

# PLUSPoint

## Mental Health

MEETING PLACE FOR SHARING NEWS AND VIEWS  
PERTH & KINROSS / EDITION 89 / August 2017

### PLUS VISION

*For a world of wellbeing where people with mental distress are fairly treated with compassion, understanding and respect and can follow their hopes and dreams.*

## Welcome to PLUSPoint

### Hello

I have been hearing a lot lately about the increasing number of groups and charities stepping up to the mark to provide badly needed support for people experiencing mental health issues. I hear about new ones weekly, such as the recent *Music Minds Matter* launched following the death of Linkin Park frontman Chester Bennington offering tailored mental health support for musicians, and *Brothers in Arms* for men in Scotland in emotional crisis. Several other of these supports are featured in this newsletter: *Fearless* for hidden survivors of domestic abuse in Scotland and TESS - support for girls and young women affected by self-harm. If it wasn't for these initiatives offering hope and sanctuary for people in distress just think how many more people could be suffering. With the same token we need to ensure the good faith of the voluntary sector is not abused and we speak up to make sure funding goes where people say they are helped most.

This brings me on to NHS Taysides proposal to relocate all the regions mental health in-patient beds at Carseview Centre, Dundee. If the proposal goes ahead Moredun Ward at Murray Royal Hospital will cease functioning as an acute in-patient unit and be used as a ward for people with learning difficulties. All in-patient treatment for adult mental health (16-65) in Tayside will take place in Dundee. So some important information that might be of use to you. Likewise we hope you find the articles and stories in the following pages add something of value to your day. Please get in touch with any comments or questions and any articles for our next newsletter. We really value your input.



## WELCOME TO OUR NEW PATRON

PLUS welcomed our new patron Ajay Close at a small gathering in the AK Bell Library café recently. Around 25 PLUS members attended the event. Reflecting on her thoughts on being the new patron Ajay said: "PLUS does an extremely worthwhile job, bringing people together and campaigning to break down barriers so they can make their voices heard. I am very proud to have been asked to be the first PLUS patron." Ajay Close is a Perth-based novelist and dramatist, author of five novels and three plays. Her work has been longlisted for the Orange and Walter Scott prizes. Her first career was in journalism, where she won many awards.

A further opportunity for PLUS members to meet and socialise with Ajay over some afternoon tea will take place on Wed 23rd August at 4pm in Horners Plot, Perth City Centre.

## PLUS VOLLEY TEAM TRUMPS IT!!!

The PLUS volleyball team members (pictured) were well pleased to win the consolation cup for their section Mixed 3 in the Scottish Open Volleyball Champs on the North Inch. Susan Scott captain said; "It was a gleeful moment having been close to winning this for the last few years, however the main aim of the game is raising awareness of mental health issues and how physical activity helps boost our mental wellbeing and we did a pretty good job at that too!"



### PLUS

77 Canal Street, Perth PH2 8JJ Tel.: 01738 626242

[www.plusperth.co.uk](http://www.plusperth.co.uk)

Email: [plusperth@msn.com](mailto:plusperth@msn.com)

Scottish Charity SC040271 Company No. SC354220



# PLUS PEER LED GROUPS

## PERTH

### Poetry Appreciation

Wednesdays 11.30-12.30. Meet at Horner's Plot, Horner's Lane, Perth. A friendly thoughtful space to sit with others and recite or listen to some well-known poets being read. Favourites are Rabbie Burns, Robert Frost, Christina Rossetti, Wilfred Owen, Shelley, Wordsworth, Philip Larkin, Emily Dickinson..... the list goes on.



### Lunch Club

1st Thursday of the month 12.30-2.00@ Methodist Church, Scott St. A place to congregate and enjoy some chat over a nice lunch. £2 cost covers soup occasionally, rolls and fillings, crisps, tea/coffee biscuits.

### Horner's Plot

Wed and Sat 10.30 - 1pm, Horners Lane. We are always delighted to welcome visitors and helpers to the garden, an enchanting sanctuary in the centre of busy bustling Perth. Recently we have been enjoying art in the garden which has given us some ideas on murals and more creative use of the space. Our sunflowers, a signature trademark of the plot are just about to flower and this year they are huge!



### Community Café

Fridays 6-8pm Young Persons City Base, Scott Street.

*"I go to the PLUS community café and it's different every Friday. Tonight the guys got the Scrabble out and having what looks like a braw debate on spellings and meanings. We at the other table had a chat about Peter Cheers voluntary work (VSO) in other continents and discuss living histories."*

We also have members who just pop in for a coffee and a quick blether. New members are always welcome. Good interesting conversation, Scrabble, artwork. Do something that pleases you, that doesn't upset others, in good company.

## BLAIRGOWRIE

### Phoenix Group

Fridays 1-3pm @Blairgowrie Cottage Hospital

The Phoenix Group welcome you to their Friday get together where they chat about anything and everything. A relaxing place to spend a nice time in the company of others.

### Loon Braes Garden

Tuesday 10.30 -12.30 and Friday 11-1

Loon Braes garden is a rich wild natural space in Rattray, Blairgowrie which a small group of PLUS members have been working on and are in the process of transforming. They are always on the lookout for some helping hands. Please contact us if you would like to help.

## PITLOCHRY

### Destiny – People, Participation and Purpose

Tuesdays 10.45 -1, Atholl Centre, Blairgowrie

Are you tired of staring at the same four walls and in need of some purpose and company? Then join the Destiny Group for some friendly chat and possibly a spot of gardening too.



If you would like to come along to any of the peer led groups please phone or email beforehand to get more information and let us know you are coming. 01738 626242 plusperth@msn.com

# PERSONAL DEVELOPMENT

## EMOTIONAL CPR (ECPR) COURSES IN PERTH IN SEPTEMBER

Dr Daniel Fisher, psychiatrist (pictured below) will be joining us in Perth to co deliver two eCPR courses with Susan Scott PLUS manager on the 20 & 21st and the 28th & 29th Sept. Places for people living in P&K are being funded by local Trusts – Tay, Souter, Forteviot and The Guildry and Hugh Fraser Foundation. Anyone interested in taking part in the accredited course contact PLUS 01738 626242.



*"It was one of the most profound experiences I have ever had. This is the kind of work I want to be doing to build community. It is a transformative process."*  
– Participant.

## RECOVERY WORKSHOPS WITH KAREN TAYLOR & RON COLEMAN

### Recovery Conversations

Dundee 30th August 2017

Recovery conversations is a one day workshop that introduces participants to different ways of engaging in often difficult conversations with people having psychotic experiences. Among some of the things to be covered are: How to support people who find it difficult to engage in the work of recovery and how to hold on to hope and support people that no one believes can recover.

### Working Creatively With Psychosis: Using Voice Dialogue, Body Dialogue & Voice Sculpting

Dundee 31st August 2017

Working creatively with psychosis is a one-day practice workshop that will explore how we can use Voice Dialogue, Body Dialogue and Voice Sculpting ways of working that can enable clients to explore the most difficult parts of their distress in a safe and secure environment.

Statutory & Private Sectors - £95 NGO - £80

Student/Self-funding - £40

There are 10 Bursary places on each day For Voice Hearers.

Book Online at [www.workingtoorecovery.co.uk](http://www.workingtoorecovery.co.uk) or

Telephone Karen or Ron 01851 810789.

## LOCAL NEWS

### ELEVATE - P&K MENTAL HEALTH FILM FESTIVAL

Elevate - The P&K Mental Health Film Festival is set to take place for the third year in venues around the big county. The festival will launch on the 10th October with 'Lion' in the Soutar Theatre, Ak Bell Library and 'The Levelling' at the Birks Cinema, Aberfeldy. There will be 9 screenings in total offering post film debates and stands with wellbeing information and resources.

Returning to the festival this year is "Battle Mountain", a documentary following the Scottish racing cyclist Graeme Obree as he prepares for the world human powered vehicle land speed record attempt in Nevada, promising a rollercoaster ride of emotions throughout. We are also lucky enough to have David Street, Director join us for the screening in Comrie Rural Hall on Sunday 22nd October at 7.30pm.



David Street and some of the organisers from last years festival.

### P&K MENTAL HEALTH AND WELLBEING STRATEGY FEEDBACK EVENT 30TH AUG

An event is planned for 30 Aug in The Royal George Hotel, Perth to hear views and ideas towards an emerging P&K Mental Health and Wellbeing Strategy.

PLUS contributes to the planning group creating this next phase of the Strategy, focussed primarily on communities, prevention and early assistance to people experiencing disturbances in their mental wellbeing.

There is also an NHS Tayside Mental Health Strategy taking forward clinical services and the redesign of NHS services. We are hoping for the day when there will be one overall strategy for mental health and wellbeing in P&K, bringing the two together. It would make things less confusing, and we believe more effective.

### MEDIAeval PERTH

On Saturday 12 August Perth City Centre turn Medieval. Last year a Medieval fayre was held to celebrate the signing of The Treaty of Perth. The event was such a success it was decided to make it an annual event in the calendar to attract locals and tourists into the area. Some of the attractions include a City Centre Crypt with some horrible histories of Perth. PLUS volunteers will be welcoming people to stroll around 'Medieval' Horner's Plot with a cooling drink of dandelion and burdock cordial to the sound of some gentle lute playing. The event begin at 12 noon.

### AFTERNOON OF TOGETHERNESS FOR THOSE AFFECTED BY SUICIDE

Horner's Plot will once again be open to people wishing to be together for an afternoon of togetherness and quiet reflection on Thursday 7th September from 2.00 - 3.30 pm.

### WORLD SUICIDE PREVENTION DAY 10th SEPTEMBER 2017

The 2017 marks the 15th World Suicide Prevention Day. The day was first recognised in 2003, as an initiative of the International Association for Suicide Prevention and endorsed by the World Health Organization.

World Suicide Prevention Day takes place each year on 10th September.

## NATIONAL NEWS

### WORLD NEEDS REVOLUTION IN MENTAL HEALTH CARE – UN RIGHTS EXPERT

A report submitted on 6th June to the UN Human Rights Council by United Nations Special Rapporteur, Dainius Pūras is calling for 'a sea change in mental health care around the world', urging psychiatrists 'to act with courage to reform a crisis-hit system built on outdated attitudes'.

He said; "We need little short of a revolution in mental health care to end decades of neglect, abuse and violence. Mental health is grossly neglected within health systems around the world. Where mental health systems exist, they are segregated from other healthcare and based on outdated practices that violate human rights."

"I am calling on States to move away from traditional practices and thinking, and enable a long overdue shift to a rights-based approach. The status quo is simply unacceptable."

He added: "Mental health policies and services are in crisis - not a crisis of chemical imbalances, but of power imbalances. We need bold political commitments, urgent policy responses and immediate remedial action."

The report goes on at length highlighting the failure of not listening to the voices of those most affected by policy and advocates for a paradigm shift to ensure compliance with the UN Convention on the Rights of Persons with Disabilities.

Visit [plusperth.co.uk](http://plusperth.co.uk) to read the full report or pop into the PLUS office if you can for a copy - If not Tel 01738 626242

### MORAY WELLBEING HUB TOP TEAM

Moray Wellbeing Hub have just completed their first year of a project moving into a social enterprise as a peer-led collective of champions for change in mental health. Heidi Tweedie Champion & Director said;

"We moved away from using terms like 'lived experience' and 'service users' as they created too many barriers for people to connect, and we focused on harnessing the power of life experiences to help ourselves and others around self-management and stigma. We now have over 100 champions and have published an independent evaluation, a year report and a Prezi as an accessible way to explore our journey."

The group would like to share what they have achieved to inspire others. PLUS members are hoping to chat with them via skype sometime soon to hear how it's all going and share what we have been doing in Perth.



Aileen, Rita and Michelle - all Moray Wellbeing Hub Champions.

## LOCAL ACTIVITIES

### Bicycling!

Stephen Kennoway would like you to know he's running the bikes again from Ladeside. I do cycle runs every Thursday and Saturday 13:00 -15:00hrs. Coffee available on Saturdays in the café. Be great if you could join us. Have some fun, make new friends and get fit all for free!



*A Willow Warbler visited the willow tree at Horners Plot, Perth. Such a lovely moment, seeing another bird species in the city centre garden. Just had to sketch the visitor. Tofer.*

## NATIONAL MENTAL HEALTH SUPPORTS AND CONFIDENTIAL HELPLINES

**TESS** - Text and email support for girls and young women affected by self-harm

Open Sunday, Monday, Tuesday, Wednesday and Thursday 7pm – 9pm

Text on **0780 047 2908**, or for Webchat go to <https://www.selfinjurysupport.org.uk>

If you don't know how to start talking, just text or email "hello".

**Brothers in Arms – New Campaign for Men – Telephone Helpline: 0800 58 58 58**

Brothers in Arms is a new campaign, launched in June this year. It offers support to men in Scotland, of any age, who are down or in crisis and empower them to ask for help when they need it, without feeling a failure if they do.

Their National helpline is open 7 days a week, 5pm to midnight. Callers can talk through any issue, we'll listen and offer information and signposting. Calls are anonymous & confidential and won't show up on your phone bill.

**Calls are free** from landlines, payphones and all mobiles **0800 58 58 58**.

<http://www.brothersinarmsscotland.co.uk>

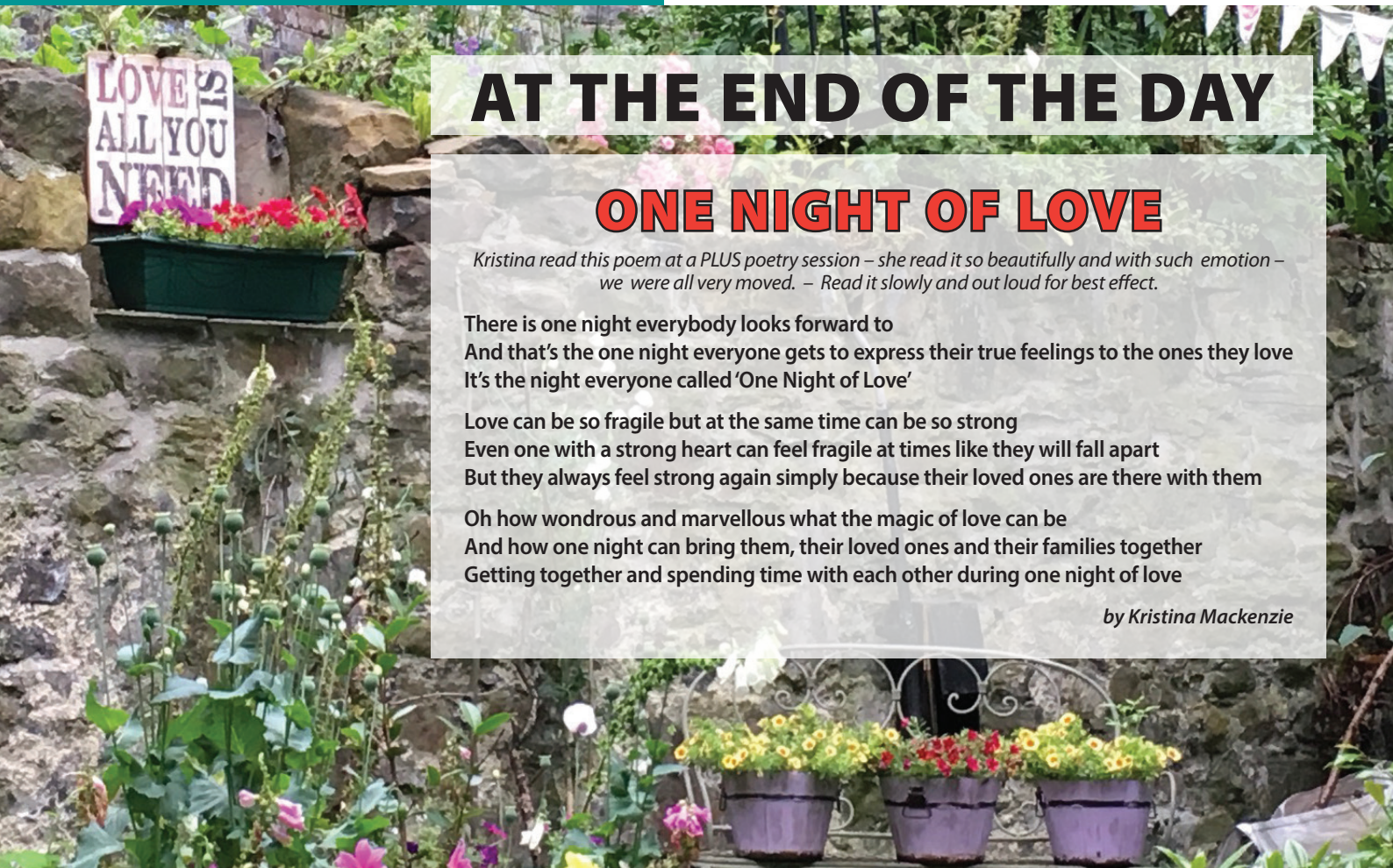
## FEARLESS CONFIDENTIAL HELPLINE

Fearless, a new free and confidential service offers support to the hidden survivors of domestic abuse in Scotland. This will include survivors from the black and ethnic minority community, members of the LGBT community and male survivors.

Telephone **0131 624 7266** to speak confidentially to someone from Mon-Fri 10-4

Sacro.org.uk, website: <https://fearless.scot>.

Breathing Space	0800 83 85 87
Samaritans	116 123
Cruse Bereavement Care	0845 600 2227
CAP Debt Advice	0800 328 0006
Dementia Helpline	0808 808 3000
website	helpline@alzscot.org
CASS any age Women's Self Injury	0808 800 8088
Eating Disorders Association	0845 634 1414
Mental Health Out of Hours	0845 424 2424
Survivors of Bereavement by Suicide	0844 561 6855
Pet Bereavement Support Service	0800 096 6606
Support Line (8.30am – 8.30pm)	
<b>Your Call</b>	0808 801 0362
(Helpline for People with Disabilities)	Mon-Thurs (11am – 3pm)
<b>Welfare Rights</b>	01738 476 900
website	<a href="http://www.pkc.gov.uk/welfarights">www.pkc.gov.uk/welfarights</a>



# AT THE END OF THE DAY

## ONE NIGHT OF LOVE

*Kristina read this poem at a PLUS poetry session – she read it so beautifully and with such emotion – we were all very moved. – Read it slowly and out loud for best effect.*

There is one night everybody looks forward to  
 And that's the one night everyone gets to express their true feelings to the ones they love  
 It's the night everyone called 'One Night of Love'

Love can be so fragile but at the same time can be so strong  
 Even one with a strong heart can feel fragile at times like they will fall apart  
 But they always feel strong again simply because their loved ones are there with them

Oh how wondrous and marvellous what the magic of love can be  
 And how one night can bring them, their loved ones and their families together  
 Getting together and spending time with each other during one night of love

*by Kristina Mackenzie*