

Fife Bipolar Group

www.cfbg.co.uk

Issue 30 **May 09**



Due to Express Group Renovations...

Check the group for details

Of next month's meeting location

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
The Express Group Kirkcaldy
110 Rosslyn Street
KY1 3AD

Contact

fifebipolargroup@cfbg.co.uk
www.cfbg.co.uk
0753 863 9461

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making sense of darkness



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Our Committee

Chairperson VACANT

Secretary *Pauline*

Website *James*

Magazine *Ross*

Treasurer *Barbara*

Librarian *Margaret*

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

New Bipolar Scotland Website

Bipolar Fellowship Scotland has a new website up and running and we urge our readers to go check it out! Also, if you are buying anything through Amazon.co.uk, if you click on Amazon from the Bipolar site, a donation is made to the organisation. So if any of you are buying online, please remember to do that.

May Day Holiday

Monday the 4th of May is a public holiday. If you use any public services, or need medication, be sure to make the appropriate arrangements as many services will most likely be closed on this day.

Crisis Phone lines

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



This Year's AGM

Edie opened the AGM by welcoming everyone and apologized for the alternative venue. Due to refurbishment and decoration of the Express group premises, future meeting venues will be published in the magazine.

Apologies were received from James Wentworth and Jim Millar. A Thank you card was organized for Jim Millar on his retirement from the role of treasurer and committee which was passed around to members to sign.

The Annual Accounts were proposed by Mike Hobden and seconded by Kevin Glass. Last year's accounts were proposed by Mark and seconded by William. Members remaining on committee to date are Pauline, Mark, Margaret, Lee and Ross.

The first new committee meeting is arranged for Tuesday 28th April at 7pm at the Express Group (decorations completed hopefully). Yvonne proposed a big thank you to Edie for all the help and support given by her to the group and individual members over the years.

Barbara intimated that at Letham Village Hall a car boot sale is taking place where she has set a stall to sell her homemade jams curds and preserves with all funds received going to our Group.



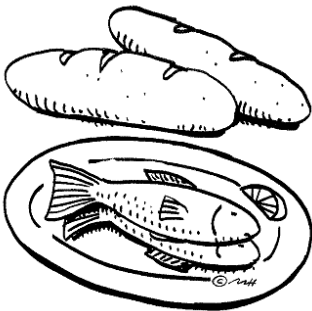
Eating oily fish helps

Prostrate Cancer *By David Pilditch*

.....

EATING oily fish just once a week could help men to survive prostate cancer, scientists have now revealed . A study shows a diet rich in omega-3 fatty acids found in fish such as herring, salmon and mackerel could prevent development of the deadly disease. The oils are also believed to be able to block the spread of existing tumour cells, acting as a kind of treatment. Leaders of a study say that just one three-ounce portion of fish a week could reverse the effect of a deadly inherited gene which can cause an aggressive form of the disease.

Their findings showed that a high intake of omega-3 could reduce the risk of developing prostate cancer by almost 6 per cent. More than 35,000 men in the UK are diagnosed with the disease each year and 10,000 die from it. Last night medical experts and nutritionists welcomed the study, which backed previous research and suggests the fatty acids could mean the difference between life or death.



Nutritionist Carina Norris said: "Hardly a month goes by without scientists finding more benefits of fish oil. My advice to everyone would be to get as much of it as possible. "I would advise the use of supplements as hardly anyone in the UK eats enough oily fish in their diets. I am reluctant to use the expression, but I would say fish oil is

the closest you can get to a superfood."

Leading cancer organisations in Britain also backed the study. John Neate, chief executive of The Prostate Cancer Charity, said: "It makes sense for men to adopt a healthy diet and lifestyle, and a suggestion to increase the intake of omega-3 is a common part of that. "This might improve their chances against developing prostate cancer, but it could also protect against other health problems that affect middle-aged and older men."

The findings, published in the US journal *Clinical Cancer Research*, were uncovered by researchers at the University of California in San Francisco. Their study compared the diets of 466 men diagnosed with the disease and 478 healthy men. A diet questionnaire was used to assess participants' eating habits. Men who ate omega-3 rich "dark" oily fish such as mackerel, salmon and sardines between one and three times a month were found to have a 36 per cent lower risk of developing prostate cancer than those who never ate fish. And men who ate oily fish once a week or more had an astonishing 57 per cent reduction in risk. Similar results were found in men who eat shellfish, which also contain fatty acids. Men with the inherited gene are more than five times more likely to develop prostate cancer, but the scientists found a high consumption of oily fish wiped out this risk factor.

Professor John Witte, who led the research, said: "The increased risk was reversed by increasing omega-3 fatty acid intake by a half a gram per day. The strongest effect was seen from eating dark fish one or more times per week."

Over 65s 'shut out of NHS services'



.....

NHS services for older people with mental health problems need "urgent attention", a watchdog said today.

People over 65 are often discriminated against because of their age and can find themselves excluded from specialist services, according to the Healthcare Commission.

Its report found that some elderly people were shut out of services on the basis of cost while others were not referred on by their GP. Experts examined six mental health trusts expected to be at the high, mid and low end of performance. Overall, more than 600 people were spoken to, including staff, carers, patients and social workers.

National data on accessing mental health services was also analysed for the study, although the report's authors noted that such data was lacking. Two trusts were found to be treating people on the basis of need rather than age but other trusts were lagging behind. The report said: "Most trusts were struggling to make progress, and older people were denied access to the full range of mental health services that are available to younger adults.

"In particular, there was poor access to out-of-hours and crisis services, psychological therapies and alcohol ser-

vices." Around 40% of older people who visit their GP are estimated to have a mental health problem, as are 50% of older people in hospital and 60% of those in care homes.

More than a quarter of admissions to mental health inpatient services are for people over the age of 65. Today's report - Equality in Later Life - noted that mental health problems among older people will become more of an NHS burden in the future.

With an increasingly ageing population, more and more people will suffer from diseases like dementia, which currently costs the UK economy more than £17 billion a year. At present, around 700,000 people in the UK have dementia but this figure is expected to rise to more than a million by 2025.

The Healthcare Commission study found that older people were not often given access to out-of-hours services or those aimed at helping people suffering a mental health crisis. Such services mostly only took referrals for people under the age of 65, or for conditions other than dementia, it said.

"Even when there was no explicit policy about discrimination on the basis of age, staff often reported that although the rules did not prevent referring older people, in actual practice accessing the full range of services for older people was often not possible," the report went on.

Although access to services for alcohol and substance misuse were "theoretically available", they were either offered in a way that was not appropriate for older peo-

ple or were simply unavailable for referrals.

When it came to psychological therapies, services were often poor, the Commission noted.

One trust reported a waiting list of six months for an assessment while another trust found that, in an audit of 1,300 referrals to psychological therapies from GPs, only 49 were for people over the age of 65.

Some staff said patients deemed to be high risk to the public were given priority, as were those where Government targets applied.

Most trusts had made some progress in identifying issues surrounding age discrimination but others had a long way to go, the report found.

Patients and carers were generally positive about the support and training available but some felt they were pushed "from pillar to post" when attempting to contact someone about the care on offer.

Anna Walker, chief executive of the Healthcare Commission, said: "There needs to be a fundamental shift towards providing care based on a person's clinical need rather than their age."

Gordon Lishman, director general of Age Concern, said: "It's scandalous that older people are often denied access to vital mental health services because they're deemed too old."

A second study from the Commission, also published today, found that almost half of people under 65 needing

specialist mental healthcare still do not have an out-of-hours number if they are in a crisis.

Meanwhile, 55% of people with schizophrenia have not been offered recommended psychological therapies.

The study, which looked at all 68 NHS specialist community mental health trusts in England, found some improvements in 2007/08 compared with a similar report in 2005/06.

However, it said there was "significant room" for improvement before all trusts were meeting best practice and guidelines issued by the National Institute for Clinical Excellence (Nice).

In the 2007/08 report, 54.7% of patients said they had an out-of-hours contact, up from 49.5% in 2005/06.

A third of trusts were found to have improved performance in this area.

Care Services Minister Phil Hope said: "We are developing a new strategy for mental health services for all age groups.

"This will herald a dynamic new approach to mental health for everyone.

"In the meantime we are already improving access to psychological therapies with funding rising to £178 million a year."

Source = Press Association

Recognizing And Dealing

With Isolation

In the world of bipolar and unipolar depression, we learn to look for clues that will alert us to problems. This is a huge part of dealing with our disorder. The more knowledge and insight we have, the better prepared we are to deal with our mood swings. Many of us look for clues such as energy levels, sleep patterns, anxiety level, and so forth. But one very important indicator that's often overlooked is isolation.

Isolation is a fact of life for me. I am functional, outwardly normal, and know a lot of people, but I keep everyone but immediate family at arms length. Things are so crazy in my head, and in my house, and everywhere else, I'm afraid to let people in. One glimpse inside and I'd certainly scare anyone away. Immediate family is different – I try hard to stay as open as possible with them. But when I close myself up to family, that's my isolation cue – things are wrong.



We all need time alone, that's human nature and shouldn't be mistaken for isolation. Ditto privacy. We need our privacy at times, and that shouldn't be interpreted as isolation. Conversely, many times we can be surrounded by people but still be isolating. The fact we may be working or out in public doesn't mean we're not isolating. So it's im-

portant we have ways to identify, and deal with, true isolation when the behaviour surfaces.

When isolation is recognized, there are a few things to keep in mind.

First, have a support chain. For those who maintain a (Action Plan), make this a part of your plan. Tell your loved ones to be observant of this behaviour, and come up with strategies for dealing with it.

Next, do what you can to bring others into your immediate life. Pick up the phone and call someone. It doesn't matter if you have anything important to say, just call. Ideally you've told friends or family in advance that you may do this from time to time so it's not unexpected. But it's important to interact, to have that human contact. community depression and bipolar support groups a great opportunity to get out and interact with peers – people who have experienced exactly what you're experiencing.

If you don't have anyone to talk with, or your support life-line isn't available for some reason, keep your mind active. DO NOT hole up looking at the walls. Read, write, work puzzles, plan the menu for a holiday meal next year, just get creative. It doesn't matter what it is, the important thing is to keep your mind occupied.

Another thing that helps me is to get active. Go to the gym and do a hard physical workout. Jog, take a long walk, do some brisk exercise, take a swim. The recuperative values of exercise can be amazing.

Isolation is something we all experience. If we're tuned

Did You Know Facts

Did You Know, The cigarette lighter was invented before the match.

Did You Know, 40 percent of McDonald's profits come from the sales of Happy Meals.

Did You Know, Coca-Cola was originally green.

Did You know, If you yelled for 8 years, 7 months and 6 days, you would have produced enough sound energy to heat one cup of coffee.

Did You Know, It is impossible to lick your elbow. (I'll bet you tried)

Did You Know, 23% of all photocopier faults worldwide are caused by people sitting on them and photocopying their butts

Did You Know, 25% of your bones are located in your feet

Did You Know, 40% of all indigestion remedies sold in the world are bought by Americans.

Did You Know, 80% of 10 year old girls in the U.S. go on a diet.

Did You Know, 85% of all Valentine's Day cards are purchased by women! (c'mon guys step it up)

Puzzles & Curios

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The "French" marigold arrived in Europe with the Spanish conquistadors during the sixteenth century, who brought the delicate flower with them from its land of origin. It was from Mexico, not France.

The African baobab tree can have a circumference as large as 100 feet. One such tree in Zimbabwe is so wide that the hollowed-out trunk serves as a shelter at a bus stop, with a capacity to hold as many as 40 people.

In England, vraic is a seaweed used for fuel and fertilizer. It is found in the Channel Islands.

In living memory, it was not until February 18, 1979 that snow fell on the Sahara. A half-hour storm in southern Algeria stopped traffic. But within a few hours, all the snow had melted.

In Los Angeles, discarded garments are being recycled as industrial rags and carpet underlay. Such recycling keeps clothing out of landfills, where it makes up 4 percent of the trash dumped each year.

There are more than 700 species of plants that grow in the United States that have been identified as dangerous if eaten. Among them are some that are commonly favoured by gardeners: buttercups, daffodils, lily of the valley, sweet peas, oleander, azalea, bleeding heart, delphinium, and rhododendron.

Paprika Roast Potato Chips

When it comes to snack foods, everyone has their weakness, mine just so happens to be these homemade potato chips. Makes enough for 4 portions, or one giant selfish one!

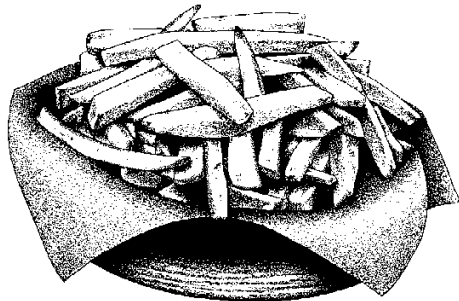
- 5 rooster potatoes cut into chips.*
- 3 tablespoons of olive oil.*
- 2 teaspoons of paprika.*
- 1 tablespoon of ground black pepper.*
- 1 tablespoon of sea salt.*

Preheat the oven to 200°C. Cut the potatoes into chips about 1cm in thickness.

Spread the potato chips evenly over two large non stick baking trays. Try and give the chips as much space as possible, this will make them extra crispy. Drizzle the oil over the chips and toss until they are all combined.

Sprinkle over the paprika, pepper, salt and toss again. Place in the oven and roast for 40-50 minutes or until crispy and golden.

Serve straightaway as a tasty snack or alongside a main meal.



What's on in Fife?

Earthship Tours

The first eco-house in the UK, built entirely from waste materials and energy self-sustainable. Visitors are shown how the earthship was built, how its energy systems work and how we can use its concepts in everyday life.

Open for tours on **Fridays Saturdays and Sundays** throughout the year. Entrance to the Earthship is FREE.

EARTHSHIP FIFE
KINGHORN LOCH

01 Mar 2009 - 28 Feb 2010
10am to 4pm

01592 891884
www.earthship.org.uk

Object as Muse

In 'Object as Muse' various artists respond to a textile piece - the Asentamiento Dress by Julie Cook. Artists Colette Bryce (poetry), David Birkin (photography), Dunne and Raby (critical design), Tamsin van Essen (ceramics), Arabel Lebrusan (jewellery) and Susie MacMurray (installation) present work exploring what they feel the dress signifies.

Kirkcaldy Museum & Art Gallery
Abbotshall Road
Kirkcaldy

During Museum opening hours
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	£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

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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.dascot.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
