after me and she tied me up in the cloakroom for the rest of the day. It left a mark across my stomach. I ran to the bus stop when school was over and went home and told my mum. My mum went to see the Headmistress the next day and the teacher got sacked. I was in the news. It was the headline of the Evening Star newspaper. That was the time that I started with my bipolar problems.

My childhood was not a happy one. I hated school. I left school at 15 and went on a training course. It was an apprenticeship to become a feckler and grinder in the steel works. My first job was in an umbrella factory. This is when I started to be happy again. Life has not been easy with the bipolar problem. There are great highs and great lows. I had to leave the job in the umbrella factory because I

could not cope with life when I was low.

I now attend Tynepark. I cook the communal lunch on Saturdays. I do craft work. I also do drama. Drama is good therapy – as is cooking. I want to move on with my life and perhaps get a voluntary job or maybe even a full-time job. I want to go back to college and do English and Maths. History, drama, belly dancing, jewellery, computers and craftwork are my interests.

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I have a support worker and CPN. They help me when I am low or when I am high. When I am normal, I don't have to see them so often. That's what bipolar is. It is a mental health problem.

I'd like to tell you a story about when I was young. I used to jump on trains and jump off them as well. This was because I could

not stand the bullies at school. This was my childhood, which was not a happy one. The police were always at my Mum and Dad's house, knocking on the door. I used to go missing for days on end. It was a big worry for my parents. The story goes on and I could go on and on about my childhood but I won't.

Dyslexia is also a big problem for me in life. I wonder if you all know about dyslexia? People with this problem see printed words and numbers differently from those people who do not suffer from the condition. This makes it hard for us to read and to write that's why I want to go to college.

Note by Editor

This story was submitted by a service user who wishes to remain anonymous The name given in the story is therefore fictitious. If any other service users would like to tell their story please get in touch with Rick at the ELIG office on Tel No 01620 826 667 or email:info@eligadvocacy.org.uk

Tynepark News

Badenoch Was Goodenoch

After many months of planning, the Tynepark holiday to the Cairngorm Christian Centre at Badenoch near Aviemore, finally took place over three days in September. A minibus of fourteen, with Tom at the wheel, drove off on the Tuesday morning and after a couple of stops en route, made it to the centre in Kincaig by mid-afternoon. Jed and Ewan, in particular, livened up the journey and kept everyone entertained with their own witty repartee and idle chatter.



Tyneparkers "On Top of the World" on holiday in Aviemore

The centre was big enough to accommodate everyone in single rooms and once we were settled in, we headed back out to visit the local area, calling in on Newtonmore and the interesting Highland Folk Museum. We then headed back to Kincaig though not before Robbie had tucked into a haggis supper and Ewan had es-

tablished that the helpings of fish in the local chippie were decidedly meagre.

Back at the ranch, the rest of us tucked into stovies, prepared by Anne and Jed. Then it was out to the local village pub in Kincaig where an open fire and pool table welcomed us for the evening.

The following day was jam-packed starting with a trip to the mountains followed by a visit to the Reindeer Centre where Jed was nearly mistaken for one of the locals. Then off to Aviemore for lunch and an afternoon excursion out into Speyside on the Strathspey Railway. In a whoosh of steam we were taken at a leisurely pace to Broomhill via Boat of Garten. Later there was even time for a drive on a mystery tour of the area before we headed back to enjoy a much-needed Chinese meal. Later, it was back to the pub where Ewan and Ken proved to be kings of the pool table.

The following day after Jed's hearty breakfast, we made up rolls for lunch and headed back to the Folk Museum for another visit. Then, all too soon, it was time to head south with a longer stop, this time in Pitlochry, for lunch and a trip round the shops. Before we knew it we were back in East Lothian by late afternoon.

A thoroughly enjoyable few days was the unanimous verdict on the trip, but perhaps longer next time? A big thank you to the Christian Centre for subsidising the accommodation costs, to ELIG for the cost of the transport, to Tom for driving us safely there and back and to the Garden Fund for the food.

Roll on our next holiday!

Tynepark's Upcoming Festive Events

Date	Event	Place	Time
Thurs 11th Dec	Christmas Fayre	Arts Centre	10 am-12 noon
Sat 13th Dec	Panto visit	Lyceum Theatre	2:30 pm
Thurs 18th Dec	Christmas Party	Arts Centre	6 pm—approx 9 pm
Mon 22nd Dec	Christmas Lunch	Crèche	1 pm (price £4)
Wed 24th Dec	Christmas Carols	Music Room	10:30 am

Meet the Community Mental Health Team

Who makes up the entire Community Mental Health Team?

There are 43 members of staff in the team:

3 consultants

30 nursing staff in two teams:

- Community Mental Health Team (CMHT)
- Intensive Home Treatment Team (IHT)

1 Psychologist

1 Physiotherapist

2.5 Occupational therapists & 1.3 support OTs

Sessional staff:

- Dietician
- Speech & Language
- Music Therapy

1 Carer Support Worker

1 Peer Support Specialist

2 Social Workers

1 Administrative staff

(to free up clinical staff time)



How do people contact the team?

Initial referrals are through GPs but if you are already in the system you can phone the team direct. (They will give you a contact number).

The role of the CMHT

It offers intensive specialist support in the community to adults up to 65 yrs.

The development of the team is an organic process and will change according to need.

HOW the CMHT operates

There are **two teams** within the CMHT:

- ◆ The regular **CMHT** will operate from Monday to Friday 9 – 5pm.

Meet the CMHT Team Leaders



David Haldane, Claire Faulds, Christine Stewart and Fiona Graham.

This team will provide support one to-one or in groups during the day.

- ◆ The **Intensive Home Treatment Team (crisis team)**, the IHT will operate 8am – Midnight, 7 days a week.

- ◆ The IHT will offer intensive home treatment for as long as is needed.

- Referrals to the IHT are people who are going through an acute episode of their illness.
- You will get as many visits from health professionals as you need to support your recovery.

Where are they?

The two teams will be based at Pencraig, in Herdmanflat but the service you will receive will mostly be in the community or at home.

Assessment

There are 3 types of assessment. You will receive any one of them depending on your situation.

A Core Assessment assesses your state of health and is carried out by Health Staff when you first contact the service.

A single Shared Assessment is a full assessment that may show other key areas that you may need support with, such as help with housing or benefits. This assessment will be shared with staff in other agencies such as Social Work and Housing.

A WRAP is a self-assessment that is personal to you and helps you to look at your goals and aspirations as well as your immediate needs and map out a path to recovery. A peer support worker or member of staff can help you do a WRAP.

Out of hours

If you are already being seen in the service, you can contact the IHT until midnight.

- After midnight, and if you are new to the service, you should contact NHS 24 on 08454 24 24 24, or the Breathing Space service on 0800 83 85 87 (phone lines open 6pm to 2am).

- For people who are already being seen by the CMHT there will be good handover links between the services to help you at any time of the day and night

CMHT > IHT > Out of Hours Team in Edinburgh

In-Patient Care

All inpatient care will happen at the Royal Edinburgh Hospital.

East Lothian will have 12 dedicated beds at the RE

The CHMT will be up and running by 26 November 2008.

when Garleton Ward at Herdmanflat closes in 2009.

The beds will be managed by the Intensive Home Treatment Team. There will be strong links with the hospital staff and the IHT to support the person during their stay in hospital and the discharge process back home.

Respite

Planned respite care will be organised by East Lothian Council to support carers to have a break from caring.

Crisis care. There is a carers support worker who is working in the acute ward to help families through periods of difficulty.

Comments from members of the East Lothian Mental Health Forum

There is a need for better information from GPs to staff on the CMHT in order to make appropriate referrals.

Comment: We need to break down barriers and accept referrals from voluntary sector staff.

Answer: The new team will be happy to accept referrals from voluntary sector staff.

Comment: NHS 24 doesn't meet the needs of someone in a state of anxiety and many people became more distressed when trying to speak to someone about getting the right help.

Answer: People should speak to Breathing Space directly. It is an organisation set up specifically to help people in mental distress.

Comment: It takes 12-15 weeks to get a referral from GP to see a psychiatrist - this is too slow.

Answer: We are working hard to develop new



systems that will cut the waiting times down to 10 days.

Comment: What happens when the day hospital closes?

Answer: The functions of the day hospital will continue but at venues in the community or in your home. The voluntary sector will become much more involved in offering one-to-one and group support.

Comment: Strong links need to be developed between the Royal Edinburgh in-patient care team and the East Lothian Community Mental Health Team. Coming out of hospital back into the community can be a very difficult time and there needs to be lots of support to make the transition as positive as possible.

Answer: Absolutely!

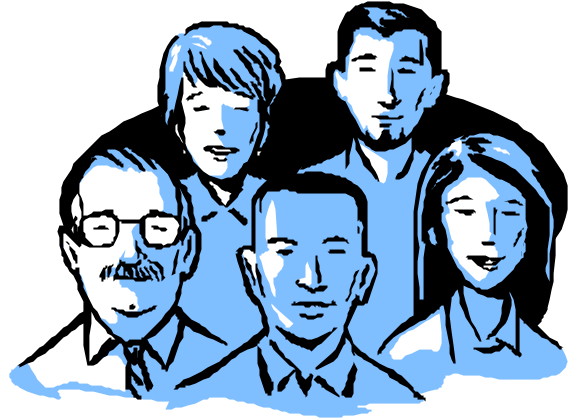
Thanks to Leslie Aitkenhead of East Lothian Community Care Forum for her kind permission to reproduce this article.

At Our Last Meeting.....

At our meeting of 1 October 2008, members were asked to give their written opinions/concerns about their experiences of using mental health services and also give comments about the positive and negative factors which had had an effect on their lives recently

Comments made were as follows: -

- Would like to know more about the future of mental health services in the community. Specifically what strategies will be employed by the Intensive Home Treatment Team to minimise the prospect of hospital admission.
- It takes ages to get in touch with Social Work or get any help from them.
- NHS typical behaviour when things go wrong. No access to legal system. Legal system not designed for disabled people. Emergency Social Work - No emergency psychiatric services in east Lothian.
- Mental health system still needs a lot of attention. Access to The Scottish Executive decision makers. Greater joined up action by Council and NHS. Review my Napier activities to see if I can come up with strategy for user/carer involvement in service design. Check up appointments with GP or other Doctor every 6 months like Dentist does. Joined up transport. Attitude of bus drivers.
- Choosing a hospital site. Deciding on a form to carry round with you.
- Positive - Starting up a social firm
- Negative – Losing my Psychiatrist.
- Positive – Working with ELIG.
- Negative – Losing my GP.
- I would like an income/job.
- Having a well earned break to deal with personal health problems I have with depression has helped me deal with mothers Alzheimer's illness + father.
- I would like to say that Don Prentice has put machines on their buses. I have had feedback from a lot of people praising the service. It saves time. I have also heard that people would like the First Bus to put machines on their buses.
- Communication Problems. Hospital has wiped me off board even though I am getting worse. Care & shelter.
- Positive- Support from CPN follow up from being an in-patient.
- Negative –Against the hospital closing.
- Negative – Keep in touch regularly with GP.
- Positive – Discuss any problems or difficulties with CPN on a regular basis.



At Our Last Social Event.....

“NETWORK CHALLENGE” QUIZ

This well attended pub quiz took place on 20 November last in Tynepark’s Art Centre. The idea behind it was to bring service users and mental health professionals together in a social setting to get to know each other better.

Eight teams took part in the quiz including teams representing the CMHT (The Moody Blues), ELCCF (The Forum Fighters), ELIG (The Elig Eejits), East Lothian Bipolar Support Group (The Strongest Sausage), Alba Theatre (Charlie’s Angels), Car-Gomm (Elvis), Tynepark Resource Centre (The Tee Pee’s), Alba Theatre 2nd team (The Quiz Knights).

Quite a few of these teams comprised a mix of service users and professionals.



After the buffet, the teams put on their thinking caps and Terribly Laxman, the quiz master, kicked off the quiz with the *starter for ten* on general knowledge. In the next round, *Name That TV Theme*, Monica Nose (June I) assisted by Ken, had people in stitches with her visual clues. The quiz was rounded off with an *On the Buzzer* round where teams were asked to sing a song or demonstrate a dance for bonus points. It was quite amazing how many people knew the words to songs such as Postman Pat and the Wombles song.

The joint winners of the quiz were *Elvis* and the *Tee Pees* with the prize for the wittiest team name going to *The Strongest Sausage*.

Some witty comments from the participants: -

On realising that the Elvis team had left early before collecting their prize someone remarked: “*Elvis has left the building*”

During the vote for wittiest team name, someone asked if they could vote more than once for different teams. The quiz master replied that they could vote as many times as they wished. This drew the comment “It sounds like a Labour party meeting”

ELIG would like to thank Anne Gobinson (Anne Lannan), George Pumpitup Watson, Monica Nose (June I) and Oor Ken for assisting with the quiz. Thanks are also extended to June R (on the door), Judy and Graham for preparing the buffet and Ronnie and Jan for clearing up afterwards.

Feedback from people attending the quiz was very positive indeed. Many said they had thoroughly enjoyed it.

Roll on the next event!

ELIG NEWS

Hot News on the Jobs Front

Andrew Kernohan (ELI G'S Management Committee Member) has been appointed as Peer Support Worker at Herdmanflat Hospital. The paid position is on a job share basis for 18 hours a week. We wish Andrew well in his new job and hope that he will be able to continue his role with ELI G.

ELI G'S Administrator's job was made permanent on 1 October last with the appointment of Rick Murphy. Rick was Professional Officer level in his previous job before taking early retirement several years ago and we are glad to have him on board as a permanent member of staff. He will continue to do the office paperwork and produce our quarterly newsletter on a part-time basis.

Our Development Worker's post was advertised recently as a permanent position with interviews held on 27 November last. We hope to appoint a person to the post by early in the New Year. Ross Macphail has been doing the job on a temporary basis since June 2005 and it was important that we put the post onto a proper professional footing for the good of ELI G. Ross was invited to apply for the post but declined.

Donny Allan (Service User) has successfully completed his training as a Volunteer for CREW, an Edinburgh-based organisation offering information and support to young people concerning drug use and sexual health. He has been helped in this endeavour by his Support Worker from Car-Gomm. We wish him the best of luck in his new work.

News from the Home Front

Ewan Muir (ELI G member), who was homeless for eight months and has been banded about various B&B's around the county, has recently moved into a new flat in Tranent with help from his Car-Gomm Support Worker. Good luck in your new home Ewan and don't forget to help your Mum with the hovering!

ELI G Goes LIVE

ELI G'S new website is now LIVE and can be accessed by Gogglng "www.eligadvocacy.org.uk". The site includes a BLOG, where people can give their views on particular issues posted or just have a chat about their concerns. The website will be kept updated by Rick with the latest news on forthcoming consultations, events and meetings. Our thanks to Nick Cook of Cook Computing for helping us with the design of the website.

Social Events

After the success of our "Network Challenge" quiz night back on 20 November last, we are continuing our social programme with another event planned to take place at the end of February 2009. Further details will be circulated nearer the time.



ELI G members and others on a recent trip "Doon the Water" on the Waverley steamer

If any members have any bright ideas for future social events, please write in, email or speak to Veronica or Rick in Tynepark.

ELI G'S Roles and Procedures

We have been gradually reviewing ELI G'S roles and procedures over the past few months, with a view to making them more robust. Actions taken so far have included making our staff posts permanent and tightening up on our financial procedures. Our next tasks are to review the role of our Management Committee and to review the way we gather views about mental health issues, how these are recorded and collated, and how we prioritise those issues we decide to take forward. Our website BLOG pages could play an important part in this process.

ELIG NEWS

The Future

Elig is moving forward into the New Year on a mission to reach out to more people with mental health problems living in East Lothian. We plan to implement a comprehensive publicity drive, with flyers distributed to all GP Surgeries, Libraries and mental health providers in East Lothian. We are also considering placing a prominent article in the local press publicising ELIG.

We are currently compiling a three year action plan (2009 - 2012) which we hope to start implementing in April 2009. This involves gathering ideas from our membership and others, on ways in which we can be more effective as an organisation, get more people involved and have a greater influence over the type and quality of the services we think will help us. We have already taken action on some items such as putting into place our new website with BLOG pages and the actions taken under the review of our roles and procedures (ongoing), which we hope will pave the way for the implementation of our three-year plan.

Some points under consideration for the Action Plan are: -

- More training for our active members
- Better forward planning
- Better flow of information

- More use of two-way workshops instead of meetings to give out and gather information in a more user-friendly way
- Additional events outside Haddington to publicise ELIG and encourage membership
- More partnership working with other service providers

STOP PRESS

Meet Our New Development Worker

Nikki Moran has been appointed as ELIG's new Development Worker and starts in the post on 6th January 2009. The first opportunity to meet her will be at our January monthly meeting on the 7th.

Nikki comes to us from the *Places for People* Project based in Livingstone, West Lothian. For the past four years, she has been supporting people with Mental Health problems and Acquired Brain Injury in their homes both in West Lothian and latterly in Edinburgh. She has extensive experience of networking with a wide range of agencies, and has strong skills in fund raising and organising social events. Nikki also brings a person-centred approach to the job which was evident from her chats with service users on the day of her interview. So why not come along to meet Nikki on 7th January at Tynepark House.

Answers to Quizzes

ANAGRAM SAM

- A. BILLY THE KID
- B. TOWER OF LONDON
- C. ONLY FOOLS AND HORSES
- D. WILLIAM SHAKESPEARE

CHRISTMAS NAME GAME

Answer: CHARLES DICKENS

1. Hans Christian Anderson
2. Saint Nicholas
3. Jack
4. Ebenezer Scrooge
5. Eliza Doolittle
6. Cinderella
7. Rudolf

CHRISTMAS QUIZ

1. He was a girl (Male reindeer lose their antlers at the beginning of the winter. Females keep theirs until they

give birth in the spring).

2. **TURKEY.** (St Nicholas-the real Santa-lived in the town of Demre in south-western Turkey).

3. **BLACK** (according to the first edition of Roald Dahl's 1964 novel *Charlie and the Chocolate Factory*)

4. **APRICOTS** (Actually apricot pulp, sugar and a squirt of tangerine oil)

5. **ECUADOR** (Called 'Panama' hats because they were exported through shippers based in Panama)

6. **All of them except the last one.** (He was a London plumber (1836-1910) who held nine patents for manhole covers, drains, pipe joints and the ballcock but not the flush toilet).

7. **None** (it was Noah who took animals into the ark).

8. **All of them have.**

9. **Albert.**

10. **Sheep** (horse or ass)

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 7th January 2009
Wednesday 4th February 2009
Wednesday 4th March 2009

1 to 3 pm
At

**Tynepark Resource Centre
Poldrate, Haddington**

*For further information contact Rick or
Veronica 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 19 January 2009

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.*

We meet on the third Tuesday every two months
Next meeting: -

Tuesday 20 January 2009

10.30am to 12 noon
At

**Tynepark Resource Centre
Poldrate, Haddington**

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

**Elig wishes all our newsletter readers a very happy
Christmas and a peaceful New Year.**

See you in 2009

