

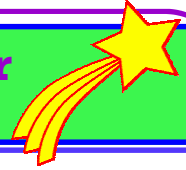


TUG Christmas Newsletter



How Lorraine Helped Herself Recover

By Lorraine Bailey - William Bellamy Centre



I was devastated when I was diagnosed with schizophrenia at the age of 30. I experienced homelessness, lost my job and was hospitalized. I spent two years living on the street. I was as low as I felt I could possibly get. I did not give up though and decided I was going to make some changes in my life to escape from "rock bottom". I wanted to make a difference to the world around me and help my own recovery. After I had got accommodation and was off the streets I went to college so I could learn book keeping skills to do charity work. I was also involved in soup kitchen work where I met some old faces I knew from my street living days. My concentration and memory were now so much better I also studied computing and I did voluntary work for the mental health advocacy group HUBB and the National Schizophrenia Fellowship (now Rethink). My horizons further expanded and I went overseas to renovate orphanages in Romania and Hungary. Currently I run a knitting group at the William Bellamy Centre in Dagenham and hope to increase my involvement with TUG. I also chair house meetings at Suffolk Road service in Barking. Voluntary work continues with office work at a city farm and I also belong to and run event stalls for the Friends of the Earth environmental charity. I have just returned from one of their conferences in Nottingham. So that's me. Having lost everything I appreciate what I have but at the same time realise life is about people and doing the best you can. Through determination and setting goals you can turn your life around.



FARMHOUSE VEGETABLE SOUP

BY RUSSELL CHARD HCP



INGREDIENTS

Serves: 4

- 1 tablespoon oil
- 2 potatoes
- 2 carrots
- 1 parsnip
- 1 leek
- 1 onion
- 1 stick celery
- 1 litre vegetable stock



Preparation Method

Prep: 15 mins / cook: 1 hour/Extra time:10 mins, chilling

1. Chop all the vegetables and put into bowls to use later.
2. Add the oil to a big pot. Put on a high heat. Throw in the onion and leek and stir-fry for 2 minutes.
3. Reduce the heat and add in the potatoes. Pop the lid on and leave for around 5 minutes, stirring every minute or so.
4. Pour in the vegetable stock and add the rest of the vegetables. Bring to the boil and then reduce to simmer.
5. Check the soup every few minutes, after around 30-40 minutes season with salt and pepper and take off the heat.
6. Allow to cool for a bit and then blend until you get a nice smooth consistency.

| | |
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Simple Son by Christopher Rowe - Enfield Floating Support

I'm the simple son of a simple man
Live in the moment do what I can.
I'm the simple son of a simple son
And it doesn't take much to turn me on.

If you see me grinning walking down the street
it's just cos I'm glad that I've got two feet
And hey I've got two arms as well
Man you don't need a hammer to ring my bell

I'm the simple son of a simple man
Live in the moment do what I can.
I'm the simple son of a simple son
And it doesn't take much to turn me on.

I wake up in the morning fall out of bed
I'm happy cos I've got a head
Eyes and ears, mouth and nose
Great things to have I do suppose

I'm the simple son of a simple man
Live in the moment do what I can.
I'm the simple son of a simple son
And it doesn't take much to turn me on.

All day long so much to be
Doesn't take a jailbreak to set me free
I don't need dreams I don't need plans
Don't need admirers don't need fans

I'm the simple son of a simple man
Live in the moment do what I can
I'm the simple son of a simple son
And it doesn't take much to turn me on.



Quote of the Season

Unless we make Christmas an occasion to
share our blessings, all the snow in
Alaska won't make it "white"

Bing Crosby

Employment Corner

Are you unemployed and looking for a training course to help with your career?

Keeping it Simple Training (KIS) offers a range of training courses to help develop your skills and qualifications. All our courses are open to unemployed adults, aged 18+ and in receipt of JSA, ESA or other benefits.

We are currently offering the following courses at Level 1 with the option of progressing onto Level 2.

- ★ Customer Service ★ Literacy ★ Numeracy ★ ICT ★

These courses last for 6-8 weeks, 2 days per week from 9.30-4pm. Note the ICT course is slightly longer lasting 10 weeks.

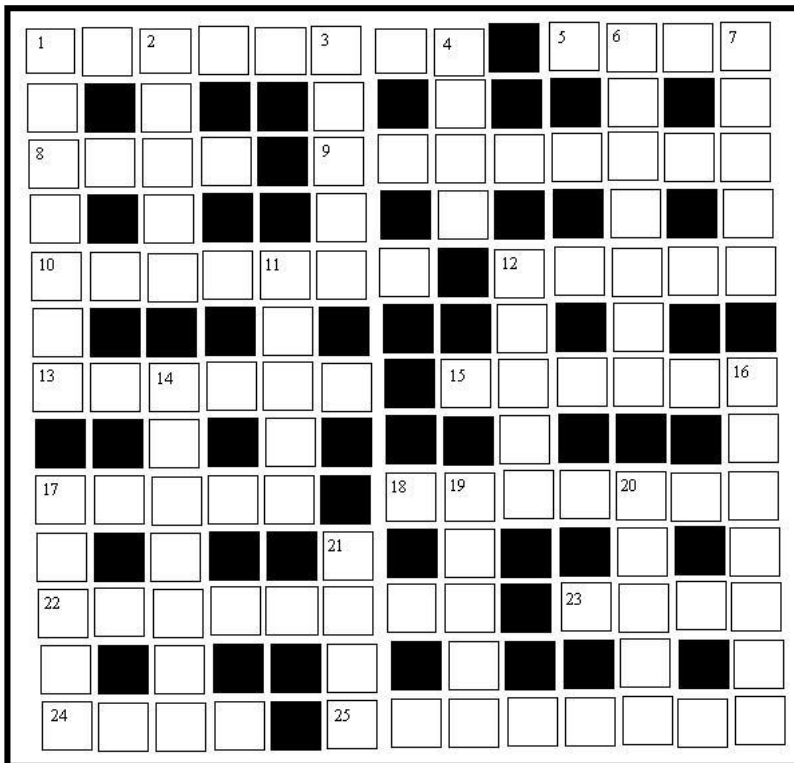
If you are interested in any of the above courses why not come along to one of our weekly drop in sessions held every Tuesday and Thursday from 10-4pm.

Keeping It Simple Training (KIS)
Sentinel House, 1 Ashley Road, London, N17 9LP
0208 275 4230



Crossword Corner

By Christine Horrod - Newham Floating Support



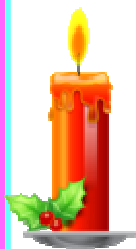
DOWN

- 1. Most important (7)
- 2. Drama set to music (5)
- 3. Dutch Cheese (5)
- 4. Wicked (4)
- 6. Peculiar (7)
- 7. Day _____ Believer, 1976
Monkees song (5)
- 11. Bird sanctuary (5)
- 12. Large country house (5)
- 14. Young hare (7)
- 16. Early American colonist (7)
- 17. Hot chocolate drink (5)
- 19. Less dark (5)
- 20. Deceive (5)
- 21. Uniform (4)



ACROSS

- 1. Introductory speech (8)
- 5. Second-hand (4)
- 8. Concept (4)
- 9. The cosmos (8)
- 10. Word rearranged to form another word (7)
- 12. Musical note (5)
- 13. _____ submarine, Beatles film (6)
- 15. Goes into a room (6)
- 17. To want to own another's property (5)
- 18. Small peach-like fruit (7)
- 22. Notting Hill _____,
London Summer event (8)
- 23. Genuine (4)
- 24. Insects that live in a formicary (4)
- 25. Person who tells a story (8)



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

Service User Rep by Gary Biggs - William Bellamy Centre

I would just like to say how pleased I was when I was elected service user rep. I was very surprised when I got the news. It has been a great morale boost for me. I didn't realise that I was so popular in the centre. I would like to take this opportunity to say thanks to all the people that took the time to vote for me it meant a lot. I hope to be able to serve them well and be able to get what they require and need out of the centre. I hope that I can work with members of staff to get a satisfactory conclusion in any matters raised by service users. I would like other service users to know that I will do my best to resolve any matters they might raise. Also to assure you that I will treat issues brought to me with confidentiality. I would also like to take the opportunity to inform all service users that Mr Bob Crotty is also a new service user rep and is willing to raise other matters you might have with staff members. So together we hope to help make your time at the centre problem free.



Recovery - An interview with Malcolm Wicks

William Bellamy Centre

MC: Malcolm can you tell me about your interests?

MW: Well I like playing chess. I like drawing. I like art.

MC: So when did you start playing chess. When was the first time?

MW: I was 16 years of age

MC: How did you pick up that interest?

MW: Well I went down a gay pub, not that it matters. Went to a gay pub with my brother. And he said wait there and there was two geezers playing chess. So I waited at the table watching this game whilst he went and got the drinks whatever. I'd never seen a chess board and they was taking moves and this that and the other. Almost at the end of the game the geezer said 'one move checkmate' and I turned round and said to him you don't need to do that. Of course they didn't like that interruption and it just went from there. He said I'll give you a game and I sat down and ended up playing



MC: So you just picked it up by watching someone play?

MW: Yes.

MC: And then what happened?

MW: Well I started playing. I think we had three games he won, I won one and a draw. So like it was like evens. The geezer shook my hand that was the end of it.

MC: So what do you like about chess?

MW: It's a challenge. I like to better my mind. I would like to become a better player.

MC: Does it help you? Is it relaxing or what?

MW: I enjoy it. I suppose you could say that it's relaxing. Yeah. Yeah it's relaxing for me but I've never been a strenuous person I don't like all that physical stuff . . . manual work. I've never liked it but I've had to do it in the past but anything with the mind I enjoy it.

MC: And when we were talking to you told me something about walking.

MW: Yes I enjoy walking I've done that ever since I was 9 years old.

MC: Do you walk by yourself?

MW: Well when I was 9 years old I used to leave home and used to walk to Peterborough from Dagenham. I would do that three or four times a week. And every time I done that right at the start I used to get pulled up by the Old Bill and they would take me home. It wasn't what I wanted so three or four days later I would do that again. I walked because I didn't want to be at home. It wasn't right.

MC: But you were walking. Now do you still walk?

MW: Not as far. I like to use the buses as well.

MC: So where do you walk? Some people would say that they walk about in the country.

MW: No I need to have a destination.

MC: How far from here to Peterborough?

MW: Well at the time and I'm going back in the seventies, it was about 101 miles before the M11 was there. We worked it out once, if I remember right, that it was 81 miles before I got pulled up by the old bill and I had done that in 16 hours. I thought that it was brilliant it works about ten minutes a mile or something stupid.

MC: When you walk what happens? What do you do? Are you looking at things?

MW: No I just got an idea in my head a destination and that's all I need. What ever comes along the road you know?

MC: Okay. The last thing that I want to talk to you about is your art. Quite a few people have looked at it and said that 'I like that'.

MW: I don't see it like that. I don't know what they see but it's not actually worth all that rigmarole about putting it in an exhibition. Like what is that all about? I mean that it's not all that good. I don't believe that it's that good. So when people are saying to you 'hey I like that and I'd like it - what do you think?'



Recovery - An interview with Malcolm Wicks cont.

MC: How does it make you feel?

MW: It doesn't make me feel any different. Not that it should, I suppose, but that's their choice. I mean for example D she came up to me and said one day I want this picture. I said fine take it you know it's only going to sit indoors. Take it. If it means that much to you, take it and then it came up about the exhibition. So I said that she had to bring it back so that I could put it in the exhibition. A couple of days later she turned round and said like that she still wanted it so I said help your self because there are too many for the exhibition. I said what one do you want? And she said 'I'll have two - this one and this one'. So I said all right take them. But I didn't see what was important about it all.

MC: So you paint because?

MW: I don't know. When I was younger I always used to have a pen and paper and draw a horses head whatever. I always thought that I was pretty good. But then later on in life I come here and someone said do art and I said alright. So I picked it up.

The instructor said try painting and I said that I don't like that. So I picked up pen and paper and I done this that and the other. The following week he said get the paint out and I want you to do a canvas and I said alright. The first one that I done was they got put on the wall downstairs but to me a child could have done it.

MC: So when you paint

MW: I enjoy it. I enjoy it now. Yeah. Probably because I'm in a different frame of mind and I don't know.

MC: What inspires you?

MW: When I was nine years old I was on a milk round. I did that for seven years everyday, day in day out. The milkman use to be a coin collector and he would always say look out for a certain coin. One it was a thrupenny bit a certain year certain king and the rest of it. He said 'if you find one, we'll split it.' I didn't have clue what he was talking about but I was looking for this specific coin.

So years down the line I was thinking why can't this coin be a something that was bold and stood out form the rest. So I put all that into practise. Because years later I became a coin collector of gold coins and all the rest of it. But I came across four koronas - they were a bit special, 1915, four of the same. These were silver. And I thought that I had to make these stand out because these were quite a rare coin, well not rare, but like well sought after. Any coin collector would know what they were because I would point it out to them and so I ended up making four boats and I put a coin in each of the boats.

MC: What is your work about?

MW: I don't know I would like to think it is about me. The way I am the personality that I am. The character within me is revealed in the paintings. That's what I think. Whether it is or not I don't know.

HAVE NO REGRETS by Joanne Owen (ex-service user)



Let's all forget about our bad past,
Live life to the full and have a blast.
You can be anything that you want to be
Live life to the full, be young and free.
Just remember along the way to be a good person
You don't have to pray if you are gentle and you are kind.
More people will like you I think you will find
When you look back upon your past,
Have no regrets because life can go fast.
When you think of the bad times it does you no good
You start to feel sad and misunderstood.
Try not to argue, try not to fight, try to do well and you'll be bright.,
Never forget the golden rule, live life for today.
Don't be a fool.



TUG Christmas Edition

TUG ANNUAL SERVICE USER EVENT



TUG ANNUAL SERVICE USER EVENT
Cypriot Centre, 23 November 2011



This was the most exciting and positive event we've ever had! Well, that's my opinion and I'm sticking to it! Actually, it's not just my opinion, quite a lot of service users told me that's what they thought too. We had around 50 service users attending, virtually double the number of service users who usually attend, which was amazing. What tempted so many people to come this year? Was it the informative, thought-provoking and often moving session on Recovery, facilitated by Hestia? Was it the enjoyable and sometimes frankly bizarre session of Friendship and Dating, facilitated by Stars in the Sky? (who can forget Blind Date – with Camilla Parker-Bowles, choosing between David Beckham, Boris Johnson and Lord Alan Sugar????!!!). Was it Alan's wonderful MC'ing? Was it the prizes available or was it the fantastic food? Who knows? What I do know is that it was a successful, enjoyable day and that of those service users who filled in an evaluation of the day, 18 out of 31 thought that the day was 'good' or 'excellent'. Loads of service users thought that we should hold these events more often. A BIG thank you to all those who came along and to the TUG members who organised the event – WELL DONE!

Andrew Law

TUG/Tulip Friendship and Dating Service

Here in Tulip and in TUG, we **know** how important friendships and intimate relationships can be to service users. We **know** that service users with caring and supportive friends and loving partners often have improved mental health and well-being. We **know** that friends and lovers can help service users feel better at times of stress and difficulty and that friends and lovers can help recovery. We want to do all we can to help and support service users in finding, developing and maintaining friendships and relationships.

We have started to work on ideas for supporting service users to develop friendships and relationships and will be doing two things:

- ☺ We are developing 'Friendship Networks', where we will support service users to meet others and go out and socialise together and also to meet in each others' homes. We will aim to use staff to support service users only in the beginning and staff will withdraw when service users feel confident and friendships have been established.
- ☺ We will establish a discussion group and a course, to support service users who are interested in finding a relationship, to discuss important subjects in a safe, confidential and relaxed setting. We will look at areas such as flirting; dating; safe sex and personal safety.

If YOU are interested, please talk to a Tulip member of staff.

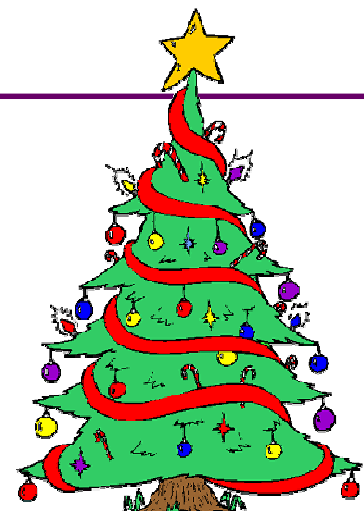
Unclaimed TUG Prize

Unclaimed winning numbers for the TUG Service User-Led Standards survey - Support and Care Planning

No. 32

No. 346

If you have a survey letter with one of these numbers on it, please show it to a Tulip member of staff and claim your £25 shopping voucher!



TUG Christmas Edition

Enfield

Santa's Grotto

Millfield at the Dugdale Centre, Thomas Hardy House, 39 London Road, Enfield EN2 6DS
Wed 21st December - Fri 23rd December
11am - 1pm
(£5 per child - includes goodie bag)



Barking and Dagenham

Christmas Market and Grotto (with real reindeer) Barking and Dagenham College
Tuesday 13th December, 3pm till 7pm (Free)

Christmas Coffee Morning - Castle Green Library Gale Street, Dagenham, RM9 4UN
Thursday 15th December, 10.30am - 12pm (Free)

Natural Decoration Making Workshop
Barking Park, Longbridge Road, Barking, IG11 8TA

Havering

Christmas dinner

Harrow Lodge Mind, Liberty Bell Romford.
Monday 19th December 2011

Shaw Trust Christmas party

Wednesday 14th or Thursday 15th December 2011

Newham

Christmas on the Farm

Newham City Farm, Stansfeld Road, Beckton
Saturday 17th and Sunday 18th December
12 - 4pm

Service opening times

Barking and Dagenham

Sunday 25th December 2011

Christmas Day Meal
Venue: William Bellamy Centre
11.00am—3.00pm
(Book Early Limited Places)

Monday 26th December 2011

Closed

Tuesday 27th December 2011

Closed

Sunday 1st January 2012

Closed

Monday 2nd January 2012

Closed

At all other times, normal opening hours apply

Floating Support

Staff from floating support services will be making visits as usual throughout December, however there will be no visits and the office will be closed on the following days;

Monday 26th December 2011

Closed

Tuesday 27th December 2011

Closed

Monday 2nd January 2012

Closed

If you need to speak to someone when the service is closed, the out of hours helpline will still be available on **07951 981 689**

Harold Centre Project

Saturday 24th December 2011

reduced hours 11am-2pm

Monday 26th December 2011

Closed

Tuesday 27th December 2011

Closed

Saturday 31st December 2011

reduced hours 11am-2pm

Monday 2nd January 2012

Closed

At all other times, normal opening hours apply

Emergency / Out of hours numbers

Barking and Dagenham

NELFT Helpline

0844 600 1111

Saneline

0845 767 8000

Samaritans

08457 90 90 90

Floating Support

Mental Health Enfield

Emergency Number

0208 375 1122

Newham Mental Health Centre

0207 540 4380

Newham NHS Mental Health

Emergency Out of Hours

0207 363 9233

Harold Centre Project

NELFT Helpline

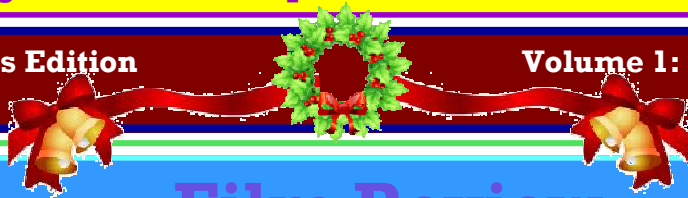
0844 600 1111

LBH out of hours

0170 843 3999

Queens Hospital

0170 843 5000



Film Review By Stuart Couzell

Rise of the Planet of the Apes.

Hello there. Myself and Colin saw this film recently and were very impressed. Imagine a world where apes are given intelligence boosting drugs to cure human diseases. What if they are mistreated and escape? Well you have action and lots of it. Colin and myself loved the special effects and enjoyed the philosophical message about escaping from slavery and the morality of experimenting on intelligent and noble creatures no matter what the reasons. Truly the

road to Hell is paved with good intentions. One of the best sequences is when the apes charge the heavily defended "Golden Gate" bridge of San Francisco. They separate into regiments of chimpanzees, gorillas and orang-utans with each group having a specific role. The apes take on individual personalities and there is sadness when they are mistreated and some die in the fighting. This film clearly has been influenced by the Kirk Douglas film "Spartacus" about the Roman slaves revolt. Surely this film is set for a sequel as the apes

become aware of their intelligence and power. Modern day computer wizardry has surpassed the make up and costumes of the 1960's "Planet of the Apes" film but unlike what I thought was a rather poor remake by Tim Burton a few years ago this film has plot and not just flashy special effects. Well recommended.



To Be Chosen by Stan Kent - Harold Centre Project

We who are together one another
See ourselves not lest but together
For the beginning of a day,
Is like an evening before let say,
Other than what I would say for
The next time a day we not score
To go out later and to go travel
We get pleasure not less to unravel
This will ourselves seek to enjoy
Not without but with a new toy



Little Purple Pill

By Bobby-A.Bingo (alias Bob T.Giles)

A member of the creative writing group, the Harold Centre Project, Tulip

Purple is the colour of my psychotic/anti-psychotic medication, the seventh such medication that has been prescribed for me since the year 1964, by them those doctors in their infinitely knowledgeable wisdom. However, I'm being prescribed this latest medication only after a great deal of negotiation. I'd got as far as writing to the Ministry of Health, Her Majesty's Government, about these same, unlikely, thirteen doctors.

I place a purple tablet on my tongue. With a toothless grin and a twinkling eye, I wave to and attempt to smile at the scrumptious woman reading the news on my T.V. With a cup of strong, sweet coffee, I slish the little, purple pill around and around in my mouth, then I gulp it down my throat. Then just watch me take off for another planet far out in deepest space, and to be found in the galaxy named Andromeda....

CROSSWORD ANSWERS

ACROSS

1. Prologue 5. Used 8. Idea 9. Universe 10. Anagram 12. Minim 13. Yellow 15. Enters 17. Covet 18. Apricot 22. Carnival 23. Real 24. Ants 25. Narrator

DOWN

1. Primary 2. Opera 3. Gouda 4. Evil 6. Strange 7. Dream 11. Roost 12. Manor 14. Leveret 16. Settler 17. Cocoa 19. Paler 21. Even

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