



# TUG Newsletter

## Ecotherapy By Graham Nevitt

I have only just started taking part in Ecotherapy but have found it very enjoyable.

The first time I went some of us met up at the William Bellamy Centre and went on the short bus journey to Eastbrookend Country Park. We met up with Andy (the walk leader) and filled in a questionnaire about how we were feeling before the walk.

During the walk we did some gentle exercises and concentrated on our breathing. It was set at just the right pace. Andy

had a magnifying glass which I used to see a flower and caterpillar in great detail. We also did an exercise in which one person shut their eyes and was lead by another person then they opened their eyes to look at something.

It was a strange feeling and made people wonder what it was like to be blind. We also listened to birds and looked at our environment with the aid of a mirror. It was interesting looking at nature in a different way. I managed to see two hares.

At the end of the walk, we filled in the questionnaire about our feelings again and I personally felt much better.

The following week I met Andy although unfortunately nobody else from the William Bellamy Centre could come. We saw some ducks and swans on a lake before doing some gentle exercises and concentrating on our breathing. We took turns being blindfolded and enjoyed touching and looking at plants and flowers when the blindfolds were removed. Towards the end of the walk we looked at the blue bottled flies and jaybirds. A good time was had by all. Again when filling out the questionnaire I felt much better after the walk.

I would recommend Ecotherapy to anyone, it gives the opportunity to meet people, enjoy nature and improve mental health.

### THERAPEUTIC PLAIN SCONES

BY PAT WEBB

I list below a recipe for Plain Scones. I find it very therapeutic making these and have even found that if I can't sleep, I get up and if making them isn't therapeutic enough, I always find eating a couple helps send me off to sleep.

#### INGREDIENTS

- 8oz Self-raising flour
- 4 Teaspoons baking powder
- Pinch of salt
- 1oz butter (softened)
- 3-5 fluid oz milk
- 1 beaten egg (for glaze)
- 2oz Caster Sugar



#### METHOD

Set oven to 425°F / 220°C / Gas Mark 7 and grease a baking sheet. Sift the flour, baking powder and salt into a mixing bowl. Rub in the butter until the mixture resembles bread crumbs. Add sugar. Make a well in the centre of the mixture and pour in a sufficient amount of milk to form soft, but not sticky, dough. Turn out onto a floured surface and knead lightly until smooth. Roll, or pat, out until the dough is roughly 1/2 inch thick. Cut into 12 with a circular 2 inch cutter. Gather up the trimmings and use to make a few more scones. Place the scones on the baking sheet and brush each one with the beaten egg. Bake for 10-12mins, until well risen and golden brown. Transfer onto a wire rack until cooled. To serve, split and butter.



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## BACK ON TRACK By H.C.

At the turn of the year I was in a very dark place, I was struggling with a relationship, an imminent eviction, debts as well struggling to find enough work to pay the bills. On top of all that my mental well being was beginning to suffer as I did not know what was happening in my life or how to cope. I was at the point where I almost gave up on life.

However, I was referred to Tulip because I had no support with my problems. Once allocated my STR

worker, they supported me to see other ways of how to deal with my problems. They supported me through my court appearances and negotiated a repayment plan to pay off my rent arrears that had got too much and so enabling me to keep my home.

I have been able to receive support with the day to day events like sorting out statutory sick pay, benefits, medication and a referral to a Community Mental Health Team who will monitor my progress over the next few

months. My STR worker is also looking into helping me find some counseling, as well as looking for employment that will complement my skills and give me more purpose to move on with my life.

However, I appreciate that none of my problems will be resolved overnight and so I am glad of the support that my STR worker provides for me and I now believe that with the support from Tulip I can get back on track.

## Employment Corner

### Volunteering at WBC By Marilyn McConnell

In the time that I did my placement, working on reception at the William Bellamy Centre, I found all the staff and service users very approachable.

As part of my job I had to answer the phones and get service users to sign in, I always made sure I did this with a

smile and was very polite to make people feel welcome. Because of this I felt that all the people felt confident in approaching me.

If I felt a service user was in any way a danger to themselves or to others I would tell Adrienne or another staff member to make sure their problem was resolved.

I felt that during my placement I was very calm and gave plenty of time to everyone. Every day that I volunteered I looked forward to seeing others because it made me gain self esteem and made me feel very positive.

## Alan's Story continued - now an Ex Service User

As you can see from above, I am now an Ex Service User and would like to say just how helpful Tulip have been to me.

I have attended a Craft Group for more than two years now and recently completed a three month Confidence Building Therapy Course which was

very helpful.

I have been able to travel to TUG meetings alone for quite some time now.

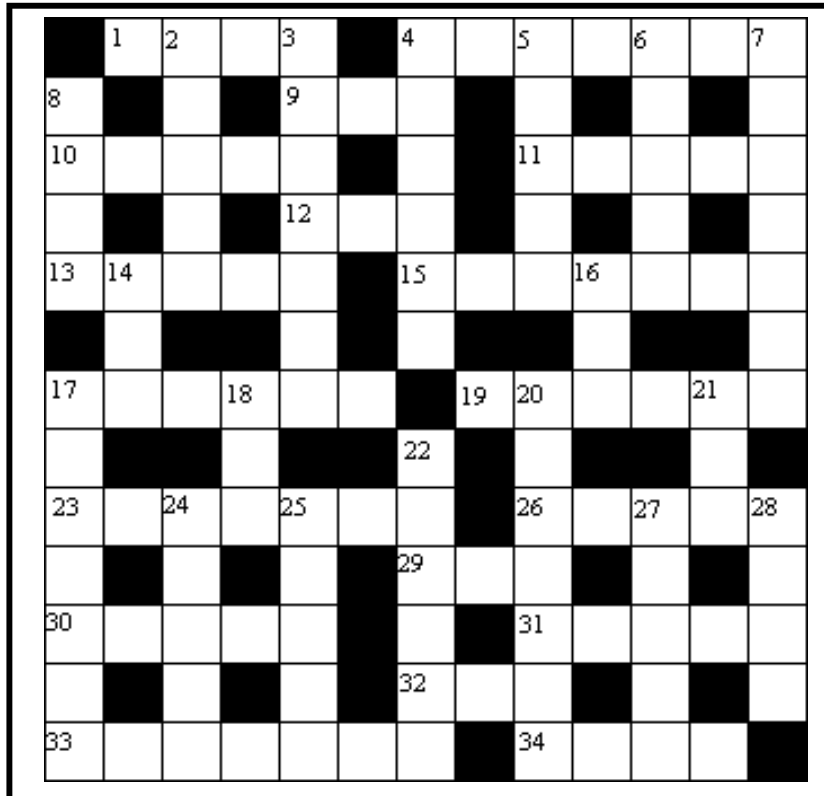
I've become interested in digital photography and computers and I generally feel a lot more interested and aware of things going on in the world and feel a

part of it.

At Confidence Class I met lots of other people suffering from Anxiety and Depression and it made me realised that Anxiety and Depression are a lot more common than most people think which made me realise I am not alone.

# Crossword Corner

By Christine Horrad



## ACROSS

- |   |                                |
|---|--------------------------------|
| 1. Long film (4)  | 23. Living in water (7)        |
| 4. Adage (7)  | 26. Change (5)                 |
| 9. Shakespeare's play<br><i>Much - - - about nothing</i><br>(3) | 29. Help (3)                   |
| 10. A king or Queen or a<br>measuring device (5)                | 30. Winter Bird (5)            |
| 11. September star sign<br>(5)                                  | 31. Computer Message<br>(1, 4) |
| 12. Explosive material (1,<br>1, 1)                             | 32. Earth's atmosphere<br>(3)  |
| 13. Ship's load (5)   | 33. Taxi (4,3)                 |
| 15. Large Penguin (7)   | 34. Badger's home (4)          |
| 17. Capital of Greece (6)                                       |                                |
| 19. Beginning part of a<br>word (6)                             |                                |

## DOWN

2. Relating to the north pole  
(5)
3. Humorous drawing (7)
4. See 7 Down (6)
5. Woodland Primula (5)
6. Ash (5)
7. Author who created *The  
tale of Peter Rabbit* (see  
4down) (7,6)
8. Comedians - - - - *More-  
cambe & Ernie Wise* (4)
14. Appropriate (3)
16. The night before (3)
17. Word made from the  
letters of another word (7)
18. Time span (3)
20. People who borrow li-  
brary books (7)
21. Frozen water (3)
22. Egyptian beetle (6)
24. Situated in a city (5)
25. Medicine (5)
27. Grilled Bread (5)
28. Actor's Part (4)



## Film Review By Stuart Couzell

Hi, my name is Stuart. I'm a support worker for Tulip in Barking but I also used to be a service user and was involved in the start of TUG. I want to talk about film.

Going to the cinema is great but going with a group is even better. About once a month service users from Barking and Dagenham and myself have gotten together to visit our local cinema in Ilford. We hope to make it a regular thing on the last Tuesday of every month as it's £5.00 a head discount day. In early June we saw "Robin Hood" with Russell Crowe and Kate Blanchett. I went with four service users and here is a brief film review from my own opinion and the feedback I received.

**"This is a tough gritty "Robin Hood" with no men wearing tights. It opens in England in the Twelfth Century, a ravaged and lawless land with Kate Blanchetts "Lady Marian" bravely defying a mob of marauding scavengers. Why is the land lawless? Because King Richard the Lionheart is in France where he dies during a**

**spectacular castle siege. A common archer, Robin, imprisoned by Richard for insolence, escapes back to England with a group of friends where he impersonates the husband of Lady Marian at the request of her father or she will lose her lands. Robin grows into the role of being a Knight and Marian falls in love with him.**

**However treachery strikes the Kingdom and Robin becomes a leader of the rebellious nobles who are defying a tyrannical King John. Robin saves England from a French invasion but is hated and banished by a jealous King John. He becomes an outlaw and heads with Marian and his men to Sherwood forest to become the famous bandit."**

The battle scenes were on a grand scale and New Zealander Crowe does a good English accent. Ridley Scott shows once more what a fine director he is and the film seems ripe for a sequel.

Afterwards we went to MacDonalds for refreshments and the consensus was it was a great film. The costumes and sets gave a real Medieval atmosphere and the battles were at times both violent and exciting so it is not a film for young children and has a 12 A rating. I am looking forward to the DVD coming out hopefully with extra scenes. For the next review I hope to have one of our service users write it.

Best wishes,

Stuart.



### BUTTERFLY

Beautiful colours, Shining bright  
Lots of patterns, Making it light  
Flying above, The sky so high  
It's a wonderful  
Butterfly!

By Ruth Hill

### FUNFAIR

Lots of fun, Lots of joy, Happiness making this life  
worthwhile, Playing games, Having laughs, Going on  
rides in the funfair.

Being a child, Is so much fun, Please come along, To  
this funfair, I promise it won't end in despair.

By Ruth Hill

### CROSSWORD ANSWERS

#### ACROSS

1.Epic, 4.Proverb, 9.Ado, 10.Ruler, 11.Libra, 12.T.N.T, 13.Cargo, 15.Emperor, 17.Athens, 19.Prefix, 23.Aquatic, 26.Alter, 29.Aid, 30.Robin, 31.E-mail, 32.Air, 33.Mini Cab, 34.Sett.

#### DOWN

2.Polar, 3.Cartoon, 4.Potter, 5.Oxlip, 6.Ember, 7.Beatrix, 8.Eric, 14.Apt, 16.Eve, 17.Anagram, 18.Era, 20.Readers, 21.Ice, 22.Scarab, 24.Urban, 25.Tonic, 27.Toast, 28.Role.

If you would like to contact TUG with any suggestions or contributions for the newsletter please do so at:

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