ANNUAL GENERAL MEETING

The Friends’ Annual General Meeting will take place on

**WEDNESDAY 8th OCTOBER**

6.30 p.m for 7.00 p.m.

St John’s Church Hall, Hills Road, Cambridge

Light refreshments will be available from 6.30 p.m.

Following a brief, formal business meeting, Andrew Chidgey, Policy and Campaigns Officer for the Alzheimer’s Society, will talk about the forthcoming National Dementia Strategy. This part of the meeting will be chaired by Dr Tom Dening, Medical Director of the Mental Health Trust (Cambridgeshire & Peterborough Foundation Trust), who prepared the Trust’s response to the Strategy.

An ever increasing number of people are living into older age, and last year’s National Audit Office report on dementia highlighted the future challenges this will present.

Work has been going on to develop a National Dementia Strategy, particularly looking at increasing the awareness of dementia, the importance of early diagnosis, and the quality of care offered to sufferers and their families.

The consultation on the National Dementia Strategy has just ended, and the final proposals will be published shortly.

**ALL WELCOME!**

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Registered charity Number 273281
**MICHAELHOUSE CHORALE**

A collaboration between

*Arts and Minds* and *Michaelhouse*

If you are a mental health service user - whatever your age, a carer, staff member or friend, please come and join the Michaelhouse Chorale.

Fridays, 2.30 to 3.30 p.m.
at Michaelhouse in Trinity Street.

The choir is led by Sam Hayes, Director of Music at Great St. Mary’s Church.

The repertoire reflects the taste of the members, and the purpose is enjoyment and fun.

No ability or experience required. Just come along and enjoy yourself! Suggested contribution £1, but only if you can afford it.

For further information contact: Christina on 01223 881267 or Peter on 01223 709769

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**PAT-A-DOG**

We have recently been contacted by a lady who, for 23 years, has been taking her dogs onto the Fulbourn Hospital wards. She is keen to expand her work through the Friends, and we have agreed that it can become part of our voluntary activities. Those who are mentally unwell often experience difficulties in relating to other people but find dogs easier, and many enjoy and appreciate such visits.

Several wards, and a day-care service, have already expressed interest in having regular visits. We are, therefore, looking for more volunteers who would like to be involved, and have a suitably sociable dog. All volunteers must have a Criminal Records Bureau check, which is straightforward, the cost being covered by the Mental Health Trust. They will then be registered as Friends’ volunteers, which covers them for insurance purposes.

For further information please ring Christina on 01223 881267.

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**LINK - Cambridgeshire Involvement Network**

A new way to have your say on improving your local health and social care services

LINK is similar to the old Community Health Councils and is a new government initiative made up of people and organisations with an interest in health and social care. A LINK will be established across the country, by every local authority responsible for social services. LINK participants will look at all aspects of NHS and social services (except children's social care which is monitored differently). The aim is to help Cambridgeshire communities to have a stronger voice in their health and social care services. Through a competitive process, Cambridgeshire ACRE and Age Concern Cambridgeshire were appointed as 'host' to LINK, and the official launch takes place on 25th September.

One of the first events is on 'Growing Old in England', and will be held on Thursday, 9th October, 10.30am to 1.00pm at The Meadows Centre, Cambridge. If you wish to attend please e-mail Alexandra.Lockett@accambs.org or Telephone 01354 696650 before 26th September.

For more information about LINK, and how to get involved, please contact: Telephone 0300 364 1245, or Email: office@cambridgeshirelink.org.uk
THE ‘OUTLOOK PROJECT’

The Friends try to meet the needs of mental health service users in the Cambridge area by offering a personal touch, and innovation in the setting up of projects offering the normality so greatly needed by the mentally ill. Our 14-year old Forum Club, for example, offers older people more intellectual stimulation than is provided by conventional day-care. Our award-winning, 8-year old Millennium Arts Project offers access to a range of arts activities, run by community-based artists with volunteer helpers.

In contrast to the former ‘medical’ approach, the focus is now on ‘recovery’. Recovery in this sense does not mean that an illness has gone into complete remission but that, over time, individuals learn to come to terms with their illness, first to accept it and then to move beyond it. They are helped to regain a belief in themselves, learn their strengths as well as their limitations, and realise that they still have the capacity to find purpose and enjoyment in their lives, despite their mental health problem.

The recovery approach focuses on the potential for growth within the individual. This can be developed through integrating medical and psychological interventions, combined with a wider scope of community-based, social activities, which will assist recovery.

It is the latter which our newly-established ‘Outlook Project’ aims to provide. Small groups of 3-4 risk-assessed, Fulbourn Hospital patients will be offered opportunities to travel to the city-centre, accompanied by an occupational therapist and 1-2 trained and accredited volunteers, to take part in a range of community activities not otherwise available to them. Examples are afternoon visits to, or guided tours of art galleries and museums and the University Botanic Garden, all of which already collaborate with the Friends. There is also singing with the weekly Michaelhouse Chorale on Friday afternoons run by Arts and Minds and Michaelhouse.

We welcome volunteers who would be interested in accompanying these groups. Transport costs can be paid. All helpers must have a Criminal Records Bureau enhanced check, which is carried out at no cost to them, by the Trust, and they will be covered through the Friends’ insurance arrangements.

For all queries, contact Christina Rowland-Jones on: E-mail acr-j@tiscali.co.uk , Tel: 01223 881267

MILLENIUM ARTS PROJECT (M.A.P.)

The Friends' Millennium Arts Project (MAP) has just entered its 9th year of running, and currently has the following artists-in-residence working on wards and in related community provision: Wendy Hagger - textiles, Mick Hilbury - movement and dance, Nigel Preston-Jones - storytelling and creative writing, Bob Race - pottery, Lyn Reynolds - textiles.

Nigel has for some time been running weekly storytelling and creative writing sessions on one of the acute wards at Fulbourn Hospital. This poem is one of those written by people working with Nigel, and is included here with the writer's permission

TO THE CREDULOUS OF THE EARTH

The world I say is flat.
Stand where I have stood
And you will come to realise the fact.

Stand where I have stood,
On the cliffs, the vertical rocks,
The high steps at the end of the land,
On a day when the mist is down upon the ocean,
When the seagulls below you wheel freely
And are tied to your eyes.

Stand there,
Where I have stood,
And you will be standing at the world’s extremity;
Already I have been to that extremity.

Stan
May 2008

FORUM LUNCH CLUB

Forum continues to meet on the last Wednesday of each month, at St James church room in Wulfstan Way, from 12.30 until 2.45 p.m. It is specifically for older people with a professional background, who now have a mental health problem which has led to intellectual and social isolation. A homemade lunch is followed by talks, music, poetry and discussion. The meetings are run entirely by Friends’ volunteers, and are relaxed, informal and friendly.

Anybody interested should initially contact Anne Nagy on 01223 246708
FRIENDS' MANAGEMENT COMMITTEE

Officers
Christina Rowland-Jones Chair
Elspeth Hutchison Vice-Chair
Tim Wheatley Hon. Treasurer
Clive Brown Shadow Treasurer
Felicia Gordon Hon. Secretary
Gill Mallett Membership Secretary

Committee members
Jo Al-Khayyat
Pat Chapman
Fe Franklin (Hospital Representative)
Dorothy Peyton-Jones (Social Services Rep)
Linda Doggett
Bronwen Loder
Andrew Greany (Diocese)
Helen Phillips
Monaser Shahzad (Newsletter editor)
Rebecca Turner

RECENT FUNDING
The Friends gratefully acknowledge recent financial contributions from the following organisations:-
The Garfield Weston family
Cambridgeshire Community Fund
Cambridge Evening News Press Relief
The Mental Health Trust’s Endowment Funds

209 COMMUNITY RADIO on 105 FM
Making Mental Notes
Cambridge's new mental health community radio programme has been funded by the Mental Health Trust and a group of voluntary bodies, including the Friends, and is produced by a team of mental health service users. It now broadcasts live at 4.00pm, for one hour every four weeks. Future programmes are on 7th October, 4th November and 2nd December. You can also listen to the latest show at any time at: www.makingmentalnotes.209radio.co.uk

NEW ADDITION TO THE FRIENDS
We are delighted and most fortunate that Ali Kassim has recently joined the Friends as Development Officer. He is currently working hard on trying to increase both our individual and corporate membership. Individual membership remains at only £10 per annum, corporate membership at £50.

If you know of businesses, or people who would be interested in making a contribution to our important work by becoming members, can you please let Ali know by:
Email: a_m_kassim@hotmail.com
Mobile: 0784 505 5979.

Very sadly our Hospital representative, Angel Tejedor, decided soon after he joined us to return to his native Spain. In the short time he worked with us he made an important contribution by helping to get the new Outlook Project off the ground. We send him our thanks.

TIME-TO-CHANGE
Cambridge Anti-stigma campaign
‘1 in 4 in the city’
This is the ‘Moving People’ campaign, soon to be known as ‘Time- To-Change’
Rethink is leading on this England-wide anti-stigma campaign to raise awareness of mental health problems and reduce stigma and discrimination. Focusing on getting people to talk about mental health, the campaign aims to reach 30 million people, and will run in early 2009 in towns throughout England. The Cambridgeshire and Peterborough Foundation Trust is the only Trust in the country to pilot the campaign, as it is a great opportunity to promote their own ‘1 in 4’ campaign. The pilot ‘1in4 in the City’ will be launched in Cambridge City on 1st October 2008
For more information, please visit Rethink’s website, www.movingpeople.org.uk

NEWSLETTERS
Circulating our Newsletters by e-mail saves valuable resources and is cost-effective. If you do not already receive your Newsletter by e-mail, and would be happy to do so, please let me know.

Monaser Shahzad, Editor

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