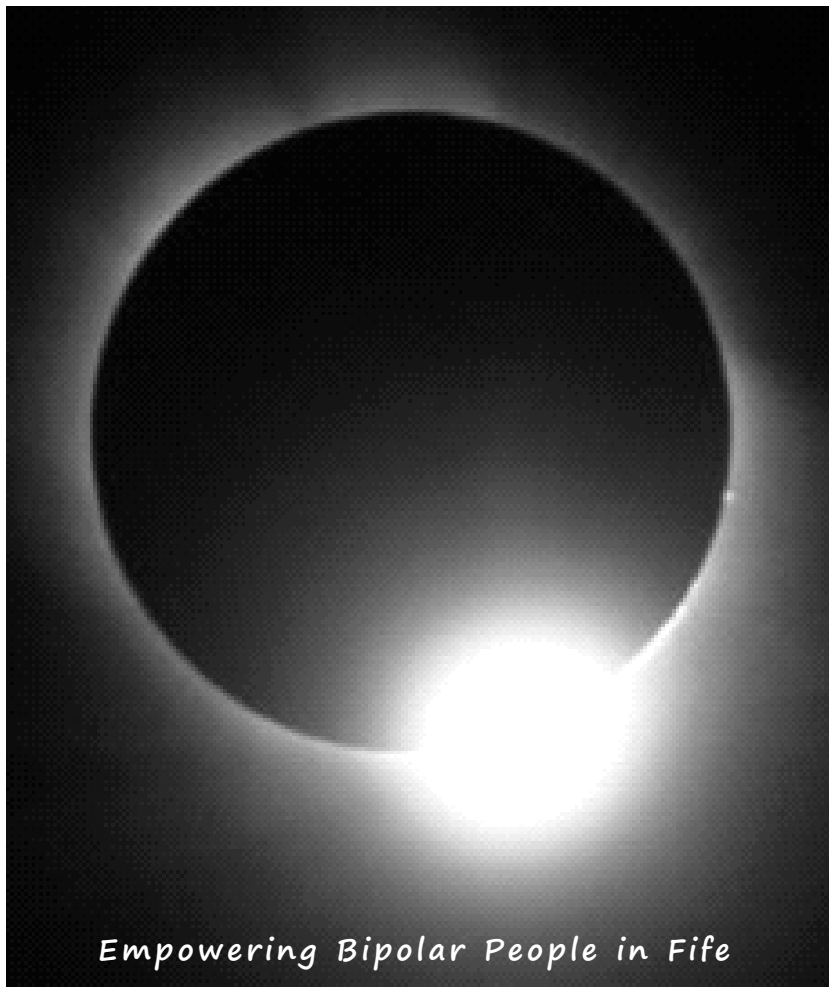


# *Fife Bipolar Group*

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*www.cfbg.co.uk*

*Issue 34 Sept 09*



*Empowering Bipolar People in Fife*

*Speaker from "Going Forth" this month*

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## About the Fife Bipolar Group

We meet once a month in Kirkcaldy & 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. Membership is free & you do not need a referral.

We provide information & support through our group via the website, a monthly magazine & regular activities that raise awareness of living with bipolar. If you'd like to talk or just be around people experiencing what you're going through, please come join us!

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## 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

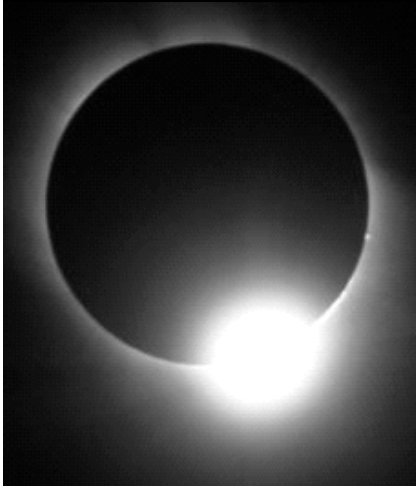
### **Contact**

fifebipolargroup@cfbg.co.uk  
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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

**Fundraiser** Barbara

**Librarian** Margaret

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

*We're always looking for personal contributions so, please get in touch with any comments or ideas you have about the magazine.*

# *Bipolar News & Round-up*

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## *September's Speaker*

Anna Rolink from Going Forth Dunfermline will be coming along to September's meeting to talk a little about the organisation.

## *Donation*

A big thank you to S. McLean who made a cash donation to the group this month. We rely on the support and encourage of our members so donations of this kind make all the difference. Thank you!

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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



# Circles Network Advocacy in Fife



Wendy Buchanan, Senior Manager of Circles Network UK came to talk to us about the new advocacy service her organisation is setting up in Fife.

Circles Network are a UK wide organisation who have taken over from the services of the Today Group & Fife Advocacy (both of which are now defunct).

They specialise in advocacy and aim to provide information to their service users and enable them to make decisions that affect their lives.

Their offices are based in Glenrothes but they will go out to wherever their clients are based.

### **Central Commitment:**

They have a person centred attitude and an ethos that uses the Social Model of Disability.

### **Core belief:**

“all people should be able to exert some influence over what happens to them”.

Anyone who has a mental health diagnosis or dementia is free to use their service. There is no discrimination.

The focus is on the individual's experience rather than the 'diagnosis' that disables them. This allows people to be offered the information that they request rather than

being talked down to and 'pushed' in a certain direction.



Advocates simply follow the decision made by their clients. They supply information and allow the individual to make an informed choice.

With regard to mental health and Bipolar, sometimes the protection mechanisms can be 'disabling' so advocates help manage those difficulties (being sectioned, being not listened too when deemed incapacitated etc.)

Worries expressed by the group meeting were that advocates might give power to someone who is making a bad decision (i.e.. Someone in a manic state). However, Wendy assured us that advocates work with the support network in place to ensure that clients are shown the good and bad outcomes of the choices they are able to make. The client can then make a reasoned decision.

Wendy recognised that making 'first contact' can be very difficult and takes time. However, they wanted to encourage people to take that first step and enable them to seek the help that Circles Network can offer.

The Fife Bipolar Group urges anyone with a serious problem, whatever that may be, to come forward and contact Circles Network Fife. They will be welcoming and supportive and will work for you to empower you to influence your life for the better.

[www.circlesnetwork.org.uk/fife\\_region.htm](http://www.circlesnetwork.org.uk/fife_region.htm)

# BOOK CLUB



One of the new events we hope to introduce soon to our members is our book club .

The book will be agreed in advance and copies bought by the group for those participating.

The meetings of the book club will occur during an ordinary monthly group meeting, where those who have read the book will discuss it's positive aspects with those members who haven't.

Once participants have read the book, we will invite one of them along to discuss what they found interesting about the book with the full group at the monthly meetings.

If you'd be interested in joining this event, please get in touch and we will let you know the details as soon as they are decided.

If you'd like to suggest a book to be read, email your ideas through our website.



# Difference Between Teen Moodiness and Depression

*Advice: 'It's Hard For Parents To Understand'*

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As the founder and director of the New York University Child Study Centre, Dr. Harold Koplewicz has seen first-hand the pain that depression brings to families. His new book, "More Than Moody: Recognizing and Treating Adolescent Depression," describes current therapeutic approaches and new research.

## **How does depression manifest itself differently in teens and adults?**

Depressed teenagers are more reactive to the environment than depressed adults. In addition, they act irritable. In classical depression, you are depressed all -or almost all- of the time. Depressed teens' moods are much more changeable. If an adult male gets depressed and you take him to a party, he is still depressed. In fact, he may depress others at the party. A teenage boy who is depressed and gets taken to a party might brighten, might actually want to have sex. If pursued, he might enjoy himself. But if he goes home alone, he is likely to become very depressed again. These mood changes are very hard for parents to understand.

## **Most teenagers are moody. When should parents start to worry?**

Parents have to know their children. Adolescence is not

a good time to introduce yourself. Money should have been put in the bank earlier. Then, during adolescence, it's a continuation of a close relationship. You understand what your child's sleep habits are like, what his energy level is like, what her concentration is like, so you can observe when changes in usual behaviour last for a month. Then I would get an evaluation.

### **What would you tell parents who feel guilty when their children are depressed?**

Parents want their children to be happy so much that they feel somehow responsible if their child is not. I would emphasize that depression is a real illness. Depression [is] such a misused term. We're not talking about demoralization, or about being dispirited. We're talking about a real illness that has neurobiological underpinnings and that parents have to take as seriously as diabetes.

### **Where should parents go for help? Do you think there are enough resources?**

There are so many barriers to getting a teenager help. In our nation, it's nothing less than a tragedy that only one out of five teenagers who suffer from depression gets any help. It's even worse if you are a kid from a lower socio-economic group. The first thing to do would be to go to your paediatrician or your school psychologist who can refer you to a child psychiatrist or a child psychologist. Diagnosis is the most important issue here. I would explore the Web site of the American Academy of Child and Adolescent Psychiatry and get the name of a board-certified child psychiatrist. I would go to a university-affiliated medical centre. I would call the local

medical school. I would go to the American Psychological Association and ask for a child psychologist. After the diagnosis, I would ask for a treatment plan, keeping in mind that more than one approach can work. There is talk therapy, specifically cognitive behavioural therapy and interpersonal therapy, which requires specialized training and has been shown to be effective. Medications can also work.

### **Are the medications normally prescribed safe for developing brains?**

We've been using these drugs for many years, but there is still a question out there. I think the benefits outweigh the risks. The jury is still out, but some animal studies have even shown that taking the medication may actually prevent future episodes of depression, but this is all preliminary. Parents also need to be informed about the risk of not taking medicine. We're starting to learn that with each successive episode, patients are more at risk for another depressive episode. Each episode may affect brain development negatively. Therefore, the benefits of taking medication outweigh the risks. There are real costs to the illness which should affect how we think about the risks of treatment.

### **What's the biggest myth about teens and depression?**

I think we still have trouble believing that children and teenagers can get depressed. Twenty years ago, the prevailing theory was that depression in teens, like moodiness, was normal and that teenagers who weren't depressed were abnormal. Now we know that's not accurate. Another myth: depression is reserved for the poor. It turns out to be an equal-opportunity disorder.

# Did You Know?...

The liquid inside young coconuts can be used as a substitute for Blood plasma.

\*\*\*\*\*

No piece of paper can be folded in half more than seven times. Oh go ahead...I'll wait...

\*\*\*\*\*

You burn more calories sleeping than you do watching television.

\*\*\*\*\*

The first product to have a bar code was Wrigley's gum.

\*\*\*\*\*

The King of Hearts is the only king WITHOUT A MOUSTACHE

\*\*\*\*\*

American Airlines saved \$40,000 in 1987 by eliminating one olive from each salad served in first-class.

\*\*\*\*\*

Apples, not caffeine, are more efficient at waking you up in the morning.

\*\*\*\*\*

Walt Disney was afraid OF MICE!

\*\*\*\*\*

Pearls Melt... IN VINEGAR!

\*\*\*\*\*

A duck's quack doesn't echo, and no one knows why.

\*\*\*\*\*

# How to Self-Massage

*Help to relax at home*



Massage is one of the easiest ways to attain and maintain good health and well-being. Tension headaches, insomnia, aches and pains, tension and stress can all be easily alleviated with our hands.

Massage has amazing effects on the health of the person being massaged. It improves circulation, relaxes muscles, aids digestion and speeds up the elimination of waste products. These direct benefits, combined with the psychological benefits, quickly produce a feeling of well-being.

According to the American Massage Therapy Association, research shows that massage therapy provides several important health benefits, including:

- Improved blood circulation
- Muscle relaxation and improved range of motion
- Increased endorphin levels (the chemicals in your body that make you feel good)

## *How to Self-Massage*

You can easily learn to massage yourself. Use self-massage to energize yourself before school or work in the morning, or to unwind in the evening. You do not need to undress, but you must be comfortable. Use massage oil if you are massaging on bare skin. Sit in a massage chair or on the floor, or lie down with your knees bent and your feet on the floor.

## *Shoulders*

1. Stroke your right shoulder with your left hand. Starting at the base of your skull, stroke down the side of your neck, over your shoulder and down your arm to the elbow. Glide back to your neck and repeat at least three times. Then do the other side.



2. Make circular pressures with your fingertips on either side of the spine. Work up the neck and around the base of the skull. Then squeeze and release the flesh on each shoulder and at the top of your arms.

3. Loosely clench your left hand into a fist and gently pound your right shoulder. Keep your wrist flexible. This can be very invigorating if you are tired. Repeat on the other side.

4. Finish by stroking smoothly with both hands. Start with your hands on the side of your face and glide them gently down under your chin. Slide your hands past each other at the front of the neck, so that each hand is on the opposite shoulder. Stroke gently over your shoulders, down your arms and off at the fingertips. Repeat as often as you like. This hypnotic stroke can relieve headaches and tension.

## *Feet*

1. Put one hand on the top of your foot and the other under the sole. Stroke smoothly from your toes to your ankles. Glide your hands back to your toes and repeat.

2. Support your foot with one hand and work on each toe individually. Squeeze each toe firmly, and gently stretch with a gentle pull.



3. With one thumb on top of the other, do a line of firm pressures down the centre of the sole and lines on either side. Then, with one thumb, do circular pressures on the arch and ball.

4. Support your foot with one hand and make the other into a loose fist. Do knuckling movements all over the sole by rippling your fingers around in small circular movements.

5. Still holding your foot with one hand, hack the sole with your other hand. Flick your hand away the moment you touch the foot, so that the effect is light and springy.

6. Stroke around the ankle with your fingertips, as you stroke up toward the leg and gently as you glide back. Finish by stroking the foot as you did at the beginning.

## *Hands*

1. Stroke the back of your hand, pushing firmly up toward the wrist and gliding back gently. Then squeeze the hand all over, pressing it between your palm and your fingers.

2. Squeeze each finger and make circular pressures over the joints with your thumb. Then hold the finger at its base and pull it gently to stretch it, sliding your grip up the finger and off the tip.

3. Stroke between the tendons on the back of the hand with your thumb. Stroke in the furrow to the wrists, doing four strokes in each furrow.

4. Turn your hand over and support the back with your fingers. Do firm circular and static pressures with your thumb, working all over the palm and around the wrist.

5. Finish the massage by stroking the palm of your hand from the fingers to the wrist. Push into it with the heel of your other hand, then glide gently back and repeat.



#### Abdomen

1. This massage is ideal for menstrual pain. Start by stroking clockwise around your abdomen with one hand following the other in a circle, using the whole surface of your hands.

2. Knead all over your abdomen with your fingers and thumbs. Then roll onto your side to knead your hips and bottom. Turn onto your back and stroke around your abdomen again.

3. To wake yourself up after a massage, pummel your hips and bottom vigorously. Stand up and with loosely clenched fists, pummel the area very quickly. Flick your hands away as soon as you strike the skin.

# Sticky Mustard Chicken Drumsticks

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This marinade also works great with duck or even a full roasted chicken. Don't be afraid to experiment!

Serves 4

- 10 chicken drumsticks.
- 2 tablespoons of marmalade.
- 1 tablespoon of wholegrain mustard.
- 1 tablespoon of white wine vinegar.
- 1 tablespoon of olive oil.
- A pinch of salt and pepper.

Preheat the oven to 200°C/Gas Mark 6.

Add the marmalade, vinegar, mustard, oil, sea salt and black pepper in a large roasting tray, and whisk to combine. Add the chicken drumsticks to the tray and toss until all the chicken is covered in the sauce.

Place the tray in the oven and cook for 40 minutes or until cooked through. Baste halfway through the cooking time. Remove the chicken from the oven and place on a plate.

Place the roasting tray full of juices over a medium high heat and simmer and whisk until the sauce thickens.

Serve the chicken coated with the thick sticky sauce.



# Humour

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Question: You throw away the outside and cook the inside. Then you eat the outside and throw away the inside. What did you eat?

Answer: Corn on the cob: You throw away the skin or sheaf, then cook it, eat the corn, then throw away the cob.

**Question: What do you get if you divide the circumference of a pumpkin by its diameter?**

**Answer: Pumpkin pi.**

Question: What did the grape say when he was sat on?

Answer: Nothing, he just let out a little whine.

**Question: What do you call a stolen yam?**

**Answer: A hot potato.**

Question: What was green and a great trick shooter?

Answer: Annie Okra

**Question: What did the carrot say to the wheat?**

**Answer: Lettuce rest, I'm feeling beet.**

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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

**Circles Network Fife Advocacy**

07909 002 575  
fife@circlesnetwork.org.uk

**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  
Info@expressgroup.fsnet.co.uk

**Going Forth**

01383 623179  
Goingforth@samh.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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