

# TUG NEWSLETTER

**This Issue is dedicated to the memory of Gillian Hollings who sadly passed away recently**



**WELCOME**

Welcome to this first edition of the Tulip User Group newsletter. TUG represents service users and staff alike. We hope everyone will have access to this magazine. TUG replaces the now obsolete Client Involvement Group. At the moment TUG is about half staff, half service Users but we hope to achieve three quarters service Users to a quarter staff.

TUG has many functions. We have an advocacy role for staff and Service Users alike and will offer suggestions and constructive criticisms to senior management

about the quality and effectiveness of Tulip services. We would welcome your ideas and comments to do this.

TUG is still working out it's aims and functions and we have recently started on a service User Charter. We also hope to have an e-mail address as part of the TUG contribution to the Tulip Web-site.

We meet once a month at Tulip's headquarters in Wood Green, on every second Friday from 10.30 am for two hours. Meetings are very lively with plenty of debate and

afterwards we have sandwiches and coffee.

The chairing of the meeting is done on a rotational basis and we hope to have training for this and minute taking. Membership of TUG has been very rewarding for us. From a personal perspective, I can safely say that I feel more confident and assured in the knowledge that people are listening to me. I am passionate about good mental health for myself and others. I urge service users, and staff, to get involved and support TUG.

**STUART**

## DVD Review - The Shawshank Redemption

This 1994 film originally began its life as a short story, in the 1982 anthology of "Different Seasons" by Stephen King. Originally entitled "Rita Hayworth and Shawshank Redemption", King offered this, and other short stories to directors, to be adapted for film in exchange for 1 dollar on condition that it would not be screened commercially, and that he

Him on that offer was Frank Darabont. The film, essentially, is about a man who is sent to prison for life, after been found guilty for killing his wife and her lover. Tim Robbins plays Andy Dufresne; the convicted murderer, who establishes an essential bond with an inmate called Red, as he adapts to life on the inside. For those of you who are reading

Situation, or worst still, fell that your life is hopeless, I thoroughly recommend this dvd.

**Sam Braveboy**



**Volume 1, Issue 1**

**Newsletter Date  
April 2008**

**Thoughts For**

**Recovery:**

- What the caterpillar calls the end of the world the master calls a butterfly.
- Ships in the harbor are safe but that's not what ships are for.
- We are all of us in the gutter but some of us are looking at the stars. ( Oscar Wilde)

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## WHAT MAKES GOOD STAFF?



At the Tulip Wide Practice Workshop that many service Users and staff attended, you told Tulip about the qualities you look for in staff. These included things like being respectful, patient, motivating, professional, kind, reliable and understanding. Also having good communication skills, a sense of humour and being easy to talk to. Tulip has done several things as a result of what you told them- it has:

1. Made sure that all interviews for people who want to work for Tulip include questions to check that people have
2. Made sure all service user surveys include a question to find out if service users feel staff have the qualities they want.
3. All Appraisal forms for staff include a question to check if the staff have and use qualities service users said they want.
4. All staff across Tulip must meet "key Performance Standards" - the minimum requirements

these qualities.

for professional work. These now include a standard based on the qualities service users said are important.

5. Finally Managers have to ask staff about how they are encouraging and promoting meaningful service user involvement, whenever they meet for supervision, at least once a month.

TULIP IS CHANGING TO RESPOND TO WHAT IT'S SERVICE USERS SAY YOU WANT IN YOUR CONTACT WITH TULIP

## STRENGTHS AND INNER RESOURCES

You also told Tulip about the strengths and inner resources that support you. Tulip got lots of lovely and really helpful information back. Service Users identified things like: faith and a relief in God; family; friends; helping others; walking; reading; staying positive; Tulip staff ;determination. Tulip staff are gathering stories from service users that show how these things have helped them at times of trouble and distress. Tulip hopes to be able to print or publish all these sto-

ries together in a brochure or book to be called "Positive Thoughts for Hope and Recovery". Tulip staff should be speaking to you about this over the coming months— would **YOU** like to tell us about your strengths and inner resources or things or people that help you to get through the tough times. Please share you stories to give hope and something positive to others. You can do this in a number of ways:

1. Talk to you key worker/ support worker and they can write it down for you.
2. Write something yourself and give it to a member of staff.
3. Write something and send it to Tulip—to your service or to Head Office (5, River Park Rd, Wood Green, London. N22 7TB)
4. E-mail something to the TUG e - m a i l a d d r e s s – TUG@tulip.org.uk

**“Share your stories to give hope and something positive to others”**

## RECIPE FOR KEDGEREE

### Ingredients

- 250gm smoked haddock
- 2 eggs
- Salt and cayenne pepper
- 1 tsp curry powder
- 75 gm Long grain rice
- 25 gm butter

### Method

Cook fish by placing in frying pan and just cover with cold water. Add a pinch of salt, cover with a lid and bring to the boil. Poach slowly until fish is cooked. Drain off liquid and skim the fish and flake, remembering to remove any bones. Boil rice according to the directions on the packet and drain.

Boil eggs for 10 minutes, then plunge in cold water. Shell eggs and chop one into small pieces and slice the other. Melt butter in saucepan and add cooked rice, flaked fish and seasoning. Stir to prevent sticking. Cook 2 to 3 mins, add chopped egg and stir in. Place kedgerree in dish and garnish with chopped parsley. Serve either on it's own or with green salad.



## RECOVERY AND HOPE AT THE PARK

I hadn't been going out for about 9 months when a big change happened in my life that brought me confidence. I felt worthwhile and felt the energy of bouncing ideas and watching them snowball nicely.

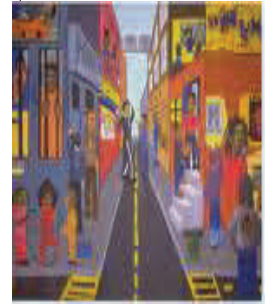
I had been shown how to colourfully paint cigarette lighters with nail varnish and was sitting in the park one day painting a cigarette lighter when an Irish lady stated speaking to me, telling me that she had been raped in the park. Instead of letting this get me down I decided to brighten up the park and make it a safer place by encouraging people to enjoy it and use it. I began to paint the bench and then the railings. I painted colours and swirls.

I painted white and pink and blue in dark places to brighten them up. People encouraged me. I painted when it was dark to encourage the kids to be there. I suggested building a tea shed/shelter to create a space for people to meet up and get to know each other- especially the parents of the children who used to bring their children to the park after school. I met so many people, especially the Mums and Dads. I also had an idea of a table for old clothes so people could exchange them for free. One fella I met had a friend inside- he asked- can I paint my friend's name on a tree so that his friend would know that he had been thought about when he was inside.

I stayed in the park from

morning to night. A girl told me she felt safe when I was in the park. People asked if I wanted to be a park keeper. I didn't want to do that as that would mean being an authority figure and I didn't want to be that. Others suggested that I paint houses for a job - but I didn't want to do it as a job. I wanted to build and paint sheds different colours for kids to play in. I wanted to make a wishing well.

For all I did and gave I got more back. Like one night a fox, which had been getting used to me, came right up to me and sniffed my feet. When I told people about this they said I would be able to tame the fox to walk around with me - I am good with animals.



**“I Decided to brighten up the park and make it a safer place by encouraging people to enjoy it and use it.”**

## Breakdown and Recovery with Tulip

In 1977 I suffered a mental breakdown which required hospitalization in a psychiatric unit. I remained there for 2 years! The reason was: I had lost my Council flat during the breakdown and they were waiting to re-house me. It took 2 years.

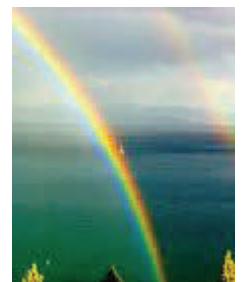
I recovered after a few months on medication. Subsequently, I was discharged in 1980 and got a job at Radio Rentals repairing TVs. I suffered three more break-

downs and the last one was in 1985.

In 1985 I bought a flat in Edmonton. At first I was coping reasonably well, then I became depressed and isolated. I began to neglect my personal hygiene. The flat became infested with cockroaches and mice. The environmental Health people were called in and they cleaned up my flat.

My son became concerned

and he recommended me to Tulip. Derek came to my flat and made an assessment. Tulip took me on in 2005 until 2007. During those 2 years Derek helped me cope with the flat and other personal problems. I am still on medication and am coping reasonably well. I found Tulip to be of great help and understanding. I would recommend it to anybody who is undergoing great mental stress.





## **Tulip Mental Health Group**

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***TUG along and be strong!***



Remember, this is your newsletter, and can only exist with contributions from you. Please send in your testimonies of hope, your jokes, poems, recipes, film, and dvd reviews. In fact send in anything that you feel will be of help to the readers of TUG Newsletter! Remember the readers of TUG are just like you, so anything you find of help, others may benefit from it also.

Uncle Paul says " If you have a problem write to me at 5 river Park Rd, and I will respond the best way I can" .

If you are finding it hard to meet new people, or you will like to meet other Service Users with the same interests as you then write to the editors at 5 River Park Rd, telling us about yourself and who you'd like to meet.

Well we are nearing the end of our very first newsletter which is a joint venture of Service Users and Staff, I hope you enjoyed it. Remember, 'tug along, and be strong!'

## **MASTER**

You! Master!  
Of Destiny, unknown,  
Think outside your box  
Assigned to you by shrink doc,

Medication! Dedication!  
To the cause of Living-  
Not breathing or grieving,

You died once before,  
Now rise alive again!

Your life

Is to be lived by you,  
Think about all the things  
You wanted to do,  
And do it!

Do not use your mind sickness  
As an excuse,  
You will not be jubilant with  
Wastage of time abuse.

**Sam Braveboy**