



West Herts (Watford) MDF Bipolar Self Help Group Forthcoming Events in 2008

The usual monthly self-help group meetings and venue for the events is **every 2nd Saturday of the month from 10.30am - 12.30pm** at the Friends Meeting House (Quakers), 150 Church Road, Watford, WD17 4QB. The group welcomes people with a diagnosis of bipolar disorder and their supportive carers and friends. We try to alternate speakers and training with self-help group sessions and ideas for these come from group members. We ask for a 50p donation for tea/coffee that we provide at the mid-way break. Go to multimap.com for free directions.

Saturday 9th February - Dr Sadler, a consultant psychiatrist from Welwyn will be speaking on recent developments in bipolar disorder. Due to popular request by the group, Dr Sadler is invited back for a third time to speak and we plan on inviting her to speak to the group regularly.

Saturday 8th March – self-help group meeting

Saturday 12th April – presentations from **ViewPoint**, the Herts user charity and **Joint Commissioners** from Herts County Council who commission mental health services in the county. Group members will be asked what views they have about current and future services needed for people with bipolar disorder and for their carers.

Wednesday 30th April 2008: 10am - 4pm at the Centre for Mental Health Recovery, University of Hertfordshire, Hatfield. A free one-day taster on the **"In-Sight" user-led recovery group training** for people with bipolar disorder. The training has been researched to PhD level by a user-researcher who has a diagnosis of bipolar disorder. Full training course will take place from September 2008, venue flexible. This training is on offer to those who care for people with bipolar disorder, as well as those who have a diagnosis. Contact: Alison Wigginton at the Centre to express interest: 01707-284951 or A.Wigginton@herts.ac.uk

Saturday 10th May – self-help group meeting

Forthcoming: end 2008 – an interaction discussion on relationships. Jasmine Heaps, Relate, is invited back due to group request.

If you are interested in attending any of these events, or want further information about the group, please contact Heather Straughan on 01923-239489 or h.straughan@btinternet.com