

Slough Mental Health News



Issue 1 Voice of The Customers of Slough Mental Health Services Sept 2007

News From Sunrise Club

New Opening Hours:

Monday	10.00 am - 3.00 pm
Tuesday	10.00 am - 4.00 pm
Wednesday	10.00 am - 4.00 pm
Thursday	10.00 am - 4.00 pm
Friday	10.00 am - 3.30 pm

There's a shortage of volunteers to do the cooking at lunchtime. Anyone who *does* volunteer to cook gets a free main course.

On the afternoon of September 13th Susanna Yeoman of CMHT and John Starkey of Slough Council came to Sunrise Club to do some consultation. We started with a free buffet lunch, Gerry Crawford introduced everybody and declared the consultation open. After a short presentation and an explanation of why the consultation was taking place we were given forms so we could say what we liked and didn't like about the day service etc. We were then asked some other questions

including one about 'If we were given money instead of a day-service what would we spend it on?'. This caused some anxiety among members who took it as a sign that a scheme where day-services were closed and cheques given to us instead was to be introduced. One member was very angry that such a question had even been put. Susanna said there was no plan to introduce such a scheme. She also said that the consultation was not lip-service or tokenism and that the results of the consultation would be implemented in the service specification as far as financial limitations and central government guidelines would allow. There will be a meeting to discuss the results of the consultation in November.

This month's members meetings have been breaking new records:

On Sept 12th I turned up at 12.10 and

the meeting was already on 'any other business'. So I think that meeting holds the 'Short' record at 11 minutes. The meeting of September 19th was very different and now holds the 'Long' record at 90 minutes, the length of a game of football. It was quite eventful and a great many things were discussed. It was a fine piece of feedback, considerably more was discussed at this meeting than at the consultation meeting of Sept 13th. Subjects included kitchen issues, getting a cook, staffing issues, whether the club is truly user-led, the effect of nagging people to do menial jobs on new members, whether 'achievements' should be an agenda item (we thought not) and whether Sunrise Club or New Horizons was the best drop-in. Although Laura and myself may disagree on some matters I must admit she's made us laugh with her superb Aussie Slang lessons and as they say 'laughter is the best medicine'. Good on ya Laura.

Pauline Resigns

Pauline will be leaving Sunrise Club this month and moving to Hertfordshire.

It's been fun having you around Pauline, we'll miss your sense of humour round here that's for sure.



Congratulations on your escape from Slough, you're an inspiration to us all. Hope you enjoy your new life in Hertfordshire.

Thanks for everything and be lucky.

Danny Resigns

'An issue was brought up regarding the Sunrise News and recent articles submitted by service users in relation to their belief that the trust is trying to restrict free speech. J. Smith to speak to F. Toner and G. Crawford about this matter. FT is concerned about the growing body of ill feeling amongst service users and would like to find a balance between censorship and good editorial skills...'

'E. D'Souza suggested a way of balancing both sides of the argument in future articles, and S. Yeoman suggested implementing some basic ground rules for the newsletter and the service as a whole e.g. not naming other service users.'

The bigwigs' love of censorship and interference in our business is clear to see in these minutes of the July 31st LIT meeting.

While I've enjoyed editing Sunrise News I think we've all grown tired of MIND and other bigwigs looking over our shoulder and telling us what to do.

I Daniel Savage hereby resign as editor of Sunrise News, if MIND want to censor it they can write it too.

As many of you have told me, what we really need is a true customer-run newsletter for all the customers of Slough Mental Health Services, run by us, our way with no interference or censorship, according to the laws and freedoms of Great Britain won by the blood of heroes, under the leadership of the greatest manic depressive this land has ever known, Winston Churchill.

Wherever you wreak discrimination and injustice upon us, bigwigs, we shall fight you, and we shall never surrender.

Let the censors go xxxxxx themselves!

Situations Vacant

Editor Sunrise News

Salary: £0
Fringe Benefits: None

Skills Required: Many

Ideal Candidate:
Complete Lunatic
With No Business Sense

Secretary of SHMUG

Salary: £0
Fringe Benefits: Expenses Paid

Skills Required: Secretarial

Ideal Candidate:
Typing Skills an advantage
See Ingrid Stuart for details

Care Assistant (Mental Health)

Salary: £ ???
Fringe Benefits: ???

Skills Required: ???

Ideal Candidate:
She just moved to Hertfordshire.
See Laura (Unit Manager) for details

Bambi Visits Sunrise Club



On the morning of September 14th 2007 a foxy coloured creature a bit larger than a fox was seen wandering the grounds. Laura figured it was too big to be a fox. On closer investigation it proved not to be a fox but a young deer.

When approached it panicked and vanished into the bushes. The RSPCA were called in to rescue it but could not persuade it to come out.

The RSPCA man advised us to leave out some water for it but not to approach it as Bambis are very timid and may literally be 'frightened to death'.

Unfortunately nobody on the scene managed to get a photograph but using state-of-the-art computer graphics we've been able to build this incredibly realistic reconstruction of the day's events.

Fascinating Facts

When people say "I'm sweating like a pig", in fact this means that they aren't sweating at all, as pigs don't have sweat glands, so they can't sweat!!!

What trivia fact about Mel Blanc (voice of Bugs Bunny) is the most ironic?

He was allergic to carrots.

The world's smallest mammal is the bumblebee bat of Thailand, weighing less than a penny.

If you farted consistently for 6 years and 9 months, enough gas would be produced to create the energy of an atomic bomb!

The Queen introduced a new breed of dog known as the "dorgi" when one of Her Majesty's corgis was mated with a dachshund named Pipkin which belonged to Princess Margaret. Elizabeth currently has four dorgis, Cider, Berry, Candy and Vulcan.

The Kangaroo got its name When Captain James Cook asked one of his men in 1770 to inquire of an Aboriginal what was the name of the strange jumping animal, the man replied "Kangaroo" meaning, I can't understand what you are saying.



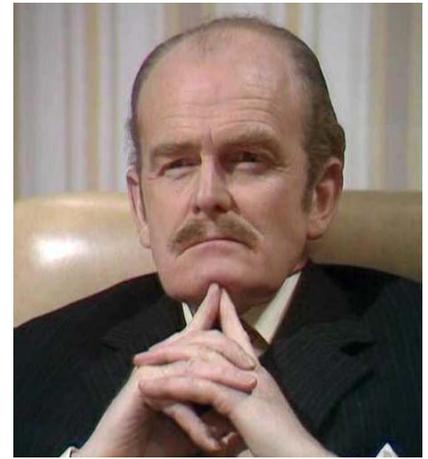
John The Forrunner Speaks

Question

The Forrunner would still like an answer to his question to Gerry Crawford put in his article in Sunrise News and put to him at the meeting of August 1st at Sunrise.

Would he be happy for his family, should they be unfortunate enough to suffer a breakdown, to attend a drinking club for recreational therapy or would he prefer a better place ?

The Forrunner attended the members meeting at Sunrise on the 19th Sept, he was hungry and found that there is a big issue about food. No one wants to cook it unless they are paid. I'm amazed that MIND & Slough Borough Council can't even pay someone to cook food for us. How can we keep well if there's no hot food on a regular basis. The council of course don't want to make New Horizons and Sunrise too comfortable. They won't admit anything about funding and wasting money and the mentally ill are at the bottom of the pile. The Forrunner has not had a lot of time this month to perfect his article so apologies for this. He promises to be back for Mental Health day and The Slough Mental Health News.



**I DIDN'T GET
WHERE I AM
TODAY BY
LISTENING TO
EARWIGS**

John The Forrunner Interviews John Millican

Q. How do you feel about the day centre facilities in Slough ?

A. I believe the Sunrise Club premises are not suitable on the grounds of cleanliness, therapists not being able to come in, the kitchen is not up to standard, the members would like a hot lunch cooked for them.

Q. What do we need ?

A. We need a proper professional venue and should not be palmed off with a drinking club and not be misled about the facts and issues.

Q. What's the position now ?

A. Its gone from a 1st rate day service at New Horizons to a 3rd rate service at Sunrise . It's a local disgrace.

Big Up Yourselfs by The Man With No Fax Number



Many of us suffer the consequences of the bad image mental illness has in the media and in society as a whole. Part of the problem we face is that it's hard for others to have a positive image of us if we do not have a positive image of ourselves. There have been many people who have had mental health problems and yet have contributed greatly to human history, but they and their deeds cannot all be listed in a 4 page newsletter.



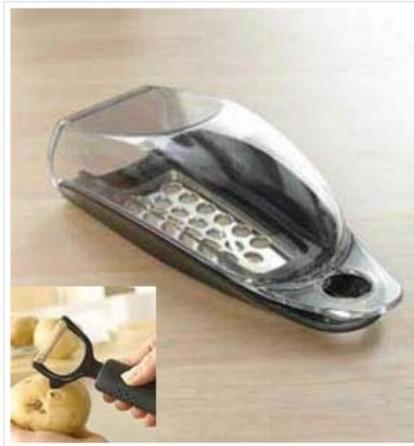
I think first we need to find a better name to call ourselves should we need to call ourselves anything more than men and women. Mental Health Service User is boring and (in my considered opinion) smells of piss. It is based on 'Drug User', 'User' itself has a derogatory meaning (someone who uses people), it still says 'loony' and doesn't fool anybody. We are Customers of Mental Health Services, customer is more positive, customers have power, customers have rights, they are not servants they are served and of course 'The Customer is Always Right'.

Just an idea folks, if anyone's got a better one please let me know.

Mouse Grater? Geez, Poor Little Buggers!

Here's a strange one. From a well known seller of household accessories we get the 'Mouse Grater'. Now not everybody likes mice: they eat all the cheese and then crap all over the kitchen floor. Traps, poison, fair dos, the dirty little bastards - but I think gratin' 'em's a bit rough. Geez, I hope they don't grate 'em alive - poor little buggers!

So what d'ya do with all them grated mice eh? Is there a grated mouse cookbook yet? Someone oughta write one. When you've gone to the trouble of gratin' all them mice, it seems like a shame to waste 'em.



Mouse Grater with FREE Y Shaped Peeler

Great and peel without the mess with this sleek and modern grater - includes FREE Y-Shaped Peeler!

Now **£5.99**

Product Code: 037045
Fits comfortably in your hand

Details

- Includes three changeable blades for grating, peeling and shredding
- Attached box collects peeling
- Not dishwasher safe.

✓ In Stock

City: [Add to basket](#)

Sex, Violence, Aliens - The Secret Life of The Ladybird



First the Sex:

We now know that ladybirds do it doggy style or should that be 'doggies do it ladybird style' (as insects lived on Earth before mammals).

The male ladybird has all his feet off the ground and the female carries him on her back at her normal walking speed - talk about a strong woman!



Then the Violence:

Here we see a ladybird sink its jaws into a tasty little greenfly. That'll teach the little bastard to eat mum's roses. You've probably heard that ladybirds eat greenfly, well now you've seen it happen.



Then the Martian Woodlouse:

Or so we thought... I sent a photo of this spooky looking beastie to a wildlife website and was told that it's a ladybird larva (it grows up to be a ladybird).

Sunrise Club Bournemouth Trip



On the beach:

Some of us went for a paddle, the weather was reasonable to sunny, the beach was sandy and the sea breeze was bracing.



Liquid Lunch:

The traditional visit to a local purveyor of beers, wines and spirits (and lemonade and fish & chips).



Meet The Locals:

Bournemouth is Squirrel City - the park near the beach was full of them, local people were feeding them monkey nuts and they weren't camera shy.

No mice were grated in the production of this publication, do not eat this newsletter, may contain nuts.