

# **Fife Bipolar Group**

Empowering Bipolar People in Fife



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Two Meetings you Need to Attend...

**4th & 25th November**

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## About the Fife Bipolar Group

We meet once a month in Kirkcaldy but welcome people from all over Fife. The main purpose of the group is to offer a supportive environment to those affected by bipolar affective disorder and allow them to talk about and share their experiences with others. To attend is free & you do not need a referral.

We also provide an information service through our website, this monthly magazine & a library of reading material relating to bipolar & mental health. This we hope will help you address the issues that affect you in your life. If you have anything you'd like to talk about or would like to come along to a meeting, please get in touch!

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People with bipolar disorder

*Friends Relatives Carers*

### **Meeting**

2nd Tuesday of every month

7 - 9pm

### **Location & Mail Address**

Fife Bipolar Group  
Express Group Kirkcaldy  
110 Rosslyn Street  
KY1 3AD

### **Contacts**

fifebipolargroup@cfbg.co.uk

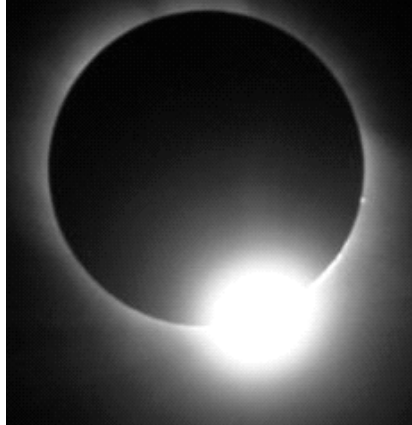
www.cfbg.co.uk

07749 039 624

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making sense of darkness



◆ Bipolar News	4
◆ Recipes	20
◆ Bipolar Scotland Membership	22, 23
◆ Puzzles & Games	18—19
◆ Cartoons	14
◆ Crisis phonedlines	4

# Contents

◆ Top Ten Myths about Bipolar	6—9
◆ Going Forth—core club	15—17
◆ Peer Support Fife	10—11
◆ Dr Phil Barker	11—12
◆ October's Meeting Round-up	5

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## Our Committee

**Chairperson** Edie

**Secretary** Pauline

**Website** Mike

**Magazine** Ross

**Treasurer** Jim

**Librarian** Margaret

**Support** Lee

**Support** Mark

[fifebipolargroup@cfbg.co.uk](mailto:fifebipolargroup@cfbg.co.uk)

*If you would like to submit something to be included in the magazine, simply send it through to us. The deadline for inclusion in the magazine is 16th of every month*

# Bipolar News & Round-up

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## Christmas Party 2008!

We'll be having our Christmas party at our December meeting. All are welcome and there will be a nice selection of nibbles and drinks for all to enjoy. It'll give us a great chance to celebrate yet another successful year in our group. Let's make it a Merry Christmas for all! There will be a 'Secret Santa' so if you'd like to come, bring along a small wrapped gift to the value of £2.50.

## Remember Remember 25th of November!

Bob McLean will be coming along to speak to us about Mental Health Policy in Fife. He's a very influential person and its important we get together as a group in a show of strength. We need him to take us seriously and we can achieve that by presenting a united front. So come along and ask him your questions but most importantly **please come along!!**

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## Crisis Phonelines

### Breathing Space

0800 83 85 87

### Samaritans

08457 90 90 90

### Saneline

0845 767 8000

### Social Work out-of-hours

01592 415000

### NHS Direct

0845 24 24 24

### Mind

0845 766 0163



# October's meeting...

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The speaker at the meeting was, again, Yvonne Fleming from Bi-Polar Fellowship Scotland; talking to members about I.C.P. --- Integrated Care Pathways.

Edie informed the group about an initial meeting with Sharon Rodger, Mental Health Services which was attended by the Chair Edie and Secretary Pauline. Members concerns and issues were discussed at length, and we hope that as many members as possible can attend the additional meeting on Tuesday 4th November.

The Christmas Social Evening has been arranged for the evening of our December meet. Again, we will be holding a "Secret Santa" event for each member to the value of £2.00 and wrapped.

Mood Diaries were handed out (as bookmarks) to use by Yvonne and more self-management tips were discussed. The meeting overall was well attended with quite a few new and old members.





# True or False?

## The Top 10 Myths About Bipolar Disorder

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*Expert Patient John McManamy gives you the real story.*

Like many mental illnesses, the commentary surrounding bipolar disorder is saturated with myths—it's hard to tell what's true and what's not. Below you'll find the real story, from our Expert Patient John McManamy.

### **1. Everyone has their ups and downs, so mine aren't that serious.**

Yes, everyone has good days and bad days, but when these ups and downs seriously interfere with your ability to work, relate to others and function effectively, it is advisable to seek out a psychiatrist.

### **2. Bipolar disorder is a mood disorder.**

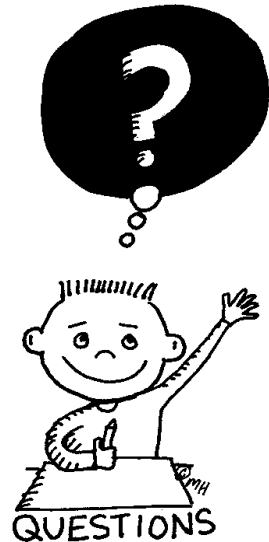
Half true. Bipolar disorder certainly affects mood, but it also affects cognition and the ability to perform mental tasks. Some days we can out-think Stephen Hawking. Other days we make Forrest Gump look like an intellectual.

### **3. Yes, but bipolar disorder is still a mood disorder.**

Granted, but for most of us it is also part of a package deal that may include anxiety, substance and alcohol abuse and sleep disorders. Also, researchers are finding smoking guns linking the illness to heart disease, migraines and other physical ailments.

### **4. Bipolar disorder is characterized by mood swings ranging from severely depressed to wildly manic.**

Not necessarily. Most people with bipolar disorder are depressed far more often than they are manic. Often, the manias are so subtle that they are overlooked by both patient and psychiatrist, resulting in misdiagnosis. People with bipolar disorder can also enter long periods of remission.



### **5. Mania is like being on top of the world—if you could only put it in a bottle and sell it.**

You wouldn't want to with most manias. True, some forms of mild mania are characterized by feelings of elation, but other types have road rage features built in. More severe mania turns up the heat, resulting in different kinds of out-of-control behavior that can ruin your career, relationships and reputation.

### **6. Bipolar disorder is caused by a chemical imbalance**

## **of the brain.**

This is the simpler explanation—what you tell your family and friends. What you need to know is our genes, biology and life experience make us extremely sensitive to stress. Various stressors, such as personal relationships and financial worries, have the potential to trigger a mood episode if not effectively nipped in the bud.



## **7. Medications are all you need to combat bipolar disorder.**

False. While medications are the foundation of treatment for bipolar disorder, recovery is problematic without a good lifestyle regimen (diet, exercise and sleep), effective coping skills and a support network. People with bipolar disorder also benefit from various forms of talking therapy and religious/spiritual practice.

## **8. Medications don't work for me.**

For some people this may be true, but we all need to give our meds a chance. Treatment guidelines anticipate initial failures, and while no two guidelines are in agreement they are all based on the premise that eventually you will find a medication or combination of medications that will help you.

## **9. Lower quality of life and sluggish cognition are fair trade-offs for reducing mood symptoms.**

False, big time. In the initial phase of treatment, meds overkill may be justified to bring your illness under control. But full recovery is based on improving your overall health and ability to function, not just eliminating mood symptoms. Over time, the side effects of medication tend to go away, so patience is advised. You may choose to live with minor side effects such as mild hand tremors. But if major side effects persist, you should work with your psychiatrist in adjusting doses or switching to different meds. The onus is on you to alert your psychiatrist to major side effects and to insist he or she take appropriate action.



**10. Once you've been diagnosed with bipolar disorder, you can forget about leading a normal life.**

False. Living with bipolar disorder is a challenge, and you may have to change your expectations, but you should never give up on living a rewarding and productive life.



**Tuesday, 4th November**

Visit & Talk from:  
Sharon Rodgers, Mental Health Services NHS

Our first important meeting of the month, our chance to influence a key policy-maker in Mental Health Services. To show her we're serious we need you to attend and tell her what services you need.

# Peer Support Fife

## Peer Support – What is it?

"A system of giving and receiving help founded on key principles of respect, shared responsibility and mutual agreement on what is useful"

*Mead, Hilton & Curtis, 2001*

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The independent voluntary sector organisation Peer Support Fife has held an AGM in Cupar, and elected a committee and office bearers with Chrys Muirhead continuing as Convener in a voluntary capacity. She now works independently as a trainer and consultant in mental health recovery areas, including WRAP facilitation. There was a good turnout at the meeting and support from individuals, mental health organisations and Fife Council.

In the short term the aim is to develop peer support training materials and to promote the peer support model in the mental health setting. As funding is applied for and hopefully secured PS Fife will recruit and train PS Workers to help people with mental ill health into recovery. They have acquired an office in the VONEF building, Crossgate, Cupar, and their service extends throughout Fife.

Brian Black, Development Worker with Fife Council Social Work Contracts, is working with PS Fife to identify funding sources and helping Rosie Armstrong, Treasurer, to complete funding applications . Chrys and Rosie met at Adam Smith College over 2 years ago through the

student mentoring project, Chrys worked as an Employability Co-ordinator and part of the job was to recruit and train mentors, Rosie was a student on the HNC Working with Communities and volunteered to mentor other students.

Rosie completed her HNC and has gained experience working in a local mental health project, and she is keen to be involved in this recovery-focussed initiative. The TODAY Group Fife collective advocacy project is also supporting this work and Christina Cooper, Service Manager, joined the committee, along with representatives from the Richmond Fellowship Scotland and Link Living.

*For more information on Peer Support Fife please visit [www.peersupportfife.org.uk](http://www.peersupportfife.org.uk) or contact [peersupportfife@aol.com](mailto:peersupportfife@aol.com).*



## **Tuesday, 25th November**

Visit & Talk from:  
**Head of Mental Health Services, Fife**  
Bob McLean

This is your chance to influence the policy-makers that affect the management of your health. Come along and show your support, we need a large audience to show him we mean business!!!

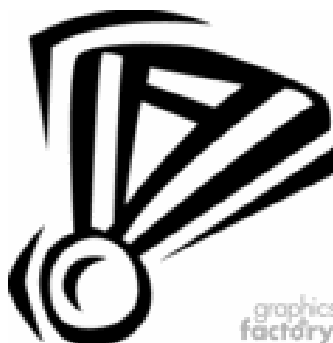
# Phil & Poppy Barker

Win 2008 Szasz

Civil Liberties Awards

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**Dr Phil Barker** is Honorary Professor at the University of Dundee in Scotland and a psychotherapist in private practice. He was a mental-health nurse for more than 35 years and the UK's first professor of psychiatric nursing practice. He was previously professor of health science at Trinity College, Dublin, Ireland.



**Poppy Buchanan-Barker** has been a family counselor for over 20 years and is presently Director of Clan Unity International (Scotland), which focuses on "the reclamation of the *human* context of mental health."

**Phil Barker** and **Poppy Buchanan-Barker** both have made important and influential contributions to removing psychiatric care from the purview of medicine and repositioning it as a type of secular-spiritual, humane service, addressing their message especially to the nursing profession. Their published work includes *The Tidal Model: A Guide for Mental Health Professionals*; *Psychiatric and Mental Health Nursing: The Craft of Caring*; and *Spirituality and Mental Health: Breakthrough*. The **Awards** will be made at a Luncheon in the University Club, West 54th Street, Manhattan, New York, on 22nd

October, 2008.

The **Szasz Award**, named for the prominent opponent of psychiatric coercion and other forms of oppression in the name of health, is a tribute conferred annually on persons or organizations, American or foreign, judged to have significantly advanced the cause of civil liberty. The award is intended to encourage civil libertarians to persevere in the battle to protect personal autonomy from state encroachment.

The **professional award** is given to a specialist, such as a psychiatrist, physician, psychologist, sociologist, or economist, who has made advances in civil liberties on a theoretical or practical level. The winners receive a plaque and \$1,000.

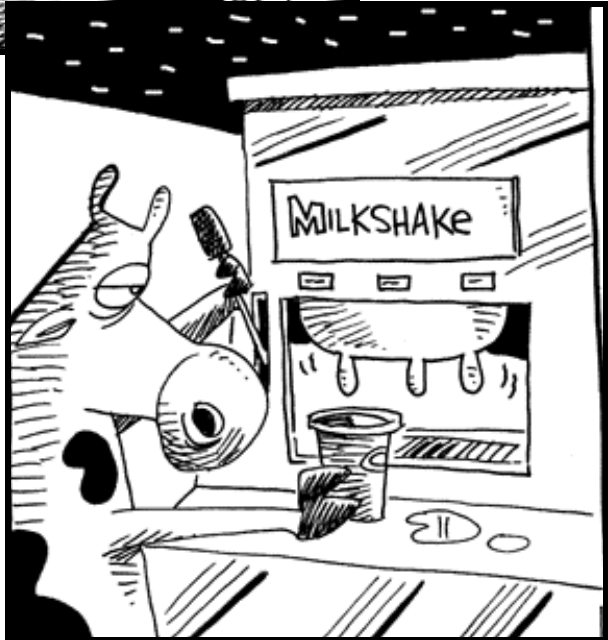
For more than five decades, Thomas S Szasz has distinguished himself as the pre-eminent defender of individual rights in the fields of psychiatry and psychology. He has remained a steadfast champion of the classical-liberal values of voluntary interaction, the rule of law, and an open society. His struggle on behalf of civil liberties has been indefatigable, sustained despite intense opposition over a lifetime of brilliant intellectual accomplishment.

We, at the Fife Bipolar Group, would like to extend our congratulations to Phil & Poppy who have helped support our group on many occasions. They deserve this accolade and we all hope there are many more to come!

# C a r t o o n s



# C a r t o o n s



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# Going Forth

*(Formally Dunfermline Core Club)*

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“Going Forth” is a new organisation set up by SAMH, which is replacing the new defunct organisation in Dunfermline called “The Core Club”. The new organisation’s aims and services are detailed below.

## **KEY AIMS**

The key aims of the service are:

- To provide a programme of group and individual activity which enables progression towards recovery and improved employability.
- To promote community integration and inclusion through supported access to and engagement with local resources.
- To reduce reliance on specialist supports and maximise engagement and responses of local mainstream services.

## **KEY OBJECTIVES**

To deliver upon these aims we will pursue a number of key objectives to proactively engage people with their communities:

- Work with each person entering the service to generate an Action Plan (AP) using the services’ Action Planning Tool (APT) with clear future focus and goals to build on the individual’s strengths, interests and aspirations.
- Support individuals to gain and/or retain employment in partnership with employers and Job Centre

Plus.

- Assist each individual to develop and use coping strategies and support networks that minimise further ill-health and hospital admission, e.g. developing 'staying well plans' and 'crisis plans'.
- Negotiate the appropriate programme of support and activity with each individual encouraging their personal responsibility, choice and direction in their own life.
- Support individuals to achieve: recovery, stability, self-reliance and achievement of personal goals and aspirations (using agreed self evaluation format).
- Monitor, review and evaluate the service to the individual on an ongoing basis with other relevant parties involved in their care and support e.g. family, carer, care manager, CPN.
- Encourage movement through and on from the project.

All SAMH services must meet the standards set by Scottish Social Services Council; they must also adhere to SAMH's own Quality Management processes. SSSC standards and SAMH Policy exceeds any existing standards that some services may be working with.

The service will support service users to engage with local employment, training, social, recreational and community activities by offering a bespoke programme to meet the needs of each individual.

Staff will clarify and agree outcomes with each service user, and develop tailored programmes of support, care and activity based on this negotiation and assessment. The project will seek to support service users by direct

provision of the following options:

- Core skills training
- Work placements
- Training to raise their awareness around mental health, maintaining well being and coping strategies
- Support with personal well being (relaxation techniques, nutrition, smoking cessation)
- Support in their contact with the benefit, employment, health and housing services.
- Gardening
- Healthy eating and cooking
- Housekeeping
- Horticultural Construction
- Volunteering
- Education and training
- Supporting service users who are undertaking volunteering or employment placements

Prior to supporting someone in a work or volunteer placement, the service will work with them to develop their awareness of issues surrounding their mental health and ability to deal with the workplace.

First House

Woodmill Road

Dunfermline

t: 01383 623179

m: 07772 565 393

We hope to have Anna Rolink, Deputy Manager of Going Forth, come along to talk to the group next year, where you can ask her about the organisation.

# Puzzles & Games

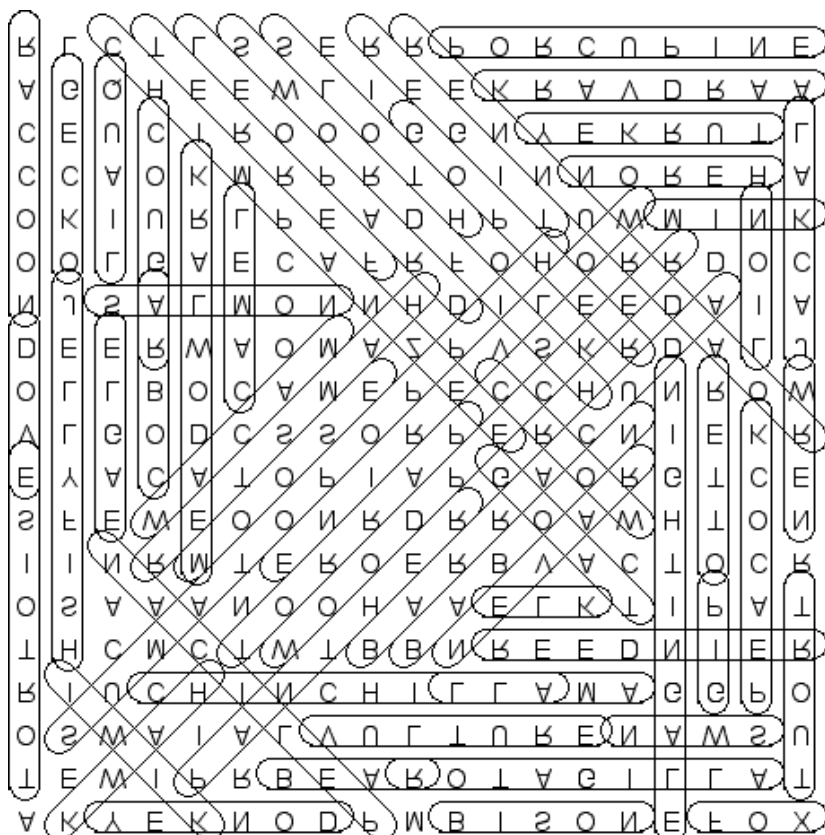
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V L G O D C S S O R P E R C N I E K R  
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D E E R W A O M A Z P V S K R D A L J  
N J S A L M O N N H D I L E E D A I A  
O O L G A E C A F R F O H O R R D O C  
O K I U R L P E A D H P T U W M I N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

AARDVARK  
ALLIGATOR  
BABOON  
BARRACUDA  
BEAR  
BISON  
CAMEL  
CHIMPANZEE

CHINCHILLA  
COBRA  
COUGAR  
CROW  
DONKEY  
DOVE  
EAGLE  
ELK

FERRET  
FOX  
GECKO  
GOAT  
GOPHER  
HAMSTER  
HAWK  
HERON

HIPPOPOTAMUS	OTTER	SALMON
JACKAL	PANTHER	SLOTH
JELLYFISH	PARROT	SWAN
KIWI	PEACOCK	SWORDFISH
LEOPARD	PELICAN	TIGER
LION	PIG	TORTOISE
LLAMA	PORCUPINE	TROUT
MACAW	QUAIL	TURKEY
MEADOWLARK	RACCOON	VULTURE
MINK	RAVEN	WOLVERINE
MOOSE	REINDEER	WOODPECKER
NIGHTINGALE	ROADRUNNER	WREN



# Winter Vegetable Hot-pot



This warming easy-to-make recipe is great for cold winter evenings and is a great source of folate, fibre and Vitamin C!

**Preparation time: 15 minutes**

**Cooking time: 35 minutes**

**Serves: 5**

## Ingredients

- 1 cup red kidney beans, canned, drained
- 2 teaspoons olive oil
- 1/2 onion, chopped
- 1 carrot, peeled and chopped
- 1 parsnip, peeled and chopped
- 1/2 swede, peeled and chopped
- 1 turnip, peeled and chopped
- 2 stalks celery, sliced
- 2 cups shredded cabbage
- 2 tomatoes, chopped
- 1 tablespoon tomato paste
- 3 cups vegetable stock
- 1/2 cup chopped parsley
- Tabasco sauce, to taste



## Method

1. Heat oil in saucepan over medium heat.
2. Add onion, carrot, parsnip, swede, turnip, celery and cabbage and stir-fry for 5 minutes.
3. Stir in tomatoes, tomato paste and vegetable stock.
4. Cover and cook until vegetables are tender, about 30 minutes.
5. Stir in red kidney beans, season with Tabasco sauce and stir in parsley.

# What's on in Fife?

## **Cupar Christmas Lights Switch-On**

Thursday 27 Nov 2008

An evening of fun and family entertainment to celebrate Christmas. Includes street entertainers, food and other stalls, fairground rides, pipe band and the main man himself, Santa Claus.

5 to 7pm Free

VARIOUS LOCATIONS AROUND CENTRE OF CUPAR

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## **Cardenden Bonfire & Firework Display**

Friday 07 Nov at 7pm

One of the most spectacular and largest displays in Fife. Children's torch procession around the arena before the bonfire is lit and fireworks set off, free car parking.

Wallsgreen Park

Bowhill KY5 0JF

Collection taken at the gates to help with the costs

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## **Kinghorn Historical Society**

27 Nov 2008 19:30

Talk by Hamish Brown entitled "Guddling in the Graveyards Part 2"

Kinghorn Community Centre

Rossland Place

KY3 9SS

£5 Annual Subscription or £1 on the night

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*Come & Join ...*

## **Bipolar Fellowship Scotland**

Membership is open to anyone who has an interest in Bipolar Disorder and/or the need to increase understanding of the illness. Every new member strengthens the voice of those affected - if you have the illness, are a carer, friend, relative, a caring professional or an interested individual.

### **What membership offers:**

- The Bipolar Fellowship Scotland regular newsletter On the Level Quarterly issues of the MDF The Bipolar Organisation's UK Journal—Pendulum
- Access to a wide range of information covering all aspects of bipolar disorder/manic depression at our lending library (no need to come to the office, we can post things out to you)
- Free entry to self help groups network events
- Access to the self management training courses
- Access to facilitators' training events if you are/plan to be an organiser of a self help group
- Free entry to our annual national conference
- Legal Advice Line
- Insurance Services

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Please complete this page and send it to Bipolar Fellowship  
Scotland at the address below:

*I enclose my membership fee (tick as appropriate):*

Individual	0	£15.00
Unwaged Individual	0	£ 5.00
Family	0	£20.00
Organisation (Voluntary Sector)	0	£25.00
Professional	0	£30.00

TOTAL ENCLOSED \_\_\_\_\_

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

POSTCODE: \_\_\_\_\_

TEL: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

Please make all cheques/postal orders payable to Bipolar  
Fellowship Scotland.

Studio 1016, Mile End Mill  
Abbey Mill Business Centre  
Seedhill Road  
Paisley PA1 1TJ

**Telephone 0141 560 2050**  
**e-mail [tilda@bipolarscotland.org.uk](mailto:tilda@bipolarscotland.org.uk)**

affiliated with Bipolar Fellowship Scotland

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**Bipolar Fellowship Scotland**

0141 560 2050

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

**The Bipolar Foundation**

[www.bipolar-foundation.org](http://www.bipolar-foundation.org)

**Breathing Space Scotland**

0141 435 3901

Helpline 0800 83 85 87

[breathingspacescotland.co.uk](http://breathingspacescotland.co.uk)

**Fife Carers Centre**

01592 642999

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

**Depression Alliance Scotland**

0131 467 3050

[www.depressionalliance.org](http://www.depressionalliance.org)

**Scottish Assoc for Mental Health**

0141 568 7000

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

**Fife Advocacy**

01383 511155

[www.fifeadvocacy.org](http://www.fifeadvocacy.org)

**Fife Families Support Project**

01592 641401

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

Drop-in Centres around Fife

**ENERGI**

01333 730477

[www.energi.verycool.co.uk](http://www.energi.verycool.co.uk)

**Barony Housing Contact Point**

0871 700 7777

[rowangroup.org.uk/barony.htm](http://rowangroup.org.uk/barony.htm)

**Express Group Kirkcaldy**

01592 652975

[gavin@expressgroup.fsnet.co.uk](mailto:gavin@expressgroup.fsnet.co.uk)

**Express Group Dunfermline**

01592 652975

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

**The Cottage NSF Scotland**

01334 657421

[thefifecottage@hotmail.com](mailto:thefifecottage@hotmail.com)

*Would you like to see your  
organisation here? Simply  
get in touch with your  
details! We'll add you  
to our list.*

We meet 2nd Tuesday every month

No referral needed, simply come along! All welcome

**7pm The Express Group Kirkcaldy**

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