

Fife Bipolar Group

www.cfbg.co.uk

Issue 28 March 09



AGM in April

Starts 6:15pm, before regular group meeting

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

Address

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

Contact

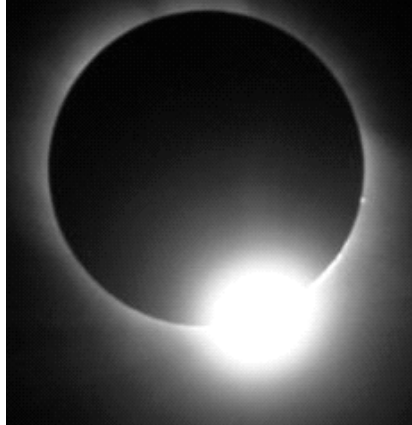
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making sense of darkness



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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

This Year's AGM

...will be held in April before our usual monthly meeting on April 10th at 6:15. We will be losing both our Chairperson and Treasurer as both will be standing down this year. We'd like to thank both of them for their hard work over the years and wish them our best wishes for the future. If there is anyone out there who would like to take over either of these roles—or indeed involve themselves more closely with the committee—please let us know.

Our Chairperson is Resigning

Edie, who has worked hard for the group since it's inception, has decided to step down as Chairperson at this year's AGM. I'm sure each and every member will join us in thanking her for all her hard work and wish her well in the future. If anyone is interested in helping out with this role, please get in touch as soon as possible.

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





Rising eviction rates spark mental health crisis fears

Scotland faces a mental health epidemic caused by soaring house repossessions and evictions in the current recession, with the cost of tackling homelessness to rise by tens of millions of pounds, according to a new report. The study, which evaluated the work of some of Scotland's leading housing campaigners, also found that those at risk from homelessness cited debt, child neglect, relationship breakdown, addiction and mental health issues, as well as poor housing and benefit delays, as contributing factors in their situation.

The report comes as Citizens Advice Scotland (Cas) reveals that the number of concerns about homelessness brought to its bureaux has doubled since 2000. Cas says its advisers across Scotland dealt with 8000 approaches concerned with "actual or threatened homelessness" in the last financial year, amounting to 22 cases per day.

Speaking ahead of the launch of the Prevention of Homelessness Partnership Evaluation, Mike Dailly, principal solicitor at Glasgow's Govan Law Centre, said almost all the clients interviewed for the report developed mental or physical illness as a result of facing homelessness. "But with a doubling in repossessions and evictions as a result of the credit crunch and recession, we are deeply concerned that Scotland may face a mental health epidemic unless we can prevent homelessness on a sustainable basis."

The evaluation examined the work of the s.11 Partner-

ship, which brings together the public sector and debt and health advice agencies in an attempt to inform further work on the prevention of homelessness. The partnership is named after the incoming section 11 of the Homelessness etc (Scotland) Act 2003, which requires private and social landlords and also creditors to notify the relevant local authority when they raise repossession proceedings or serve certain other notices such as anti-social behaviour orders.



According to the partnership, figures released by the Financial Services Authority last month showed a 92% year-on-year rise in repossessions in the third quarter of 2008 throughout the UK. The partnership said it also expected at least a 66% increase in evictions during the current year and estimates the economic cost of a typical homelessness case to public authorities is £24,000. During the current financial year the group will have helped more than 1000 clients avoid eviction and repossession.

Geraldine Cotter, manager of Money Matters Money Advice Centre, said: "Besides avoiding human misery and illness, preventing homelessness can save the taxpayer vast sums of money.

"This report confirms that our s.11 Partnership may have saved the NHS in Glasgow up to £7.2m a year, and made an overall saving to the taxpayer of £24m a year. That is quite remarkable given we only receive partial funding of £60,000 of public money each year for our service."

John Owens, head of health and community care at South West Glasgow CHCP, said: "If Scotland wants to retain its worldwide reputation of being at the forefront of preventing homelessness we need more s.11 partnerships; likewise if we are to meet our ambitious target of eradicating homelessness by 2012."



Cas chief executive Kaliani Lyle said: "Our advisers across Scotland are reporting a number of different types of people facing actual or imminent homelessness.

"And of course many of those affected are amongst the most vulnerable in our society: families with children, young Scots, migrant workers and people with mental health problems.

"It's time for the government and local authorities to show that they intend to keep their promise to end homelessness by 2012. "They must act now to make sure that no-one in Scotland has to face life without a decent place to live."

It is hoped the incoming Homelessness Act will allow Scotland to have a scheme in place where a local authority will be able to intervene when any legal action is taken that might lead to homelessness. Or, where homelessness cannot be prevented, to minimise the stress and trauma and prevent the situation worsening.

Nursing Times poll

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On December 4th 2008 the Nursing Times announced the results of its 'Diamond20' poll. Editor Alistair McLellan wrote: "Back in September we asked our readers to nominate the most influential nurses of the past 60 years. We took your most popular choices and asked our panel of judges – themselves some of today's leading nurses – to use this as the basis for the final list. The NT Diamond20 is to acknowledge the contribution that individual nurses bring to health care. It is not often that individual nurses get lauded. Nurses are team workers.

As result, some of the really significant contributions The Szasz Award citation acknowledged Poppy and Phil's "work over many years in reclaiming the human context of mental health care, and especially their important and influential contributions to removing psychiatric care from the purview of medicine, positioning it as a type of secular-spiritual, humane service". In their acceptance speech, Poppy and Phil accepted their award: "on behalf of our many colleagues who have campaigned for human rights in psychiatric care, many of whom are no longer with us". made by individuals is lost.

The NT Diamond 20 are the thinkers, writers and doers who have made a difference and changed the face of the profession from 1948 to2008. "Phil's citation read:" Mental health nurse and psychotherapist Phil Barker developed the Tidal Model, which encourages nurses to explore people's stories as away of helping to reclaim mental health. It is now used internationally.

Famous sufferers from depression



Feted historical figures who suffered mental health problems may have fared worse had they been subject to today's attitudes to mental illness, a new report has said.

Winston Churchill suffered bouts of depression, which he openly described as his "black dog". Alluding to his sometimes suicidal thoughts, the Second World War prime minister was quoted saying: "I don't like standing near the edge of a platform when an express train is passing through.

"I like to stand right back and if possible get a pillar between me and the train. I don't like to stand by the side of a ship and look down into the water. A second's action would end everything. A few drops of desperation."

Since his death, his condition has retrospectively been diagnosed by some as bipolar disorder, or manic depression, which involves periods of depression and periods of mania. He has also been described as a heavy drinker, although historians are divided over whether he was alcohol-dependent.

:: Abraham Lincoln became the 16th US president, despite suffering from a condition termed "melancholy" by his contemporaries. His predicament would now be described as clinical depression.

When Lincoln was warned during the American Civil War that the fall of the nation's capital was imminent, he is

reported to have said he felt almost ready to hang himself. He is said to have often remained silent for long periods, lost in gloomy thoughts.

But he was also a tough character who had come from a poor family and managed to climb to the presidency through his own self-education.

:: Florence Nightingale devoted her life to caring for the sick, but she also had her own sickness to deal with.

In 1847 she was laid low by what was then called a "nervous collapse". Today it would be called a nervous breakdown.

Some experts have suggested she might have suffered from bipolar disorder, citing as evidence her bursts of mania, which alternated with her periods of depression.

She is said to have heard voices as well as suffering a number of severe depressive episodes during her teens and twenties.

The woman considered to be the founder of modern nursing turned to God for an answer. She wrote: "Why, oh my God, can I not be satisfied with the life that satisfies so many people and told that the conversation of all of these clever men ought to be enough for me?"

"Why am I starving, desperate and diseased on it?"

She is also said to have complained of insomnia, anorexia, and nervousness.

Link Living: A Profile



Accommodation with Support

Within the building at West Bridge Mill, Kirkcaldy we provide accommodation and levels of support to meet individual needs for 30 people. Support is delivered by a team of 4 Support Workers and managed by the Accommodation Team Leader.

Each individual will be involved in developing their own support plan tailored to meet individual needs and may include practical support e.g. cooking, shopping, budgeting, emotional support, help with benefits, training, employment, health, social networks etc.

The focus is on enabling people to develop their independent living skills and can often involve helping people to apply for appropriate follow on / mainstream accommodation.

Accommodation is shared (2, 3 person flats) and is provided for single people aged between 16 and 30 years.

Please note this is not emergency access accommodation and that all applications must go through an interview process which can take 2 weeks to complete.

Please contact Jac Bonellie (Team Leader) for further information— 01592 646184

Tenancy Support Service

Supporting people in their own homes across Fife, the Tenancy Support service delivers individualised packages of support to people. The service operates from an office base at West Bridge Mill, Kirkcaldy and is delivered by 3 teams of workers on a geographical basis—Fife Central, East and West. Each team is managed day to day by a Team Leader who ensures the support provision meets the demands of the Service User and ensures that the staff team are supported and supervised in their work.

Service Users may request support from 1 hour a week to 21 hours a week and individual support plans will be developed to ensure that we provide what is requested, on the days and at times requested. Support can vary from once a week to 7 days a week. Regular reviews will allow us to agree changes with the Service User, which may increase or decrease the hours of support delivered and / or change the focus of the support if required.

For Further information please contact

**Beverley Read
01592 644048
Brea@linkhaltd.co.uk**

**LinkLiving
Westbridge Mill Bridge Street
Kirkcaldy
KY14 1TE**

www.linkliving.org.uk

PUZZLES & GAMES

1. A woman proves in court that her husband was murdered by her sister, but the judge decides that the sister cannot be punished. Why?
2. A woman is found hanging by her neck from the high ceiling in an otherwise empty locked room with a puddle of water under her feet. How did she kill herself?
3. A man is lying drowned in a dead forest, far from water. How did this happen?
4. Two men are served identical drinks at the bar. One lives, but the other dies. Why?
5. A man dies of dehydration in his own home. Why?
6. A man runs along a hall with a piece of paper. When the lights flicker, he drops to his knees and begins to cry. Why?
7. A pipe, a carrot, and a couple sticks are lying together in a field. Why?
8. A woman lives on the tenth floor of an apartment building. Every morning she takes the elevator all the way down, and goes to work. In the evening, she gets into the elevator, and, if there is someone else in it she goes back to her floor directly. Otherwise, she goes to the seventh floor and walks up three flights of stairs to her apartment. Why?
9. A man grabbed a woman's ring and pulled on it, then dropped it. How did this save her life?

ANSWERS

1. The sisters are Siamese twins.
2. She stood on a block of ice to hang herself.
3. A firefighting plane filled its tanks with water from a lake, sucking a scuba-diver in (is this an urban legend, or did I see this on the news?). He drown while the plane was in flight and was dumped onto a burning forest with the water.
4. Poisoned ice cubes in the drinks: one man drinks slowly, giving them time to melt, but the other man drinks fast and doesn't get much of the poison.
5. His lives on a houseboat, and was out to sea when he ran of drinking water.
6. He is running to deliver a pardon, and the flickering lights indicate the convict to be pardoned has just been electrocuted.
7. They're what's left of a melted snowman.
8. The woman is a midge. She can't reach the upper elevator buttons, but she can ask people to push them for her. She can also push them with her umbrella.
9. They were skydiving, and she was unconscious. He pulled the ripcord ring for her, and the parachute

Tomato and goat's cheese tarts

Serves 4

Ready in 25 minutes

Ingredients

- 375g packet ready-rolled puff pastry
- Plain flour, for dusting
- 150g goat's cheese
- 250g vine cherry or pomodorino tomatoes, halved
- 1 egg, beaten with a little water
- Extra-virgin olive oil, for drizzling
- Large sprigs basil leaves, to garnish
- 4 slices Parma ham (optional)
- Rocket, to serve

Method

1. Preheat the oven to 200°C/fan180°C/gas 6. Open out the pastry on a surface lightly dusted with flour. Trim off the edges to neaten. Cut the pastry to make 4, equal-size squares and put on a baking tray. Chill until the filling is ready.

2. Break the cheese into craggy pieces. Arrange the tomato halves and goat's cheese in the centre of each pastry square. Don't worry if the piles look quite high, the pastry will cook up around them. Season well, then brush the edges with the beaten egg and pop in the oven for 15-18 minutes until puffed and golden.

3. Serve as they are, hot from the oven, drizzled with a little olive oil and garnished with a large basil sprig. Or top each tart with a slice of Parma ham before garnishing with the basil and rocket.

What's on in Fife?

Kirkcaldy Photographic Society

Founded in 1898, the Kirkcaldy Photographic Society continues to encourage photographers working at all levels from beginner to semi-professional. This exhibition of around 100 works showcases their talent.

Kirkcaldy Museum & Art Gallery
Museum & Art Gallery

21 Feb 2009 - 29 Mar 2009
Free admission

Crail Car Boot Sale

Sunday 01 Mar 2009

Fancy picking up a bargain? Come along and see if you can find that next priceless antique.

Crail Airfield
Balcomie Road
12:00

www.crailraceway.co.uk

St Andrews Gardeners' Club

Thursday 19 Mar 2009

Cactus and Succulents - a talk by Dr J Gibbs from
Dundee.

Hope Park Parish Church
St Andrews
19 Mar 2009
19:30

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	£20.00
Unwaged Individual	0	£ 5.00
Family	0	£25.00
Corporate	0	£35.00

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 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

Link Living

01592 644048
www.linkliving.org.uk

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
