

YOUR VOICE

in Sheffield Mental Health

a magazine for users, carers and professionals, published by
Sheffield mental health user groups

August/September 2003

No 28

WORLD MENTAL HEALTH WEEK

This year Sheffield is making a special effort to bring mental health issues to the attention of the general public and people who would not usually think about them. World Mental Health Day is on Friday 10th October, but Sheffield is celebrating with a whole week of events (see special pullout section inside). In fact the week kicks off with the MHUR/St Wilfrid's Games Night on 3rd October on Friday of the week before, and then every day for the following week is themed to be of interest to different groups, men, women, young people.

The aim of World Mental Health Day is to promote and raise awareness of the function of mental health, as opposed to its counterpart, physical health. The theme for this year's event is similar to last year's in that it again involves young people. "The 2003 World Mental Health Day campaign theme focuses on emotional and behavioural disorders of children and adolescents", said Dr Franciosi, President of the World Federation for Mental Health which organises World Mental Health Day.

"Few national government policies designed specifically to support child and adolescent mental health exist worldwide. Only 34 countries have been found to have identifiable mental health policies that may have some beneficial effect on children and adolescents." Dr Franciosi stated that many young people round the world were not receiving the attention they

deserved. This year's campaign will help to increase awareness and advocacy concerning the devastating effects of emotional and behavioural disorders on the lives of children and adolescents. Events and activities are expected to be held in over 100 countries.

2003 is the eleventh year that the World Federation for Mental Health (WFMH) has organised the WMHD global education campaign. WFMH is an international multi-disciplinary organisation founded in 1948 to advance among all people and

nations, the prevention of mental and emotional disorders, the proper treatment and care of those with such disorders, and the promotion of mental health.

In Sheffield we are promised a vibrant week of events, culminating in a balloon launch on World Mental Health Day itself, the 10th day of the 10th month, of 1010 balloons at 10.10 am, by the Lord Mayor, Councillor Diane Leek. Stalls will be on Fargate from 10.00 am to 2.00 pm and will be worth visiting for information on a variety of topics. °Juliet Dunmur

NB: YOUR VOICE change of address, change of telephone number

For the next Edition

Your material is needed by: 22 Oct 2003

We welcome your letters and thoughts on mental health issues. *You can either post your contributions and comments to:*

The Editor's Postbox, "YOUR VOICE"

**Room 7, SYAC Centre,
120 The Wicker, Sheffield S3 8JD**

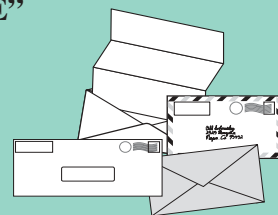
or fax them to YOUR VOICE at

Tel/Fax: 0114 275 2426

Editor: Juliet Dunmur

Editorial Team: Angela Hopwood and members of user groups

Distribution Manager: Eleni Chambers



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Disclaimer

The views expressed in YOUR VOICE are those of the individual contributors and do not necessarily represent those of the Editorial Team. While every effort is made to ensure accuracy, we cannot be held responsible for alterations which occur during the publication process.

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EDITORIAL

This is the edition where we feature the activities in Sheffield for World Mental Health Day. This year the planning group have excelled themselves and a whole week of events is planned. Do try to go to something, whether it be a relaxation session, a performance of The Full Monty with Steve Huison to help in the discussion afterwards, or the balloon launch by the Lord Mayor on October 10th itself. We have a four page pull out section in the centre of the magazine, so no excuse for not knowing what is going on!

YOUR VOICE has moved offices, so please note the new address and telephone number. Hopefully our website will be up and running in improved form very soon, but we do need to know what people want from the site, so please let us know what it could do for you.

Carers' problems and those of mental health service users who are trying to help others are also featured in this edition. People who are already suffering from a mental health problem but who are also trying to use their experiences to help others need lots of support, otherwise they may just relapse back into their former state.

YOUR VOICE is committed to presenting the viewpoint of service users and carers, and to improving dialogue between those who need services and those who provide them. We strongly believe in the right of mental health service users and carers to be treated with respect and to be listened to when they tell us about their problems and whether there is adequate help that meets their needs.

Juliet Dunmur

FRIENDS OF YOUR VOICE

The following people have kindly agreed to become Friends of the magazine, supporting its aims and agreeing with its objectives:

The Rt Hon David Blunkett, Home Secretary and MP for Sheffield Brightside
 The Hon Richard Allan, MP for Sheffield Hallam
 The Hon Clive Betts, MP for Sheffield Attercliffe
 The Hon Richard Caborn, MP for Sheffield Central
 The Hon Helen Jackson, MP for Sheffield Hillsborough
 The Hon Meg Munn, MP for Sheffield Heeley
 Cllr Mick Rooney, Cabinet Lead for Social Services & Health, Sheffield City Council
 Kathryn Riddle, Chair, South Yorkshire Strategic Health Authority
 David Stone, Chair, Sheffield Teaching Hospitals NHS Trust
 Professor Alan Walker, Chair, Sheffield Care Trust
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 Ann LeSage, Chair, Sheffield South West Primary Care Trust
 Louise White, Chair, Sheffield West Primary Care Trust
 Michael Hedges, Chief Constable, South Yorkshire Police
 Prof F A Jenner, Professor of Psychiatry (*retired*), University of Sheffield
 Rt Revd Jack Nicholls, Bishop of Sheffield
 Rt Revd John Rawsthorne, Bishop of Hallam
 Janet Beyleveld, Chief Officer, Sheffield Community Health Council
 Nick Warren, Director, Voluntary Action Sheffield

YOUR VOICE MOVES

YOUR VOICE has had to make a few changes since the last issue of the magazine. First of all we have moved offices. The office at First Step Trust was only ever supposed to be a 'virtual' office as we have never had anyone to staff it, but we were finding it was very underused, and expensive for what we were doing with it.

We are now 'nested' within the MHUR office, with our own computer equipment, and own telephone and fax number. We were unable to take the old number with us as it is a different exchange, so here is the new number:

Tel/Fax:
0114 2752426

Secondly Juliet Dunmur, the Editor has moved away from Sheffield for family reasons, but is continuing to edit YOUR VOICE for the present. This means that the Assistant Editor, Angela Hopwood, is your main Sheffield contact, and by moving the office we have made it easier to improve contact. In fact you should now find that your calls are answered more promptly. Juliet Dunmur will be returning to Sheffield at regular intervals, and the YOUR VOICE office will have a schedule if you want to talk to her.

Thirdly we have been unsatisfied with the performance of our website, so it has been temporarily closed while we decide on what we really want the site to do. Any ideas from readers on what

they would like to see on such a website would be gratefully received by the YOUR VOICE team.

YOUR VOICE is now on its 28th edition, and the readership is almost up to 3000, so keep on sending in your articles and letters, we can't do it without your contributions. Anyone who is interested in contributing to the magazine, or has an idea for a relevant topic, please let us know.

YOUR VOICE represents the whole mental health community, and does not belong to any one group. We aim to stay independent, and to give space for opinions and news from all interest groups.

Sheffield Mental Health Advocacy Service

Free independent and confidential advocacy for people who use adult mental health services in Sheffield

To find out more, or meet with one of the advocacy workers, John Price or Sarah Holmes, please telephone:

Freephone 0800 035 0396
Monday-Friday 9 am-5 pm

If you are an inpatient or attend a Care Trust Day Centre, you may wish to ask a member of staff to contact us for you, in which case they can use the internal extension 61674.

We are based at Michael Carlisle Centre and Longley Centre, but we can visit you where you use a service like a day centre.

Mental Health Awareness Event

Thursday 9 October

Colley Working Men's Club,
2 Margetson Road,
off Wordsworth Avenue,
Parson Cross, Sheffield S5.

9.30 am - 5.45 pm

FREE CRECHE 10 -12 and 1-3

FEELING BLUE?

It's not just you!

People working together with activities and information around Healthy Minds.

Buses: 97, 97a, 53, 49, 371, P1, P2.

Contact Chris Savage at Healthy Cross Community Project to book a stall, a creche place or for further information. Tel: 249 1121.

Mental Health Services to Black and Minority Ethnic Communities

What has happened since the Your Voice article in March on the publication of the "Review of Mental Health Services to Black and Minority Ethnic Communities"?
Steve Todd, Commissioning manager, Sheffield Social Services, explains:

News Update

The development of our mental health services to ensure they are accessible to communities and provide culturally appropriate and sensitive responses to individuals at the time of need, is the challenge the *Review* has set us.

At last the **National Service Framework Local Implementation Team** has set up a group to support and monitor progress. With the snappy title of *Improving Adult Mental Health Services to Black and Minority Ethnic Communities* it is setting out to provide a forum to both monitor how services are tackling the challenges, but also promoting and supporting the development of good practice.

There are no quick solutions to improving the capability of services: working to basic standards of care e.g. dietary needs, continuous development of staff awareness and skills, effective use of interpretation services, detailed monitoring of progress, always learning from experience, ensuring we are developing a workforce that reflects the communities in Sheffield, making information accessible . . . all play their part.

Monitoring fundamental tasks

The group has set out to monitor how services are addressing these fundamental tasks. However, we need to see change as a real chance to revitalise. In learning how to do things differently we all benefit. The

group has therefore started to look at particular areas of service and how they can improve services for the range of communities that make up Sheffield. Topics so far have included Diversity Training and the development of the Assertive Outreach and Early Intervention services. Interpretation is next.

Participation from black & ethnic minority users and carers welcomed

The group meets every 2 months and welcomes in particular the participation of service users and carers from black and minority ethnic communities.

If you want to know more, please contact Steve Todd, Commissioning Section, Sheffield Social Services, tel. 273 5153 or email:

steven.todd@sheffield.gov.uk

More Information

- Data from the 2001 census is now out. It confirms that about 8% of the citizens of Sheffield are from black and minority ethnic communities. More information available from

www.statistics.gov.uk/census2001

Inside Outside

- The National Institute for Mental Health in England recently published *Inside Outside – Improving Mental Health Services*

for Black and Minority Ethnic Communities in England

This is an important document. It looks at how services need to improve from primary care to specialist mental health. It considers mental health needs information and the legal framework of the Race Relations (Amendment) Act (2000) in which we must work. It then highlights how we should achieve the basic objectives of reducing inequality and racism and the building of a "capable workforce".

In the words of Jacqui Smith, Minister of State for Health:

"Tackling ethnic inequalities within mental health services, in terms of prevention, early detection, access, diagnosis, care and quality of treatment and outcome is one of the challenges facing us.

"We have an obligation to meet this challenge and tackle racism and institutional discrimination within our mental health services."

As I say – an important document. You can obtain it from

www.nimhe.org.uk/priorities/black.asp

or contact me.

Summaries are available in a range of community languages.

*Steve Todd,
Commissioning Manager,
Sheffield Social Services,
tel 0114 273 5153*

My Depression from 1980-1989

I am in a black tunnel
Oh, I wish I could see the
light.
I only drink, I do not eat.
It lasts so long,
I wonder when it will ever end.

I do not rise until four pm.
I never get dressed or wash
myself.
My hair I do not comb or
wash.
I never go out until five pm,
I am lost in a world of my own.

I wander down the street
I am still in my pyjamas,
Also my dressing gown, which
is red.
People see me in the street
They shout sometimes "Get
home love",
Some of them know me.

I am put in Northlands for two
years
I do not get better
So I am put in Middlewood
Hospital
So there I am for two years.
I get better there.
I am discharged on 17th
August 1989.

I go to my dad's home to live
with my dad
Until I get my first flat on my own
On 26th October 1992.
My life begins again.

*Josephine Barraclough,
Doncaster*

Could you give a talk or demonstration?

An enterprising group for women run from The Yews in Worrall Road would like to hear from anyone who can give a talk or demonstration. The community based group is for women who have suffered or are recovering from mental distress, and supports people in isolated pockets in the communities of the northwest, such as Bradfield, Stocksbridge and Oughtibridge.

The group meets every Monday at the Old School House at Oughtibridge and has a regular attendance of 10-15 women. The group enjoys a wide range of activities which include arts/crafts, bingo, day trips etc. Guest speakers are invited when they can be found. The ladies in the group would welcome any appropriate speakers or demonstrators. The following sub-

jects have been requested:

- jewellery-making
- relaxation
- flower arranging
- self-care
- confidence building
- local history
- health and beauty, etc.

The group do their own fundraising to pay for guest speakers, and are able to offer a small fee for time and travelling expenses.

Are there any readers of YOUR VOICE who would like to help?

If so please contact Catherine Turner, Lynne Fish or Maxine Horsfield at: The Yews, Worrall Road, Sheffield S35 0AU. Tel: 0114 271 6109.

MHAGS

Mental Health Action Group Sheffield

151-153 Gibraltar Street Sheffield S3 8UA
Tel: 0114 2737666.

MHAGS is a completely user run day centre run by members who have suffered with mental health problems. We can help people with DLA claims, and we have a tenancy support officer who visits through the week who can help with housing problems. We have occasional meals, for a small contribution. New faces are made welcome, and we can help you with any problems that are mental health based, by giving telephone numbers or putting you in touch with the right people.

If you would be interested in joining please phone and ask for David Pearce, Derek Fox or Arnold Beever, and ask for an informal chat, or just pop in for a cup of tea and find out what we can do for you, and see if there is anything that you can do for us. We do photography and art, and we have a pool-room with a new pool table. We are doing trips again, so please don't be afraid and give us a try.

*Arnold Beever, Chairperson of MHAGS
Registered Charity No 1054610*

THE SILENT PARTNERS

The needs of a caring family looking after people with a severe mental illness are not confined to this country. In World Mental Health Week it seems appropriate to look at the work of EUFAMI, the European Federation of Association of Families Mentally Ill People.

The first European Congress for family members took place in Belgium in 1992, and produced a great feeling of solidarity. Although community care for the mentally ill was very different in the European countries one thing seemed very clear: "We, as family members, have to rely on ourselves to provide care and to face problems. Nobody worries about us!"

The needs and experiences of families caring for people with a severe mental illness were well known to family associations throughout Europe. However this informal knowledge was not sufficient to make governments change their minds, so in 1996 EUFAMI conducted a survey of families' needs in ten countries, including England. The surveys were carried out by an appropriate family association, in England this was the then National Schizophrenia Fellowship, (now *rethink*).

The objectives of the survey were to

- identify the nature and extent of the informal care given by family and friends to their relatives who had a severe mental illness
- to determine the needs of these carers and the support they required as a basis for proposals for action.

The countries involved sent out questionnaires to the members of the participating associations, with variable response rates from over two thirds to under one third. Results across the participating countries of Austria, Belgium, England, France, Germany, Holland, Ireland, Italy, Spain and Sweden were variable, but

showed some areas of consistency.

The average age of carers varied from 51 to 66. (England 60). The needs of ageing carers in their 70s and 80s were highlighted. It was found that the majority of carers across Europe do not live with the person that they care for (England only 38%). In every country the majority of carers were female, and did not work. England topped the table for carers who had been caring for more than ten years at 61% of carers.

The majority of sufferers across Europe were male (56% to 80%) (England 66%) and suffered from schizophrenia (29% to 92%) (England 92%, but survey was to NSF members so hardly surprising).

Carers' Experiences

Although the different countries worded their questionnaires differently as regards social discrimination, the results are comparable. The results show the negative effect that severe mental illness still has on society. Between 25% and 61% of carers reported experiencing stigma, those in Belgium and France experiencing twice as much as Sweden. Loss of contact with family, and even more so with friends, was very high in comparison with what one would normally expect of families living without severe mental illness. Some

countries with a more urban environment may have exacerbated problems (Belgium, England and Holland have high percentages).

Carers wanted more information about 'The Future', and this was the more frequent response to this question. Other information needs rated highly were about medication, the provision of services and the nature of the illness.

Carers are not a homogenous group, let alone in ten different countries with different cultures. However the aim of this survey was to determine common factors, so focusing efforts to improve services. This survey is not new, but it is interesting how carers' needs have not changed in the intervening period.

Conclusions drawn from the research at the time relating to the caring family members found that for two age groups, the older group of over 60s and the young group of adolescents and young adults, caring was an almost intolerable burden. The burden was always much greater when the mentally ill person was living with the family.

Extracted from The Silent Partners, a report by EUFAMI, European Federation of Associations of Families of Mentally Ill People, Groeneweg 151, B-3001 Heverlee, Belgium.

rethink severe mental illness

rethink is a charity dedicated to improving the lives of everyone affected by severe mental illness - through advice, service provision, campaigning, support and practical help.

rethink believes that people with severe mental illness should be treated with dignity and given the support necessary to lead ordinary lives.

rethink tries to combat prejudice - living with mental illness is difficult enough but the prejudice of others can make life unbearable.

rethink aims to increase awareness and understanding by combating ignorance of what it is like to live with severe mental illness.

rethink in Sheffield: 174 Sharrowvale Rd, Sheffield S11 8AR. Tel: 250 9109.

A Celebration of Mental Health in Sheffield

**A week full of events
incorporating**

WORLD MENTAL HEALTH DAY

3rd - 10th October 2003

World Mental Health Day (WMHD) is celebrated each year on 10th October. It is recognised internationally and has a theme every year. This year the theme is the "Emotional Disorders of Children and Adolescents".

In an attempt to raise awareness, celebrate and break down the stigma surrounding mental health, we are holding a week's worth of events, details of which are on the following pages in this pull-out and keep section of YOUR VOICE.

Further information or tickets for any of the events listed can be obtained from Jackie Badger (Tel: 0114 226 1792), or Monica Wake (Tel: 0114 226 2500) during office hours.

WORLD MENTAL HEALTH WEEK

FRIDAY 3RD OCTOBER – 5-10 pm

GAMES AND SOCIAL EVENING

CARVER STREET SOCIAL CENTRE
(off West Street)

DETAILS

This is an annual games event in which mental health service users compete in Pool, Table Tennis, Darts and Dominoes. There are trophies for the winning teams.

In addition to this there will be a **DISCO** and **FREE BUFFET**.

MONDAY 6TH OCTOBER

WOMEN'S DAY

ST MARY'S CONFERENCE CENTRE
Bramall Lane

10-12 and 1-3 Free creche

10am – 3pm WOMEN ONLY
and then 7-11pm others welcome

DETAILS

10-12 INFORMATION STALLS on
WOMEN'S SERVICES

10-12 WORKSHOPS

- Creative Writing
- Diet
- Maternal Mental Health
- Health Walks and Allotments
- Eating Disorders
- Music Therapy

12noon-1pm FREE BUFFET LUNCH

1-2.30 QUESTION FORUM

A chance to ask questions on services available to women. The panel will include professionals from:
- South Yorkshire Eating Disorders Association, a Dietitian, the Deliberate Self harm Team and the Rape and Sexual Abuse Counselling Service.
Ask a question or listen – the choice is yours.

7-11 WOMEN PERFORMERS EVENING

Come along and have fun, socialise with family and friends. Sing and dance the night away. Bring Your Own drinks. Open to all. Tickets are FREE.

TUESDAY 7TH OCTOBER

YOUNG PEOPLE'S DAY (Under 25's)

ST MARY'S CONFERENCE CENTRE,
Bramall Lane

DETAILS

11 –12 ART ATTACK WITH DONNA

Art workshop – be creative

11-4 "FEARLESS"

This powerful visual and audio display features a video that will be played on a loop system. To accompany this there will also be a display of masks, banners and guardian angels.

11-2.30 RAP ON WITH DANNY DANQUAH
Put your feelings into rap form

12.30-1.30 FREE BUFFET LUNCH

1.30-2.30 C 4 UR SELF WITH JACKIE

Ever wondered what its like to hear voices?
Come along and C 4 UR self.

2.30-4 HEALTHY MINDS AND RELAXATION

What is mental health? What causes stress?
Find out how the mind and body are affected and learn to relax.

2.30-3.30 HAVE FUN WITH DRAMA and ANITA

Stressed, depressed and anxious? Come along and role-play your thoughts and ideas about the above feelings.

7-9 POINTS OF VIEW FORUM

A chance for young people with a genuine interest in mental illness to chat in an informal atmosphere about the services available. Free refreshments.

WORLD MENTAL HEALTH WEEK

WEDNESDAY 8TH
OCTOBER

MEN'S DAY

ST MARY'S CONFERENCE CENTRE, Bramall Lane

**10 – 12.30 MEN ONLY
and 1-4 OPEN TO ALL**

DETAILS

10-12.30 MEN'S HEALTH GROUP and INFORMATION STALLS

Come along and find out more about your mental and physical health and well being in a relaxed atmosphere.

12.30-1.30 FREE BUFFET

1.30-4.0pm WHO CARES Workshop OPEN TO ALL

Forum Theatre — looking at the psychiatric services from a service user/carer viewpoint.

THURSDAY 9TH
OCTOBER

STRESS BUSTER DAY

ST MARY'S CONFERENCE CENTRE, Bramall Lane

DETAILS

10-10.45 WHAT IS STRESS?

A workshop to look at stress and its indicators.

11-12 RELAX with HEDLEY

Learn techniques to help you relax

11-12 HOMEOPATHY

Find out what Homeopathy is and how you can use it.

12.30-1.30 FREE BUFFET

1-2 RELAX with HEDLEY

2-3 REIKI

Want to know more? Come along and see.

1-4 COMFORT ZONE MASSAGE

Hand, arm, back and neck massage.

5.15pm THE SHOWROOM CINEMA PRESENTS A SPECIAL SCREENING OF THE FULL MONTY.

COST £2 waged, £1 unwaged.

A special screening of the Sheffield made film with an introduction and post film discussion about unemployment and depression led by Steve "Lomper" Huison.

FRIDAY 10TH
OCTOBER

WORLD MENTAL HEALTH DAY

**CITY CENTRE LOCATIONS
DETAILS**

10-2 INFORMATION

STALLS ON FARGATE

A chance to find out what is happening in Sheffield.

10.10am BALLOON LAUNCH ON FARGATE

We will be launching 1010 balloons at 10.10am on the 10th day of the 10th month.

These will be released by the Lord Mayor, Councillor Mrs Diane Leek.

10.00 - 2.00 FARGATE

Street Entertainment by Green Top Circus: juggling, stilt walking etc

2.30-4.30 "MIND GAMES" AT THE LIBRARY THEATRE (behind the Central Library) COST £2.

This is a fascinating and unusual theatre performance about a young woman called Cheryl and her descent into mental illness. Having watched the play through once, the audience are then asked to think of ways to change Cheryl's story.

WORLD MENTAL HEALTH WEEK 6 — 10 OCTOBER

| Monday 6 | | Tuesday 7 | Wednesday 8 | Thursday 9 | Friday 10 |
|--|---|--|--|---|---|
| All at St Mary's Community Centre, Bramall Lane, Sheffield | | | | | |
| M o r n i n g | 10-12 FREE CRECHE 10-12 WORKSHOPS & INFORMATION STALLS WOMEN ONLY | 11-12.30 ART ATTACK WITH DONNA 11-12.30 RAP ON 11-4 FEARLESS (VIDEO LOOP) 11-4 VISUAL HEALTH DISPLAY | 10-12 MENS HEALTH GROUP MEN ONLY | 10-10.45 WHAT IS STRESS? WITH RIGBY 11-12 HOMEOPATHY 11-12 RELAXATION WITH HEDLEY | 10- 2 STALLS ON FARGATE 10.10 BALLOON LAUNCH ON FARGATE WITH THE LORD MAYOR |
| | 12.00 - LUNCH | 12.30 - LUNCH | 12.30 - LUNCH | 12.30 - LUNCH | |
| A f t e r n o o n | 1-3 FREE CRECHE 1-2.30 QUESTION FORUM WOMEN ONLY | 1.30-2.30 C4 UR SELF WITH JACKIE 1.30-2.30 RAP ON 2.30-4 HEALTHY MINDS & RELAXATION 2.30-3.30 HAVE FUN WITH DRAMA AND ANITA | 1-4 WO CARES WORKSHOP MEN, WOMEN AND CHILDREN ALL WELCOME | 1-2 RELAXATION WITH HEDLEY 2-3 REIKI 1-4 COMFORT ZONE HAND & ARM, BACK & NECK MASSAGE 3-4 RELAXATION WITH HEDLEY | 2.30-4.30 "MIND GAMES" WITH DEAD EARNEST AT THE LIBRARY THEATRE <i>£2 Ticket</i> |
| E v e n i n g | 7-11 WOMEN'S PERFORMERS MEN, WOMEN AND CHILDREN ALL WELCOME | 7-9 POINTS OF VIEW FORUM | | 5.15 FULL MONTY AT THE SHOWROOM CINEMA Introduction and post-film discussion with STEVE HUISON <i>£2 waged £1 unwaged</i> | |
| | Women's Day | Young People | Men's Day | Stress Buster | World Mental Health Day |

WHO SUPPORTS THE SUPPORTERS?

All too often we hear of former service users having serious relapses and having no quick route to qualified help. Quite often it is a repeat of previous illnesses, which are on record, and you would think that getting expert help would not take long, but in some cases it can take as long as a new referral. Other times people leave messages here and there and no-one who can help gets back to you.

Help from user-led groups

There are quite a few user-led groups that aim to help people to become stable, or help them to stay stable, and they have a good success rate. However, although they are often a lifeline, sometimes they could do with a bit of help themselves.

As someone who runs a group or two myself, I do know there can be lots of difficulties, some of which will be familiar to other user group leaders. You might be unable to get the same grant that you started off with. Cheaper premises without as many facilities can be tried, or even free premises in an area that no-one wants to be in after dark. Perhaps in the end the group will fold, but a year or two down the line someone will reinvent your group, get good funding and the whole cycle starts again.

Another problem is whether you should go "official" and ask for referrals. There are some people who want to join user groups because they need extra support, but are not really well enough. What they need is extra input from statutory services. As a group leader you do have to watch out that someone who is "well high" does not frighten off your more vulnerable members and those for whom your group is exactly the appropriate thing.

Cost of extra statutory support

The statutory services in the North sector are starting to recognise that, if such groups had to fold, hundreds of people would need extra support. Even the voluntary sector are expected to provide wonderful services and fill lots of gaps in services with little or no help. The budget keeps on reducing, yet there is more demand for your service. You tighten the purse strings and scrape through but that is the end for part of the service you provide. Then it starts all over again next year. What part of your service will have to go this time? Should you start charging? Or charging more?

'Shoestring' services are effective

Given that these services, provided on a shoestring, work for hundreds of people, you might suppose that support of all kinds would be on offer. Anything to keep these precious services going. How many people would have a drastic drop in the quality of their lives if it were not for the tireless and devoted user leaders? How many extra thousands of pounds a week would statutory services have to find if all needs had to be catered for without the help of user groups and their services?

The longer spent in fundraising, the shorter the time available for everything else. The longer the time spent with one group member because they are not really fit to be there, the shorter the time available for everyone else, and of course for yourself. It can be a vicious circle, but this could be put right with a bit of help from officialdom.

How about making sure that all user groups have the offer of a worker to liaise with, on a regular basis? Could the statutory services create a referral system for groups needing that sort of help? Could the statutory services make short cuts available and known to former service users, so that there was less reliance on groups ill-equipped to deal with people with acute problems?

Help for the helpers

When we need to help someone who is acutely ill, who do we turn to? How do we help to get someone referred on to other services if they need it? And then how about safeguarding the health and quality of life of user leaders? We are doing good work, but we need more support.

*Angela Hopwood,
Chair of Mental Health User
Representatives*

MEDIAWATCH "The Royal" - Snakes and Ladders 1/6/03.

This episode of the 'Heartbeat' spin-off, set in a Yorkshire Hospital in the 1960s, dealt with the still controversial topic of ECT. Dr Cheriton (Julian Ovenden) defied the establishment by questioning a senior psychiatrist on his automatic prescription of ECT for a young patient, despite the fact that the patient had undergone ECT before and was terrified of it.

Cheriton found an ally in a young female psychiatrist who also

questioned the reliance on ECT and suggested trying the (then) new anti-depressant drugs. After the patient drove his car into a wall to escape the nightmare of more ECT, Cheriton got his parents to talk to the female psychiatrist and give medication a try instead. But Cheriton has made an enemy of the senior psychiatrist. This was a thought-provoking episode of this normally cosy series, tackling a difficult subject well.

Keith Campbell, SMHCAB

MHUR: Mental Health User Representatives

We at MHUR are quite an informal group, all users or ex-users of mental health services, or carers of people with mental health problems. We hold a meeting one Friday each month at 1.45 pm. At the meetings we discuss issues of importance to people who are receiving services for a mental health problem, whether that is a service run by the statutory sector, or one provided by the voluntary sector or another service user group.

We try to represent service users and carers at other meetings run by planning and strategy groups, and also to pick up on actual service issues, where a matter of detail is brought to our attention.

If we are sent a draft report, about a change to a service for example, then usually it will be studied by an individual first, and then the implications of the changes will be discussed. The recommendations, comments and questions will be fed back to the writer of the report.

Another point that we watch out for is funding. Is it new money from central Government? Will another service will be dispensed with, or cut, so the money can be transferred? We need to find out if a service is not to be lost. Sharing information is valuable.

Sometimes we have to become a thorn in the side of the service providers, and MHUR has been exactly that at times. This is why we value our independence. As the Statutory Services have come to realise that we are talking from personal experience and we really do know what makes us feel better and more positive, and what made us feel worse, our workload has increased.

It is to be hoped that the Sheffield Care Trust Council will increase user/carer representation so that more meetings and events can be covered.

Angela Hopwood, Chair of MHUR

*Angela Hopwood,
Chair of
MHUR with
Andy Kershaw of
Radio Sheffield at the
MHUR office*



Increase in eating disorders in schoolchildren

In response to growing concerns across Sheffield about the increase in eating disorders in schoolchildren, SYEDA (South Yorkshire Eating Disorders Association) held a panel discussion on this subject on 18th September. In conjunction with this event, SYEDA are launching their innovative policy on the "Management of Eating Disorders in Schools".

Panellists at the discussion included a community psychologist, a school

nurses, a senior lecturer in nursing, a teacher and a sufferer from the disorder.

Further information about eating disorders available from:

SYEDA,
Volsolve House
14-18 West Bar Green
Sheffield S1 2DA.

Tel: 0114 2728855.

Email: SYEDAVH@aol.com

Women's Support: THE NEXT STEP GROUP

Are you an ex-user of Day Services at Northlands or Pitsmoor?

A women's ex-user group is at present meeting twice a week. Might the Next Step Group be just the thing for you if you feel that you still need a little bit of support?

For a referral, please contact Guy on: Tel: 0114 226 2669.

Brenda Knott, Group Leader

Mental Health Promotion & Social Inclusion: everybody's business

The National Service Framework for Mental Health has a health promotion remit under Service Standard One. In Sheffield the Local Implementation Team has been working on a strategy, and here Gary McCulloch, Health Development Manager, updates us on what is happening in Sheffield.

Standard One for the NSF for Mental Health states that:

“Health and Social Services should

- promote mental health for all, working with individuals and communities
- combat discrimination against individuals and groups with mental health problems, and promote their social inclusion.”

The Mental Health Promotion (MHP) Strategy for Sheffield “Everybody’s Business” was completed and signed off by the Mental Health LIT in February 2003. The strategy complements Sheffield’s Social Inclusion Strategy and uses a framework derived from the Sainsbury Centre for Mental Health, “Working for Inclusion” (see book review in *YOUR VOICE* No. 21, March/April 2002). Action is proposed with the following aims:

- to increase access in terms of inclusive services, information and decision-making by service users, and access to health promoting activities.
- to improve standards of living including employment and training opportunities.
- to support and champion anti-stigma initiatives and provide a positive image of mental health.

A NSF Standard One (MHP) Group meets quarterly to review progress of the Year 1 action plan. It has also gathered information on best practice, wider regeneration issues and is considering action to include children and young people and older adults.

It is intended to have a reviewed

strategy for 2004 that reflects this and the recommendations of the government’s Social Exclusion Unit’s current consultation on Mental Health and Social Exclusion.

Access

An audit of voluntary sector activity has been completed, and provides a snapshot of activity in 2001. A review of services for black and ethnic minorities has recently been completed, and a Community Health Educators programme has been funded.

A challenge to progress is to make sure that short term funding or geography does not compromise access to voluntary sector services. There are opportunities with the NHS ‘Compact’, with race equality schemes and the Positively Diverse Programme, and it is hoped to improve links between the Area Panels, Neighbourhood Renewal Schemes and both voluntary and

statutory mental health services.

Standards of Living

There are several initiatives helping to provide independence through employment and training and include First Step Trust (FST), and the User Support and Employment Service. The potential loss of benefit on the route back to work and loss of services is a difficult issue.

Anti Stigma

It is important to actively challenge the negative stereotypes of mental ill health and its impact on potential and actual service users and carers. Initiatives include *YOUR VOICE* magazine and Sheffield Mental Health Week in October.

Further information from Gary McCulloch, Health Development Manager, North PCT. Tel: 271 6276.

email: gary.mcculloch@sheffieldn-pct.nhs.uk

Dates for your diary:

The Care Trust Service User Council

Full Council: (Adult Mental Health, Learning Disabilities and Older Adults Services)

Tuesday 28 October:

Quaker Meeting House, Sheffield.

Tuesday 16 December:

St Mary’s Community Centre, Bramall Lane.

10.00 am to 1.00 pm followed by buffet lunch

Mental Health Subgroup for Adult Mental Health:

Thursday 27 November: Quaker Meeting House.

11.00 am to 1.00 pm followed by buffet lunch

Is the pain in your head a real pain, or are you imagining it?

Once again we are hearing anecdotal evidence from people with mental health problems who are being dismissed at A&E and in other departments of Sheffield Teaching Hospitals for wasting time with their 'imaginary' physical health problems.

How are we to get over this very real difficulty, that once you have a psychiatric diagnosis, any problems with physical health are dismissed as all part of the symptoms of mental ill health. Yet it is well known that people who suffer from mental ill

health also have more problems with their physical health than the rest of the population.

We have recently heard of someone who was forced to 'go private' because their head pains were being dismissed as all part of their psychiatric history. But now that the treatment is being paid for, a physical problem is being investigated.

How many others has this happened to? Do you know of someone who has had a physical problem that was

not taken seriously? What was the outcome? YOUR VOICE would like to hear from you so that we can bring these issues to the attention of Sheffield Teaching Hospitals and try to improve the service for people with mental health problems.

Write to the Editor at:

YOUR VOICE office
Room 7, SYAC Centre,
120 The Wicker, Sheffield S3 8JD.

or telephone: 0114 275 2426

Worried about a child?

Sheffield has four Child and Family Therapy Teams. These are locally based teams of experienced and qualified health professionals. The teams have expertise in working with children and young people who are experiencing serious stress in their lives. This stress will be affecting their family and home life, school and friendships, and may be causing anxiety, depression or emotional and behavioural problems.

In agreement with the family we may suggest work through talking, play, or painting and drawing; with individuals, families or groups. Occasionally we might prescribe medication. We operate a priority-led waiting list and we usually see families at:

Centenary House, Uppertorpe
(North and West Teams)
Beighton Hospital
(South East Team)
Union Road, Nether Edge
(South West Team)

If you or your child have worries there are a number of other people you might want to talk to first. For instance you might first talk to your GP, or a learning mentor, a school

nurse, health visitor, social worker, family support worker, educational psychologist or paediatrician. All these people can contact our service for advice, or to make a referral on your behalf. Direct referrals are accepted from GPs, educational

psychologists, social workers and community paediatricians. All other referrals need to be made in consultation with the GP.

For further information please contact: Tel 0114 226 2003.

SWAPSHOP WEST

The User Volunteer Project at West day Service (Limbrick) is planning to set up a library/swapshop facility for service users and staff of Sheffield Care Trust.

But first we need your help!

- We need donations of any books, videos, DVDs and CDs (good condition only). We may be able to collect from some areas.
- We are also interested to hear from service users who would like to develop their skills in this area. You would be responsible for helping to develop an effective system, maintaining and recording stock, and opening up the service at designated times.

You will have a mentor to guide you in your role and will receive support and training through the User Volunteer Project.

*For further details contact:
Noelle Riggott,
Clinical lead for Occupational Therapy in Day Services
Tel: 2716038.*

Understanding and working with self-harm

18 November

9.30 am - 4.00 pm

**St Bartholomew's Church Centre,
Primrose Hill, Sheffield S6 2UW.**

A one-day workshop suitable for professionals and service users wishing to increase understanding and examine ways of working with self-harm.

Facilitators:

WENDY IFILL: Wendy first came into contact with Mental Health Services 23 years ago. During this time she has used both first and second hand experiences of self-harm in facilitating Self-Harm Workshops, including lecturing at Nursing Colleges. Wendy's experiences have inspired her to write a semi-autobiographical book *Red for Fire, Red for Blood*, as well as several published articles and pieces of poetry. Wendy has also written books for children.

MIKE SMITH, RMN, BSc (Nurs), MA: Mike was formerly Director of Nursing Practice at North Birmingham Mental Health Trust. He is author of many publications in mental health and has contributed to and devised a number of national television and radio programmes on mental health issues. He has worked in mental health services for nearly 20 years and is an honorary research fellow at the University of Central England. In 1997 Mike won a Bethlem and Maudsley 750th Anniversary Prize for his work with voice hearers. In the same year he won the Nurse of the Year title for the UK.

Workshop fee: Waged £50, unwaged £20. Please make cheques payable to ASYLUM and return to Asylum Associates, Limbrick Centre, Limbrick Road, Sheffield S6 2PE. Don't forget to include your own name and address.

Further information from:

Pete Bullimore/Jenny Cawthorne:

Tel: 0114 2718210 / 0771 4930740 / 0774 2220343

email: peterbullimore@yahoo.co.uk.

A walk in the rain with Baby Jodie

I walk down the road
towards the park
pushing Baby Jodie
in her pram
singing softly
nursery rhymes
to soothe her along
into a deep slumber.
She sleeps on
blissfully unaware
of who is pushing her,
of the trust her mother
has placed in me
to care for her baby
while she works.

The wind bullies my ear
and rustles the rain-cover,
the slanting drizzle
trickles down my neck
but I'm content
to be in charge
of this precious bundle
keeping her safe,
protected from the elements,
her tiny form
snuggled up cosily
inside her buggy.
Its wheels glide
smooth and strong
along the pavement
and over kerbs
gently, effortlessly
and without noise.

Pleasantly undisturbed,
Jodie sleeps on. . . .
till we reach home
and my dog barks.
A rude awakening!

*For Barbara and family
With thanks.*

Jo S Dale, 3/6/03

NOTICEBOARD

Understanding and working with self-harm

18 November

**St Bartholomew's Church Centre,
Primrose Hill, Sheffield S6 2UW.**

A one-day workshop suitable for professionals and service users wishing to increase understanding and examine ways of working with self-harm.

Further details on page 15, including contacts.

TAI CHI Classes

Every Thursday from 11.30 - 12.30

Organised by the Kinhon project

**at the Chinese Community Centre,
157-159 London Road, Sheffield S2 4LH.**

The classes are free and are limited to 7 places, but if there is demand another session may be set up.

The Kinhon project especially welcomes people who are recovering from mental health problems. Further information from Andrew Wong, Tel: 250 9594.

Sheffield Mental Health Citizens Advice Bureau

The CAB provides a specialist advice service for users, carers and professionals. It provides a free, confidential and impartial service on issues such as benefits, housing, debts, consumer and relationship problems.

The CAB is based on two sites: the Michael Carlisle Centre, Nether Edge Hospital, Osborne Road, S7, and the Longley Centre, Norwood Grange Drive, S5.

Telephone Advice Lines:

271 8025, Fridays 10-12, and voicemail facility Mon-Fri 9-5, for new clients + general enquiries.

271 8679, Mon-Fri for existing clients only, + voicemail.

226 1673, Mon-Fri at the Longley Centre, 9-5, voicemail facility for clients and general enquiries.

MOBILE ADVICE SERVICE ROTA Sept/Oct/Nov 2003

NORTHLANDS Day Centre, 1.30-4.00:

MONDAYS: 15, 29 September;
6, 13, 27 October;
3, 10, 24 November.

ST WILFRID'S DAY CENTRE, 12-2.30:

THURSDAYS: 4, 11, 18 September;
2, 9, 16 October;
6, 13, 20 November.

YES, I would like to receive **YOUR VOICE in Sheffield Mental Health** regularly.

The magazine will appear every two months and is free.

NAME: _____ No. of copies: _____ NEW REQUEST:

ALTERATION:

ADDRESS: _____

To help us with our records (which are confidential) please say if you are: a service user

carer

or professional

and if relevant your position and the organisation you work for:

Position: _____ Organisation: _____

**Please return this form to: The Distribution Manager, "YOUR VOICE",
Room 7, SYAC Centre, 120 The Wicker, Sheffield S3 8JD.**