

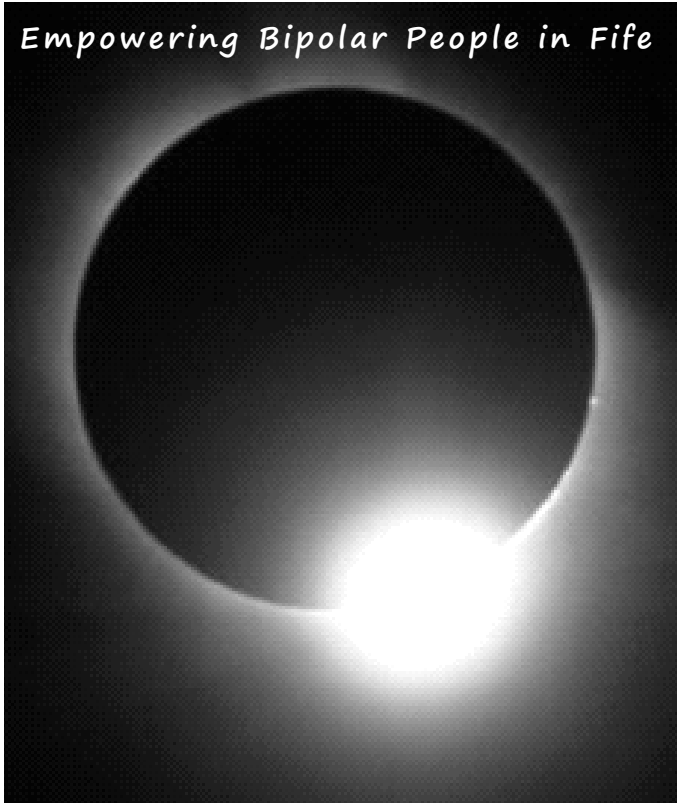
# *Fife Bipolar Group*

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*www.cfbg.co.uk*

*Issue 36 Nov 09*

*Empowering Bipolar People in Fife*



*Integrated care pathways for  
mental health*

*November's Speaker*

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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 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 along!

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## People with bipolar disorder

*Friends Relatives Carers*

### **Meeting**

2nd Tuesday of every month  
7 - 9pm

### **Address**

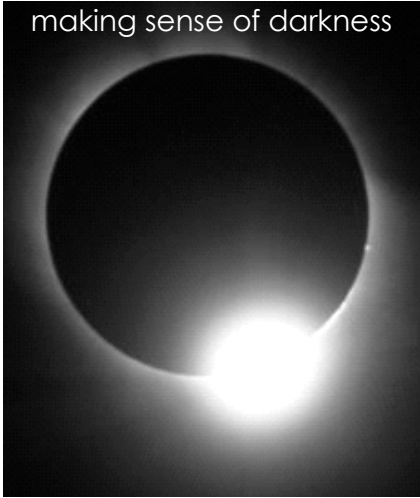
Fife Bipolar Group  
The Express Group Kirkcaldy  
110 Rosslyn Street  
KY1 3AD

### **Contact**

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

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Our Committee

- Chairperson** Mark
- Secretary** Pauline
- Website** James
- Magazine** Ross
- Treasurer** Barbara
- Support** Lee
- Librarian** Margaret

Contact us via email or mobile.

We're always looking for personal contributions from readers, please get in touch with any ideas you have for the magazine.

# Seasonal Affective Disorder

## *More than the Winter Blues*



It's not unusual for people to dread the passing of summer and the onset of winter. Balmy nights spent outdoors are replaced by colder, darker evenings which force people to spend more time indoors.

For some people however, disliking winter can be much more than simply missing warm weather and summer activities. Winter can become a severely debilitating and isolating time as they try to manage symptoms associated with Seasonal Affective Disorder (SAD) - but is it depression?

Associate Professor Michael Baigent, Clinical Advisor to beyondblue says SAD is a depressive illness that has a seasonal pattern. It's characterised by mood disturbances that begin in winter and subside when the season ends. It's usually diagnosed after the person has had the same symptoms during winter for a couple of years.

"The behaviour associated with Seasonal Affective Disorder is quite different from the mood changes a lot of people feel because of the change of season and the disruptions to their summer lifestyle. With SAD, the depression symptoms are more about 'slowing down'. People sleep more, eat more and usually crave carbohydrates which leads



to weight gain. They'll have a lot less energy and won't want to spend time with others. SAD has a cluster of symptoms that makes the person look like they are going into 'hibernation'," Dr Baigent said.

The cause of the disorder is believed to be a lack of exposure to light. There is a much higher prevalence of SAD in countries with shorter days and longer periods of darkness such as Finland, Alaska and northern parts of Russia.

The pineal gland, located in the middle of the brain responds to darkness by secreting melatonin which regulates daily biorhythms including the sleep/wake cycle. It's believed that when this is out of balance, SAD can occur.

"It's important for people to get up in the morning and get some exposure to sunlight, ideally before 8am. Dawn and morning light is believed to be integral in regulating our biorhythms. Combining this with exercise is really important. If people feel this is not helping they should go to their doctor for more advice," Dr Baigent said.

### *What you should do...*

If you are experiencing the symptoms of seasonal affective disorder (SAD), it is best to visit your GP. Your GP will usually do a psychological and physical examination to help diagnose your condition.



# The Magazine is now Available through Email!

If you would like to start receiving the magazine through your email, instead of through the normal post, please let us know.

We want to start emailing as many people as possible as this will help us keep costs down.

Photocopying, stationery and posting the magazine is one of the most expensive outgoings of the group.

If you don't have an email account we are happy to keep sending you a paper copy. If you have access to the internet then please let us send the magazine electronically.

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

Thanks for your help.



# November's Speaker



**Mike Kelly and Alyssa Bell** are coming to talk to the group on Tuesday 10th November about ICPs (Integrated Care Pathways). Mike came a year ago and this is a follow up.

ICPs are much more than a document of care. The ICP system of care encompasses how care is organised, co-ordinated and governed.

The implementation of ICPs will improve the quality of mental health services by focusing the attention of local care providers on key steps along the journey of care. The most important aspect of ICPs is the recording, analysing and acting on variances, allowing the comparison of planned care with care actually given and enabling the implementation of continuous quality improvement.

The development of ICPs in mental health services offers new opportunities for quality improvement which are under the control of local agencies, whether from NHS Scotland, local authorities or voluntary organisations.

ICPs allow local services to assess their own practice and are the tools that help drive the redesign of services to meet the assessed needs of service users (and their informal carers) and to facilitate closer working in collaboration with other agencies to deliver a co-ordinated service.

# Recognise a Stroke

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## *Stroke Identification*

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough. Remember the 1st Three Letters.... S. T. R.

## *Recognising a Stroke*

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

**S \*Ask the individual to SMILE.**

**T \*Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently)** (i.e. It is sunny today.)

**R \*Ask him or her to RAISE BOTH ARMS.**

If he or she has trouble with ANY ONE of these tasks, call 999 immediately and describe the symptoms to the dispatcher.

Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue... If the tongue goes to one side or the other, that is also an indication of a stroke.

# Fife Mental Health Solicitors

*Who can represent or advise you*

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## Key to Solicitors Services

- A willing to act for persons detained under mental health legislation
- B practicing in mental health law related areas of practice
- MH Mental Health
- AI Adults with Incapacity
- DD Disability & Discrimination

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Rollo Davidson McFarlane, 67 Crossgate, CUPAR, 01334 654081

**Tony Anderson, Joanne Smith**

A – MH – AI – DD/Employment

Steel Eldridge Stewart, 18 Crossgate, CUPAR, 01334 652285

**Hilary Eldridge**

A – MH – AI

Bennetts, 52 Crossgate, CUPAR 01334 655150

**Robin Bennett**

B – AI – MH (willing to assist with advice only)

Ross & Connel, 18 Viewfield Terr, DUNFERMLINE, 01383

721156 **Edward Christie**

A – MH – AI – DD

Stevenson & Marshall, 41 East Port, DUNFERMLINE, 01383

721141 **Eileen Sumpter**

A – MH – AI

The Scottish Legal Aid Board, Mental Health Law Project, 4 Abbey Park Place, DUNFERMLINE, 01383 312661

**Claudia Albrecht** A – MH

Drummond Miller LLP, 5 East Port, DUNFERMLINE, 01383 624244

**Brain Tait, Lyndsey McCran**

B – AI – DD

Valerie Johnston, 19-23 High Street, DUNFERMLINE, 01383 841795

**Valerie Johnston**

B – AI – MH (advice only)

Malcolm, Jack & Matheson: Walmer House, East Port, DUNFERMLINE, 01383 723444

**Ralph McCran, Barbara Collie**

B – AI

Morgans, 33 East Port, DUNFERMLINE, 01383 620222

**Craig Bennet**

B – AI

W&J Reid, 34 Queen Anne Street, DUNFERMLINE, 01383 724114

**Gordon Armstrong**

B – AI willing to take referrals for child & family law cases with a mental health issue.

Innes, Johnston & Co: 32 North Street, GLENROTHES, 01592 757114 - 197 High Street, KIRKCALDY, 01592 263455 - 5/7 Commercial Street, LEVEN, 01333 429320

**George Harper, Ann Oliver, Cath Chalmers**

A – MH – AI – DD

McKenna's Law Practice, 10 Acorn Crt, GLENROTHES, 01592 756449

**Yvonne McKenna, Sally Dow, Graham Inch**

A – MH

Ormistons Law Practice, 13 Glenwood Centre, GLENROTHES,  
0800781 0413 **Trevor Ormiston**

A – MH – AI

Baird & Company: 2 Park Place, KIRKCALDY, 01592 268608 - 7  
St Catherine Street, CUPAR, 01334 656644 - North House, North  
St, GLENROTHES, 01592 759555

**Graeme Clarkson, Kerr Sneddon, Douglas Williams, Gillian  
Leddie**

A – MH – AI

Beveridge, Herd & Sandilands: 1 East Fergus Place, KIRK-  
CALDY, 01592 261616

**Tony Sandilands, Bill Clark**

A – MH – AI

Higgins Morledge & Litterick, 38 Hunter Street, KIRKCALDY  
01259 725922 **Brian Black**

A – MH

McKenzies, 26 East Fergus Place, KIRKCALDY 01592 206605

**Nigel Cooke, Gordon Cooke**

A – MH – AI

Jas S Grosset: Royal Bank House, High Street, LEVEN, 01333  
426023

**Raymond Wachtel, Margo Miller**

A - MH – AI – DD/employment

Lynn Herbert & Co. 82 High Street, LEVEN, 01333 429007

**Lynn Herbert, Margo Hopton**

B – AI

FT & DC Wallace, Forth House, Forth St, LEVEN, 01333 423804

**David Ritchie, Michael Wallace**

B – AI – DD

# Autumn Vegetable Stew

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Serve it over rice or couscous or potato for a hearty healthy meal.

4 servings

## Ingredients

- 1 medium onion, halved and sliced
- 1 medium carrot, halved lengthwise and sliced
- 1 medium parsnip, halved lengthwise and sliced
- 1 large celery rib, halved lengthwise and sliced
- 1 medium red bell pepper, cut into 1-inch cubes
- 2 garlic cloves, chopped
- 3 Tbsp flour (use rice flour for gluten free)
- 2-3 teaspoons curry powder
- 3 cups vegetable stock
- ½ teaspoon dried sage
- ½ cup frozen peas
- sea salt & black pepper
- 3 Tbsp olive oil



## Directions

Heat the oil in a large pot set over medium heat. Add the onion, carrot, parsnip, celery, bell pepper and garlic and cook until softened, about 4-5 minutes. Stir in flour and curry powder and mix until well combined. While stirring, slowly pour in vegetable stock. Add the sage and bring the stew to a simmer. Gently simmer until the vegetables are tender, about 10 minutes. Mix in the peas and heat through. Season with salt and pepper and serve.

# What's on in Fife?

## *Kirkcaldy Christmas Lights Switch-On*

Experience our annual Reindeer Parade and get your free antler hat. Santa himself is pulled on his sleigh through Kirkcaldy Town Centre by live reindeer, arriving at the Mercat Shopping Centre at about 12.45pm. See local press for parade route details or visit our website.

[www.mercat-centre.co.uk](http://www.mercat-centre.co.uk)

Sunday 15 Nov

12:00

**Free**

## *Mental Health Awareness Exhibition*

A superb display of arts and crafts by artists from all over Fife who find that participation in creative projects has a most positive effect on their mental well-being. Now in its eleventh consecutive year, this exhibition is recognised by both health professionals and health service users as being instrumental in reducing the stigma associated with mental health issues. **Free**

Lochgelly Centre

Bank Street

Lochgelly

05 Oct 2009 - 13 Nov 2009

During normal opening hours.

[www.attfife.org.uk](http://www.attfife.org.uk)

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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)**

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**Bipolar Fellowship Scotland**

0141 560 2050  
www.bipolarscotland.org.uk

**Breathing Space Scotland**

0141 435 3901  
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

**Advocacy in Fife**

01592 772 220  
fife@circlesnetwork.org.uk

**Fife Families Support Project**

01592 641401  
www.fifefamilies.org.uk

*Drop-in Centres around Fife*

**Barony Housing Contact Point**

0871 700 7777  
rowangroup.org.uk/barony.htm

**Express Group**

01592 652975  
Info@expressgroup.fsnet.co.uk

**Going Forth**

01383 623179  
Goingforth@samh.org.uk

**The Cottage NSF Scotland**

01334 657421  
thefifecottage@hotmail.com

**ENeRGI (East Neuk Resource Group Initiative)**

01333 730054  
energirecovery@fiscalii.co.uk

## *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

