

SPEAKING OUT

Spring Edition
March 2009

Volume 4 Issue 1

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.

Welcome to the spring edition of the ELIG Newsletter.

For those who know us—Hi again.

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 to arrange a visit

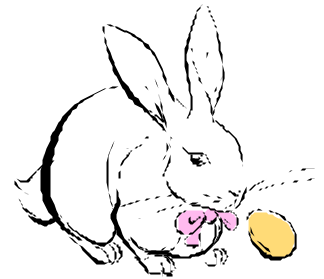
Anyone who uses or has used mental health services in East Lothian is welcome to join us. Others, who agree with our aims and have an interest in raising awareness of mental health issues, are also welcome.

For further information visit our web site www.eligadvocacy.org.uk

East Lothian Involvement Group
C/o Tynepark House
Poldrate
HADDINGTON
East Lothian
EH41 4DA

Tel No: 01620 826 667
Email: info@eligadvocacy.org.uk

ELIG
INVESTING IN
PEOPLE



Happy Easter when it comes folks

Inside this issue:

<i>Just For Fun</i>	2 & 3
<i>Oor Stories</i>	4 & 5
<i>Our Poetry</i>	6
<i>ELI SU Meetings</i>	7
<i>Complementary Therapies</i>	8
<i>Letters to the Editor</i>	
<i>News from Multimedia</i>	9
<i>ELIG News</i>	10 & 11
<i>Public Notices</i>	12

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 June 2009, should contact Rick Murphy or Nikki Moran on Tel. No 01620 826667 or by E - m a i l : info@eligadvocacy.org.uk by 15 May 2009.

Just For Fun

ELIG'S MANAGEMENT NOTICES

As part of the administrator's drive to get ELIG'S procedures more "ROBUST", he has come up with the following rules which **MUST BE** adhered to by all **ELIG members** **at all times**.

1. Would the person who removed the stepladders from the basement cupboard please put them back as soon as possible **OR FURTHER STEPS WILL BE TAKEN!**
2. The ground floor toilets are temporarily **OUT OF USE**. Please use the floor below!
3. Would the person who piddles on the floor adjacent to the urinal in the upstairs Gents toilets, please correct their aim. (*Notice inserted by I. P. Squint, ELIG'S Facilities Manager*)
4. It has come to **ELIG Management's** attention that the usage of brown sauce in the kitchen has shot up dramatically over the past month. In order to minimise budget over-run, from now on, service users will only be allowed two squirts per person. This is to be aimed at the Administrator's budget head "**Efficiency Cost Savings**".
5. Today's cock-a-leekie soup has been passed by Rick, **ELIG'S ADMINISTRATOR** and is safe for consumption.
6. Any **ELIG members** who would prefer yesterdays soup should come back tomorrow.



BY ORDER OF THE MANAGEMENT

TRICKY RICKY'S CONUNDRUMS

(Watch out! these may get you thinking!)

1. Mary's father has five children. They are called Monday, Tuesday, Wednesday and Thursday.

Question: *What is the name of the fifth child?*

2. You are in a race and overtake the person in second place.

Question: *What position are you now?*

3. You are in a race and overtake the person in last place.

Question: *What position are you now?*

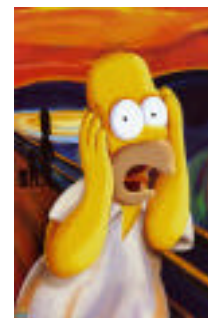
4. Miss White, Miss Black and Miss Grey are out for a stroll together. One is dressed in white, one in black and one in grey. "Isn't it odd", says Miss Grey "that our dresses match our last names but none of us is wearing a dress that matches her own name?"

"So what?", said the lady in black.

Question: *Give the colour of each lady's dress?*

5. You are next to a river and you have a five-gallon container and a three-gallon container. You need to measure out one gallon.

Question: *How do you do it?*



NOTE : Answers to questions 4 & 5 on page 11. Others answers should be submitted to editor. First all correct entry received by 10 March 2009 will receive mystery prize?

DISCLAIMER: The DEADLINE for complaints about anything in this newsletter was yesterday. (By EDITOR)

HISTORY WORD SEARCH

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

CAN YOU FIND THESE WORDS?

EDINBURGH CASTLE /
THE DUNGEONS /
EDINBURGH ROCK /
SOLDIERS / SCOTT
MONUMENT / THE ONE
O CLOCK GUN /
POWDER / BADGES /
SCOTLAND / COAT OF
ARMS / BRIDGE /
HOLYROOD / PALACE /
ORDERS / GATEHOUSE /
KITCHEN /
GUARDROOM /
RESTAURANT /
TOURIST / TOU /
DRAWBRIDGE / KING

ADVERTISEMENTS

Items for Sale

Brain – One previous owner, hardy used –
Contact Rick at Tynepark

Talking parrot - going cheap, genuine
reason for sale - owner going deaf. Would
consider swap for mute parrot.

Lost and Found

Lost: Bull terrier dog (accident prone) –
Only has 3 legs, one eye, one ear bitten off
and has tail missing - *answers to the name
of Lucky.*

An Urologist's car license plate

2 P C M E

Did You Know.....A sure way to
cure seasickness is to sit under a tree.
(Spike Milligan)

The Importance of Grammar

*After the tea break ELIG staff should empty
the teapot and stand upside down on the
draining board.*

Notice in large department store.

BARGAIN BASEMENT UPSTAIRS

Notice in second hand shop window

**We exchange anything. Bicycles, washing
machines etc. Why not bring your wife
along and get a wonderful bargain!**

Notice in health shop window

CLOSED DUE TO ILLNESS!

Spotted on notice in safari park.

ELEPHANTS PLEASE STAY IN YOUR CAR

Notice in Laundromat

**Automatic washing machines: Please
remove your clothes when the light
goes out!**

Oor Stories

This month features Tynepark's Horse Riding Group

My Kingdom for a Horse

I took my first tentative step when I put my name down on the list in Tynepark Resource Centre to go horse riding. I was a bit apprehensive about it at first but was reassured by Tynepark staff that I would not be asked to do anything I wasn't comfortable doing.



When I first arrived at the Appin Equestrian Centre near Drem for my first lesson, we were introduced to three of the horses and I was encouraged to meet and make friends with them. I remember someone saying "*make friends with the front end first before you go meet the back end*". Then I proceeded to brush the horses to get the dust and loose hairs out of their coats. In subsequent weeks, I met different horses and progressed to feeding them with carrots and apples and leading my horse to the arena. Its called Mylo, he is a medium size Welsh cob, black with white blaze down his face with black front legs and white back feet.

After becoming comfortable with the different horses, I was brave enough to try sitting on Mylo as he was lead around the arena by one of the centre staff. After a few weeks at the Appin Centre my confidence had increased to the stage where I am now riding around the arena on Mylo unaided by anyone, which considering its nearly thirty years since I was on a horse before, is quite an accomplishment. I now feel comfortable about being on a horse



again and have got my "sea legs" back so to speak.

By George

Crazy Horses

For years, well since I was a small child, my life has always involved horses. Both sets of my grandparents were horses Oops! I mean were farmers as was my father. One particular grandpa had two big shire horses for ploughing and this was my earliest memory, the two of them pulling the plough on a lovely spring day with my father behind directing them and the plough making beautifully straight and deep furrows. So you'd think I wouldn't be a novice with this particular creature.



The first time I rode on one was when I was on holiday and this horse was very feisty and scared the hell out of me. In fact, I got told off for scaring the horse! As many years passed, I became a carer with children and adults and one of their activities was horse riding on a Friday morning. I gained my confidence leading the horse and as my confidence grew; my feelings turned a bit selfish. Looking back now, I thought that the people I was caring for made it look so easy on this horse although I never gave it a go myself and felt I hadn't shared the

experience with them and had lost something by my lack of endeavour. I was more confident leading and being in control. That is until I joined Tynepark's horse group.

First I went as a spectator but at my next session, I took the leap and had my first ride on a lovely horse called Major. I tell you something, it was hard getting on (considering my height and build) and I was shaking like a leaf. But I did it and will keep going because I know that it just takes a wee bit of building up your confidence and getting comfortable with the horses. My favourite bit is giving them their treats at the end. They are without a doubt the most wonderful animals going.

By Moira

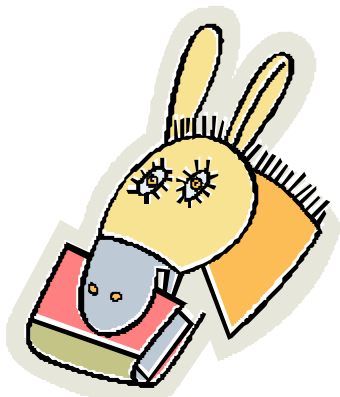
Anne L Goes all Horsey

As a staff member I was asked to accompany the Tynepark group to Appin Equestrian Centre in Drem for their weekly groom and ride. Putting on a very brave face I braced myself for the event.

On arrival we were lead to the stables where the group members picked up a brush and locked themselves inside a stall with rather large looking horses. I was happy to watch as each individual groomed, brushed, stroked and showed much affection to the animals.

After tacking up the horses, the stalls were opened and the group accompanied by young staff members led the horses up the arena.

Each person donned a hard hat (one or two looking like Nazi helmets!) and with the aid of small steps mounted each horse. I was so thrilled to witness such a moment, Smiling faces, elation, happiness, surreptitious feeding of polo's and goodies, laughter and fun passed before my eyes, Watching the group become so



confident and elated made me feel very proud and humbled me as I was a big "scaredy". A few weeks have passed since that first day and through encouragement from the group, I mounted my first horse "Mylo". A wonderful, gentle and understanding beast who is my favourite of many.

Completing a circuit of the arena, I felt confident, elated and rather proud. Thanks to the group for their support. Can't wait till next week! Watch this space!!!

Comments about the horses.

When I fell off I got straight back on again.

Laughter and joy with everyone, the girls are really helpful.

The horses' favourite treats are polo mints. Don't give too much sugar as it gives them colic.

I don't have a favourite horse. I like them all.

When grooming I do just about everything, mane, tail, body but I'm particularly good at the tail

Once you learn it becomes automatic.

Help! This horse is in control of me. I've got to learn to be in control of the horse.

These stories were submitted by service users. If any other service users would like to tell their stories please get in touch with Rick at the ELIG office on Tel No 01620 826 667 or email: info@eligadvocacy.org.uk



Oor Poetry

Oh Save Me From Well-Meaning Management Experts

Oh save me from well-meaning management experts
Who often as not are always raging extroverts
With their time management theories
And assertiveness queries
They make a person feel like a robotic machine
That knows no kindness and is programmed to be mean

**Oh for those long balmy summer days of old
With tea on the lawn and time for stories told
Of tales of fairies and knights in shining armour
Those days seem brighter now and very much calmer**

Oh save me from well-meaning management spin doctors
With pie charts in the sky whirling like manic helicopters
With their analysis of problems and plans of action
its enough to drive a person to abstract distraction
What sayeth the soothsayer on the subject
"It depends if it falls within the budget"

**The honest ploughman drudges along his harrowed furrows
With the help of his straggly sweating burros
Slowly braking the clods of damaged earth
So that the remaining seed is grown in wanting dearth**

Oh save me from well-meaning management gurus
With their answering machines and theories on win/loose

With their E-mails and faxes
And indirect taxes
How will you live when it all goes ka-boom
Web-sites are conducive to growing mushrooms

By Rick (written circa 1999)

LOVE AND HOPE

Mention love and heads turn. Whisper love, shout it, sing it, hiss it, ears will surely tune into hear. Write the words across the sky and people will turn their faces upward even if they are standing in a sewer. Paste the word on a marquee, blinking lights are not, and crowds will come knocking at your door.

None of which means that loves makes the world go around. So many people go through a whole lifetime thinking that if they have love they have it all. But the truth is - one can loose love and still go on. Perhaps not as gracefully because love is the embellishment greatly to be desired.

There is only one impulse none of us can live without. None of us in this or any other world we know can live without Hope. Hope is the first, the primary, the absolute necessity, lose Hope and mankind is lost because it is Hope that makes the world go around.

by Pat H

Note by Editor:

Any Service User who wishes their poetry to be considered for publication in the "Speaking Out" newsletter should submit it to Rick, by hand, post (at address given on front page) or by email at: info@eligadvocacy.org.uk

At Our Last Meetings

Wed 7 January 2009

Rick co-facilitated this lively 'workshop type' meeting with our new Development worker, Nikki Moran. Rick introduced Nikki to the service users present and played a wee "break the ice/getting to know you", name game which got a good laugh and a wee round of applause afterwards.



meeting drew to a close with a 'brain-storming' session with people interacting with each other and Nikki to give their ideas and suggestions for fun day outings.

These included: -

- Go carting
- Adventure play park
- Line dancing



Rick then gave a presentation of ELIG'S new website (www.eligadvocacy.org.uk) using a wireless lap top, to access the web remotely, and took the assembled group through the KEYHOLE (so to speak) into the different web pages and drop down menus. He highlighted the user-friendly nature of the site as he went along, drawing service users' attention to the useful links to other websites.



Wed 4 February 2009

Unfortunately Kirsten Taylor from WORK DIRECTIONS was unable to be at the meeting to talk about benefits and answer our questions due to illness.



Nevertheless, Nikki facilitated a lively discussion about ,amongst other topics, the mental health of young people which raised some interesting issues. This was brought forward from ELCCFs mental health forum.



He then handed over to Nikki, who continued the workshop with a 'Power Point' presentation explaining the principles of **Collective Advocacy**. The

At Our Next Meetings

Wednesday 4 March 2009

Our guest speaker Peter Inglis of SIGNPOSTS, give us an on-the-ground perspective on the interaction between gaining employment and the possible effects on benefits and also outlined the service his organisation provided.



Did You Know.....The word gullible is not in the dictionary.

Wednesday 1 April 2009

Our SU's meeting on 1st April next coincides with ELIG's 17th anniversary (formed 1.4.92) when we became a completely independent organisation and we are seeking ideas / suggestions for a way to celebrate this milestone event in "Oor Mad History". Our guest speaker is Kirsten Taylor from WORK DIRECTIONS who will inform us about how benefits are changing in the near future and who it will affect



That's it Folks! See you next time Bye!

Complementary Therapies

SHIATSU

Shiatsu is a traditional Japanese healing art. It can help a wide range of conditions, from specific injuries to more general symptoms of poor health. It is a deeply relaxing experience, which can help with conditions such as back pain, headaches and migraines, digestive problems, depression and many others. Benefits of shiatsu include relaxation of body and mind, easing tension and stiffness, improving breathing and enhanced well-being.



I have been to an individual session and found this most relaxing and calming. The exercises and manipulations are quite gentle and work on the body's energy points and I would recommend it for anyone feeling a bit stressed out.

Shiatsu sessions by Ray Harris take place in Tynepark House on Mondays at 10 am for the group sessions and 11am for the individual ones. To book one-to-ones see staff in the office.

Knitting Therapy

Knitting on the face of it may not appear at first to have any therapeutic value but on closer inspection a whole host of benefits are revealed. Some are: -

- It takes the participants mind off other troubled thoughts
- It is a social activity
- It weaves patterns in the mind as well as on the end of the needles
- There is a sense of achievement when article is completed
- It provides group peer support and It has an end product



These are only a few of the benefits the author has identified from observation. There may well be more to it. What do you think? Watch this space!

Letters to the Editor

Dear Editor,

I wonder if you could raise the matter of my idea for setting up a new group at Tynepark with those that it may concern.

My suggestion is for a transcendental meditation group, teaching yogic flying. It would also incorporate free dance movement, interpreting non-associative polyphonic chanting, accompanied by symbols and bongo drums, in a flowing cyclophonic, cacophony of sound and movement.

I would suggest that this group could be run as a pilot programme initially, and my proposal for group leader would be Maharish Rick Mahesh

Yours surreally,
Maharish Rick Mahesh

(ED. This group may never get off the ground, but could have lots of fun trying!!)

Did You Know.....If you drop a slice of buttered bread on the floor it will always fall butter-side down!

Tynepark Multimedia Group Wins Award from “see me”

The group has very recently been awarded funds to manage a new project under the **Be There. Be Yourself.** campaign run jointly by NHS Lothian and ‘see me’.



The project entitled “**Stigma – John’s Journey**” will be a drama following John from birth, through his teenage years, the onset of his mental illness and his recovery. It will show how his experiences of stigma at school and discrimination in the work place could have been contributory factors in him becoming mentally ill.

The areas of the “Be There. Be Yourself”. campaign our project will be addressing are :

- To tackle stigma and discrimination associated with mental health problems in the context of the “Be there. Be yourself” campaign
- To be aware that support from friends, family and colleagues is a key element of recovery.
- Encourage positive support within communities and workplaces for people experiencing mental health problems.

Our user led project is in three stages:

1 Carry out our own research around *stigma* by talking and listening to service users about their life experiences of isolation and being discriminated against. We will gather stories including documented research and collate material for use in second stage.

2. Work alongside service users to develop their ideas and contribute towards a script for a play based on an *Anti-stigma* theme.

3. Involve, encourage and support group members to participate in the process of the production including prop making, music, set design, programme design, tickets and tea making. Rehearse play and perform it for service user groups, carer groups, voluntary organisations, employers and mental health practitioners in East Lothian.

Any service users who would like to join our project should write to us at the address given or give Rick Murphy or Anne Lannan, the project co-ordinators, a call on 01620 82 2444 or email us to arrange a visit.

Our Address is:

**Tynepark Multimedia Group
Tynepark Mental Health Resource
Centre
Poldrate
HADDINGTON
EH41 4DA**

Tel No 01620 82 2444

Email:

Tynepark@crossreach.org.uk

About Our Group.

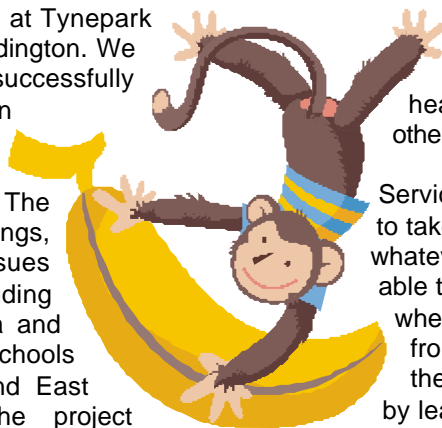
We are a group of service users based at Tynepark Mental Health Resource Centre in Haddington. We were established in 2004. After successfully applying for funds from East Lothian Council, we ran a three year project under the auspices of the Scottish Executive's *Choose Life* campaign. The project involved amongst other things, writing a play; tackling many issues surrounding mental illness; including suicide, self harm, depression, stigma and isolation and taking it to secondary schools and community centres in and around East Lothian. The project was successfully completed in March 2007.

We write scripts based on life experiences using humour and different forms of drama to highlight the many facets of

mental health. We create our own sound tracks and take on the acting roles. Occasionally, we are supported by two or three professional actors who have an interest in mental health. We share skills and learn from each other.

Service users within the group are encouraged to take part in the preparation of shows in whatever way they feel comfortable. They are able to drop into the group's activities as and when they feel well enough. We have found from feedback. that this activity has helped them to regain confidence and self esteem by learning new skills

and being part of a team working towards positive goals. We are confident that this has been a contributory factor in their recovery. We feel the journey service users take in being involved as part of our group, is a rewarding one.



ELIG NEWS

What's Happening People Wise

Veronica Forrest, ELIG'S Convener has recently resigned from the management committee of CAPS. Veronica felt she was taking on too much and spreading herself too thinly.



Our new development worker, Nikki Moran seems to be settling in OK and has been meeting service users at impromptu chats in and around Tynepark. Rick has been showing her the ropes and we're sure she will be skipping with the very soon!

Ross Macphail has sadly, left the organisation and we thank him for all the hard work he has done for ELIG over the past few years. We wish him well in all his future endeavours.

ELIG'S Budget 2009/10

At our Working Group meeting of 29 January we agreed our proposed budget. Rick will now break this down into a quarterly spend profile for projected budget spend against actual spend, for monitoring purposes.



Our Three Year Plan

Also at the aforementioned meeting of 29 January last we drew up "a wish list" of things we hoped to achieve over the next three years, ensuring that in the first year, that our proposals were resourced adequately in terms of budget allocation and human resources, so that our aims were achievable, taken into account the pace of change we are comfortable with. We are a small group and do not benefit from the "ECONOMIES OF SCALE" that larger organisation enjoy. We can however, make more use of Voluntary Sector bodies to help us with procedural matters and



employ Sessional Workers (at minimum cost) as and when the need arises to work alongside our Committee Members.

Membership

We have been reviewing this over the past few weeks and have decided to send out letters to all our membership with a view to getting everyone "signed" up properly as per our Constitution, especially with regard to the Data Protection Act.



Review of ELIG'S Roles & Procedures Progress Report

We have drawn up our organisation Structure (see diagram on page 11) which has been adopted in principle as a working model. We had a visit recently from Bill Bradford (ELVON) to give us guidance on the above and other policy/procedures including gaining charitable status. We have engaged him on an informal basis, to work alongside us in the coming months to put these matters in place. We intend to bring in further voluntary sector personnel to help us in this undertaking. We placed an advert in the local press on 13 February last advertising for Management Committee members and will be holding interviews in the near future with a view to recruitment.

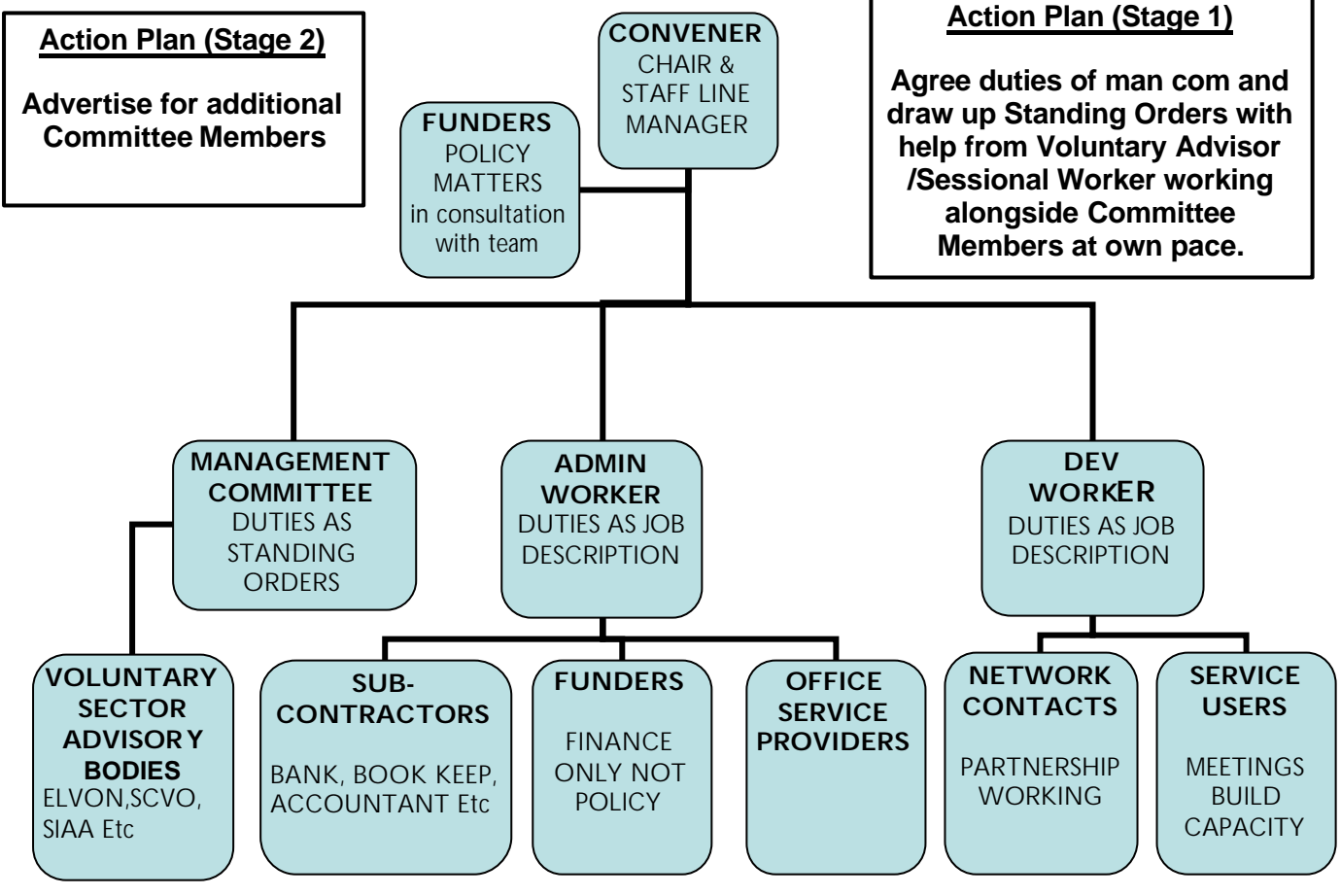


Fund Raising

Once things have settled down in terms of us sorting out the basics, we are hoping to apply for funding for some of our planned social outings or similar enterprises which we are unable to fund from our **CORE** grants.

Did You Know..... You can't kiss your elbow!

**EAST LOTHIAN INVOLVEMENT GROUP
PROPOSED ORGANISATIONAL STRUCTURE AND LINES OF RESPONSIBILITY**



Joining ELIG

ELIG membership is free and can be obtained by phoning the office at 01620-826667, e-mailing info@eligadvocacy.org.uk or writing to ELIG, c/o Tynepark House, Poldrate, HADDINGTON EH41 4DA. We will then send you an application form for you to complete and return.

Some reasons for joining ELIG

- SHARE LIVED EXPERIENCES
- PEER SUPPORT
- ADVOCACY GROUP
- TAKE PART
- WELL BEING
- FRIENDLY TRAINING
- MEET PEOPLE
- TRIPS OUT
- SOCIAL EVENTS

ELIG—SPEAKING OUT FOR POSITIVE MENTAL HEALTH AND WELL BEING

Did you know.....The word naïve is not in the dictionary.

ANSWERS TO CONUNDRUMS

4. Miss Grey's dress cannot match her name, so it must be white or black. Since the lady in black responded to Miss Grey's comment, Miss Grey must be wearing white, This leaves Miss Black wearing grey (since the only choices left for her are black and grey) and therefore Miss White is wearing black. *Simple wasn't it?*

5. Fill up the three-gallon container first. Pour it into the five-gallon container. Fill up the three-gallon container again and fill up the rest of the five-gallon and you should have one gallon left over in the three-gallon container. **Well done! You've proved your capable of filling pots so it's your turn to make the soup next week.**

Public Notices

**DO YOUR ILLNESSES
CAUSE DIFFICULTY
IN YOUR
DAY-TO-DAY LIFE?**



**Do you know about
Attendance Allowance
and
Disability Living Allowance**

Why not phone us for free advice
TEL: 0131 555 2811

**DISABILITY INCOME GROUP
(DIG) SCOTLAND**

5 QUAYSIDE STREET
EDINBURGH EH6 6EJ

If you wish to place a public notice in this page then get in touch with Rick, the Editor. Our Newsletter distribution currently stands at 350 and growing.

East Lothian Involvement Group Meetings this quarter

Wednesday 1st April 2009
Wednesday 6th May 2009
Wednesday 3rd June 2009

1 to 3 pm

At

Tynepark House
Poldrate, Haddington

*For further information contact Rick or Nikki
on Tel No 01620 82 6667*

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 bi-monthly on the third Tuesday of the
odd numbered months
Next meeting: -*

Tuesday 17 March 2009 (St Patrick's Day)

10.30am to 12 noon

At

Tynepark House
Poldrate, Haddington

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

CROSSREACH
providing a caring future

Tynepark Multimedia Group

NHS
Lothian



see me...

TYNEPARK
sunshine on a rainy day

We meet every Wednesday in the Tynepark's Arts Centre between 1 pm and 4 pm. A place to tell your stories and share your experiences in a friendly and supported environment. You can also get involved in any aspect of theatre work

including acting coaching. We are also looking for help with the running of the group. The choice is yours. (For more details see page 9 of this newsletter). We need your help! So why not come along and join us and have some fun.