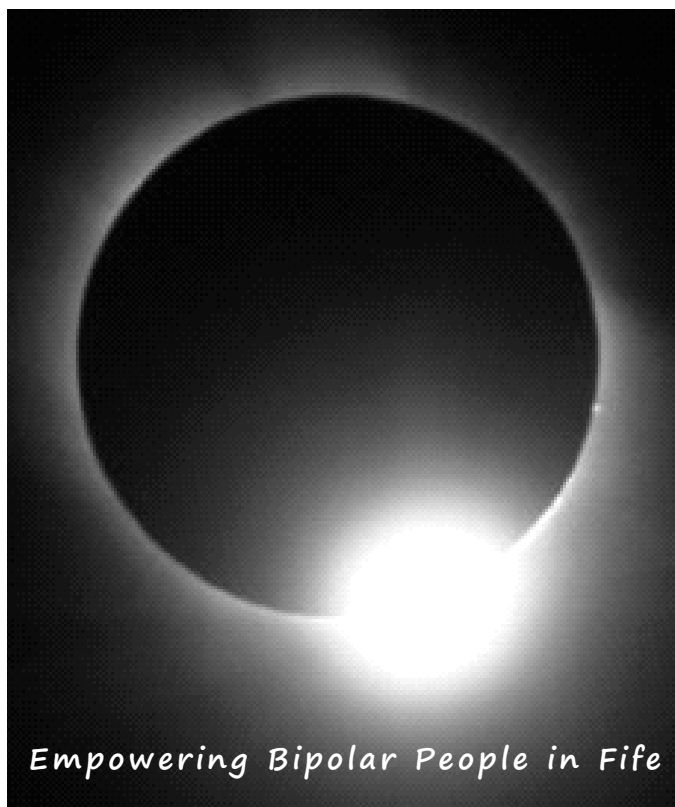


# *Fife Bipolar Group*

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*www.cfbg.co.uk*

*Issue 32 July 09*



Alan from Bipolar Fellowship Scotland

July's Speaker

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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

## Address

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

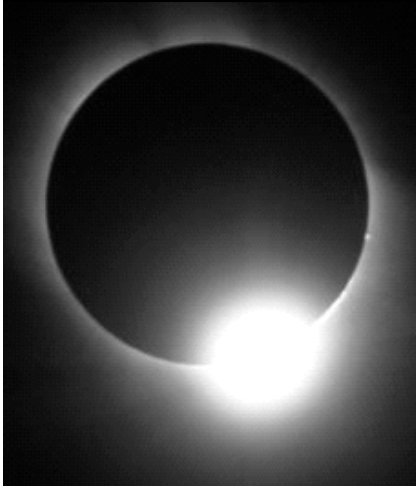
## Contact

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

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**Disclaimer** FBG cannot be held responsible for any information supplied in this magazine. Any views expressed by articles do not necessarily represent the views of FBG. The Group's decision on material to be included is final.

making sense of darkness



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## Our Committee

**Chairperson** Mark  
**Secretary** Pauline  
**Website** James  
**Magazine** Ross  
**Treasurer** Barbara  
**Fundraising** Barbara  
**Librarian** Margaret

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

*Get in touch with any comments or ideas for the magazine.  
The deadline for the magazine is 16th of every month*

# *Bipolar News & Round-up*

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## *Apologies*

From Alan at Bipolar Fellowship Scotland—unfortunately he had to cancel at the last minute, but sends his apologies to the group.

## *Bipolar Fellowship Scotland*

If you'd like to go along to the AGM and Conference, get in touch with the organisation for application forms. More information will be posted in the magazine closer to the event. AGM, Saturday 19 September 2009

## *Book Club*

Read any good books on Bipolar? Want to share what you have read with other members? Then please let us know which books you like and we'll add them to our reading list and review them at our next book club. Watch this space for details.

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## *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



# Recall of All Missing Library Books

Over the years a number of library books have been borrowed from the group and not returned.

We would now like to urge all members who have taken books from our group to return them as soon as possible.

Simply send the books to the express group or contact us and arrange to drop them off.

*Thank you for your  
co-operation*





# *SAMH launches Get Active:*

## *Positive Steps for Mental Health*

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SAMH, Scotland's leading mental health charity, has launched a new national programme which asks people across Scotland to 'Get Active' to improve their mental health and wellbeing. The campaign invites both young and old to change their destiny and in doing so, leave a positive legacy for future Scots. How? By getting active. The link between physical activity and physical health has long been known, but the link between physical activity and mental health has been less explored, until now. SAMH wants to ensure that everyone, regardless of where they live, their age or income, is aware of ways to improve their mental health by participating in physical activity and sport.

Billy Watson, SAMH Chief Executive said:

"Get Active isn't just another marketing campaign; it's a way of life. For years Scotland has hit the headlines for all the wrong reasons such as high levels of anti-depressant prescribing, poor health, high mortality and appalling diets. It's time for us to turn the tide and become recognised as a nation that takes pride in our physical and mental health."

The charity's message is that in these tough economic times where every penny counts, people can Get Active in a host of different ways that needn't cost much if anything, such as walking to the shops or attending a football game, as well as the more expected methods like going to a gym.

# Towards A Mentally Flourishing Scotland

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The Scottish Government's new policy and action plan for mental health improvement for 2009 to 2011 – Towards a Mentally Flourishing Scotland - was launched on Thursday 7th May by Shona Robison, Minister for Public Health

This policy demonstrates the Government's continuing commitment to supporting: the promotion of good mental wellbeing; reducing the prevalence of common mental health problems, suicide and self harm; and improving the quality of life of those experiencing mental health problems or mental illness.

Improving mental health and making a step change in how we, as a society, look after our own and others' mental health requires a combined effort at national, local and individual levels. At national level greater emphasis will be placed on providing national leadership. Delivery organisations will continue to work in partnership to offer co-ordinated support for implementation of the action plan.

The role of local government will be to work with Community Planning Partners, Community Health Partnerships and the third sector to offer strategic leadership for mental health improvement and to develop and implement local plans for delivery. In support of this agenda, the Convention of Scottish Local Authorities (COSLA)

have said: "Scottish local government recognises that it has a powerful role to play in protecting and promoting good mental wellbeing and preventing mental health problems."

Key roles for the NHS in Scotland will be supporting and delivering local plans in conjunction with Community Planning Partnerships and Community Health Partnerships and embedding mental health improvement into all NHS activity.

The Third Sector also has a significant contribution to make to mental health improvement both nationally and locally, via delivering services which directly or indirectly contribute to mental health improvement and advocating change and improvement.

Finally, the actions of individuals and communities are also central to this agenda. We know individuals do not make choices in isolation from the broader social and physical environment of which they are part: there is a clear role for local partnerships to work with communities to create mentally healthy environments within which individuals and communities are empowered to promote and protect their mental health.

Scotland has done much to lead the way in mental health improvement and has already been internationally recognised for its work. This new action plan explains how we will build on this existing success from now until 2011 and beyond, by focusing on strategic priorities for action as well as on the infrastructure support and coordination which the Government will put in place to help facilitate implementation and support delivery.

# Summer Jokes

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What did the pig say at the beach on a hot summer's day?  
I'm bacon!

Major Premise: Power corrupts;  
Minor Premise: Knowledge is power;  
Conclusion: Knowledge corrupts.

One sodium atom says "oh no! I think I lost an electron", another atom asks "are you sure?", "Yeah! I'm positive".

Abraham Lincoln was accused of being two-faced. Lincoln replied, "If I had two faces, do you think this is the one I'd be wearing?"

Ronald Reagan's most powerful tool was his self deprecating humour. When his advanced age was used against him by Senator Mondale during the 1984 campaign, intentionally misunderstanding he quipped, "I will not make age an issue of this campaign. I am not going to exploit, for political purposes, my opponent's youth and inexperience."

What is black and white and read (red) all over?  
An embarrassed zebra.

How do lamps communicate?  
Lamppost

# Summer Jokes

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How do you put an elephant in a refrigerator?  
Open the door, put the elephant in, close the door.

How do you put a giraffe in a refrigerator?  
Open the door, take the elephant out, put the giraffe in,  
close the door.

The lion, king of the jungle calls a conference in the forest. Which animal is not present?  
The giraffe: it is in the fridge where you left it.

Two explorers are crossing a crocodile infested swamp.  
How do they get across safely?  
The crocodiles are at the conference in the forest.

On a cheerful summer holiday weekend a man walks into the butcher shop that has a sign in the window saying "Ground Sirloin: 29 cents per pound."  
"I'm having a cookout this weekend," the man says, "and I'd like 5 pounds of your ground sirloin, please."  
The butcher shakes his head and says, "Sorry. I'm all out."  
The disappointed man goes down the street to another butcher shop and asks, "How much is your ground sirloin?" , "It's \$3.29 per pound."  
"Three twenty nine?" exclaims the man. "Just up the street they are selling it for 29 cents!"  
The butcher smiles calmly at the gentleman and asks, "Does he have any?"  
"No. He's out of it right now."  
"Well," says the butcher, "When I don't have any, I can also sell it for 19 cents per pound!"

## Simple Steak with Mushroom Sauce

.....  
**Serves 4 people**

- 4 steaks.
- 1 tablespoon of butter.
- 1 tablespoon of olive oil
- 3 cloves of garlic, roughly chopped.
- 1 onion, thinly sliced.
- 250g of button mushrooms, sliced thinly.
- 125ml of white wine.
- 250ml of beef stock.
- 4 tablespoons of cream.
- sea salt and black pepper.

Rinse the dried mushrooms with water and then submerge in a bowl with warm water and leave for 20 minutes. Prepare the steaks by drizzling them with a little olive oil, sprinkle over a generous amount of ground black pepper, cover and set aside. When the dried mushrooms have finished soaking, heat a large pan over a medium high heat and add the butter and olive oil. Fry the garlic and onion for 2 minutes, then add the mushrooms and continue to cook for 5 minutes or until they become soft. Add the white wine, continue to cook and reduce the liquid by half. Then add the beef stock and simmer for a further 2 minutes or until the liquid begins to thicken slightly. Remove from the heat and whisk in the cream until combined. Season with sea salt and black pepper and set aside. Heat a large griddle pan over a high heat and cook the steaks for 2-3 minutes either side for medium rare steak, depending on thickness. Remove the steaks from the pan and allow to rest for at least 5 minutes. Serve immediately.

# *What's on in Fife?*

## *East Neuk Festival*

For one long weekend, venues throughout the East Neuk of Fife play host to international musicians. Everything from churches to scout huts - and even a cave - act as venues for concerts, readings and more. Highlights for 2009 include pianist Christian Zacharias, the Leopold String Trio and Scottish Chamber Orchestra.

Date: 1st - 5th July 2009

Various venues throughout East Fife

For more information, see website for details:  
[www.eastneukfestival.com](http://www.eastneukfestival.com)

## *Bruce Festival*

A festival celebrating Scotland's ancient past and the part played in it by the Ancient capital of Scotland - Dunfermline. A magnificent celebration of King Robert the Bruce in the shadow of his final resting place.

Date: 15th - 16th August 2009

Pittencrieff Park, Dunfermline

Free

12 noon

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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	£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 1015, Mile End Mill  
Abbey Mill Business Centre  
Seedhill Road  
Paisley PA1 1TJ

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

affiliated with Bipolar Fellowship Scotland

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**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**

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