

Fife Bipolar Group

www.cfbg.co.uk

Issue 27 Feb 09



Next Month's Speaker

Link Living Association

Assistance living at home

Empowering Bipolar People in Fife

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!

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

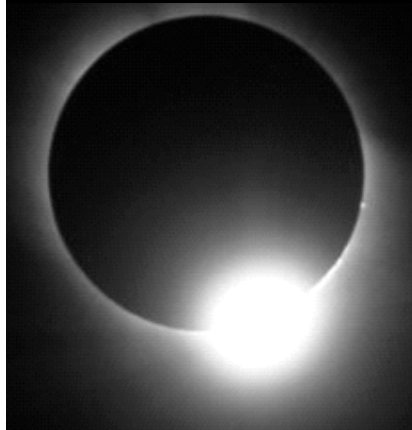
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making sense of darkness



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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

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

Xmas Raffle

The raffle was drawn and all the prizes were collected with Edie's tickets being the luckiest! We raised £50 towards our funds. Thanks to all who took part.

More Funding

Fife Council are currently seeking funding for our group with regard to admin/secretarial assistance. We'll keep you updated on any developments.

Cold Weather Payments

A cold weather payment is available in January amounting to approximately £50. Check it out with your local benefit office.

Next Month's Speaker

John Dyer from Link Living Association, will be attending the next group meeting to speak to the group about assistance living at home.

Crisis Phonelines

Breathing Space

0800 83 85 87

Samaritans

08457 90 90 90

Saneline

0845 767 8000

Social Work out-of-hours

01592 415000

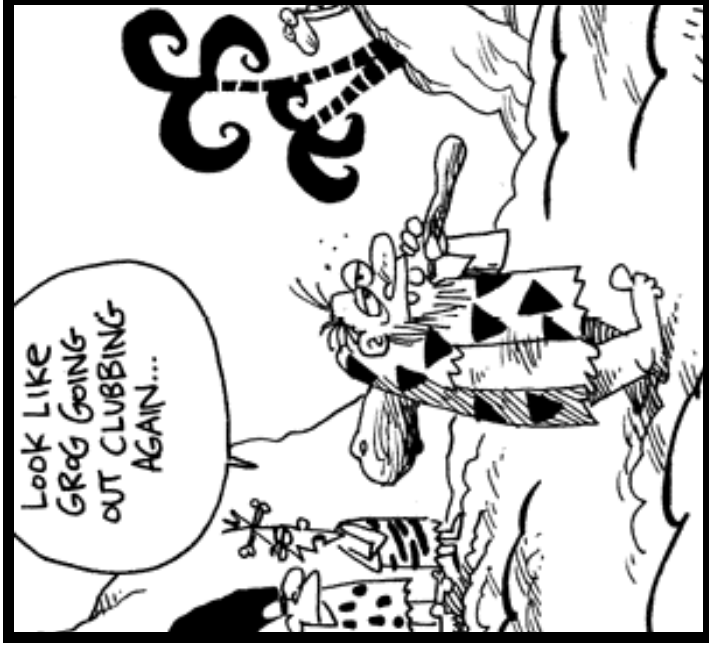
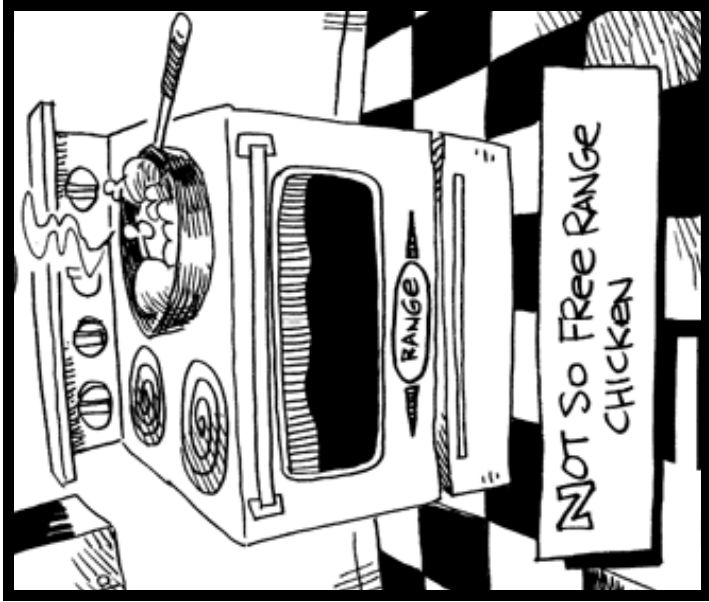
NHS Direct

0845 24 24 24

Mind

0845 766 0163





Scientist find link between schizophrenia & bipolar disorder

Schizophrenia and bipolar disorder may be two versions of the same mental illness, a major study of nine million people suggests. Scientists found that both conditions share the same genetic causes. Understanding the links between them could improve treatments and the development of new drugs, said the researchers. Schizophrenia is a psychotic illness that causes delusions and hallucinations. Bipolar disorder, previously known as manic depression, causes a see-sawing of mood between extreme depression and mania. The study involved nine million individuals from two million Swedish families and covered a 30 year period from 1973 to 2004.

Family risks of inheriting a susceptibility to either of the disorders were assessed and found to be broadly similar. Full siblings were nine times more likely than the general population to have schizophrenia and eight times more likely to have bipolar disorder. Maternal half-siblings



were 3.6 times more likely to have schizophrenia and 4.5 times more likely to have bipolar disorder. Schizophrenia was 64% inherited rather than being caused by environmental factors, while the heritability of bipolar disorder was 59%. Genetic factors largely accounted for cases where peo-

ple had both conditions. Authors Dr Paul Lichtenstein and Dr Christina Hultman, from the Karolinska Institute in Stockholm, wrote in The Lancet medical journal: "We showed evidence that schizophrenia and bipolar disorder partly share a common genetic cause. These results challenge the current.. dichotomy between schizophrenia and bipolar disorder, and are consistent with a reappraisal of these disorders as distinct diagnostic entities..

"Within clinical practice, the underlying structure of psychosis and the knowledge of the common causes of these disorders might be beneficial for treatment options and development of psychosis medication."

New recipe website for healthy minds

The Mental Health Foundation, the UK's leading mental health research charity, and MyDish.co.uk today launched a new recipe website for those interested in knowing more about the links between healthy eating and a healthy mind. The new website explains what foods are good for the brain and shows how to eat healthily on a budget. The site also allows members to share tips and swap recipes – and reveals why sitting down for a meal with good company can be positive for your mental health. It is hoped the new website will be particularly helpful for people experiencing common mental health problems including depression and anxiety - and suggests how diet changes can help improve mood.

www.mentalhealthfoundation.mydish.co.uk

Kay Redfield Jamison: A profile in courage

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Excerpt from Kay Redfield Jamison: A profile in courage
in the Winter 2009 issue of bp Magazine

The small woman in the black sweater sitting near the podium at the Depression and Bipolar Support Alliance (DBSA) annual conference in Norfolk, Virginia, was intent on her notes, preparing for her keynote address to the crowded auditorium.

One by one, her admirers appeared. They lined up to ask her about medications and doctors, or to vent their frustrations about a medical system that often seems to little understand their illness. And one by one, Kay Redfield Jamison, PhD, listened patiently and answered their questions.



With her blond hair, upturned nose, and girlish cotton skirt and sandals, Jamison looks much younger than her 62 years. She raises her eyebrows when told that she had been expected to be more subdued. "I'm not a quiet person," she says with a laugh.

Lively and sharp-witted with al-

most a bird-like quality to her, Jamison sat for a brief interview with *bp Magazine* at the DBSA meeting in September 2008. It's tough to get Jamison alone at such a gathering. She is continually bombarded with admirers; she listens to their stories, nodding sympathetically to tales that must seem woefully familiar to her by now. After a few minutes, she slips away from one conversation, only to be wrapped up in another.

At a reception the evening before her address to the DBSA conference, Jamison carefully slid her chair out from against a wall with a practiced gesture so she wouldn't be trapped if she needed to move away from questioners. The public attention Jamison faces is constant—she received 30,000 letters following the publication of her bestselling 1995 memoir, *An Unquiet Mind*, a raw and honest story of her own battles with bipolar.

Indeed, the author of five books and more than 100 scientific articles about bipolar disorder has become the public face of the illness because of the book's impact, and also from her appearances on popular television programs like *The Oprah Winfrey Show* and *Larry King Live*.

Those suffering from bipolar illness certainly see her as one of them.

Beat the January blues

January is a time of year when many people feel low. Debts from Christmas, no money, broken New Year's resolutions, miserable weather and the lack of light can all leave you feeling blue and lacking in motivation and energy.

Here are a few tips for beating the January blues:

- Go for a walk at lunchtime. This is when the sun is at its brightest and the exercise will help you feel better too.
- Exercise is a great antidepressant. Use that gym membership you've just bought, go walking, cycling or swimming
- It's tempting to hibernate at home but you'll feel better if you do something even if it's just going round to a friend's house and hibernating there! Talking to someone else about how you are feeling can really help.
- Do something nice for someone else. Most people feel a bit blue at this time of year so it may cheer them up and it will help you feel better about yourself too!

Visit the Living Life to the Full website - this is a free life skills course which can help you tackle problems in your life and feel better about yourself.

Don't worry about those broken resolutions - English mental health charity Mind say they're bad for your health and can lead to feelings of hopelessness and low self-esteem.

How do doctors diagnose Bipolar disorder?

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If you think that you, or a person you care for, may have bipolar disorder, see your doctor. Getting the right diagnosis is the first step to getting good treatments and being able to live a normal life.

Doctors often find it hard to diagnose bipolar disorder. And you need the right diagnosis to get the right treatment. It can sometimes take people five years to 10 years before they get the right treatment.

This is partly because people are more likely to visit their doctor when they have depression (a very low mood) than when they have mania (a very high mood). If your doctor doesn't know that you also get mania, he or she might think you have ordinary depression.

But the treatments for ordinary depression are different from the ones for bipolar disorder. So be sure to tell your doctor about all of your mood problems, not just the times when you feel depressed.

Tests your doctor may do

If your doctor thinks that you might have bipolar disorder he or she will probably send you to a hospital or clinic. There, you will usually see a professional who specialises in mental health conditions. That person may be a psy-

chiatrist, a psychiatric nurse or a psychologist. You probably won't need to stay in hospital.

One of these professionals may fill out a form or a questionnaire to get some information about what has been happening to you. This can help tell if you have bipolar disorder.

There aren't any blood tests or scans for bipolar disorder. But you may have tests or scans to check for other medical conditions that can cause mood problems. For example, you might have blood tests to see if your thyroid gland is too active or too sluggish.

Your doctor may also test your blood or urine for illegal drugs. This isn't to get you into trouble. It's because lots of people with bipolar disorder have problems with illegal drugs. If you are using them it may affect your condition and your treatment. So your doctor needs to know about it.

Questions your doctor may ask

The most reliable way of diagnosing bipolar disorder is to have a psychiatric examination by a psychiatrist. Normally, your psychiatrist makes the diagnosis after talking to you.

He or she will do an examination called a mental state examination. This is to check if you have mania or depression. During this examination he or she will:

- Check how you look and behave
- Listen to the way you speak and what you say
- Watch how you move
- Note how much energy you have

- Ask about your mood and how you feel about yourself
- Ask about how you are thinking, if your thoughts are racing or coming slowly
- Try to work out if you are having beliefs that aren't true (delusions) or seeing or hearing things that aren't there (hallucinations)

If you are having delusions or hallucinations, try to work out if you know what you believe or perceive is not real.

Your psychiatrist will also want to hear about the course of your problems. He or she may ask:

- When you first got mood problems
- What it feels like when you have very low moods
- What it feels like when you have very high moods
- How your moods affect your life, including your studies or work
- How long each bout lasts

What happens afterwards.

Your psychiatrist will ask about any other problems with mental or physical health you have had. He or she will also ask if anybody else in your family has had mental health problems.

If a friend or relative has come with you to the hospital or the clinic, your doctor may ask them what they have noticed about your condition.

Making the diagnosis

When your psychiatrist has gathered up all the information about your symptoms, he or she will see if they fit

with bipolar disorder.

There are two basic types of bipolar disorder. They are called bipolar type 1 disorder and bipolar type 2 disorder. Type 1 is more serious.

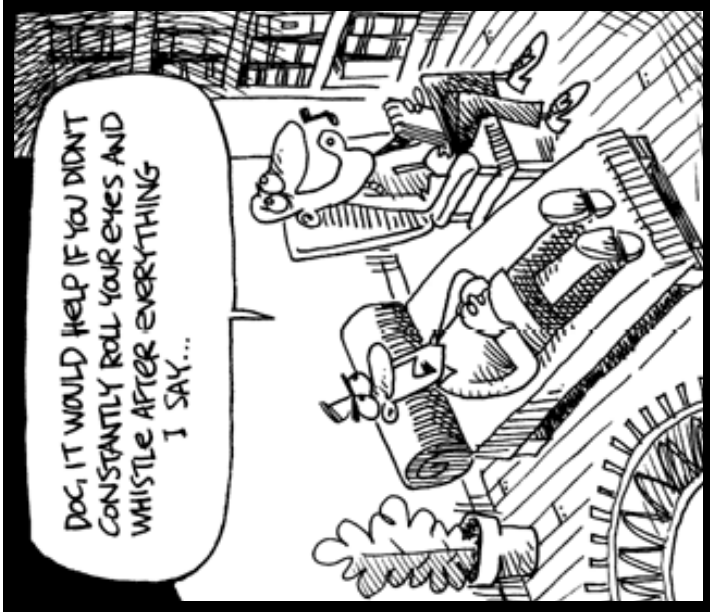
Bipolar type 1 disorder. This means you have had at least one bout of mania, either on its own or with depression at the same time. Usually, people with type 1 also have one or more bouts of depression too. If your mania is caused by prescription or illegal drugs, or by another medical condition, it does not count as bipolar disorder. *Bipolar type 2 disorder.* This means you have had at least one bout of depression plus at least one bout of mild mania. That kind of mania is called hypomania.

Doctors use a checklist of symptoms for bouts of mania and bouts of depression.

Usually, you won't need to stay in hospital when doctors are working out your diagnosis. But you may have to in some cases. For example, you may need to stay if you are having a bad bout of mania.

You may need to be taken to hospital for examination against your wishes, but this is rare. This will only happen if you are so ill that you are behaving in a way that is dangerous for you or for other people. There are strict rules about this. These rules are laid out in the law. For more, see The Mental Health Act.

This article was taken from the Guardian newspaper.



Cartoons

Creamy parsnip & mustard gratin

Serves 4

Ingredients

- 800g parsnips, peeled
- 400ml milk
- 200ml cream
- 200ml vegetable stock
- 4 tsp wholegrain mustard
- 4 tbsp grated Parmesan cheese
- whole nutmeg, for grating



Slice enough parsnips thinly lengthways to cover the surface of a small ovenproof dish, then slice the rest thinly into rounds. Combine the milk, cream, stock, mustard and half the cheese in a large, lidded saucepan and bring to the boil.

Add a good grating of nutmeg and some seasoning - the sweet parsnips can take a bit of salt - then tip in the parsnips. When the cream is simmering again, cover and cook for 6 mins.

Using tongs, fish out the long slices of parsnip and set aside. Tip the rest into your dish, then arrange the long slices over the top. Scatter with the rest of the cheese and another grating of nutmeg. Can be chilled for up to 24 hrs.

To serve, heat oven to 180°C/fan 160°C/gas 4 and bake for 1 hr, then turn up to 200°C/fan 180°C/gas 6 and brown for 15 mins more.

What's on in Fife?

Transitaria

Runs until 22 Feb 2009

Free Admission

Transitaria examines, in visual terms, an encounter with jellyfish and our ambivalent reaction to them. Made up of large scale photograms and a video piece, the show is the work of artist Susanne Ramsenthaler

Kirkcaldy Museum & Art Gallery
Abbotshall Road

Snowdrop Spectacular

01 Feb - 08 Mar

Seventy acres of woodland walks carpeted in snowdrops, snowflakes and aconites. Follow the Cambo Burn to the sea and see the national collection of over 250 varieties of snowdrops.

www.camboestate.com

£4, Children free

Four different exhibitions to inspire for the new year
until Friday 20th February

"Threads of Thought" is an exquisite collection of textile art covering a wide range of techniques such as printing, dyeing, painting, patchwork and embroidery.

Lochgelly Centre
Free Admission

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

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.

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Abbey Mill Business Centre
Seedhill Road
Paisley PA1 1TJ

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e-mail tildab@bipolarscotland.org.uk

affiliated with **Bipolar Fellowship Scotland**

Bipolar Fellowship Scotland

0141 560 2050

www.bipolarscotland.org.uk

The Bipolar Foundation

www.bipolar-foundation.org

Breathing Space Scotland

0141 435 3901

Helpline 0800 83 85 87

breathingspacescotland.co.uk

Fife Carers Centre

01592 642999

www.fifecarerscentre.org.uk

Depression Alliance Scotland

0131 467 3050

www.depressionalliance.org

Scottish Assoc for Mental Health

0141 568 7000

www.samh.org.uk

Fife Advocacy

01383 511155

www.fifeadvocacy.org

Fife Families Support Project

01592 641401

www.fifefamilies.org.uk

Drop-in Centres around Fife

ENERGI

01333 730477

www.energi.verycool.co.uk

Barony Housing Contact Point

0871 700 7777

rowangroup.org.uk/barony.htm

Express Group Kirkcaldy

01592 652975

gavin@expressgroup.fsnet.co.uk

Express Group Dunfermline

01592 652975

www.expressgroupfife.org.uk

The Cottage NSF Scotland

01334 657421

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 on 2nd Tuesday every month

No referral needed, simply come along! All welcome

7pm at The Express Group Kirkcaldy
