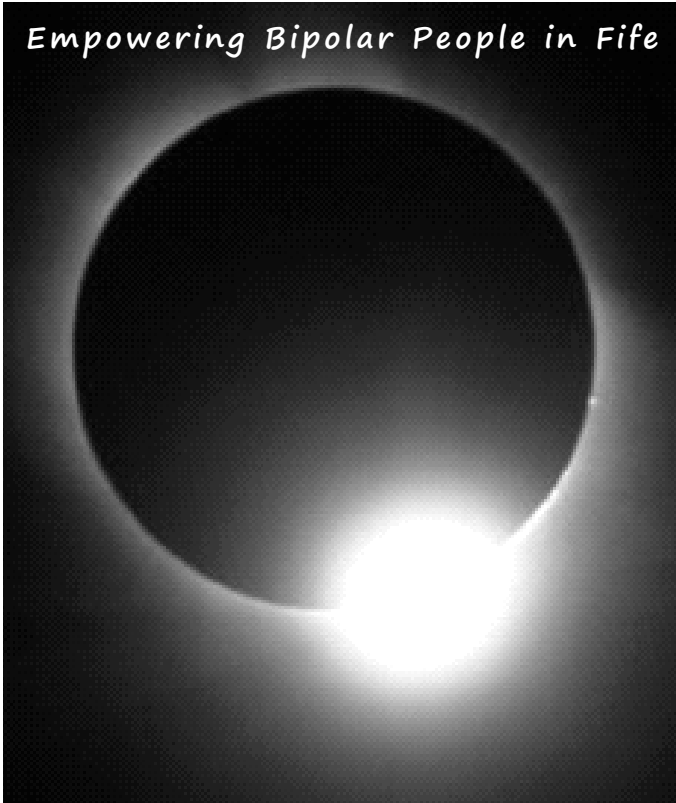


Fife Bipolar Group

www.cfbg.co.uk

Issue 38 Jan 2010

Empowering Bipolar People in Fife



Happy New Year

1 in every 100 people have bipolar affective disorder

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!

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

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.



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Fresh Fruit

...why it should be fresh

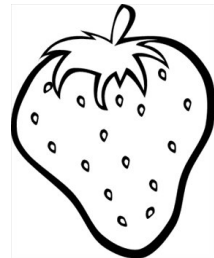
When you drink fruit juice - drink only fresh fruit juice, not from the cans. Don't even drink juice that has been heated up. Don't eat cooked fruits because you don't get the nutrients at all. You only get the taste. Cooking destroys all the vitamins.

But eating a whole fruit is better than drinking the juice. If you should drink the juice, drink it mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing it. You can go on a 3-day fruit fast to cleanse your body. Just eat fruits and drink fruit juice throughout the 3 days and you will be surprised when your friends tell you how radiant you look!



KIWI: Tiny but mighty. This is a good source of potassium, magnesium, vitamin E & fiber. Its vitamin C content is twice that of an orange.

APPLE: An apple a day keeps the doctor away? Although an apple has a low vitamin C content, it has antioxidants & flavonoids which enhances the activity of vitamin C thereby helping to lower the risks of colon cancer, heart attack &

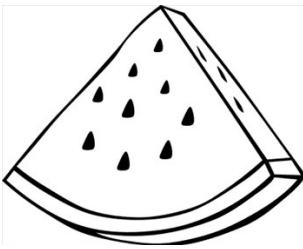


stroke.

STRAWBERRY: Protective Fruit. Strawberries have the highest total antioxidant power among major fruits & protect the body from cancer-causing, blood vessel-clogging free radicals.



ORANGE : Sweetest medicine. Taking 2-4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessens the risk of colon cancer.



WATERMELON: Coolest thirst quencher.. Composed of 92% water, it is also packed with a giant dose of glutathione, which helps boost our immune system. They are also a key source of lycopene - the cancer fighting oxidant. Other nutrients found in watermelon are vitamin C & Potassium.



GUAVA & PAPAYA: Top awards for vitamin C. They are the clear winners for their high vitamin C content. Guava is also rich in fibre, which helps prevent constipation. Papaya is rich in carotene; this is good for your eyes.

Calendar of Events

Group Meetings in 2010		
January 12	February 9	March 9
April 13	May 11	June 8
July 13	August 10	September 14
October 12	November 9	December 14

Fife Bipolar Group AGM **March**

Bipolar Fellowship Scotland AGM **September**

Bipolar Disorder Awareness Day on **June 21**

MARKETING FAILURE #671



Top Ten Bipolar Blogs

Blogs tend to have a short life cycle, with most lasting under two years before fading into archival heaven. We're pleased to present you Top Ten Bipolar Blogs, written by people who have a bipolar disorder.

1 Furious Seasons

There simply could not be a top bipolar blogs list without Philip Dawdy. He's an excellent journalist whose blog has become synonymous with unrestrained investigative writing on bipolar disorder, mental health treatments and the pharma industry. He does not hesitate to call out BS when he finds it, and he digs for it harder than any other popular writer. Furious Seasons is an invaluable service to the mental health community.

2 MentallyInteresting.org - Pole to Polar: The Secret

Life of a Manic-Depressive

Seaneen, a woman in the UK with characteristic wit and a gift for metaphors, keeps a blog that is much like the disorder: it ranges from hilarious to melancholy to very serious. Even the serious bits are wry, though, e.g. "The crappiest thing about [her recent suicide attempt] is that I lost the eBay auction for the camera that broke on me." It's personal without TMI, and conveys pathos without being pitiful. She's someone you can't help but feel affection for (unless perhaps you're her accountant). While compiling this list I was sidetracked into reading her archives for hours, and a blog that compelling to my distractable eyes is unquestionably tops. Please stay

alive and keep writing, Seaneen, we all need you.

3 Coming Out Crazy

Sandy Naiman is a skilful storyteller and hers is a highly readable pro blog. She uses an intimate style to share anecdotes and opinions as well as current issues. It's like chatting with your friendly next-door neighbor — who happens to be an award-winning career journalist and prominent mental health advocate. Her posts are engrossing, sometimes tragic, and quite inspiring.

4 Bipolar Wellness Writer

If you believe that eschewing negativity and training yourself to be reflexively positive is important to recovery, this blog is for you. If you are interested in the constructs of wellness and positive psychology, this blog is for you. If you like to learn practical day-to-day tips for improving your life, this blog is for you. If you enjoy well-crafted, thoughtful and focused writing with regular updates, this blog is for everyone.

5 The Trouble with Spikol

Liz Lemon* Spikol was number one on the list last year and the only reason I've bumped her down is that her blog now tends to deviate from mental health into politics and cute photos (although I like puppies as much as anyone). Affable, honest and entertaining even on slow days.

6 Bipolar Beat

I didn't add this newcomer blog to the list just because

Psych Central hosts it. It's here because it's a super informative blog written by a doctor with clinical experience and a non-medical expert writing partner. Candida Fink and Joe Kraynak have an "ask a question" feature to prompt some of their posts, but also have no problem generating posts on hot topics like overdiagnosis, supplements, and childhood bipolar. They also maintain the similar Bipolar Blog.

7 How is Bradley?

Bipolar and obese, that's how Bradley is. But he's a good egg and this blog is his public quest to lose weight and keep mental stability. Often, medications used to treat bipolar will cause weight gain — lithium, valproate, Zyprexa/olanzapine, Seroquel/quetiapine, the list goes on — so his writing is relevant to many readers who have similar issues. This is an easy to digest personal blog with light humor about a heavy topic.

8 Two video blogs (vlogs) tie for eighth place: John

McManamy's Depression and Bipolar YouTuber, and Bipolar Survivor Back

John has written about the science and history of bipolar disorder and its treatments for years via his site, e-newsletter, blog, and book. While they contain a huge amount of technical (and common sense) information beautifully interpreted for laypeople, his vlog is even more accessible. Explanations of and practical coping skills for specific situations like anger management and body clock problems. Nicely produced and edited, I'd love to see more frequent updates.

Meanwhile, Kimberly's Bipolar Survivor Back is an articu-

late video series about the mental health issues she's suffered since childhood, and getting treatment as an adult. She recently stopped posting videos due to haters. Her experience with trolls is an example of the risks of exposing a personal life complicated by mental illness, and I commend her for trying to combat stigma and educate people.

9 Caught in my Burble

"Your neighborhood misanthropic, buxom, bondage-positive, bipolar, bisexual, flying, loquacious hedonist." Updated: "Now with VNS capabilities." Last year I was keen to see if an experimental vagus nerve stimulator implant would help her very severe, treatment-resistant depression. It didn't really. She still writes extremely well, though.

10 Yoga for Bipolar

I love yoga! I also love substance-free treatment alternatives that genuinely help people! Here they are together in one blog, like a chocolate peanut butter cup. I am grateful that David Morgan "made the decision not to withhold information for profit" since this is a quibble I have with some alternative treatments. Random people who claim their secret blend of herbs, spices and organic bamboo socks will cure bipolar, schizophrenia and cancer all at once if you'll pay \$300 for a DVD — what a deal! (Not!) Yoga is a mainstream, time-honored practice, and it's nice to see this blog aimed at benefiting bipolar sufferers rather than a bank account. With more frequent updates, fewer product reviews, and more specific instructions for practice, this blog would rank much higher on the list.

Cumin Carrots

Serves 4

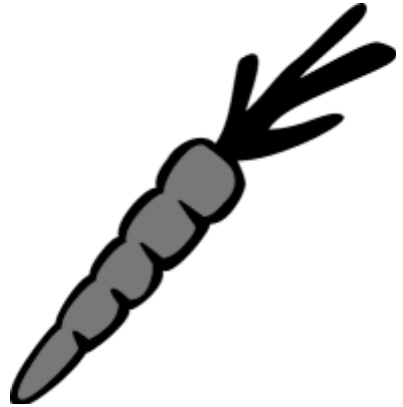
Preparation time less than 30 mins

Cooking time 10 to 30 mins

By Roopa Gulati

Ingredients

- 450g/1lb carrots
- salt and pepper
- pinch sugar
- 1 tbspc clarified butter
- 15-20ml/ $\frac{3}{4}$ tsp whole cumin seeds



Method

1. Peel carrots and cut into stripes. Place the carrots in a saucepan, cover with water.
2. Season and add the sugar.
3. Bring to a boil and cook with the lid on until $\frac{3}{4}$ cooked (should offer some resistance when pierced with a knife).
4. In a smaller pan, heat the butter until very hot, toss in cumin seeds, and after about 10 seconds add this to the carrots and return the lid.
5. Remove the lid and continue cooking the carrots until the water evaporates and the carrots are coated with the butter and cumin.
6. Re-season and serve.

What's on in Fife?

Carnegie College Information Evening

Thursday 14 Jan 2010

Come along and find out about our full and part time study options. Lecturers and support staff will be on hand to answer all your questions on course availability, the application process and funding options.

Carnegie College
Pittsburgh Road
Halbeath

16:00 to 7.30pm

Free

08448 480115

www.webelieveyoucan.co.uk

Art & Craft Fair

30 Jan 2010 - 07 Feb 2010

An exhibition and sale of works by members and volunteers from the St Andrews Preservation Trust.

14:00
to 5pm

Free

www.standrewspreservationtrust.org

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 _____

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DATE:

Please make all cheques/postal orders payable to Bipolar Fellowship Scotland.

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Abbey Mill Business Centre
Seedhill Road
Paisley PA1 1TJ

Telephone 0141 560 2050
e-mail tildab@bipolarscotland.org.uk

Bipolar Fellowship Scotland
0141 560 2050
www.bipolarscotland.org.uk

Fife Families Support Project
01592 641401
www.fifefamilies.org.uk

Breathing Space Scotland
0141 435 3901
Helpline 0800 83 85 87
breathingspacescotland.co.uk

Drop-in Centres around Fife

Barony Housing Contact Point
0871 700 7777
rowangroup.org.uk/barony.htm

Fife Carers Centre
01592 642999
www.fifecarerscentre.org.uk

Express Group
01592 652975
Info@expressgroup.fsnet.co.uk

Depression Alliance Scotland
0131 467 3050
www.dascot.org

Going Forth
01383 623179
Goingforth@samh.org.uk

Scottish Assoc for Mental Health
0141 568 7000
www.samh.org.uk

The Cottage NSF Scotland
01334 657421
thefifecottage@hotmail.com

Advocacy in Fife
01592 772 220
fife@circlesnetwork.org.uk

ENeRGI (East Neuk Resource Group Initiative)
01333 730054
energirecovery@fiscali.co.uk

Crisis Phone Lines

Breathing Space
0800 83 85 87

Social Work out-of-hours
01592 415000

Samaritans
08457 90 90 90

NHS Direct
0845 24 24 24

Saneline
0845 767 8000

Mind
0845 766 0163

