

Fiona McTaggart MP to visit SADSAD



Peter Grebe-Striebling was asked by Slough MP Fiona McTaggart to see her at her 'surgery' at Labour Party Offices in Church St in early December. She has always asked Peter to keep her updated on Mental Health issues in Slough and Peter reported a very good meeting with her and Fiona expressed a wish to visit SADSAD one Friday in the New Year. Peter said he was sure service users would appreciate a visit and it would

be appropriate to ring the MIND day centre manager to arrange this.

Fiona McTaggart told Peter she would be seeing Philippa Slinger, CEO of the Berkshire Healthcare Foundation Trust to discuss concerns about elderly Mental Health patient care. Fiona McTaggart also related to Peter that SHOC (Slough Homeless Our Concern) based in Burlington Avenue were running courses and that Mental Health service users from Sunrise might find this of interest and may wish to join these courses.

Services available include Benefits, health and housing advice, Substance misuse support, Advocacy, and a Daily Hot Meal for £1. It's clearly an excellent service and in some ways better than what we get from MIND.

So there we have it - down and outs get a daily hot meal for a reasonable price but the mentally ill do not. Which begs the question:

What exactly did we do to be treated like such Second Class Citizens?

And why is it that just about every minority group in Slough gets hot food except for us?

User-Led Scheme? "Ho, Ho, Ho!" Or should I say 'Bah Humbug!'"

Ho! Ho! Ho! Merry Christmas!

One should never forget the true meaning of Christmas - something about booze, turkey and presents I think... Oh and good will to all men, women and fluffy animals.



Fascinating Fact:

There is no proof Jesus was born on Christmas Day. December 25th is the pagan festival of Yule which Christians simply took over.

Many Religious Scholars believe he was actually born in September. So he might have been conceived on Christmas Day.

Do You Have A Stripy Friend? You Should Join Wasp Club!

Yes wasps are great and wasps can be fun. They can be trained to find lost sweets, ice lollies, explosives and other sugary things. Can't find the sugar for your cup of tea? Sounds like a job for your stripy friend...

Other commands you can try are 'buzz around', 'sit', 'stay' or if you're training a guard wasp you might like to try 'sting boy, sting!'.

The joy of wasp keeping is something we should share with those less fortunate than ourselves, so we provide special wasp gift packs for all the family. Imagine receiving a swarm of lovely stripy wasps for

Christmas all just waiting to be friends with you. We supply gift wrapped wasp sets, in ventilated boxes so your wasps arrive in perfect condition. Other merchandise includes wasp-collar and leash sets with engraved medallions in case your wasp gets lost, special waspy choc drops for treats while training and an ingenious wasp kennel which simply clips to your pocket like a pen. So now everywhere you go your wasp can come with you.

Yes come to Wasp Club, meet wasp owners of all ages and their wasps, discuss important waspy matters of the day. Learn about showing your

wasp, wasp breeding, how to keep your friend in tip top condition and buzzing with health.



Who knows, one day your stripy friend could win best of breed at the International Wasp Show.

Join Wasp Club today - It's a buzz!

'Recovery' and 'Real' Mental Health by P. Grebe-Striebling

So many of us who have suffered from what I now call 'so called mental health problems' have been given the most awful subtle and not so subtle messages by most people around us throughout our lives (often by people who claim to love us most). If you think holistically, it is not surprising that some people with not such big egos succumb to 'illness'.

The way we treat each other sometimes - is it really surprising that somewhere, something has to give? We're all guilty of it, but the way the world is the more sensitive, less developed egos crack. The mentally ill merely show a crazy world to itself or, put another way, insanity is a sane response to an insane world.

I have often been surprised by how many people who knew me before I ever had a breakdown said to me "you were the last person I ever expected that to happen to!" or "Know what you mean M, thought I was cracking up myself sometimes".

A common joke among mental health users who live round here about people who never quite got into the system was that they were "the ones that got away!"

Now what my purpose of this discourse wants to say to all of you out there, who are feeling worthless, helpless, etc. etc. (given that our confidence is now at rock bottom) don't buy into all that stuff "what can I do?", "what am I but a tiny speck in a huge cosmos." I have discovered it begins with me and of course you.



Remember that Japanese programme years ago called "Monkey" on children's TV? It used to give in every episode a quote from Zen Buddhism. The one I always remember was 'and Buddha said, "with our thoughts we make the world"'. If you think about it, everything you see: a great design, an elegant piece of furniture, a TV, a fridge etc etc started with a thought. If you're religious, a beautiful mountain, tree, sunset or lake started in the mind of God. So everything started with a thought!!

'Real Mental Health' therefore means what you think, say and do does matter. Now do you see how special and important each one of us is? We can change our world simply by us all being responsible and monitoring

what we think, say and do. I hope this is not pressuring anybody who is out there desperately trying to find themselves and understanding what happened to them, it is meant to be encouraging, I found the quickest route to recovery was to, in my mind, be where I wanted to get. Being where you want to get and holding on to that, draws it to you faster. I know it's not easy when one is in the thick of it, but there's no other way, if you really want to recover.

All this really applies to everyone reading this, mental health user or not. We're not actually doing that badly if you think about our grand parents generation. Think about it holistically, what was the state of the world's mental health if it caused two World Wars and nearly blew us all into kingdom come in the Cuban missile crisis?

Now, in this generation, is our chance to create the peaceful ordered world we all crave. Now is the time to seize our chance. It starts with me and you. Lets all start thinking really mentally healthy and creative ways, which is what mental health is all about isn't it? Those of us who have suffered so much, ironically, can now be a light to others going through it. Isn't it amazing that some of those who treated us so badly in the past are now looking to some of us!? Because; we can enter empathetically into their lives and say "I know, its alright, I understand, I've been there." Wasn't that all we so desperately wanted to hear when we were there! ?

Love P.

Fascinating Facts

No piece of paper can be folded in half more than 7 times.

It is possible to lead a cow upstairs, but not downstairs.

Covering chicken skins in salt will stop them going all maggoty in your wheelie bin (handy household hint!).

The worlds youngest pope was 11 years old.

A crocodile cannot stick its tongue out.

Peanuts are used to make Dynamite. Also peanuts are not nuts - they are legumes (related to peas, beans & lentils).

Al Capone's business card said he was a used furniture dealer.

A 'jiffy' is an actual unit of time, it's 1/100th of a second.

In Cleveland, Ohio, it's illegal to catch mice without a hunting license.

Poets Corner

Recycle Michael

Environment friendly Michael
"We must save the ozone layer"
He thought himself a Prophet
A modern day soothsayer.

"The seas are turning red "
"So we must all turn green"
But no one listened to Michael
He wasn't heard or seen.

"Ignore that so called prophet"
They shouted in their rage
"It's nonsense spilling from his mouth"
"He couldn't be a sage."

But Michael went on preaching
"Repent or meet your doom"
But still they wouldn't listen
So the planet was their tomb.

Life was now all over
Radiation killed the lot
Within a massive greenhouse
It simply got too hot.

Then God looked down in pity
On a man who'd truly served
Michael's dying, scribbled message
"We've got what we deserved."

By Steve, Poet of Mystery

Words of Wisdom

If you always do
What you've always done
You'll always get
What you've always got.

Of mysterious origin

The way is not in the sky.
The way is in the heart.

Better than a thousand hollow
words is one word that brings peace.

Though all his life a fool associates
with a wise man, he may no more
comprehend the Truth than a spoon
tastes the flavour of the soup.

Buddha

He who speaks without modesty will
find it difficult to make his words
good.

To see what is right and not to do it
is want of courage.

I hear and I forget. I see and I
remember. I do and I understand.

Confucius

I am fond of pigs.
Dogs look up to us.
Cats look down on us.
Pigs treat us as equals.

Winston Churchill

Fluffy Kitten Time



Consider Way of Fluffy Kitten...
She is Fluffy, she is a Kitten,
But her ancestors were Tigers...
Do not be surprised
When you feel her teeth and claws.

The People With No Name by The Man With No Fax Number



I know I've mentioned this issue before
but I've come up with another idea:

We've all heard the nasty names
society has for us so I'll try not to
repeat them here.

Then there are the official words the
bureaucrats and mental health staff
have for us like:

Mental Health Service User

I've had a look at all the words again
and have found one which I think has
possibilities:

Mentalist

It kinda rolls of the tongue... we get
The Mentalist Movement, Mentalism, I
could rename the paper The Mentalist
Mirror, it's a single word, it does what
it says on the packet and doesn't have
the negative image of 'psycho' or
'headcase', it's actually quite fun and
not as boring as the politically correct
nonsense the 'professionals' have
chosen for us.

So Brothers and Sisters:

Are we Mental Health Service Users ?

or

Are we MENTALISTS ?!!!

I'm determined that one day we the
'nameless nutters' shall have a name
we feel good about and be proud.
Until we find a positive identity and
organise ourselves to stand up for our
rights we'll just be a bunch of 'lone
loonies' who no-one pays much
attention to. Any 'normal' person
would take the word 'USER' as an
insult, well maybe we're not that
different from them - cos so do I!

You may call this the ravings of a
mentalist and if you do I'm fine with
that. I am a mentalist and someone
has to start the raving.

As before though, if you've got an even
better idea I'd love to hear it, or if you
like mentalist let me know. Email me
on editor@sloughmental.co.uk. with
any suggestions..

The Kingdom of Cartoon Characters is At Hand!

(Once upon a psychotic episode...)

The end is nigh and its official! According to the predictions of the 13th century prophet, Cyril of Scunthorpe "the world of men will be destroyed by big fiery mushrooms and from the fall of man shall rise a kingdom of light ruled over by wise King Michael, a mouse with large black ears.



An ancient drawing found in the prophet's tomb suggests he had met with Mickey Mouse 600 years before his "birth" as a cartoon character. Could it be that Mickey is an immortal who met with Walt Disney in the same way as he met with Cyril? Mickey has already established his kingdom of Disneyland which grows in power and spreads across the world. As industrial civilisation heads for destruction perhaps learned study of Mickey's cartoons will reveal the way forward and the wisdom of Lord Mickey.

But the prophet Cyril did not confine his thoughts to the end of the world he

also had theories on the origins of the universe.

Here then are the words of Cyril carved in stone seven centuries ago.

In a time before time
When the universe was yet to be
The lord Eric met
The goddess Stephanie
In the void of space,
Having totally failed
To understand each other
They exploded!



A strange stone tablet found in the tomb of Cyril shows probably the first row in the universe.

Following the big bang the billions of tiny pieces of Eric and Stephanie were blasted apart in all directions. The pieces of Eric became all the male creatures and things in the universe.

The pieces of Stephanie became all the female creatures and things in the universe. These things and creatures of which we are a part have continued the quest for understanding in a slightly less explosive way.



Above is a picture of what the big bang may have looked like if somebody put it in The Beano. In a world run by cartoon characters serious scientific literature might well be written as comics.

The last word goes to Cecil of Scunthorpe.

And lo it shall come to pass that Mickey, Donald, and Superted shall do battle with Wily Coyote and Texas Pete and the forces of cartoon villainy until the soldiers of the mouse are victorious and the world made safe for mice, ducks, dogs & woodpeckers everywhere.

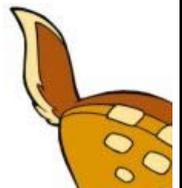
Wildlife Special - Bambi Visits SADSAD Again

I was wandering round the field looking for panther cubs, eagles and the famous grouse when suddenly I saw what appeared to be a brown dog's bum in the shrubbery.

As I looked around for the dog's

owner and the other end of the dog I noticed the dog's bum did not have a dog's tail it had a Bambi tail. Then before I could take a photo it bounded off into the woods in a typical shy woodland creature manner.

As we don't have any photos, here's a state of the art computer simulation of the days events. Wow, isn't it just like being there ?



Are You Getting It Every Month ?

You'd like it more often? Wouldn't we all... But for now SMH News comes out every month. You can pick up a copy at Sunrise Club, New Horizons, or Langley drop-in. The Man With No Fax Number will give you one if you can find him.

If you want to be really sure you can email subscriptions@sloughmental.co.uk and we'll will send you the email version every month. Read the latest issue and any previous issues at www.sloughmental.com.

Have you got a story, a poem, an interesting photo, something I haven't thought of ? Email it to editor@sloughmental.co.uk and see your name in print maybe (unless you wish to remain anonymous). .

