



TUG Newsletter

TUG along and be strong By Sam Braveboy

An email to Andrew Law:

Hey Andrew,

This is Sam here, I don't know if you remember me but I was one of the first co-editors of the TUG newsletter back in 2008. I thought I'd let you know what I am doing now because it has been some time. At present I'm working for a mental health organization called 'Florid'. It is a website by the mentally ill, for the mentally ill. Anyone who has suffered from mental distress can sign up to the website. I mainly work from home on my laptop and I cover news reports, and let

service users now what is going on in and around London, entertainment-wise. I also do movie and DVD reviews, and I have posted 5 of my poems so far, on their website. Tomorrow I will be involved in a new project whereby I will be going to a hospital in Mile End, and doing an audit of service users' experience of the mental health system whilst on the ward. For example, one question is 'how easy is it to make a complaint?' They have to answer on a scale of 1—10 (one being easy, and 10 being the most difficult). Working for Florid has been great to me, I've been doing it since February

and it keeps me busy. It provides a structure for my day. I hope the pioneering work for TUG is going strong! Working as the co-editor for TUG really helped me a lot; it helped me to build my confidence, and I am eternally grateful to you for allowing me to have the opportunity. I hope all goes well with you and the team. Take care.

TUG along and be strong!

Sam

By the way Tulip did not play a little part in my recovery, it was **largely instrumental** in helping me change my mindset. Now I'm a far more confident and very happy individual.

www.florid.org.uk

RATATOUILLE
BY RUSSELL CHARD HCP

Here is a recipe that we used at the Harold Centre Project. We had this for lunch today. It is healthy, cheap and was enjoyed by all members.

INGREDIENTS

- 200g Courgettes Sliced
- 200g Aubergine sliced
- 200g Tomatoes Concasse
- 50ml Oil
- 50g finely sliced onion
- 50g Diced red peppers
- 50g Diced green peppers
- Salt and pepper
- Chopped Parsley



METHOD

1. Heat the oil in a suitable pan and add the onions and cook without colour.
2. Add the garlic, courgette and aubergine and the peppers and season.
3. Allow cooking for a few minutes and tossing from time to time cover with a lid.
4. Put Tomatoes into pan of boiling water for few minutes to loosen and remove skin the chop roughly
5. Add the tomato and cook for approximately 25 minutes or until tender
6. Mix in the parsley and check the seasoning and serve in a dish with boiled rice or bread



TUG along and be strong	1
Ratatouille recipe	1
There are two sides to every story	2
Crossword	3
Employment Corner	3
Film review	4
Poems	4

There are two sides to any story written by Gema Alethea Newby



“Hello, hello, is that Betty. Oh morning Betty, it’s Mabel. Oh goodness gracious, did I tell you what happened to Eileen and I the other afternoon. Oh Betty, the most shocking thing! We were out for our usual stroll in the park. After which we went to our usual place for some tea and cake. You know the one by that lovely canal that ever so nice place that serves tea in a pot with proper sugar in a bowl, not those horrid sachets. Well! You will not believe what happened to us. They’ll let anyone in a nowadays! I’ll tell you what occurred. There were two young ladies but oh my, wait till I tell you. They were chatting to each other about cheap meals, I enquired of them as to where they were referring to, as I was familiar with the area they were talking about. Well! They told me the place was not for the public, it was for people with mental health problems. Well! I thought, how brave of those young girls to work in a place like that, with all those, well, you know, them mad people! Oh Betty! You will never believe it ... they weren’t social workers, they said they were, oh, what did they call it, erm, service members, er no let me think, ah users that’s it ‘service users’. What is the world coming to! Who let them out! And they were on their own, no nurses or carers. Well I say! Betty, I should have guessed, looking at their clothes, their hair, how they were talking, I knew it they did not look right, I should have known. I just don’t know why let them out on their own, they could have done anything. It’s that care in the community that’s what they call it don’t they. I tell you Betty, I couldn’t wait for them to leave, I thought one of them was going to do something peculiar!

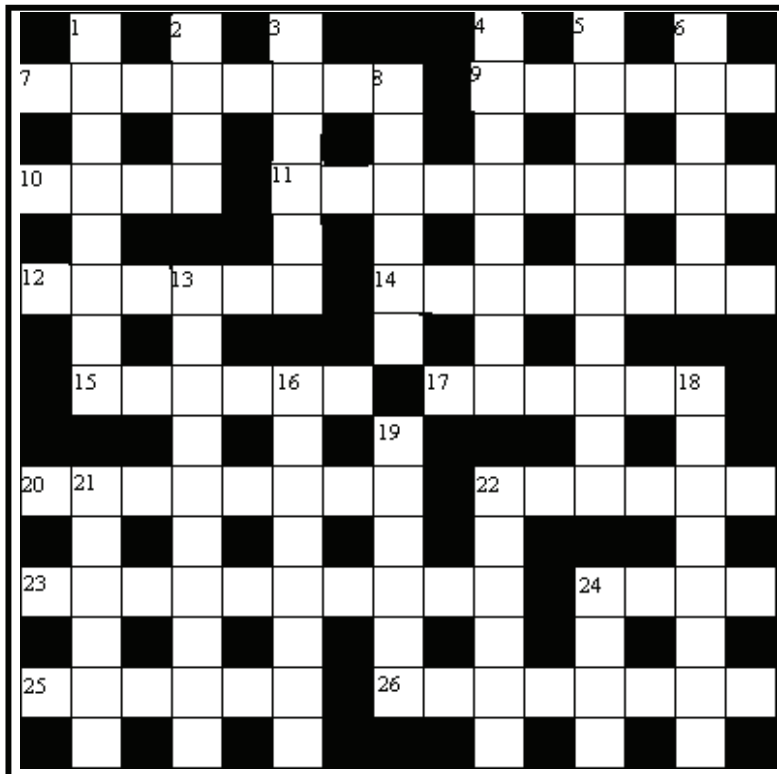


“Hey Beth, how’s it going, listen, I wanted to I tell you about what happened to me and Alice the other day. You know the other Tuesday when it was really hot? Well we decided to go to Valentines Park. It was lovely, saw loads of birds on the pond, fed the squirrels and we walked for ages. That’s not the good bit, you wait! We went to the café, that nice one in the Victorian gardens. I was telling Alice all about Open House, you know that Mind place where you can drop in and do loads of activities. I was telling her about how you can get a really cheap meal there. Get this! These 2 older women were listening to us. One of them leant over and asked about the cheap meals, she kind of hinted she would like to go there. I didn’t know what to say or how to explain. Me and Alice looked at each other and shrugged. I mean what do you say to people? How do you explain? I just said something like, it’s not for the general public it for members. Well of course that was not enough she wanted more. So here we go! I thought, I told her that it was a drop in place for people with mental health problems. Oh! She said! Yep! “Oh!” I tell ya Beth, you could see the cogs working! But her mate, well! You should have seen the look on her face. Like someone had just dropped a snake in her lap. Anyway, while she sat there frozen in terror the first woman cast her a reassuring look and said to us “oh so you must be social workers.” Ha figures! Well feeling a bit more safe at that thought, the other lady sighed with relief and relaxed her grip on the chair. Well, now we had a choice! What do we do? What road to take? You know what it’s like Beth, do we go yeah we’re social workers, get on with our food and the two lovely ladies live happily ever after! Or do we tell the truth! Well, you know how Alice is very honest and up front. I was um-ing and erming ... Alice sparks up with we’re service users. “Oh!” says the woman, “service users, what’s that?” Yep here we go again, I thought how can I explain it to these woman in a simple way? Cos at the moment in their eyes, we’re either, criminals or diseased, you should have seen their looks, but wait it gets worse. So off I go into explain mode, We are not Social workers, we are kind of the opposite, we suffer with mental health issues ... still a confused look... er, we are kind of patients, I explained. Oh my god Beth, you should have been there! As I said all that, both women actually gasped and get this, they jolted back in their seat, like they were about to catch something. Yep they actually jumped back! I can’t believe it! I’ll never forget that, I’ll never forget the look on their faces. All I can say Beth is that there’s a lot of people out there that need EDUCATING!”

Written by
Gema Alethea Newby.
 Based on a true story.

Crossword Corner

By Christine Horrad

**DOWN**

1. Memento (8)
2. Group of cattle (4)
3. Round shape (6)
4. Climbed (8)
5. Northern City, home of The Smiths (10)
6. Straight away (6)
8. Inflatable boat (6)
13. Type of tea (10)
16. Villain (8)
18. Backpack (8)
19. Prevents (6)
21. Shook head in agreement (6)
22. Deadly (6)
24. Noise made by dog (4)

ACROSS

- | | |
|--|----------------------------------|
| 7. Put right (8) | 20. Aerials (8) |
| 9. Steps (6) | 22. Song words (6) |
| 10. Music player (1,3) | 23. Young person (10) |
| 11. Look down (10) | 24. Perform music on street (4) |
| 12. 2010 X-Factor Winner, Matt (6) | 25. Close fitting winter hat (6) |
| 14. Animal with prickles (8) | 26. Irish emblem (8) |
| 15. Anger (6) | |
| 17. Newspaper boss (6) | |

Answers (if you need them!) can be found on the back page—but don't cheat, do your best first!!

Employment Corner

Volunteering By Graham Nevitt

I recently joined as a volunteer for the Olympic Ambition Team. They gave me a list of activities to look at and I told them what I could do. I never realized there was so much going on in Barking & Dagenham. In May I attended the Classical Concert in Barking Abbey Ruins and helped sell programmes and flags. It was good turnout despite the rain. At the beginning of June I volunteered at the Family Sports Day and Goresbrook Leisure Centre. My role was asking

parents to fill in forms so that they could be sent some information of future events and so that the leisure centre could get an idea of numbers for next year. I enjoyed watching the children take part in the Trampoline and Gymnastics. The younger ones really enjoyed the bouncy castle. Future events I'm looking forward to include Dagenham Town Show and a walk in Barking Park. Volunteering is a good way of meeting new people and can be very rewarding. There are opportunities like becoming a trained

walk leader, it looks good on your C.V and may even lead to employment. So why not do something positive and try volunteering? To find out if there are opportunities at the Olympic Ambition Team contact Sarah Willis on 0208 227 3129 or Lynn Barker on 0208 227 3938. Or there are plenty of other volunteering opportunities out there so why not do some research?



Film Review By Stuart Couzell

Hello. It's me Stuart with a review of a film myself, Anthony, Paul and Graham went to see at the cinema in Ilford last November.

We saw R.E.D. which stands for Retired and Extremely Dangerous. The basic plot revolves around a group of former American secret service agents who even though they have left the "business" are considered a threat by their former Government masters because they "know too much". The cast list is excellent and was one of the things that attracted us to the film. Bruce Willis, John Malcovich, Morgan Freeman, Brian Cox and Helen Mirren are the main stars, they

all put in impressive performances and look like they had a lot of fun making the film. This film is fun to watch as well. It starts off with Bruce Willis realising someone is trying to assassinate him (the clue was probably the bombs and machine guns!) After surviving this attack by the skin of his teeth he drags along an unwilling partner (for this read beautiful hostage with whom Bruce is madly in love) and contacts his former retired colleagues to see if they are after his blood. They are not and after some very funny scenes they realise that they are BORED! They join Bruce once they realize they are all in danger and this deadly team go after the real

enemy-their old paymasters the C.I.A. The old timers start enjoying themselves again as they pit their wits and skills against the new generation of agents and rediscover a zest for life. They even take on board an old enemy from the Russian K.G.B. (Brian Cox). I will not spoil the ending but we all felt this film was great. It has action, comedy and romance and it's great to see the older guys can still cut it and thwart their rivals. Highly recommended.



My Thoughts

My thoughts are very deep;
They play around in my head when I sleep;
Which I don't want to keep;
Because they make me weep;
So I turn them into a treat;
And now I can sleep.

By Anonymous member

Tulip

Tulip our lip of life, when we feel that we cannot speak up for ourselves, its nice to know, we have a lip, to express our feelings and what is worrying us. Without Tulip, our lip of life, we are not going to get far in our life. So Tulip continue with the good work or we will never be able to speak up for ourselves. As for myself I would be at a standstill and would not be able to get on with my life. Tulip, our lip of life.

By Shirley Crawford

CROSSWORD ANSWERS

ACROSS

7. Remedied, 9. Stairs, 10. I-Pod, 11. Condescend, 12. Cardle, 14. Hedgehog, 15. Enrage, 17. Editor, 20. Antennae, 22. Lyrics, 23. Adolescent, 24. Busk, 25. Beanie, 26. Shamrock.

DOWN

1. Keepsake, 2. Herd, 3. Circle, 4. Ascended, 5. Manchester, 6. Pronto, 8. Dinghy, 13. Darjeeling, 16. Gangster, 18. Rucksack, 19. Deters, 21. Nodded, 22. Lethal, 24. Bark.

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

TUG Newsletter, c/o Tulip, 5 River Park Rd, Wood Green, London., N22 7TB