

inform, represent, respond and highlight

Welcome to the seventh edition of the Klacksun newsletter - a place where you can get information, give your views and communicate on issues and services within mental health. If you would like to get involved with Klacksun or find out any more about the articles contained in the newsletter please get in touch using the details on page 4. We hope you find the newsletter interesting.

Independent Advice and Support Service

This is a free confidential and impartial service for Patients, Carers and Families funded by NHS Forth Valley and run by the local Citizen's Advice Bureau.

The service provides the full range of information, advice and support for those who may wish to make comments to the NHS Board or raise concerns about their treatment or the provision of health services. Help is available to access and review medical records, contact health service staff, write letters of complaint or attend and represent clients when meeting with clinical and/or non clinical staff.

Clackmannanshire Citizen's Advice Bureau is at 47 Drysdale Street, Alloa, 01259 723880

As you will already know, a similar type of service can be got from Forth Valley Advocacy who have specific skills and experience in providing advocacy services for people with mental health issues.

Forth Valley Advocacy, The Advocacy Place, Ring Road, Alloa 01259 722257

Klacksun responds to Scottish Government's Proposed Bill of Rights for users of the NHS in Scotland

The aim of this Bill is to reinforce and strengthen the Scottish Governments' commitment to place patients at the very centre of the NHS in Scotland; to clarify the standards expected of the NHS; and to set out the rights and responsibilities of patients in a clearer way.

The purpose of the consultation was to seek views of service users about the proposed rights contained in the Bill. Through our membership of SAMH we became aware of the consultation.

There are already a number of existing patients rights and entitlements. Examples of these are available along with the consultation document in the Klacksun office.

Klacksun responded to the consultation. In summary, we agreed with all the key patients rights contained in the Bill and made, what we hope are, enlightening comments specifically in relation to mental health.

The rights are:-

Access	Respect
Safety	Communication
Information	Participation
Privacy	Independent support and redress

As you can see there's not a lot to argue with there!!

Chat with others....

If you are on line why not register with the Klacksun website. Registering will give you access to the forum pages where you can talk to others with an interest in mental health. The site also lets you know what you can get involved in and what opportunities there are to put forward your views

www.klacksun.org.uk



However, the new bill of rights places responsibilities on the NHS but also places responsibilities on the individual too.

As Klacksun, we stated that we recognise and agree with the need for people to take responsibility for their own care. Even so, we emphasised that people with health issues, not just mental health issues, need plenty of support and encouragement to meet those responsibilities, eg encouragement to ask questions without fear and being made aware of all the information available.

We also stressed the uniqueness of the person who experiences mental health issues and who may be subject to compulsory detention and/or treatment. The Patient's Bill of Rights and all it contains should apply equally to them and their situation should not be used to override their rights.

If you want to read the response in full, get in touch. You can also read it on the Klacksun website.



Please go to www.seemescotland.org to fill out the survey on stigma...

My daughter was given the keys to a new house just five weeks before Christmas. The house needed doing from top to bottom. As she had two small children to cope with she came to me and asked me to help. As any of you who have daughters will know when she looked at me with that little girl lost look I was sunk and knew not only that I was being roped in to help but was doing the lot myself.

I'm a big bloke and unlike the other men my age my hair was actually getting thicker not thinning with maturity.

I was well into the job going over there each day and doing a bit more hoping to get her moved in as quickly as I possibly could.

One night as I drew up in the car to take more tools in and get on with it that evening I had one of those lovely moments - you know when all the women go "Aaaaaahhhhh!".

Two young children, a boy and a girl about the age of six or seven came running across shouting "look there's Santa!" - me being dumb looked around to see who they were talking about before realising it was me they were talking about!

"What are you doing here Santa, in our street?". I said that I was going to my daughters house, they looked at each other in amazement and said "Santa's daughter lives in our street. They insisted on helping to carry my tools asking all the usual Santa questions along the way

Be careful!!!!

with me giving them the appropriate Santa type answers. On reaching the door, I told them to be good and I would be round to see them in a few weeks time. They trotted off down the street excitedly talking about how amazing it was that Santa's daughter lived near them.

I was working away when my daughter came in and I related to her what had happened a little earlier. We had a little laugh about it and carried on with the repairs.

The next again day I was working in the bedroom when I heard my daughter downstairs having a fit of giggles. I asked what was going on and she said "you better come down here and see".

When I went into the lounge she was standing at the window saying, "you better see this for yourself". I went to the window I couldn't believe my eyes.

There on the other side of the street were the two children I had spoken to the night before along with about twenty or thirty of their wee pals all lined up, looking in the window trying to see Santa.

Well I must admit I felt like a superstar when my daughter went out to say Santa wasn't in today. I felt like Elvis was leaving the building.

So the moral of the story is----- Be careful how you talk to children about wishes and dreams because they do not know when you are only joking and you may have to live up to what you've told them. *Jim*

Venture Fund

The long established Venture Fund has money which is made available to mental health groups or individuals with mental health issues in Clackmannanshire. There is a simple application form to complete and all applications are looked at by a group made up of a manager from Integrated Mental Health Service, people who have used services and an administrator.

The deadlines for application for the coming year are:-

1 June 2009 1 Sept 2009

1 Dec 2009 1 March 2010

For an application form, contact
Lezli Anne Pitts on 01259 452676



New standards for involvement

The Liaison and development group is made up of Klacksun members and managers and staff from mental health services including SAMH. Recently the group produced a document giving details of our aims and plans to improve service user involvement in Clackmannanshire. Among other things the group will be looking at ways to include service users in staff training and in the recruitment of mental health service staff.

The document is available from the Klacksun office, from staff and you can also download it from Klacksun website or Clacksweb.

If you are interested in getting involved with this group or any of their activities, get in touch.

Spotlight on Sandy Beattie

Sandy Beattie is just a shadow of his former self - but he's really chuffed about it. These days Sandy regularly clocks up 14,000 steps per day and is lighter by 3 stones and still losing. Sandy attributes his success to being involved with the Health Plus team.

Sam Tahsin, a qualified nurse and HealthPlus Project Worker, first met Sandy at a talk he gave to the Men's Peer group which meets every week. (Men's Peer is a self help group for men experiencing depression and anxiety) Sam explained to us that HealthPlus offers those who are interested (all ages and sexes) a health check service which includes blood pressure, cholesterol, diabetes and weight checks. Sam told us that the purpose of the service and the checks are to encourage healthier lifestyles and promote wellbeing. The service doesn't end with the results of the check though. Sam and the others in the Health Plus team are able to give advice, suggestions and support about changes which can be made. For example, changes in the way you eat, manageable exercise, help to stop smoking. As Sam says the HealthPlus team encourage small changes which can result in life changing effects.

Sam and the Health Plus team have also built up good links with GPs in Clackmannanshire and some GPs have



Sam, HealthPlus

Staff from the Integrated Mental Health Service will be participating in training which will help to devise a programme for clients with sleep problems. Good newzzzzzzzzzzzzzzzz!

Cogs.

Gone are the days when service users were *patients*. With them, have gone the days when service users had care done *unto them*. Now we are working in *partnership* with our care providers be they in the ward setting or in the community.

This concept has me switching between *relief* and *anxiety*. 'Relief' because I am now in control of my care, my *Recovery*. 'Anxiety' because I am, possibly, the least capable person to take the helm at times when I am unwell.

'Partnership' has me thinking about *cogs* and their ability, and inability, to engage. I picture myself and my care providers as two wheels: wheels that are spinning, often at different speeds. In order for the concept of 'partnership' to become a reality, the cogs need to engage at some point or they will forever be spinning alongside each other; appearing to be moving together

agreed to let their patients know about the informal and friendly HealthPlus service.

Sandy went along for the check and eventually got involved in a weight management group where he met others in a similar situation. Having angina Sandy had been concerned about doing any exercise, as he would get out of breath but the HealthPlus team helped him overcome these worries and encouraged him to do exercise which was right for him - for Sandy that was walking.

Sandy told us that when he gave up work, depression took hold and his weight piled on. It's only now that he feels, through HealthPlus he has had the encouragement to make changes. Sandy believes that physical and mental health go hand in hand and wishes there had been something like HealthPlus at the start of his mental health problems.

Now Sandy says he feels great about himself because he has overcome his exercise and weight issues and because he sees the benefits of his efforts. The greatest thing for Sandy is having the energy to walk and get out and about with his son. As well as being able to pull in his belt 4 notches!

Sandy's message to you is "if I can do it at my age, anyone can do it!"

To get in contact with Health Plus call them on 01259 222478 - they would love to hear from YOU!



Sandy

Do the bees have it?



Ron Watson, a Klacksun member, is a passionate believer in exercise and diet aiding his recovery from anxiety and panic disorder. Ron is a real encyclopaedia of information and lately he has been reading and following the advice of "the Hibernation Diet". Among other things the diet suggests taking a spoonful of honey before bed can help sleep. The scientific explanation being that the honey controls the release of naturally occurring chemicals cortisol and adrenalin which can exacerbate anxiety symptoms.

If you are interested in reading more, you can log on to www.hibernationdiet.com.

but failing to effect change. I have discovered that all that is needed is an understanding, and willingness, on *both* sides, to move a little bit closer and to engage and to cease the fruitless spinning. Once that has been achieved, the wheels are turning together and change, *Recovery*, can start to take place. Jude



Got any ideas about what you would like to see in the newsletter? Or have you any views or opinions you would like to raise through the network? Contact us:



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01259 215048
07779348181 (mobile)

Moving on, moving in

Ronnie Menzies, who was the manager of Devon House in Alloa, has moved on to pastures new - there are many folk who will miss him. SAMH are looking for a new manager now but in the meantime Gina Finlay is Acting Manager.

Cheryl Hillis, Advocacy Worker has resigned from Forth Valley Advocacy to take up a new job. All the best Cheryl!

Audrey Williams is the new member of the Community Access Team - Audrey comes with a wealth of experience in encouraging people to make the most of life. Welcome Audrey.

The Men's Peer Group have been involved in some ground breaking and back breaking(!) work at the Aberdona Gallery near Coalsnaughton and surrounds in the last few months. Through partnership working with Kathleen O'Neill, of Clackmannanshire Council's Cultural and Community Services and Garry Jackson from the Community Access Team and some money provided by the Cooperative and Venture Fund, the men rolled their sleeves up and got stuck into an old cow byre - just look at the before and



Last Word

Growth means change and change involves risk, stepping from the known into the unknown. *Anon*

You've been Klacksunned!

Tracy Binnie, is an occupational therapist based in the Community Mental Health Team (CMHT) in Clackmannanshire. She is also the user involvement link person for the CMHT. Tracy tells us a bit about herself.....



Where were you born? Glasgow

Dogs or cats? Dogs

What inspires you? Enthusiasm, honesty and understated intelligence

What famous person (dead or alive) would you like to meet? Anyone who would make me laugh

Chocolate or crisps? neither 'jelly sweets for me'

What would be your dream job/role? Having a big pot of money to develop mental health services and reduce stigma nationally

How would you like to see mental health services develop in Clacks? more occupational therapists (there are only 2 full time posts locally)

What are you most proud of? my 3 gorgeous and healthy kids

What three things would you take to a desert island? Champagne, ipod and my family

Period of history you would most like to have lived in? Victorian era - love the big skirts

City or countryside? City

Remember

We always meet on the last Wednesday of every month. Most other Wednesdays you can just drop in to the Klacksun office between 1pm and 4pm for a blether. If you want to get on our mailing list contact us. Cheers

Transforming Aberdona

after photographs! The Men's Peer Group have a vision for the place at Aberdona - to make it a place for anyone, not just men with mental health issues. They hope to see craft and art workshops running, a walking group to take advantage of the awesome surroundings and a chill out space. However, these things take time, money and effort, a factor which the men involved are not short of. If you are interested in the goings on at Aberdona get in touch with Garry 01259 215048.