

# TUG NEWSLETTER



TULIP USER GROUP @ TULIP MENTAL HEALTH GROUP



## WELCOME



Greetings and welcome to the second issue of your very own TUG Newsletter. We sincerely hope you enjoyed reading our premiere edition which was issued in April. Please keep your contributions coming in and we will make every effort to publish them.

Thank you to the 49 of you who completed the TUG Survey. On balance the results were encouraging:

**Report on the first TUG Annual Survey**

89.8% of service users happy with the support they receive from Tulip

89.8% of service users feeling Tulip staff treat them with friendliness and respect

- 79.6% feeling they got the support they needed when they asked for it
- 77.5% saying that their Tulip worker makes the paperwork helpful
- 79.6% saying that their Tulip worker helps them to understand the purpose of the paperwork

There are some areas where work is needed:

- Only 61.2% of service users said they knew what TUG was
- Only 67.3% of service users felt they were helped to think about what helps or hinders their recovery
- 71.4% of service users felt that their worker made their views heard

TUG will now be meeting with all Operational Managers to talk about the results of the TUG survey to try to improve even more, service users' experience of using Tulip services.

Thank you to everyone who completed and re-

**Thoughts for Recovery**

- "Empty your mind of all thoughts. Let your heart be at peace..."
- "The Tao is like a well: used but never used up. It is like the eternal void: filled with infinite possibilities..."

Quoted from "Tao Te Ching" (The Book of the Way) Copyright©Lao-Tzu 2005. Printed by kind permission of Pan Macmillian London.

## DVD Review - A Beautiful Mind

Based on the book by Sylvia Nasar, this is the epic portrayal of an astounding mathematician by the name of John Nash, played by Russell Crowe, who when on the verge of a breakthrough of his career, becomes entangled in a world of conspiracy and a dark sin-

ister plot of gargantuan proportions. In this beautifully crafted film, based on a true story, Porter, the director, shows his audience the strengths and weaknesses of the human mind and heart.

**Sam Braveboy**



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## Healthy Lifestyle



**Local walking groups** are springing up all over London and can be found on the internet under 'walking groups—local groups'. My local group 'just walk', Barking and Dagenham walk every week, 5 days a week, including Saturdays; plus once a month on Sundays. The walks are between 1 and a half and 3 miles long and are all in my lovely local parks. Usually 3-12 people go on the walks so there is always someone to

talk to whilst walking, as I love to walk and talk. It is a great way to start a keep fit routine because the walks are not too far. It is also very sociable. I usually walk and talk twice a week to keep fit. I also belong to walking groups that walk further, e.g The Ramblers and a central London group called CLOG which walks all over England on cheap weekends away and goes on trips abroad. For more information on local walking groups or

longer walks and weekends away walking see:-

- Walking groups—local groups
- Or CLOG Central London Outdoor Groups
- Or The Ramblers on the internet
- Or Tel. Lorraine on 0208 4913473 Eves and weekends.

## Song Lyrics



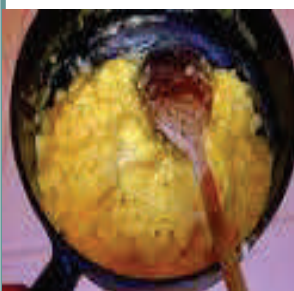
Mama I love you Papa I don't hate you; but look at what trouble you put my Mama through; She had to work 9-5 had to work hard to get by and to do and give the things for us; Five kids to bring up She doesn't know what to do; and now equal rights and justice is what she teach them to get them true. Papa you tried too but these are all the issues working like a

slave to bring home food to clothe the backs of the picnic but still mama kept it true but now it's up to you two to be true to your selves and your kidz can't see you're the man, we are the men and women of tomorrow, I don't want wanna see it end in sorrow but don't worry God's got his eyes on us like a sparrow, hopefully he'll live to see tomorrow when we

divert from sorrow. Mama and Papa thank you for bringing me here today and I hope we live to see many more. Thank you. Blest. X

**Paul A. Buchanan**

## Recipe for cheese & onion omelette



- 3 eggs
- 1 tbs water
- 1 medium onion sliced
- 2 oz cheddar cheese
- 1 tbs oil
- 15 grams butter
- Pinch of salt & pepper

### Method

Beat together eggs, water salt and pepper in a bowl. Sauté onion in half the oil and butter until soft, but not brown. Set aside. Melt the rest of butter and oil in frying pan until hot, and add the beaten eggs. Allow the mixture to set.

Move around the mixture to make sure it does not burn with a spatula. Add onion and cheese on top. Fold over. Serve on a plate with salad and baked potato.

**Gillian Hollings**

## Volunteers Corner

### Conservation Work with The London and West Middlesex National Trust

I am writing this article about a London National Trust organization that I belong to, doing environmental work, which I have been doing for approximately 5 years. This group goes away every weekend, doing conservation work all around Britain. Some weekends away are as near as Kent, but others are in places like Cornwall and Derbyshire. It is a friendly group of people, the weekends away are fun and it is also a very cheap weekend away.

We usually leave on Friday to get to the National Trust base camp. In the evening we may visit a pub or just sit and chat at the base-camp.

Saturday morning is an

early start and we usually get up at 7.30 for breakfast at 8.00. We are on the site for about 9.30. The work can be anything from throwing logs onto a fire in the forest to stewarding and directing traffic at a music festival to working on a farm. We have a packed lunch. When we get back to base camp on Saturday we have a shower and help to prepare a lovely meal. After tea we sit and chat with optional drinks or visit the local pub. Both the mornings we have a cooked breakfast and on Saturday we finish work at lunch time. The cost of joining this group is £6 per year plus £8 per weekend away which includes the accommodation and all the food.

Travel costs are not included and you usually have to make your way to the nearest station where you will be picked up. Sometimes you can get a shared lift and pay part of the petrol. Usually 10-12 people participate and this is a good way of making new friends and contacts. It is a very good way to keep fit, do something sociable cheaply.

For more info see website [www.lwmntv.org.uk](http://www.lwmntv.org.uk) or phone Lorraine on 020 8491 34 73.

**Lorraine Bailey**



“It is a friendly group of people, the weekends away are fun...”

## Alan's Story

When asked to write for TUG newsletter all I could think of was my life history of mental illness and the various medications I have been on for the past 25 years or more. Some of the things I may write about may not be very pleasant but then again some of the medications I have been on in the past have unpleasant side effects. For example sleeping, shaking, terrible thirst. All I can do is state the facts plainly as I know them in my case. My name is Alan Kelly I am 56 and have been diagnosed as being chronically mentally ill for the past 31 years due to schizophre-

nia. I left school at the age of 15 without sitting any examinations. On leaving school I did not go out of the house for 8 years due to agoraphobia and the onset of my mental illness. Due to this illness I was admitted to hospital, and that was the first time I had left my house in the 8 years. I was in hospital for 3 months. At this time I was about 25 years old. On leaving hospital I attended outpatients' clinics at various hospitals and day centres for about a year or so. I was okay until I was about 27 or 28 when my mental condition required me to be put on Modecate

injection. I was on this medication for at least 10 years. When I was about 30 I attended the Mararet Scot Day Hospital, at this time my mother began to develop the symptoms of Alzheimers disease. I was about 33 years old once my mother's condition had been finally diagnosed; and the coupling of this and my own illness led to the rapid deterioration of my own illness ...

**To be continued on the next newsletter.**

**Alan Kelly**





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## Making Friendships and More

For all you readers out there who are feeling a bit isolated, and would like to make new connections with other service users, then please write in to 5 River Park Rd, and tell us a little about yourself. Perhaps a paragraph about who you are and what you like, also about who you would like to meet. Leave your name, your interest or hobby and age and what area of London you live in.

### The Psychiatrist

I went to see the psychiatrist a week ago  
I had a good laugh in there and so  
Probably I'm seen as manic now  
But don't think I'm an average mad cow  
I hope I can see the wood for the trees and hills  
I don't think the answers all lay in a bottle of pills

**Chris Chesney**

### Pathways

A good memory filing away,  
  
Drinks after poetry on Friday night,  
Small talk about  
Life, the universe, your life, mine -  
Small in comparison. Hold this calm  
Forever, barnacles to rock, clingfilm  
  
To sandwiches,  
  
Feeling oneness, you and I the same,  
But different; a flint and match,  
Sparks, small flame,  
Setting conversations alight, words slurred  
Lights hushed,  
  
Paths diverge, tree branches,  
Unknowingly treading upwards,  
"See you around", 'goodbye' tastes bitter,  
Unpalatable for taste buds amiable to beer,  
Embrace me, your hair smells floral.  
My cheek saturates with your kiss.

**Sam Braveboy**



### Crossword Solutions

#### Across

1.Deep 5.Keen 9.Nest 11.Oil 12.Rug  
14.Tea 15.Duo 16.Area 18.Seal  
19.Miss

#### Down

1.Decorators 4.Pun 5.Kit 8.Bar  
10.Sag 13.Bar 16.All 17.Arm

### Uncle Paul

Hello readers, I'm here to answer your questions about any problems you might have.

You can tell me if you are feeling sad or confused about anything and I will write you an answer in this. You can remain anonymous if you choose to do so.

**Question:** "I have been on antipsychotic medication for 3 years and I want to come off it because it makes me too drowsy; however, I'm afraid to come off it because I might get ill again. What shall I do?"

**Answer:** "This is a very common dilemma, I think it is imperative to consult you G.P or your Psychiatrist when thinking of coming off or reducing your medication. Because you have a psychosis you need to let someone know what you are planning. You may feel well enough to make that decision, but you must understand that part of you feeling well and able may be due to your medication. If you feel your G.P and psychiatrist are unapproachable, then talk to your social worker or named nurse first; the main thing is that someone knows of your intentions in case you relapse."