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# EQUILIBRIUM

Haringey Magazine for Wellbeing



**welfare reform**  
**peter bedford housing**  
**haringey include event**  
**thinking & conciousness**

**street art: graffitti**  
**putting on a happy face**  
**life drawings**  
**poetry and prose**  
**play: sarah and ken**

HOUSE

**FREE**



**ISSUE 38**

**SUMMER  
AUTUMN**

**2010**



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Dr Liz Miller, Mind Champion 2008

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**Wanted:** contributions to Equilibrium!

Please email us with your news, views, poems, photos, plus articles. Anonymity guaranteed if required.

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Front cover photo by  
**Yeshen Venema**

The views expressed in Equilibrium are those of the individual authors and do not necessarily reflect the opinions of the editorial team.

We are now on the web!  
[www.haringey.gov.uk/equilibrium](http://www.haringey.gov.uk/equilibrium)

Equilibrium is devised, created, and produced entirely by team members with experience of the mental health system.

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# EDITORIAL

Plenty in this issue including an article on welfare reform, evolving notes on consciousness and some cool Life and Street art. Plus a feature - putting on a happy face, Minds campaigning film. Our newest member Tizzy has done some great life drawings and there's news and photos of a successful local event - Haringey Include. An interview with a teacher at a school for children with special needs completes our bulging Summer/Autumn edition. We've just had our Clarry awards (like the Oscars, but a little less flash) - more in next issue!

*Equilibrium team*

\* Eating disorders

The North London Eating Disorders Support Group meets once a month in Finchley and is a support and self help group for anyone affected by anorexia, bulimia binge eating, compulsive eating and atypical eating disorders. We work with people who have complex mental health struggles like BPD and bipolar disorder. The group is funded by NHS Haringey, NHS Barnet and Barnet Council. We are registered and vetted by Beat the national eating disorders charity. Anyone suffering aged 18+ from the Barnet, Enfield, Haringey area can attend for free. We do ask for discretionary donations. Anyone from outside the area is asked to pay £10. We work with an experienced integrative psychotherapist and a psychiatrist who is training in psychotherapy who comes in as a therapy trainee, and myself a service user who works with the UK Mental Health Research Network, who had complex eating difficulties with binge eating and bulimia. I was treated at Halliwick on the day programme. We have good links with the Phoenix Wing and other NHS teams.

Contact: NorthLondonGroup@aol.com/  
www.organiclemon.org.

\* Women's Newsletter

The women's group at the Clarendon have started a newsletter, called 'Clarendon Women's Newsletter'. The group is run by Sharon Jones for nine months. Each week there is different discussion group or support group. On alternate weeks they go to the cinema, ten pin bowling at Alexandra Palace, keep fit sessions and Zumba dancing. The group is attended by 6 to 10 women on Wednesday and newsletter on Fridays. The magazine was Sharon Jones' idea which was supported by the women. This is a

monthly magazine. It looks very good considering it is the first issue. It is in colour with nice photos. I like the bit they did on 'Great Women!' "Great women have always struggled against prejudice, elitism, and narrow mindedness, but the women who excelled refused to be stopped by criticism, YES that is you!

In this issue I have written about breast cancer, which is an important issue for women. It also includes poetry, a film review on Robin Hood, health and safety when using a gas cooker and the Clarendon women's football team (below). **Angela**



... The football team was in a tournament sponsored by Spurs and was to coincide with the World Cup. We came third and lost to teams like Spurs Ladies. Received a medal. Team consisted of Lesliann Jat, Yifat Hollander, Rukiya Burrell, Sharon O'Brien, Denise Ndja, Kay Williams and Sarai Wright. Brian Chelsea was our coach. **Denise Mack**

\* Canning Crescent Wellbeing Day



Canning Crescent Centre in Wood Green had a wellbeing day for mental health users. We had a belly dancing class, alternative therapies, and a talk about canoeing. The talk about canoeing was done by Joziah

Brown. He is a three star level instructor. He started at eleven years old and has been doing it for four years. He likes the ducks, swans, geese, kingfisher, otters and crayfish. Joziah likes canoeing because it is a safe exercise. Anne White was teaching us belly dancing. She gave us a shawl to wrap around the hip. And we danced to nice music from the Mediterranean. A variety of complementary therapies were on offer. There was Reiki, Indian Head massage, and Reflexology. I had an Indian head massage; it was very relaxing. It was an interesting, fun day and everybody was happy. **Angela**

\* Tea and Talk for World Mental Health

A comfy sofa, a supportive friend and nice hot cuppa. Everyone knows how beneficial a good cup of tea and chat can be. We are inviting you to hold a Tea and Talk party on or around Friday

8th October to mark World

Mental Health Day.

All you have to do is get a group of

friends, family or col-

leagues together, make a cuppa, get them talking and ask them to make a donation. Last year over 6,000 people took part in a Tea and Talk events, raising over £30,000! This year, we want to get even more people nattering to help change lives!

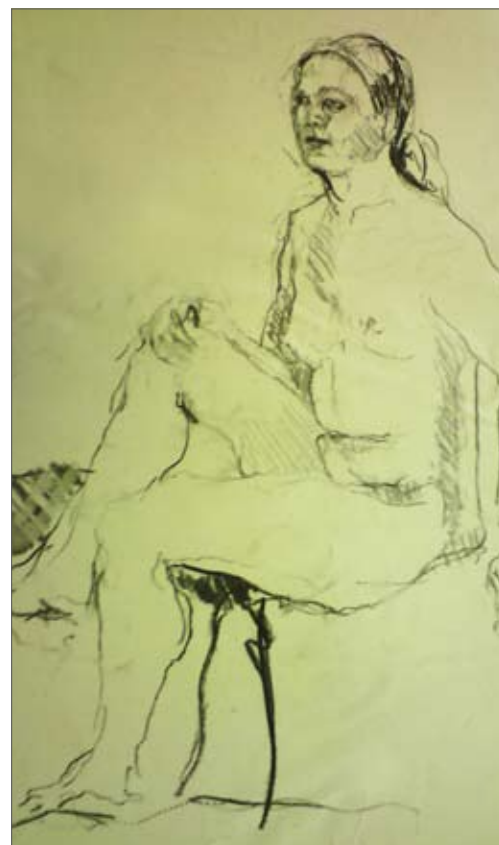
For more information or to order your free Tea and Talk pack, please visit: [www.mentalhealth.org.uk/tea](http://www.mentalhealth.org.uk/tea)



## Life Drawings

by Tizzy

These are stunning paintings and drawings in a range of media made by Tizzy from Life. Quite colourful and natural looking. Actual models posed, and she's captured the mood of the moment... Incredible artworks! **Siham Beleh**





## Welfare Reform? Is everybody ready for work!

**From October the Department of Works and Pensions is reassessing everyone who is on long term sickness benefit...**

The assessment, called the work capability assessment or WCA, will apply even if you are deemed medically to have a severe mental illness. The government plans to reassess ten thousand people per week. Concerns have been raised as to the accuracy of the test in determining whether a person is capable being in work and what benefits a person receives post assessment. The mental health charity MIND has launched a campaign with the view to persuade the D.W.P. to make certain changes regarding the assessment in relation to people with a mental illness. Some of its concerns are: staff carrying out the assessment do not have adequate mental health expertise, and the assessment does not take into account that persons with a mental illness can have different levels of ability on different days that it fluctuates. The assessments are sometimes rushed and not carried out in a suitable environment.

The charity urges people to contact their M.P. and demand that he or she voices these concerns on their behalf with the government. Price index, inflation The government is to change the way it calculates the annual benefit increase in relation to inflation. In

future it will use the "consumer price index" which usually rises at a lower rate than the "retail price index", this will result in a loss of £33.80 a year for a person on basic JSA when the difference between the two indexes are taken into account in the current year according to BBC news online 22.06.2010. Housing benefit From April 2013 any person on JSA for more than a year will have their housing benefit cut by 10% regardless of whether they are actively and are seen to be seeking work. This I believe will be a major concern for older people who have been out of work for along time and for people who have been placed on JSA after failing the work capability assessment and have trouble finding work due to a mental illness. Taking all the changes into account it looks like tough times ahead for us bottom feeders!!

**M.C**

## UPDATE! | 28th July 2010

### **Mind: Government-ordered review of the WCA is excellent news**

A government decision to order a review of the Work Capacity Assessment (WCA), which could help get a better ruling for disabled employees using the benefits system, has been praised by one organisation.

Mind chief executive Paul Farmer said it is "excellent news" and he was pleased to be on the scrutiny panel to stand for such people.

He added: "In its current format the WCA is not fit for purpose and falls far short of being able to accurately measure when someone's mental health affects their ability to work."

An independent review has been set up to consider the fairness and accuracy of the WCA. **M.C**

© Employers' Forum on Disability 2010

## **Struggling to get back to work...**

### **Since I have had mental health issues**

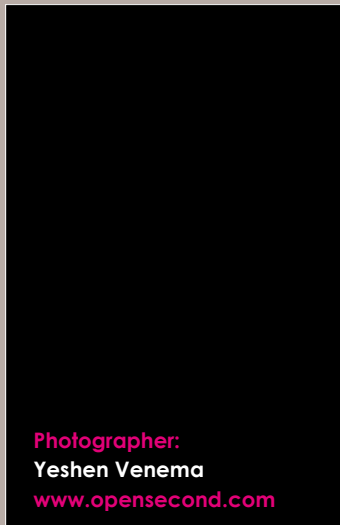
I have found it very difficult to get back into work. So somebody recommended me to a branch of an agency called Reed that specialises in getting work for people on sick related benefits. It was very good. In 2 weeks I got a interview in a bank. I did not get the job because I did not say enough. Then I got a job in a kitchen as a catering assistant. At the interview I had to do 2 written tests, which I passed. The test included questions on, for example, cross contamination, temperatures and hygiene. I have worked in catering before and I studied child development, which involves food hygiene. When the boss said "When can you start?" I could not believe it.

He gave me some overalls and told me to start the next day. I got a job! Miracles do happen. It was a lovely job. I worked with a good team and the customers were a pleasure to serve. I learned a lot of things but unfortunately I had a different manager every week, which made me confused.

There was an issue about the training, because I spent too much time washing up and cleaning. Then the last manager was very horrible to me, she kept telling me to clean and do the washing up. She was getting on my back. Unfortunately things did not work out and I was told to go. Which was very sad.

Getting back on benefits is another headache. There was a delay in speaking to the DEA (Disability Employment Advisor). I was sent the wrong forms, and the Job Centre Plus was not helpful. I am still making enquiries. I have just completed a food hygiene course which was very interesting and I am still looking for work. **Angela**





Photographer:  
Yeshen Venema  
[www.opensecond.com](http://www.opensecond.com)



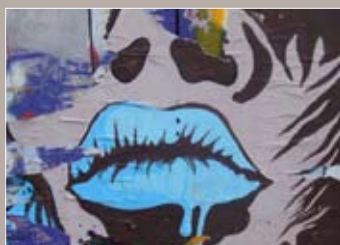
## Street Art



**Yeshen Venema** is a London freelance photographer who has worked with OFSTED as official photographer and photo library manager.

Specialities include landscape, street art, stencils and abstract closeups of ice and nature.

Yeshen also supplied the artwork for the stunning front cover of this issue!



**The Whitworth Art Gallery**

The Whitworth Art Gallery in Manchester, which is fast becoming the go to gallery for exciting art in the North West has recently launched 'Intuition'; a 150 piece strong collection of Outsider Art. The work displayed has been cherry picked from the 800 pieces that make up the Musgrave Kinley Outsider Art Collection which was donated to the gallery this year.



Whitworth Gallery, Intuition

The exhibition is a testament to Victor Musgrave and Monika Kinley and their unwavering belief in leftfield art. Sensitively curated and continually



Whitworth Gallery, Intuition, Henry Darger

surprising the exhibition proves overwhelmingly so that the drive to create lives on un-dampened by conditions of poverty and illness. The majority unrecognised in their lifetime, those displayed are effectively untouched by the art world. In many cases such



Whitworth Gallery, Intuition

as Swiss artist Aloise Corbaz who died in an asylum she had been confined to for 46 years; they are also severed from society.

Walking round the exhibition it is difficult to divorce the artists from the exceptional circumstances in which they produced their art. Yet without glancing at the explanatory booklet filled with tales of trauma and suffering, what is displayed here at the Whitworth is truly original art that would stand alone in any gallery.

The exhibition runs from the 26th June 2010 to summer 2011 and is well worth a visit not only if the ever more brand focused art world makes you feel a bit queasy but if you want to experience some genuinely intuitive art.

**Dora Mortimer** (Equilibrium intern)

Email: [whitworth@manchester.ac.uk](mailto:whitworth@manchester.ac.uk)  
[www.whitworth.manchester.ac.uk](http://www.whitworth.manchester.ac.uk)

**The 2012 Olympics is Coming To Cooltan Arts**



© Cooltan Arts

Cooltan Arts is promptly gearing up towards the London 2012 Olympics and partnering with Two2Go. The partnership between the two organisations offers an exciting opportunity to promote physical and mental wellbeing, to endorse the aims of the Olympic and Paralympic legacy and increase sports participation and healthier lifestyles.

Whereas Two2Go aims to encourage Sport and Exercise for people of all ages, Cooltan is well placed in the promotion of well-being and brings Arts and creativity to the Olympic countdown.



© Cooltan Arts

**Cooltan Arts is partnering in a series of Two2Go events:**

The 'Get Ready2Go' launch event on July 24th is a community festival and will be a chance to get involved in free sporting activities, aerobics and arts. Cooltan Arts brings indeed an artistic touch to this fun and exciting event and runs an Arts2Go workshop with face painting and mural design inspired by the Olympics and Paralympics. This event has the dual purpose of promoting the Olympic legacy in London and increasing participation via encouraging and providing opportunities for everyone to get active and become involved in sport. This event is followed by the main Two2Go event on 11th September with a trial marathon, shorter runs and Cooltan Arts' historical guided Largactyl2Go walk. Two2Go and Cooltan Arts gained Olympic "Inspire" status for these two events due to their stimulating, accessible and participative nature. PF and take part!

**Further information about Cooltan Arts is available from Kathrin Kirmann, Communications Officer, 020 7701 2696 or 0798 565 8443 [www.cooltanarts.org.uk](http://www.cooltanarts.org.uk)**

# & Thinking & Consciousness

Ian Stewart, a practitioner of the Transcendental Meditation Technique for some 20 years, reflects on current thinking

Photo: Anthony Parke: Hong Kong

## The Beckley Foundation

**The Beckley Foundation website** currently advertises its support for the medicinal use of the drug LSD. A newspeed paragraph quotes the Financial Times 12 Feb 2010:

'A British charity is stepping up efforts to rehabilitate LSD one of the world's best-known "recreational" drugs for medicinal use.' I think alarm bells will ring in a lot of heads at the spectre of LSD being seen as less harmful as it is commonly thought to be. The late Maharishi Mahesh Yogi who introduced the TM technique to the world once described these "recreational" drugs as absolutely killing to the system. His teachings on consciousness and the nervous system are well known. What a pity that the Beckley Foundation can't promote his work instead. A number

of leading politicians including the Foreign Secretary, William Hague and the Deputy Prime Minister Nick Clegg are now openly talking about their practice of the TM technique and how it has helped them. So instead of delving into research programmes here's a basic introduction to the technique. ✨

## Ins and Outs of Consciousness

**Ins and Outs of Consciousness. The** teachings of Maharishi Mahesh Yogi are thorough and comprehensive in expressing the value of Transcendental Meditation - known as TM – for consciousness. Rather than the "day-dreamer" approach that alternative methods use he sets forth a rigorous but simple method that allows an understanding of the mind for those who seek a quiet centre of conscious-

ness and an ability to understand the functioning of the mind. Rather than teaching that the ultimate goal is a quiet centre he explains simply and profoundly the mechanics of stress release and how the mind can be cultured to maximum effect – expending less energy and achieving more powerful fulfilling results. In his book the 'Science of Being and the Art of Living' he explains that the source of thought is an unlimited reservoir of creativity and intelligence. "The art of thinking also includes clear thinking. Clarity of thought depends on the state of mind and the nervous system. The nervous system should not be tired and the mind should be such that the full mind may act upon the nervous system and express itself in the outer world. Clear thinking is the result of a full mind using a strong nervous system; then thoughts are clear and thinking is effective". (Sc of B p13). "If the thought is picked up at the source of thinking, it is picked

up where it is strongest and most vital". (Sc of B p140). The technique of TM allows the mind to experience thought at a subtle level, closer to the source and therefore more powerful. Infused into the mind through regular practice more efficient action becomes possible, less energy is expended on weak or useless thoughts and the result is more effective action and a rested nervous system. The ability of the technique to allow the nervous system deep rest – twice daily for 15-20 mins – has been scientifically verified and well documented. ❀

## New centre for consciousness

Recently opened at the University of Sussex is the UK's new centre for consciousness. In an article in the New Scientist (24th April 2010) Anil Seth explains his work integrating theoretic-

cal and practical work into treatments for conditions ranging from coma to schizophrenia. The work is funded by the Sackler Foundation and hopes "to differentiate conscious states between healthy people and people who are anaesthetised, asleep or have various kinds of post traumatic brain damage. See 'One Minute with Anil Seth', [www.newscientist](http://www.newscientist) 24April ❀

## Brainwaves

The cover story of *New Scientist* (10 July 2010) provides interesting reading for those who have been diagnosed with schizophrenia. Research into brainwave activity gives an insight into how we experience through our senses and what goes on in the brain that allows us to experience through them.

Researchers focused on a type of

neuron found throughout the brain called parvalbumin interneurons. (PV) that are "known to be involved in processing sensory information". It goes on to say that "people with schizophrenia tend to have fewer PV neurons than average". (New Scientist 10 July 2010)

I think that this research could benefit from the 'synchronicity' effect of TM – that has shown how more co-ordination of brainwave activity is present when a subject practises the technique. The brainwaves present in a subject practising TM are not present in any other conscious state and the left and right hemispheres of the brain become less chaotic and are more synchronised after just 15-20 minutes.

I think that further research in this area could lead to relief from symptoms caused by chaotic thinking and hearing voices and should be seen as good news for sufferers. ❀

**\* Expert Patients Programme (EPP)**



**Expert Patients Programme (EPP) is a** six-week course for anyone living with one or more long term health conditions such as asthma, chronic fatigue, COPD, depression, diabetes, heart disease, MS, Parkinson's disease, HIV, ME, on-going back pain etc organised by NHS Islington. Each course runs for 2.5 hours a week, for 6 weeks. There is one session a week and refreshments are provided. The course is designed to help you gain greater confidence in your ability to control symptoms and find new ways to reduce the effects your condition has on your life. Comments from previous participants: 'Being involved in EPP gave me my life back. It helped me reintroduce the things I love. Now it's not just a struggle and rest, but joy too... My health condition has improved greatly since the EPP. It has been a very beneficial experience. I feel a lot more confident now.'

**Upcoming Courses:**

**Evening: 20th July**, 6 - 8:30pm,  
Islington Outlook, 133 St.John's Way, N19

**Morning: 22nd September**, 10:30 -1pm,  
Isledon Road Mental Health Resource Centre, 76-80 Isledon Road, N7

**Afternoon: 28th September**, 1:30 - 4pm,  
Bingfield Primary Care Centre,  
8 Bingfield Street, N1

**If you would like some further information please contact Claire Davidson the EPP Coordinator on 020 7527 1209 or [Claire.davidson@islingtonpct.nhs.uk](mailto:Claire.davidson@islingtonpct.nhs.uk)**

**\* Updating Institutions**

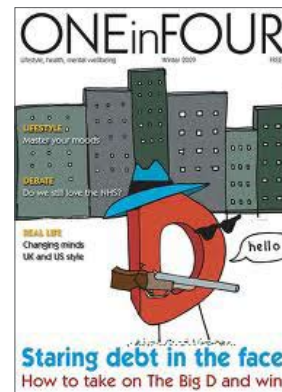
**How do they keep Mental Institutions** relevant at any given time? And do they? For instance in schools the curriculum shows the trend of things and progress. A jail story is of a paedophile who then complains that there aren't enough Channels on TV for him to watch!! When I was in boarding school we initially were not allowed in the Common Room at a time when the radio would be allowed on for the Seniors. Then television came in – but probably only the occasional really educative programme, with months in between. Then showing a film (nothing within at least two decades!) took over from reading us a book with at least one animal as a central consideration. So does isolating people in Institutions actually serve for their benefit or what? Are they kept away from 'temptation' in this way, or what?..... When hard done by, does the mind not have a way of then becoming creative?? Some jail breaks, or any breaking positively away from institutionalisation could be well deserving of degree or formal recognition!

**\* Antidepressants hitting sea life**



**Rising levels of antidepressants in** coastal waters could change sea-life behaviour and potentially damage the food-chain, scientists said. Research into the behaviour of shrimps exposed to the antidepressant fluoxetine showed that their behaviour was dramatically affected.

**\* Eye catching magazines**



**I've seen some great magazines** lately - one is **Influence Magazine** produced by [www.islingtonbug.org.uk](http://www.islingtonbug.org.uk) an Islington group of service users celebrating their fifth anniversary as a PLC. The roots of iBUG were planted in the old Waterlow Unit Patients Council (1988). Really good mag – with first person accounts, articles on everything from reiki the Tate, info on walks, mental health and BME, lots of poems art and puzzles too.

**Islington Borough User Group is contactable at [ibug@hotmail.co.uk](mailto:ibug@hotmail.co.uk) or at Highgate Mental Health Centre, Dartmouth Park Hill. 7561 4140.**

Another good magazine is the publication of **Together** – Time together – available as a PDF or readable on their website [www.together-uk.org](http://www.together-uk.org). Colourful, varied and vibrant, they are running articles on Trisha's experiences with depression, Clare Summer-skill's theatre group, peer support and female offenders and mental health among others. And **One in Four** magazine continues to go from strength to strength.

**Feelings - Tracy dos Santos**

The colour drained from the flowers slowly over the days  
 From a bright purple-pink to a washed out purple on white  
 As though the rain had come and washed the colour away

I feel like that at times  
 I flourish like the pink-purple hues  
 But at others I am washed out  
 Filled with anguish, irritation and hate.  
 Smells, sounds, people, thoughts  
 My senses are offended and an assault goes on in my mind  
 I am helpless as I flounder  
 Trying to find a way out but nothing can save me  
 Though I long to be rescued

**Thoughts - Tracy dos Santos**

This one has lasted for a day  
 I have gone for a run  
 Talked about my feelings  
 Reached out a bit  
 Maybe I could have done more.  
 Did I eat the right foods,  
 Should I take more Omega 3 and 6  
 It is a constant worry "am I doing enough"

When will I feel better  
 Will that feeling last  
 How long will I be happy for  
 Am I making things worse

I've learnt now that I can influence some moods  
 and others not  
 And to try not to berate myself for not feeling great  
 Learning to accept and be mindful of my moods  
 Helps break the cycle of constant self-analysis.

**That voice - Mahalia Amartey**

The voice without edges.  
 No where to catch and snag.  
 No where to scrape that millimetre of skin  
 from my wretched bones.

I am in the blackness with my eyes wide open.  
 I am being deafened by the nothing, rushing,  
 roaring in my ears.  
 I am frozen, suspended and ridged.

That voice.  
 Not loud.  
 Not whispering.  
 No questions, that are, out right, undisguised,  
 undiluted, accusations.

That voice tells me  
 The blackness is just darkness  
 The nothing is just silence  
 The numbness is just stillness

That voice makes me believe.  
 Darkness can become light.  
 Silence can become peace.  
 Stillness can become (e)motion.

That voice – in it I hear.  
 I can hear humanity  
 If I can hear it, I can be it  
 I can become human.

**About Lisa whose humanity rescued me  
 and left me surprised that she cares. Lisa who never  
 stopped caring. Angels truly walk among us.**

**Flash Fiction (in 244 words)**

**The Window Pane** by John Skinner

Creative Writing Group meets at St Ann's library  
 every Wednesday at 2.30 pm.

**T**he grime on the window pane was two years old and  
 thousands of stain-producing cigarettes thick. Robert  
 did not know if he was staring at it or it was staring at him.  
 And worst of all, it was his window pane. If he didn't clean  
 it, nobody else would. It would get worse and worse. The  
 window pane didn't follow him to the day centre. While he  
 sat in the day centre the window wasn't there, even in his  
 head. But when he got home it was waiting for him. While  
 Robert was there it was there. Nothing to keep him company

for all those endless hours except a dirty window pane. He  
 knew that morally speaking he should clean the window,  
 but then it was his window pane and cleaning your own  
 window didn't seem very moral. It smacked of property  
 and property was theft, he had seen somewhere. There was  
 another problem. Would cleaning the window pane involve  
 him going through a complete personality change? He  
 might start cleaning everything in sight. He experimentally  
 wet the tip of his finger and drew a line in the grime. The  
 wetness did seem to have some effect. It proved the window  
 was cleanable to a certain extent. He went back to his chair  
 and sat down. Nightmare! The line had made the window  
 look ten times as bad. It was now a real emergency. All he  
 needed was an emergency. He smashed the window.

## Putting on a Happy Face. Taking part in Mind's campaigning film gave



**Roz D'Ombraine Hewitt a brief, very brief, taste of stardom**

Perhaps it was the rave review I got for my am dram performance of Mrs Clackett, the housekeeper in Michael Frayn's 'Noises Off' (Shimpton village hallm2005), but I've long seen myself as, if not exactly an undiscovered Judi Dench, certainly capable of playing one of the soaps' perennial short-lived characters. Say, Coronation Street's Roy's long-lost kleptomaniac cousin - preferably with a drink problem and therefore guaranteed almost permanent residence in the Rovers Return

with ample opportunity to pinch huge quantities of pork scratchings before I'm eventually apprehended and written out after five episodes. So naturally when I spotted Mink Link magazine's ad asking for volunteers to appear in a



campaigning film **Put on a Happy Face** - to encourage employers' awareness of how workplace stress can cause depression and anxiety and costs business 26 million a year - I saw this could be the start of something big and was soon heading for the film company's Soho offices to be photographed for the 'happy mask' so many stressed employees feel compelled to wear at work.

**“If you watched Ricky Gervais’s TV series Extras you’ll know that filming is mostly hanging around and frequent schedule changes. That’s why all the top thespians are ace at crosswords or have an unrivalled collection of Tom Baker style scarves.”**

Originally, I was instructed to be at Mind's Stratford HQ at 9.30am, then 11 and finally 1.30 when I arrived in my Extras costume (smart skirt and top) just in time for lunch. "Chatting to other volunteers - some professional actors - over a delicious curry followed by fresh fruit salad I learned that extras are now called 'supporting artists' - but you still don't get to speak."

Even so, this was my big chance, so when at around 3.30 I donned my thick cardboard mask and with the rest of the cast filed into the Mind offices - and sat down at a computer, I was determined to emote my socks off. More waiting, but eventually we went for a take. My animated, though obvi-

ously silent telephone conversation was immediately spotted by the director, who instructed me to swap my nearest-to-the camera spot with that of a very pretty blonde maskee six rows back. East London may be a long way from Hollywood, but some things never change. Un-deterred, I continued to act the part of a cheery, but very busy office worker: answering the phone, consulting my desk diary, sorting correspondence as if my life depended on it until after three more takes it was a 'wrap' - at least for our scene.

With the grateful thanks of the director ringing in our ears we filed out for tea and biscuits while the stars took to the set.

Sadly, I'm still waiting for Corrie to ring, ditto EastEnders. Meanwhile, you can catch the film on YouTube, but blink and you miss me. Though at least I didn't end up on the cutting room floor like one of the professionals. Showbiz can be so cruel. ❀



**Roz D'Ombraine Hewitt is the author of Moving On: A guide to good health and recovery for people with a diagnosis of schizophrenia, published by Karnac.**

## Equilibrium talks to Priya from the Peter Bedford Housing Association



**P**riya, from Peter Bedford, came to visit Equilibrium and gave us a good talk about the work of the charity. They help vulnerable ex-offenders, homeless people, people in mental distress, people with drug and alcohol issues and those with learning difficulties and multiple needs.

They have 277 tenancies - supported accommodation for the vulnerable. They also provide services for nontenants (called participants) - to take part in vocational and nonvocational courses/activities. These could be soft furnishings, joinery, IT, walking groups or coordinating events, to name a few. There is a Peter Bedford HA shop in Holloway Rd - a 'glam charity shop' with soft furnishings and presents etc, however none of the goods are second hand. One of their new initiatives is Roots and Boots - where tenants and participants do up gardens and perhaps grow produce to take to markets. Priya's particular interest is user-focussed monitoring. With funding from Camden and Islington PCT and a model from the Sainsbury Centre, service users can develop research skills and work for up to 3 hours p/w in line with their earnings

disregard. They use audit tools to work on projects to examine the satisfaction level of service users of the mental health services they receive, such as the Care Programme Approach. The project started in May 2010 with 10 service users - using questionnaires and information sheets designed by the auditors. The audit's data collection will be in the next few weeks.

**“It vastly improves people's self esteem, confidence, communication, skills for work, etc.”**

The charity is just celebrating its 40th anniversary: Peter Bedford is an organisation which has been successfully including people in society since 1969. Originally set up in the late sixties to provide work for ex-offenders on a self-help, mutual support basis, we are now a Registered Social Landlord offering supported housing, vocational and community services. We work in Islington and Hackney alongside people who have faced long term exclusion from society through homelessness, mental health problems, learning difficulties, or multiple needs.

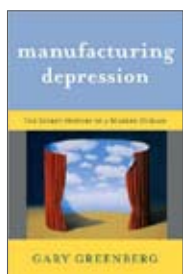
Peter Bedford was an 18th century Quaker philanthropist who worked in the East End of London to help people help themselves. We took his name to acknowledge the support we got from the Bedford Institute at outset. Although we no longer have formal Quaker links, we are proud of our origins. The values of respect, self-help, mutual support, and participation are as strong now as they were when we began. [www.peterbedford.org.uk](http://www.peterbedford.org.uk) They had a fabulous Gay Pride event lately with a BBQ and Peter Bedford's got talent (including quite a few tenants, participants and even the deputy chief exec!). A new project is working in residential care homes with residents with dementia. They are looking for volunteers (who will be trained) to visit residential homes and help residents with their diverse needs. ✨



**If anyone's interested, please ring Tom on 3227 3158. The commitment is ideally 3-6 hrs p/w for 6 months and those applying need to have an abiding interest in working with elderly people.**

**Manufacturing Depression: The Secret History of Modern Disease**

Author: *Gary Greenberg*



★★★★★

**In his wide ranging study of**

depression and the pharmaceutical industry, Greenberg examines depression under the lights of the natural sciences, history, literature and business. His book opens with a riveting tale of scientific ingenuity. A young, unknown marine biologist with an interest in mussels happens to discover the neurotransmitter serotonin and helps spur the antidepressant revolution. Lest we get too excited, though, Greenberg deflates our hopes just a few pages in. Greenberg tells how the Pharmaceutical Industry celebrated at the gold mine they discovered in manufacturing and marketing drugs like Prozac to the every-man. He then interweaves this history of the industry with his own personal experiences of depression. He regales us with comic stories of talking to his own doctor who inappropriately attempts to classify, diagnose, treat and measure Greenberg's depression and recovery signs. Manufacturing Depression is at turns hilarious, depressing, engaging, and uplifting. But ultimately one leaves feeling wiser and happier for having partaken in Greenberg's journey.

**Ruben Wilberg**

**Irving Penn – Exhibition at the National Portrait Gallery**

**Irving Penn was a great photographer** (1917-2009) from his early work during 1944 to 1946. He published in Vogue magazine a series of portraits, use of confined structure; opportunities for performance. Furthermore, the remarkable photographer emphasised on gestures. From 1950s onward, the photographer took on much closer study of the face.

Irving Penn photographed people in his empty studio. The portraits can sometimes reveal the individual personality...



© Irvin Penn

Andy, Personality plus Director has organised and facilitated this event with his colleagues. Quite few people came along to the exhibition; it enabled everyone to meet up with different people and to get to know one another. A friendly atmosphere surrounded it, many found the exhibition interesting and fascinating. A meeting followed in the café for all of us to have a drink; there was an opportunity for people to discuss how they felt about the event and the "Art and Social Network group". Towards the end, Andy said, "It was very interesting what you had to say about the pictures," He also mentioned "It was nice meeting you...you bring a good uplifting energy, thank you!"

**Siham Behel**

**Graphic novels: Psychiatric tales**

Author: *Darryl Cunningham*

**'It's Cunningham's point that mental illness can strike anyone at any time:** he presents it as a crowding –in, a darkness that falls inexorably, like the night. Resisting that this is a doomy kind of a message he also includes a chapter on famous depressives which he calls 'People with mental illness enrich our lives.' To me, though, this felt like whistling in a lonely underpass. I would rather be content than creative, and I expect Nick Drake felt exactly the same way.

Psychiatric Tales has a poignant coda. Thanks to his own mental health problems, Cunningham never completed his training to be a psychiatric nurse. But he was eventually saved by...cartooning, which he promoted at first on the internet..and now it has been published by Blank Slate Books, a small publisher with a big heart...(Cunningham) is now working with people with suffering from dementia.. For Cunningham, if not for all his patients, there is light at the end of the tunnel.'



**Rachel Cooke – The Observer. 18.7.10**

# Sarah and Ken

A Radio Play by Rebecca Lenkiewicz



Radio 3: Episode image for Sarah and Ken

## Review by Teresa McKenzie

It's a love affair between 2 children fostered in the same family but unrelated: Sarah and Ken. Sarah was taken into a mental hospital when she was 16 and the two don't see each other for years. Meanwhile Ken marries someone else and Sarah spends years in an asylum.

The play covers the treatment that was available at the time (1968, the time of the Vietnam war).

**"Sarah receives electric shock treatment which is portrayed very badly. In fact all the psychiatric treatment in the play is portrayed very badly."**

ECT, although it is barbaric, it has had some positive effects for people which is completely overlooked in this play.

Also the talking therapy is "mocked" when in fact, my personal experience is that this is the most useful "cure" for mental illness (it was very new at the time so may not have been that good).

**"There are barbaric things which are portrayed as they should be – barbarism for example, in sterilising young women with mental illness and 'curing' homosexuality with ECT."**

I found some positive results of ECT. Curtis Hartmann a lawyer in western Massachusetts stated "ECT a treatment of last resort for severe, debilitating depression is all that ever worked for me. I awoken about 20 minutes later and although I am still groggy with anesthesia, much of the hellish depression is gone. It is a disease that for me, literally steals me from myself - a disease that executes me and then forces me to stand and look down at my corpse. Thankfully ECT has kept my monster at bay, my hope intact".

On the other hand, some people have sued doctors because the ECT has made them literally lose all their memory and cognition. A woman lost all the memory of her three children

being born, her marriage, and all that she had learned about how to be a nurse, so she literally couldn't work anymore.

I never knew ECT was painful, I just thought you blacked out. In the play Sarah says it is. The idea of it came from pigs being slaughtered as they received an electric shock to stun them before they were killed. The people who worked there noticed the pigs seemed calmer after this.

**"Another ineffective and negative treatment of the mentally ill which Sarah experiences in the play is being locked up for years."**

The seclusion room isn't portrayed in a good way either. The love affair has its difficulties with the illness and other aspects and ends without being resolved. ❄️

# Haringey Include Film & Culture Event

West Green Learning Centre - May 14th 2010



This event, back in May, was an opportunity to see the inspiring talent of local individuals and groups, many of whom have experience of or work within mental health. The event kicked off with a performance by the Clarendon Centre's very own Sing4fun choir, who moved audiences with their rendition of 'Something inside so strong'. In the foyer there was a chance to meet and find out more from local organisations participating in Haringey Include such as Nafsiyat Intercultural Therapy Centre, Haringey User Network and Mind in Haringey, as well as the chance to see an exhibition of the project's achievements so far. On the creative front there was a showcase of activities from Studio 306,

such as jewellery making and a display of artwork from local artist Matt Barrell. There was also an African Drumming workshop, Kurdish folk dancing and a delicious spread of food and drink provided by caterers from the Clarendon Centre. Meanwhile, film screenings took place in the Lecture Theatre followed by Q & A sessions with the film makers. These included 'Anti Stigma' a film created by Haringey Videoscope about the stigma surrounding mental health and the discrimination felt by those experiencing mental health problems, 'Ayna – The Mirror' a harrowing film addressing domestic violence by Turkish-speaking Women's group IMECE, 'The Corridor' by Zoe Neirizi

about the hardships of growing up and being imprisoned in Iran and two short films by Muswell Hill Youth Group Exposure, 'Takeo's Journey' and 'The Mechanical One' both about the experience of two young people dealing with mental health problems.

The event was concluded by final remarks by Monika Schwartz, Chief Executive of Nafsiyat and project lead of Haringey Include, who thanked everyone for coming and participating. The steering group, which I was proud to be involved with during the last stages, would like to thank all of those involved in the Event and the Haringey Include project as a whole.

**Tracy dos Santos**

**Sing4Fun choir** had a warm welcome from the audience of Haringey Include. One choir member described his experience: "At first I was nervous and I was aware others were too. Strangely enough, the longer it went on I felt more confident. When we finished singing people in the audience were clapping and stamping their feet, shouting 'encore'. All in all for me personally, it was heartening and every day I drive by the West Green Learning Centre and I have a good feeling: there's something I did there that seemed to work. And maybe another time....somewhere else..."

**For more information please contact:**  
[haringeyinclude-other@nafsiyat.org.uk](mailto:haringeyinclude-other@nafsiyat.org.uk)

**Sing4Fun is run by Marianne Antonis. It is open to members and staff of the Clarendon Centre and mental health carers in Haringey. Call: 020 8489 4860**



## Dorothy Rowe: Talk at the British Library



I went to the British Library to hear the august Dorothy Rowe talk about her new book **Why We Lie**. Crowded conference room and lots of professionals and others hanging on her every word. Unfortunately perhaps she decided to give a 'talk' rather than a more freeflowing session. This made things a little formal and she wandered off the point quite heavily at one stage. But it's a riveting subject she has chosen to air in print. And she

has very strong views and theories. At the core she feels that people feel 'I am in essence bad and have to work to be good.'

This whole topic is thorny and complex and she attempted to layer her theories. What is the nature of absolute truth? What is a lie? Words and actions intended to deceive. 'Economical with the truth' 'white lies' are both seen as virtuous. (Anthropologist Elaine Morgan wrote on this topic to the New Scientist and wondered whether Dorothy Rowe is pathologising human behaviour too much: some 'kind lies' can be seen as empathy.)

Absolute truths may exist but the brain can't identify them. Her theory is that what we fear the most is falling apart..and being annihilated as a

person. We lie to protect ourselves and we are skilled at seeing a threat to our integrity. Then we lie. And use and abuse others to spare ourselves from annihilation.

Taking us through the brainwashing of the Korean War, Orwell's 1984, the ways that refugee children survive, climate change denial (a popular form of lying), and the fact that the lies we tell ourselves are the most dangerous of all. 'Everything we know is a guess that can be invalidated.'

She touched on religious belief: forcing beliefs on other people which damages. It was a rangy and slightly disjointed intro to her new book, but good to hear her speak passionately, and it opened one's mind.

**Polly Mortimer**

## Interview with Margaret Shiells Teacher and deputy-head teacher in Bristol

### What do you gain working in a challenging school?

Great sense of satisfaction knowing that I am helping children with severe learning difficulties to achieve their very highest achievement level and potential. It is wonderful to see the joy on parents faces when their children achieve something which they never believed possible.

### How and what made you choose this career path?

I started my teaching career in a mainstream school and went into special education for a challenge. The advertisement asked for a mainstream teacher willing to change a special school classroom into a mainstream model.

### What have you learnt in these roles (Teacher/Deputy-Head teacher)? What were the main difficulties?

As a Teacher I had to learn quickly how to work with Autistic children and children with profound and multiple learning difficulties etc and how to enable them to communicate with me even though they did not have any speech.

I also needed to learn how to make my lessons of a sensory nature. As a Deputy Head teacher, it can be a very demanding job, long hours etc. Some of the main challenges are recruiting and supporting new teachers and working towards providing opportunities for our students to be fully included with their mainstream peers. For our older students it has been a great challenge to find real work experience opportunities.



### How do you feel about the inclusion of special needs children within mainstream schools? What impact do you think it has on your framework?

Our ethos is all about inclusion. It is one of the main areas we are working on as we believe it is linked

to Disability Equality and feel that as well as our children benefiting from inclusion it is a must if other people's attitudes are to change. Society is moving fast towards this and mainstream schools must give their students this opportunity to mix with our children if attitudes are to change.

**Siham Beleh**



### Drugs and young people

There are too many young people on illegal drugs. It is a recreational activity that causes too many problems than it is worth. For example addictions, mental health problems, physical health problems and crime. I am particularly concerned about young people taking drugs, because it can affect their future, in an adverse way. Some people who take drugs suffer from dual diagnosis. Which is someone who suffers from severe mental health problems and drug or alcohol problems. People with dual diagnosis have a higher risk of self-harm and suicide. Taking drugs can lead to mental health problems. 16% of all substance users take their own lives. There is a particular need to educate young people about the risks of taking cannabis, since they are especially vulnerable to psychosis following use There is also evidence that cannabis is more likely to cause psychotic outcome if used at an early age. Following the impact of tobacco warnings on cigarette packets, rolling paper packets should carry warnings about the mental health effects of cannabis. Studies conducted with humans and animals suggest that use at a young age is more likely to lead to the development pf Schizophrenia in later life. **Angela**

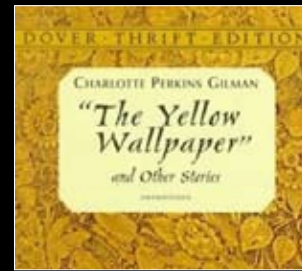
### What is Loss?

I wonder who suffers more – the millionaire giving up his \$18,710 annual country club subscription or the person on the dole if he should lose his £1.80 for the day?! Is the pain from the monetary value or from the implications to one's life? The smaller amount would probably be a life threatening situation because one can only miss so much in the food line before it affects one. But, no doubt, lost Club membership is the end of the world because one can only miss so much before it affects one! But, no doubt, lost membership is the end of the world because your kudos, reputation and social standing all go down (as opposed to upward and onward!) – plus the credit accounts! How do you downsize means of transport for example – waiting in lines in all weathers, having to be always appropriately wrapped or holding on to right things, or alternatively, reducing distances on foot. The downside fellow, in his world, would have to wear out "shoe leather" ie plastic, would lose no kudos or self esteem because he had nothing to show off anyway, and could afford to smile – the luxury of having nothing to lose! As far as food is concerned, is it more painful not to crunch at your snails ('escargot' on your menu) than not to have even bones, say, for stew, to create a semblance of a soup? (provided you rustle up meter money to boil up something on the little cooker thing!) **Pumla**

### Camden Fringe

Clarendon stalwart Denise Mack starred in the Camden Fringe in Knock Three Times at the Etcetera theatre. Rollicking good laugh – with belly dancing, salsa and line dancing punctuating the action (smashing plot involving the afterlife..). **Congrats to the whole cast and crew. Polly**

### The Yellow Wallpaper



The London Literature Festival on the South Bank London hosted a site-specific version of the Charlotte Perkins Gilman novel the Yellow Wallpaper. Put on by a theatre group called Donkey Work it moved through a series of rooms in the Spirit Level – the basement of the Festival Hall – to follow the effect of confinement on the narrator's mental health and her descent into psychosis. This was a new collaboration with Southbank Centre and the writer Stephen Sharkey.

[www.southbankcentre.org.uk](http://www.southbankcentre.org.uk)

### Camille Silvy



National Portrait Gallery 15 July-24 October 2010. Camille Silvy early photography and one of the greatest French photographers of the 19th century. He spent a large chunk of his later life in an asylum.

### MIND awards 2010

Book of the Year – Sectioned by John Donohoe. Having spent over a decade moving in and out of asylums, halfway houses, homeless hostels, squats and living on the streets, this is an unforgettable tale of survival against the odds.