



Under New Management

On April 1st 2010, the day after East Berkshire lost its Mind, Ability Housing took over Sloughs mental health day service at the Sunrise Club. Chosen from 7 companies who bid for the contract, Ability was unanimously judged the clear winner by a committee of 5 including 2 elected representatives of the members of Sunrise. From left to right we have Madeline and Kate our rather photogenic new managers.

I have waited for the dust to settle before reporting on the happenings of the month and can report some changes for the better. One member who was previously afraid to attend Sunrise has returned, good to see you again, welcome back. Ability have successfully negotiated with the Stoke Trust management to have a Sunrise landline installed which opens up the option of wireless internet access. They've plenty of ideas, they're willing to listen and I'm glad for a change to be telling people the good news.

One scheme which may concern you, as it concerned me, is the Personalisation Pilot Scheme. Firstly I should say that this is just an experiment to see how personalisation might work. Participation in this scheme will not disqualify you from attending Sunrise. Real personalisation may be a different kettle of fish but that won't happen 'til next year.

The pilot scheme will show us how personalisation might work and the problems that might stop it working. We will have a better idea of whether we like it or not, and this 'rehearsal' will see us better prepared for the real thing



than simply diving in at the deep end with no experience of what to expect. At the moment many of us and many of the management are pretty uncertain about how personalisation might work, anything which makes things clearer will help.

Having said that, when it comes to the implementation of 'real' personalisation with all its complexities we must resist at all costs any attempt to close Sunrise and replace it with compulsory personalisation. We may have to learn to use the new system to get what we want. Or the new government, whoever they might be may decide the system is too expensive, unpopular or complicated to work and come up with some other bright idea. The future is unwritten... Never forget that... Write it down, then forget it.

It is important that we are involved in the evaluation of the

success or failure of this experiment. Personalisation is supposed to be about choice and having a say in our care so we should have a say in whether it works or not.

Laura and Rosa will continue the day to day running of Sunrise but as Ability employees instead of Mind employees with Madeline and Kate replacing Julia.

Brave New World...

After the horrors of Februmarchy it fills me with warm cuddly fluffiness that today I need not raise my pen in anger. Perhaps I'll just enjoy the sunshine, fall in love, take time to smell the flowers.

I was out driving the other day, saw a window sticker on a taxi:

A kind heart is
fountain of gladness
One life - Live it.

Right on taxi dude, right on.

WARNING:

MAY CONTAIN NUTS!

TUESDAY - 7.30PM
11TH MAY 2010

SOUTH STREET ART CENTRE
21 SOUTH STREET - READING

TICKETS - £6
CONC - £3
TELEPHONE
01189 606060

A truly fantastic and taboo busting evening of comedy, story and song featuring people who have experienced mental health issues (and other people who have not, yet)

supported by:
Arts Charity Company Paradiso and BBC Radio Berkshire, following partnerships with social services in Reading and Slough.

SPECIAL GUESTS

JOHN HEGLEY

"One of the most distinctive voices of his generation, except when he has a sore throat" - John Hegley

DAVE THOMPSON

"The weirdest dude on the face of the earth" TIME OUT

SEANEEN MOLLOY

Blogger behind the award winning 'Secret Life of a Manic Depressive'

JOHN HOGGETT

Eats psychiatrists for breakfast

MACKENZIE TAYLOR

"He finds comedy in the darkest of places" EVENING STANDARD

and music by the wonderful Amy Barton of 'Amy's Ghost'

SIGMUND
FREUD

COMPANY
PARADISO

Reading

ARTS COUNCIL
READING

THAMES VALLEY
PARTNERSHIP

WWW.COMPANYPARADISO.CO.UK

Poets (and Fluffy Ducklings) Corner

Bread

Upper crust woman
Gets a cob on,
Leaves her cheating loaf of a husband
Moves into the cottage in the garden
Has a slice of luck
Finds dough in the cupboard
Puts the bread in her own account
Rises up beautifully
Then sinks in the middle
Realises bloomer made
Says "Oh crumbs,
Bun in the oven."

David Yates

Roadsweeper

Down the dark path I walk to you
Tired feet moving step by step
Each one closer to five o'clock
Like an old man near to rest.
Like in a dream you watch
And the pain breaks my heart
Tearing my soul apart.
My darling angel
I'm not being funny
But try not to worry
About Christmas or money.

David Yates

Piggy Bank

One Day I saw a piglet
A piglet in a tree
A piglet in a pinstripe suit
Who wore a golden key
He said Come Borrow Money
But you'll have to pay my fee
He sat there in his branches
A smiling down at me

DD

A man who says God talks to him and is believed
is called A Prophet

A man who says God talks to him and is not believed
Is called A Mental Health Service User

Whirlwind Bernard Wins Sunrise Pool Tournament



The crowd were on the edge of their seats at the Crucible Theatre Slough as Whirlwind Bernard beat Hurricane Hans in the semi finals and 2007 Champion Dynamite Dan in the final to win the 2010 Sunrise Pool Championship.

Wildlife Special - Fluffy Ducklings



It's fluffy duckling bathtime as these cuddly little duckies pile into a biscuit tin. For many years ducks have been flying into a well known psychiatric unit to raise their young: are they quackers? Well yes - they're ducks.

Classic Quotes

"Computer games don't affect kids; I mean if Pac-Man affected us as kids, we'd all be running around in darkened rooms, munching magic pills and listening to repetitive electronic music." -- Kristian Wilson, Nintendo, Inc, 1989.

The people who cast the votes don't decide an election, the people who count the votes do. - Joseph Stalin

"One of the great things about books is sometimes there are some fantastic pictures." -George W. Bush.

"Hi! John's answering machine is broken. This is his refrigerator. Please speak very slowly and I'll stick your message to myself with one of these magnets." - John's answering machine.

"Voice or no voice, the people can always be brought to the bidding of the leaders. That is easy. All you have to do is tell them they are being attacked, and denounce the pacifists for lack of patriotism and exposing the country to greater danger. It works the same in any country." - Hermann Goering (1893 - 1946), 2nd in command to Adolf Hitler.

When people talk to God, it's called prayer. When God talks back, it's called schizophrenia.

Politicians, like nappies, have to be changed frequently - and for the very same reason.

Change is inevitable, except from a vending machine.

Those who drink to drown their sorrows should be told that sorrows know how to swim.

Dogs never bite me. Just humans. - Marilyn Monroe

Make something idiot proof and someone will make a better idiot.

Last Month's Cryptic Gooseword Solution...



**SOAK AN OGRE GOO ?
(anagram)**

Answer:

Kangaroo Goose !

This Month's Cryptic Gooseword



**A Beseeching Frog Got Hints ?
(anagram)**

**Always remember
You're Unique,
just like
everyone else.**

NEXT OPEN FORUM

**Thomas Grey Centre
Friday April 30th, 11am**

All service users and carers are invited to attend a sub-group of the monthly LIT meeting. This is a chance to hear up-dates on mental health services and feedback to a member of the senior management team from New Horizons.

Refreshments Provided

GOT ANY NEWS

VIEWS

POEMS

PHOTOS

PUZZLES

GEESE

ANYTHING ELSE ON YOUR MIND

SEND IT TO

editor@sloughmental.co.uk

**And we'll tell the world.
(Or some of it anyway)**