

Cam-Mind Newsletter



CAMBRIDGESHIRE MENTAL WELFARE ASSOCIATION LTD
Barrere House, 100 Chesterton Road, Cambridge CB4 1ER
Tel: 01223 311320 Fax 01223 356947
Email: admin@cam-mind.org.uk Web: www.cam-mind.org.uk

Registered
Charity No.
265087

President: The Right Reverend The Lord Bishop of Ely

Registered in England No. 1082980

PLEASE SUPPORT CAM-MIND WORKING LOCALLY SINCE 1908

*****STOP PRESS*****

This newsletter was edited by Maria Iturri and Alison Humphreys. If you have any poems, articles or other ideas for our newsletter please contact the Cam-mind Office on 01223 311320, fax 01223 356947 or email admin@cam-mind.org.uk . WE LOOK FORWARD TO HEARING FROM YOU.

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CAM-MIND GROUPS

Monday Afternoon 1-3pm

Drop-in for Cam-mind members; includes Creative Writing and board games.

Monday Evening 7.30- 9.15 pm

A varied programme of events for men and women of all ages. Slide shows, dancing, quizzes, games, bingo and craft demonstrations are amongst the activities. No need to be too active if you prefer to watch!

Tuesday Morning 11.00am- 1.00pm Special Interest Group

Many topics on an art and craft theme are covered in an informal and friendly atmosphere.

Tuesday Afternoon 1.00-3.00 pm Pottery with Bob Race

This is a relatively new and very successful group and the first in a joint initiative between Friends of Fulbourn and Cam-mind. The group encourages self-expression with clay in a therapeutically calm and creative atmosphere.

Wednesday Lunch Time 12noon-2.00pm–Women’s Group

A very diverse special interest group for women in the 20-40 age group. A light lunch is shared followed by a talk or demonstration. Past subjects have been making earrings, make-up and colour, aromatherapy, water colours for beginners and British Wildlife.

Wednesday Afternoon 2.15-4.00 pm – Sawston Drop in

The first of our satellite groups covering Sawston, Stapleford, Fulbourn, The Shelfords, Whittlesford, Trumpington, Harston and Babraham. The small, friendly group of men and women meets for tea and biscuits in a relaxed and neutral setting. Conversation is easy and there are often lively and topical discussions.

Thursday Morning 10am – 12 noon –Cooking Group

A small and friendly group of up to eight people. This is designed as a short course in which the members firstly meet to decide what they would all like to cook and then get together on a weekly basis for a joint cooking session.

Thursday Evening 7.30-9.00 pm

This lively group is for those young at heart who meet to enjoy such activities as table tennis or board games. An informal group for people who like to move around freely.

Friday Morning 10.30 am-11.45 am

A coffee morning for a mixed range of men and women. The group enjoy a chat over coffee and take part in a raffle or bring and buy. Outings are occasionally enjoyed by the group.

Friday Morning 10.30am-12 noon- Arbury Drop In

A coffee morning for those living in the Arbury area of Cambridge. An informal group who meet for a chat and friendship.

Sunday Lunch Club 12.30-3.00pm

Sunday is a lonely time for many of us and this very popular club is held mid-monthly and on the last Sunday of each month. Members get together for a full home-cooked Sunday Lunch.

If you would like to join any of our groups either as a volunteer or a service user or both please contact the Cam-mind office for more details on 01223 311320. We look forward to your call....

Days out Days out

From: Robert Turner

West Stow Country Park, Suffolk

It was a crisp, spring afternoon towards the latter half of April, 2005, when a small group from Sawston enjoyed a visit to West Stow Country Park, Suffolk.

Perfectly situated in acres of attractive forestry, not to mention the peaceful lake and tranquil river, rest, charm and seclusion is the order of the day here.

A leisurely walk takes about 1 hour, those fortunate enough may sight some the many wildlife that inhabit the park.

It was more than worth it making the 45 minutes journey to West Stow. Perhaps another visit is possible in the near future.

The wonders Of Wimpole



The small gathering from Sawston who were fortunate to sample the dreamy delights surrounding Wimpole Hall Estate on Tuesday, 31st May, 2005, would like to thank Christine and Jim for their kindness and pleasant company on that day. “Blessed with glorious sunshine and a refreshing breeze, we arrived about midday”.

We began by visiting the quaint chapel, and then slowly made our way through rolling fields to the lovely lake and beautiful folly. On arrival at the lake we took refreshments, and experienced a rare opportunity of witness two swans and their cygnets mount an embankment, and literally cross our path right in front of us en route to the adjoining lake. They didn't appear at all nervous. It was a magnificent sight

The ruined folly is approximately ¼ mile further up a hill, and looks an enchanting sight on approach. Those who reach the summit are rewarded with marvellous views of the lake, lush pastures and not to mention, of course, the grand presence of Wimpole Hall itself, dominating the horizon.

**Note from
Christine**

Robert RAN all the way up the hill to the Folly and then ran down, while we stayed by the lake and applauded!

Speaker with illustrated talks

Cambridge Independent Advocacy Service (C.I.A.S)

Free, independent and confidential advocacy services, for adults with mental health issues can be accessed through the C.I.A.S.

The service is located in the Therapy Resource Centre at Fulbourn Hospital.

Advocates and volunteers can be contacted by telephone on 01223 218500. The office is open from 9.00 am to 4.00 pm -Monday to Friday. If the office is unmanned an answer phone will take a message and your call will be returned as soon as possible.

Are you a member of a group, nothing whatever to do with Cam-mind, which meets regularly to listen to various speakers on a variety of topics?

For many years now I have been giving talks illustrated by coloured slides to a great variety of groups including Townswomen's Guilds, Village Groups, Retired Groups, Church Groups and indeed anyone that asks me.

I talk about different areas of central London, such as Covent Garden, Holborn, St James's and Trafalgar Square and these can last for any time to suit the needs of the group. More often than not I do not finish a particular topic in the allotted time and I am invariably invited back to complete the talk and then to give others. I have been back to the same group as many as 11 times and they still have not seen or heard all the talks.

Two alternatives to the London talk are: a show of music and slides which lasts exactly an hour during which time you see 300 slides and hear 18 different pieces of music. This is a joint effort with Viv, my wife; Or a shorter talk about the London to Cambridge sponsored cycle ride.

The fee for these talks, which is currently a minimum of £25 within Cambridge, is always given to charity and I have recently started giving these to Cam-mind. Cheques are made payable to me so I can Gift-Aid the donation which increases its value by over 25%. If you would like to pass my contact details on to the secretary of your group they are: 4 Tedder Way, Cambridge, CB4 3RJ
Tel: (01223) 564606

Email: ken@drakehome.freeseve.co.uk

MENTAL HEALTH CARE

A mental health information and research web site providing support for the carers, friends, family and parents of anyone with mental health needs.

Conditions covered include: young people and mental health, autism, bipolar disorder, eating disorders, psychosis and schizophrenia. Mental Health Care also features contributions from carers and research news.

THANK YOU to everyone gave their time to collect at Morrisons and Sainsburys supermarkets and at Cambridge Railway Station and to all who put money in our tins. We were able to raise over £1,000 during Cam-mind week – all thanks to YOU.

TOP JELLY

With patient millenary progression
Nature in its motherly obsession,
Procured us a helmet with calcareous
content
Growing follicular strands in the intent
And a pigmented layer, as a flower
To embellish the structure in its mighty
power.

Internally, a liquid cushion damps the
shock
And the dura protects like a rock.
Our jelly takes form amidst
convolution,

Reaching the actual state of evolution,
By just diffusing chemicals across the
gap
And passing current from its energy
tap.

With an embedded collection of senses
That encompasses odour, audition and
lenses,
Besides awareness, cognition and
more
The complex system is placed to the
fore.
So a clear advantage accrues to the
species
That now can achieve all of its wishes.

But laying the circuits requires time
And the process costs more than a
dime.
Aroused deep seated emotions that
surface as mood
Can't be placated by simply good
food.
The voracious mass plucks oxygen
from the supply,

PLEASE VISIT OUR WEBSITE
FOR FURTHER INFORMATION,
AND NEWS ABOUT US AT
www.cam-mind.org.uk

Cam-mind Social Activities 2005
July/August Music on Jesus Green
Saturday 6/8 - Summer Party
Sunday 4/9 - Lunch at Jean
Gurdon's
Thursday 17/11 Christmas Shopping
Trip
Sunday 11/12 Christmas Party

**** LATEST NEWS ****

CAM-MIND FILM AFTERNOON

We have booked the Hester
Adrian Centre for the
afternoon of Saturday, 26th
November and would like to
know what films people would
like to come and see. If you
would like to help to arrange
this activity and/or have a
favourite film please get in
touch with your club reps or
the Cam-mind Office and let
us know. Also if anyone
knows where we could borrow
a projector, please let us
know.

UNDERSTANDING MENTAL ILLNESS

Phobias

A phobia is an unreasonable fear of a particular situation or object. It may cause major disruption to life because it imposes such restrictions on the way people live. Agoraphobia can cause such paralysing fear that a person may remain isolated in their own home, afraid to go out. Other common phobias include fear of animals, heights, flying and enclosed spaces.

Bipolar disorder (manic depression)

Bipolar disorder is a mood disorder. During manic episodes, people tend to be hyperactive, uninhibited, reckless, full of grandiose schemes and scattered ideas. At other times, they may go through long periods of being very depressed. Not everyone experiences both these extremes.

Schizophrenia

Schizophrenia is one of the most debilitating of all mental illnesses and can severely intervene with someone's ability to perform everyday tasks and the activities of daily life. It causes distorted thoughts and perceptions, and symptoms may include hearing voices and seeing things that other people around them can't. Someone with these problems may become confused and withdrawn.

**Painting and writing and seeing things
that others do not see in the world
Trees with their arms stretched out to the sky
the wind that blow in our eyes**

**Different shapes that catch in clouds as they
float by.**

**Green is the grass, yellow little flower that flutter
goodbye**

Kevin Brown **Smell of fresh air from a blue sky
These things pass but never die**

FORDHAM MUSIC FESTIVAL 26-28TH AUGUST 2005

Cam-mind are going to receive half the proceeds from this event and we have all the details regarding the bands playing, prices etc in the office.

Alternatively you can access their website on www.fordhammusicfestival.com.

If you like music and would like to volunteer your help on one or all three days to sell programmes, give out leaflets or help on our publicity stall,

guaranteeing FREE entry to the festival as well, please let us know. Or

support us by visiting the festival over the weekend. **POSTER ON PAGE 7**

The Causes of Social Exclusion

Stigma and discrimination against people with mental health problems is pervasive throughout society. Despite a number of campaigns, there has been no significant change in attitudes. Fewer than four in ten employers say they would recruit someone with a mental health problem. Many fear disclosing their condition, even to family and friends.

Professionals across sectors too often have **low expectations** of what people with mental health problems can achieve. There is limited recognition in the NHS that returning to work and overcoming social isolation is associated with better health outcomes. Employment is not seen as a key objective for people with mental health problems by many health and social care professionals.

There is a **lack of clear responsibility** for promoting vocational and social outcomes for adults with mental health problems. Services do not always work effectively together to meet individual needs and maximise the impact of available resources.

People can **lack ongoing support to enable them to work**. 140 million a year is invested by health and social care in vocational and day services for people with mental health problems. But not all of these promote social inclusion as effectively as they could, and links with Jobcentre Plus can be weak. People on benefits often do not believe they will end up financially better off if they try to move into work. Many people lose jobs that they might have kept had they received better support.

People face **barriers to engaging in the community**. They can struggle to access the basic services they need, in particular decent housing and transport. Education, arts, sports and leisure providers often are not aware how their services could benefit people with mental health problems and how they could make their services more accessible for this group. Many people do not want to participate in activities alone, but feel there is no one they can ask to go with them. People can also face exclusion by law from some community roles such as jury service. This could be something like repeatedly opening and closing a door, washing your hands, or counting.

Understanding mental illness

Mental illness takes many forms. The terms used to diagnose them are sometimes words that are in everyday use, for example 'depression' or 'anxiety'. This can make them seem easier to understand, but their familiarity can mean underestimating just how severe and incapacitating these conditions may be. Some of the most commonly diagnosed forms of mental illnesses are described below.

Depression

Depression lowers your mood, and can make you feel hopeless, worthless, unmotivated and exhausted. It can affect sleep, appetite and self-esteem, and intervene with daily activities. It may even affect your physical health. This may set off a vicious circle, because the worse you feel, the more depressed you are likely to get. Depression often goes hand in hand with anxiety.

Anxiety

Anxiety can mean constant and unrealistic worry about any aspect of daily life. You may feel restless and have problems sleeping. You may also suffer from physical symptoms. Your heart may beat faster, your stomach may be upset, your muscles may tense up and you may feel shaky. Anxiety also feeds on itself. Someone who is highly anxious may develop other related problems, such as panic attacks, a phobia or obsessive-compulsive disorder.

Panic attacks

These are sudden, unexpected bouts of intense terror. You may find it hard to breathe, and feel your heart beating hard in your chest. You may have a choking sensation and a pain in the chest, begin to tremble or feel faint. It's easy to mistake these for the signs of a heart attack, or other serious problem. Panic attacks can occur at any time, and this is what distinguishes them from a natural response to real danger. Having one panic doesn't necessarily mean you will have another one. But, sometimes, the experience is so frightening that people become afraid of having another. This fear may actually trigger another attack when a similar situation arises.

Obsessive-compulsive disorder

Someone with an obsessive-compulsive disorder feels that they have no control over certain thoughts or ideas that are highly disturbing to them, but which seem to force themselves into consciousness. These thoughts, or obsessions, create unbearable anxiety, which can only be relieved by performing a particular ritual.

keep fit!



TENNIS AND BADMINTON

For mental health users

At Next Generation
Coldham's Lane, Cambridge

Day: Tuesdays, 12-noon-1 pm
FREE, Equipment provided

For further information, please contact
Lorna Irving, Fulbourn Hospital, 01223
218782 or email:
lorna.irving@cambsmh.nhs.uk



Free Football coaching and training

For users of Community Mental Health Services

Thursdays, 2-3 p.m
Parkers Piece (opp. YMCA)

For further information :
Lucy Howe, City council Sports Development
Officer, on
01223 457547 or email:
lucy.howe@cambridge.gov.uk

or contact Neil Andrews, at Cambs.Fa on 01223
576770

"MEMBERSHIP

Since agreeing to look after the administrative detail of membership matters in, say, 1997, I have at long last seen our numbers double to a present figure of 116. Alongside this progress actual funds by way of membership monies from generous members has increased fourfold. I claim no personal credit for this and progress is steady rather than dynamic.

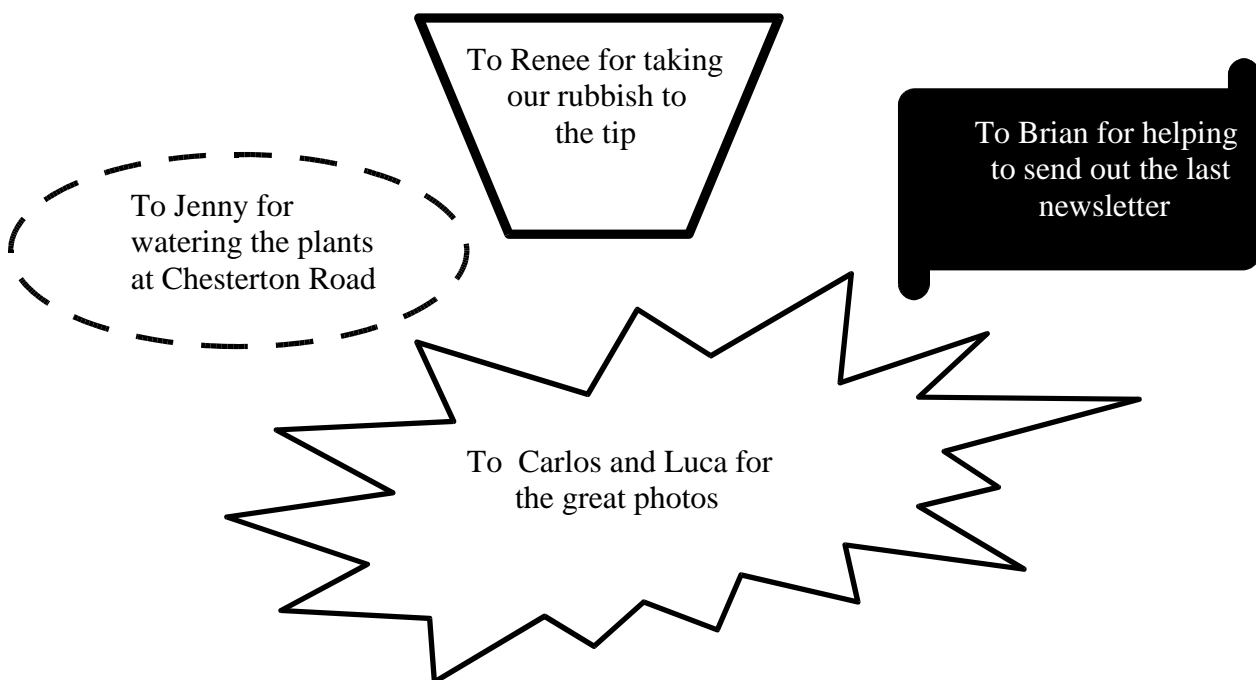
New members have generally come from one of two sources. Firstly, all those who are appointed Directors/Trustees of Cam-Mind are obliged to become members and at one time it seemed fairly clear that this was the prime source. However, some years ago this Newsletter became the main source of new members following the encouragement of the then editor - Ralph Ellam - who pressed me to produce an application form suitable for inclusion.

Following the hard work of our Webmaster (what a super title) Luca Clarkson and his colleagues - referred to elsewhere in this Newsletter - application forms can now be obtained over the internet. This is, of course, only one aspect of our home page but I do hope it will prove a further encouragement to finding new members.

Many thanks to all those loyal members who have maintained their membership over the years - particularly those paying by standing order with whom I have minimal contact. May I add my plea to Christine Ruse's Appeal in the Spring Newsletter to JOIN US IF YOU CAN. We are not in to telesales or knocking at doors but we do need to keep increasing our membership and so rely on readers of this Newsletter, who are not already members, to respond by completing the application form on the back page.

Thank you. John Allison."

Thank you



**CAM-MIND SUBSCRIBING
MEMBERS**

Title	Christian	Surname
Mrs	Diana	Abbott
Mr	John	Allison
Mrs	Margaret	Allison
Madame	MEM	Barrere
Mrs	Joan	Bevan
Mrs	Judith	Binge
Mr & Mrs	Frank	Bird
Mr	Graham	Borgonon
Mrs	Pierette	Borgonon
Mrs	Mary	Boyd
Mrs	Y	Braithwaite
Mrs	Elizabeth	Bray
Mr	George	Brewster
Mr & Mrs	R	Bridgwood
Mrs	Daphne	Brink
Mrs	Elna	Bruning
Mrs	Audrey	Bugg
Miss	Sarah	Bull
Mr	A	Bullwinkle
Lady	Ruth	Chadwick
Dr	David	Clark
Mrs	Frances	Cullen
Lady	Norah	David
Professor & Mrs	J	Diggle
Mr and Mrs	I K	Drake
Mrs	Ann	Duncan
Miss	Liz	Earl OBE
Mrs	Sheila	Ekins
Mrs	Jane	Ellam
Mr	Ralph	Ellam MBE
Mr	Andrew	Entecott
Mr	A	Eva
Mr	Keith	Evans
Mrs	Renee	Evans
Mr	C J	Everitt
Mr	Michael	Farrar
Mrs	MB	Farrell
Mrs	Rosemary	Faux
Mrs	Margaret	Foster MBE
Mr & Mrs	L	Fox
Mrs	Margaret	Fraser
Mrs	DR	Frost
Mrs	Penny	Gatrill-Smith
Mrs	Helen	Goddard
Dr	Philip	Goldblatt
Mr	C	Gravatt
Mrs	Pamela	Haddock
Professor & Mrs	F	Hahn
Miss	Audrey	Hales
Mr	Patrick	Halnan
Mrs	Elizabeth	Harland OBE
Cllr Mrs	Liz	Heazell
Mrs	Philippa	Hill

Lady	Marion	Hodgkin
Mr & Mrs	John & Doris	Holman
Ms	Amanda	Holyoake
Mrs	Juliette	Jarvis
Professor & Mrs	GH	Jones
Mrs	U	Jones
Cllr Mrs	Helen	Kember
Mrs	Anne	Kent
Mrs	CMF	Knapton
Miss	C	Knight
Dr	J	Lockwood
Mrs	Mary	Mashiter
Mr	Tony	Moore
Dr	R E	Muers
Mrs	LM	Murray
Mr	James	Noble
Mr	Newton	Normoyle
Mrs	Mary Jane	O'Sullivan
Mrs	I	Palmer
Mr	Brian	Payne
Mr	Jim	Pennington
Dr	G M	Petrie
Mrs	A	Pillay
Mrs	R	Polack
Rev Dr	JC	Polkinghorne
Mrs	M	Randall
Mrs	Shelley	Rogan
Lady	Constance	Roth
Mr & Mrs	P J	Rowe
Mrs	Christina	Rowland-Jones
Mrs	Christine	Ruse
Dr & Mrs	Ron	Ryall
Mr	Colin	Shaw
Dr	Monica	Shutter
Mrs	Dorothy	Silberston MBE
Mr	G W	Smith
Mr	G	Smith
Mrs	Carol	Sprague
Mr	Graham	Stuart MP
Mrs	Barbara	Taylor
Ms	Marina S	Turvill Smith
Mrs	M J	Walker
Mr	Michael	Wallis
Mrs	SK	Whitcher
Mrs	C	Whiteley
Lady	Nina	Wilkes
Mrs	Brenda	Willis
Mrs	Gillian	Wright
Ms	Christine	Wright
Mrs	Irene	Young
Ms	G	Younger

Membership

CAM-MIND NEEDS YOU. *If you believe in what we are doing and can afford a minimum subscription of £10 per person per annum, please join us.* Part of our strength is dependent on the number and support of Members. If you can, complete and return this page to the Membership Secretary at Barrere House - full address below.

I/we wish to become a Member/Members of CAM-MIND. My/our details are as follows.

Title (Mr/Mrs/Miss/Ms etc) Initials Surname
Title (Mr/Mrs/Miss/Ms etc) Initials Surname
Address
..... Post Code
Telephone No. Date

It is helpful if you are able to complete the Banker's Order and the Gift Aid Declaration (if applicable). If you are joining as a couple, the Gift Aid Declaration needs only to be completed by one of you. The *date on the Gift Aid Declaration should be the first intended date of the payment of your Banker's Order. Should you wish to make your subscription by any other means, you are welcome to do so, completing the Gift Aid Declaration appropriately and if applicable.

GIFT AID DECLARATION

I confirm that this first subscription I am making on * and any subsequent subscription or donations I may make to CAM-MIND may be treated as Gift Aid donations and that I am paying income tax (or capital gains tax) equal to the tax you will reclaim on such donations.

Date as above. Signature

Full Name Address/Post Code as above.

BANKER'S ORDER

To The Manager Bank plc

Address Post Code

Please pay to Barclays Bank plc, Bene't Street, Cambridge CB2 3PZ (20-17-19) for the credit of
Cambridgeshire Mental Welfare Association Ltd, Account No. 80211192 the sum of £ (amount in
figures).....(amount in words) commencing(date)
and (frequency of payment i.e., annually, quarterly or monthly) until further notice.

This cancels any existing order to Cambridgeshire Mental Welfare Association Ltd.

Signed Address.....
.....
.....

A/c Name A/c Number Date

Please return the whole of this page including the Banker's Order to the Membership Secretary, Cam-Mind, Barrere House, 100 Chesterton Road, CAMBRIDGE CB4 1ER. Thank you.