

Self-support success story

first came to Cheshunt Depression Group (CDG) in February 2006. After yet another bout of depression and another unsuccessful attempt at self harming, I was referred by my GP to the mental health unit. Whilst there, I saw a poster for CDG which coincided with the end of my appointment and went straight there. I was so desperate to get the help that I had needed and ignored for so long that I was willing to try anything.



Madeleine West

The weekly groups became a lifeline. I had understanding. I was listened to with respect. I felt I wasn't alone. On the strength of these group meetings and what I learnt there, I felt able to go to work and honestly admit why I had been taking so much time off.

My managers were losing their tolerance with me and I lived under the threat of disciplinary action. One day I found the strength to be able to admit what I was going through. By this point I felt I had nothing to lose. My family had practically alienated me and my relationship was on the rocks.

To my utmost surprise, I found an enormous amount of support amongst my managers. I soon picked up that they had also been personally touched in one way or another by my experiences. As time went by, I felt more confident to share with my colleagues what I was going through. Soon I found I had created a small network of people suffering similar experiences. I estimated I had come across about a dozen people either on anti-depressants, suffering from panic attacks or coping with extremely emotional feelings in their lives that they were struggling to handle.

Before long I knew I could go to work knowing that others were sharing the same traumas and periods of despair as I

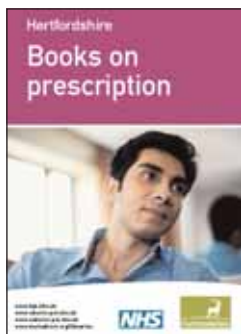
had. I encouraged them to speak to management honestly about what they were experiencing. Since then I have watched them grow and get happier and realised that we all have a meaning to keep going and will do it with determination. Some of them have significantly reduced their absence time from work and some of them are still ongoing with their problems but they know I am there to support them.

I have also found to my astonishment that people now come to me if they're having problems both in and out of work and have become a guide and source of advice for them. I can't begin to tell you how much this has helped with my own recovery.

CHESHUNT DEPRESSION GROUP

If you would like to find out more, please contact Vanessa Phillip, Co-ordinator, Cheshunt Depression Group
Tel: 01992 303595
Email: Vanessa.Phillip1@ntlworld.com

Books on Prescription



This new scheme in Hertfordshire follows the model of others which have recently started across the UK to help the many of us who experience emotional or psychological

problems at some time in our lives. Recent research has shown that medicines do not always need to be the first choice of treatment.

If you choose to use the scheme, your GP or another health professional can prescribe a self-help book from your local library. This will give you information about your condition and suggest ways to help you manage it. The books have all been recommended by experts and offer one way of treating patients with health problems such as anxiety, depression, stress or eating disorders. Your doctor

will suggest the best book for you and will give you a 'prescription' which you can take to your local library to get the book. If you are not a member of the library you will be asked to join when you take your prescription in. It is very simple and free to join and you will then be able to use the whole range of library services, including Internet access. The library staff will be pleased to help you and will provide your

Books on Prescription		NHS
Book title	<i>Healing The Hurt Within</i>	Date
Author	<i>Jan Sutton</i>	<i>5/1/07</i>
Name	<i>A. N. O'Beir</i>	
Address	<i>1 Estate Close, High Road, Bookvale</i>	
Surgery / Health Centre / CMHT	<i>Bookvale Surgery</i>	
<small>Available from all Hertfordshire Libraries. For details and opening hours of your nearest library Please phone: 01438 737333 / 01923 471333 or check our website www.hertsdirect.org.uk</small>		

book in confidence.

If you feel the book has not helped and you still have difficulties or distress you should return to your GP/health professional who will give you more help.

For further information or to use the scheme ask at your local library, or phone **01438 737333** or **01923 471333** or check the website www.hertsdirect.org.uk/libraries

Supporting children's mental health



Pupil support workers in Hertfordshire schools help children experiencing difficulties to get 'back on track'. A team from Viewpoint, including one of our younger service user trainers, was invited to give a presentation at their conference, 'The Team Around The Child', in July to raise awareness about mental health and the importance of responding rapidly to the needs of pupils.

User Survey Progress

As part of Viewpoint's continuing efforts to ensure that service users' views are heard, a survey was distributed to all members and local mental health organisations. With input from our members, the survey was designed to gather your views about services and any changes in the past 18 months.

There has been a great response so far with members highlighting the good and bad aspects of their services. Although the survey is ongoing, there seems to be some clear themes emerging from the responses. Overall, members have been encouraged by the improvements in the Crisis Teams. This reflects the extra investment that has gone into this service over the past couple of years. However, the availability of community support seems to have reduced significantly leading to people feeling more isolated and bereft of help. This was a concern highlighted last year by members during the campaign against the cuts and it seems to have rung true for some.

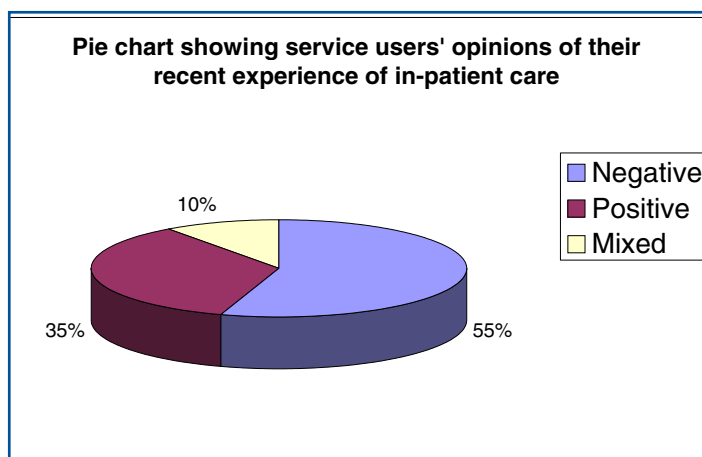
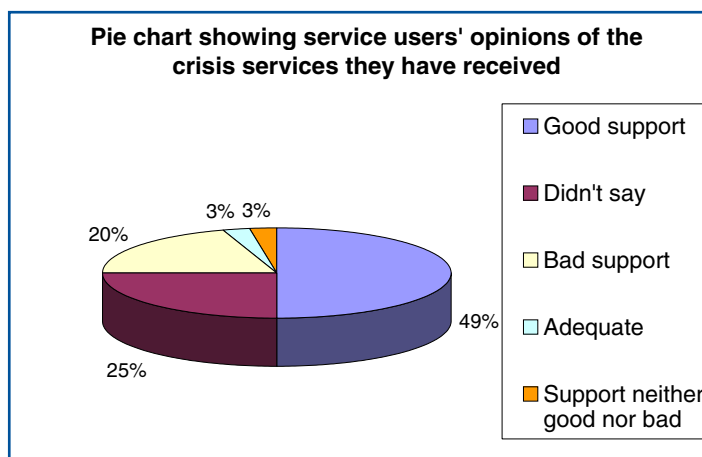
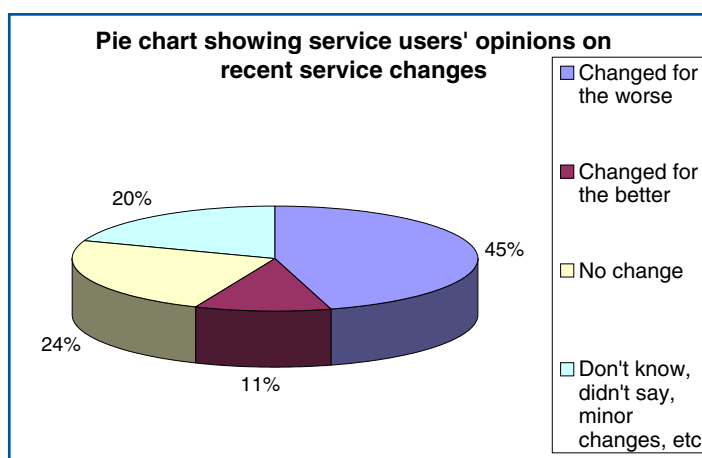
Viewpoint member and researcher, Suzanne Nash, has summarised the views received so far and produced the following pie-charts.

KEEP TELLING US WHAT YOU THINK!

It is important for us to gather as much information as possible to inform the services and commissioners about what works well and what doesn't. If you have not filled in a survey and would like us to send you a form, please contact the Viewpoint office on [01707 328014](tel:01707328014).

Scrutiny Meeting: where your views count!

At a recent Scrutiny meeting, Viewpoint members showed their influence when the initial findings of the User Survey were presented. The Scrutiny Committee, which monitors changes to the health services in Hertfordshire, decided that mental health services should be looked at more closely to investigate the impact of recent cuts and the future provision of services. Viewpoint has been asked to ensure that service users' views are included in this report and we will keep you updated with any opportunities to participate.



Thank you, Roy!

We are all very sorry at Viewpoint to say good-bye to Roy Nicholls, our Treasurer for the past four years and want to say 'thank you' for all his hard work. He is leaving us for a new life in Devon.

Roy joined Viewpoint during its transition from a user involvement project of the Herts Mind Network to independent status as a service user led charity.

Roy says, 'I have seen the immense steps Viewpoint has taken to develop the voice of service users in mental health services across Hertfordshire.'



There has been a massive increase in user involvement in Viewpoint itself and significant effects on service development as a result of service user involvement in spite of the problems going on in terms of the ability of local health communities to provide services. I will watch Viewpoint's progress from afar. It will always be an organisation that I will take a keen interest in and I'm sure it will continue to go from strength to strength.'

'I could not have wished for a better treasurer,' Project Manager, Dennis Edwards pays tribute to Roy. 'He has been an invaluable source of support, a reliable advisor and an enthusiastic contributor to all of Viewpoint's activities. We will all miss him and his unfailing good humour and wish him all the best in the next stage of his life. Keep in touch, Roy! Now we have the minibus, we'll come and visit!'

Influencing the commissioners



The people responsible for commissioning mental health and learning disabilities services in Hertfordshire want to make sure they hear the views of service users. To help this happen, they are holding a series of briefing meetings to give service users the opportunity to meet them and ask questions.

At the briefings, tables are set out for each service group, such as children's services, adult mental health and so forth. There is a commissioner available at each group to answer questions. People are strongly recommended to write down their questions so that the commissioners can take them away with them. They prepare a paper incorporating the questions which is presented to the Joint Commissioning Board which meets a week or so after the briefing sessions.

The public can attend the Board Meeting but cannot ask any more questions during it. However, your views

will be taken into account and the questions raised at the briefing meetings will be answered.

It is worth getting involved. A question was raised at the last briefing in April 2007 about funding day services in Ware. As a result, the Primary Care Trust checked its finances and ensured the correct amount of money was allocated.

A full presentation of the results to date of the service users' survey was presented at the Board Meeting in July. Your views are being heard where it matters!

NEXT MEETING

Thursday 18th October (2pm – 4pm)
YMCA, Charter House, Charter Place,
Watford, WD1 2RT

WANT TO COME ALONG?

Let the Joint Commissioning Team
know: 01707 280643
Joint.commissioning@hertscc.gov.uk

WANT SUPPORT?

Viewpoint staff are very happy to
meet up with anyone who would like
some moral support at the meetings.
Call us on 01707 328014.

Clubbing together for mental health promotion



Chris Munt and Dennis Edwards of Viewpoint with Cheshunt Football Team

Football and fitness go hand in hand but sport is also good for mental health. Cheshunt Football Club is helping to promote this by advertising the work of Viewpoint. At the last match of last season, Jimmy Tuite, Programme Manager of the Club, invited Viewpoint to display two banners, one at each goal.

Personality Disorder Services

The Joint Commissioning Team is planning to commission a new county-wide service to run from April 2008, aiming to provide a specialist team to work with people who experience the most distress as a result of personality disorders as well as helping existing services provide more effective help through training and specialist support. The work is being led by a project implementation group with service user and carer involvement.

Emerging Personality Disorder

A Viewpoint outing to Cambridge to a conference held by the Care Services Improvement Partnership gave us some interesting insights into the development of personality disorder in children and young people.

Among the academic speakers, Professors Sheilagh Hodgins (King's College, London) and Ron Best (Roehampton University) stood out. Professor Hodgins emphasised that children with conduct problems need to be treated as early as possible. Each child is an individual and the treatment needs to be adapted to their strengths and weaknesses.

The serious subject of Prof Best's presentation – deliberate self-harm – did not prevent his talk being lively and amusing. Such acts, he said, are not always done with deliberation, are frequently not aimed at the self and are sometimes not even harmful. Self-harm is a spectrum on which we all have our place, for example with cigarettes or alcohol.

Maggie Hodgson is a carer and a true 'expert by experience'. She gave a moving account of how her family life was devastated by mental illness and cancer. Courageously, Maggie spoke of the faith, hope and love that persist in her family – 'a family reconfigured', as she now sees it.

Dr Manuela Sapochnik, a clinical psychologist who works with young people when they leave care and face adult life stressed how, before starting psychological work, she endeavours to help clients with practical problems such as benefits and housing, often using text messaging and "accidental on purpose" meetings instead of formal appointments (which clients often fail to attend), and encouraging them to recognise their own strengths and so improve their self-esteem. Her clients, she said, need someone who is "doggedly on their side" – surely an attitude we would all welcome from the healthcare and social care professionals we meet!

Martin Bragg



'Now is the Time' support group Ware

Have you been given a diagnosis of personality disorder and/or are driven to harm yourself to feel better?

If you live in South East Herts, there is a group for YOU in Ware held every Tuesday afternoon. The purpose of the meeting is to have a support/therapy group to enable positive change. It is a safe place to share experiences, practice helpful techniques and to receive and provide support. This group is open ended and is by referral and assessment only. **Self** referrals are welcome.

To find out more, call **01920 486748** and leave a message on the answer phone. Kate will call you back.

To calm and balance mind and body: The Feet and Hands Hookup

This is particularly good when feeling upset, distracted, unfocused, or hyperventilating.

- Sit with your left ankle over your right ankle.
- Put your arms out, thumbs facing down.
- Put your right hand over your left hand.
- Entwine your fingers.
- Draw your entwined hands under and up, to rest under your chin.
- Rest your chin on your hands.

Sit like that, relaxed and breathing deeply and gently, for a few minutes. Observe your thoughts and feelings, without getting caught up in them.

People with Attention Deficit Hyperactivity Disorder may find this helpful to do each day.

*Phil Mollon PhD
Psychotherapist and clinical psychologist.*



Dare to hope!

Until quite recently there has been a morbid sense of hopelessness about the prospects of recovering from mental illness. Too often it has been assumed that a diagnosis is associated with a lifetime condition. Hence, the myth is perpetuated that the diagnosis is not so much what the person has but what that person is, leading to the whole person being defined by their illness.

When we enquire deeply enough, we can find parts of our core being that are still intact and indeed functioning. My life is still punctuated with abusive voices and disturbing visions. However, by both developing and employing strategies that restrict their impact, I can confidently and constructively focus on the lengthening periods when they are absent.

Previously, I would allow one debilitating episode after another to overwhelm me. Now I seek an accommodation of these challenges, neither being free nor consumed by them. I have altered my mindset and no longer have a passive expectation of unrelenting distress. This has not been an easy or seamless process, but I would encourage others to consider the merits of such a journey and how it might be meaningful to them.

Recovery should not be seen in the context of generic solution but as a profound and personal encounter. To have a mental illness is not the same as being mentally ill. In common with others, we have interests, skills and dreams that define who we are.

Hope fuels the desire to change. It is my contention that it is disabling to underestimate as it is to overestimate potential. We can all dare to hope of finding fulfilment in our lives.

Chris Munt

Fish oil aids recovery A service user's view

This is my experience of severe depression, and what has helped me: VegEPA. It is a patented formulation of omega-3 and omega-6 long chain fatty acids of marine fish oil and evening primrose oil which is described more fully on the website www.vegepa.com.

I was semi bedridden with depression for years. I discovered VegEPA from reading the magazine of the Depression Alliance. Two weeks after starting VegEPA, I was no longer spending all of each day in bed. I am now able to perform simple tasks, such as checking my bank statements. Chores like washing up are also possible now. Formerly, they were done exclusively by my partner. Although this may not seem dramatic, (and it was nice having chores done for me), it is a lot better than being in bed all day.

I wanted to share the information about VegEPA with as many depression sufferers as possible. I understand that it has a different formula from other omega supplements and that's what made the difference for me. It may not suit everyone and it's always advisable to let your GP know if you are on medication and want to take supplements. However, I feel that it has really helped me.

If you are interested in finding out more, I found 'The Natural Way to Beat Depression: The Groundbreaking Discovery of EPA to Change Your Life' by B K Puri and H Boyd very informative. VegEPA products can be bought from its website.

I recommended VegEPA to my local health authority and I am waiting to see if it will be put on the list of "drugs" authorised for prescription in Hertfordshire. I hope to let you know the outcome in later editions of the newsletter.

NOTE: Omega 3 and 6 can be found in other supplements and food. Viewpoint is not endorsing the sale of VegEPA but is providing the opportunity for a service user to express a view.

If you would like to contribute articles on recovery, information, poetry and artwork/photographs contact Jacqui or Tracy on **01707 328014**. If you would rather talk through your journey to recovery, we can write it up on your behalf.



Art Nouveau glass painting – Peter

Finding myself again: dealing with depersonalisation



I wish I had found out about it a long time ago. Depersonalisation disorder is the official term and, for me, it meant that I used to leave myself. Whenever it

happened, my feelings were no longer inside my body. I had no contact with them and I was lost in a void.

Although I first became psychotic in 1976 and was eventually diagnosed with bipolar disorder and obsessive compulsive disorder, it was not until the 1990s that I learnt from my psychotherapist that I also suffered from depersonalisation.

What I hope to create is a greater awareness of depersonalisation so that other people will receive their diagnosis sooner and not spend years, like I did, knowing something was very wrong but not understanding what was happening.

There are many theories about what causes depersonalisation. It can be induced by overwhelming anxiety or an early traumatic event such as child abuse. My father used to run me down, making

me feel stupid compared to my sister.

Physically, I couldn't escape my father so mentally I detached myself from all the pain. As an adult, every time my husband had to go away for any length of time, I would go into a state of depersonalisation. I felt like a robot because I could move about and do mechanical things like washing up or watching television but I couldn't do anything which involved emotions, such as writing a letter or being creative.

I would only come back to myself when I felt safe. Understanding about depersonalisation helped me to take control and, through therapy, I have learnt to live in the present and to be in contact with myself. As a result, I haven't had an episode of depersonalisation for four years.

If you would like to talk to me about my experience, you are welcome to call the Viewpoint office on **01707 328014** and they will put you in touch with me. If you would like to find out more, there is a Depersonalisation Research Unit at the Institute of Psychiatry: www.iop.kcl.ac.uk

*Margot Holmes-Smith was talking to
Jacqui Deakin*

Overcoming Body Dysmorphic Disorder



My social worker says I'm in the early stages of recovery, but if you look at where I was about three years ago you would hardly recognise the man I am today. And just recently I have achieved so much, including having my book published. 'Suicide Junkie' follows my life from childhood, asking the question, why did I become mentally ill? I

guess, as with most mental illnesses, it is probably a combination of factors: genetics and exterior influences. I had a bad time at school and felt like a black sheep amongst my family and peers. At fifteen I began to feel monstrously ugly and fixated on it so much that I had to wear make up and hide away whenever I could. Along with

that, suicide ideation and self harm became a problem and by eighteen I had made a serious attempt to end it all.

My life was a struggle, spending hours every day trying to get my face looking human. I would be late for work everyday, if I made it all, and it soon became so bad that I attempted suicide again. I can now count 7 serious suicide attempts and tens of self harming episodes, but I am better, so what has changed?

I have been on lots of different medication but I never told the psychiatrist about my skin obsession. After a very close touch with death, I told all and he was able to diagnose me with body dysmorphic disorder (BDD) and treat me with Clomipramine. Within two months the pills had begun to work and my skin

began to magically fix. It hasn't left me completely, but knowing I have BDD rather than a hideous defect has allowed me to function better. Meeting my wife, leaving my job due to my illness, and taking new meds, are all positives helping me stay well. Without the stress of structured work, becoming a trainer with Viewpoint and giving talks about my condition and with my book out there helping fellow sufferers, I am, to a degree, recovered.

S Westwood

Suicide Junkie by
S Westwood costs £10
and is published by Chip-
munka Publishing
www.chipmunkapublishing.com
www.swestwood.com

VIEWPOINT TRAINERS

Greetings Viewpointers!

Have you ever wondered how you could:

- increase understanding & awareness of your condition,
- improve services, • gain in confidence, • assess your progress,
- set & achieve new goals, • break stigma whilst -
 - having fun,
 - making new friends,
 - receiving expert training & ongoing support in comfortable surroundings- expenses paid & a free lunch to boot
 - with the promise of future work, voluntary & paid?

Look no further! The Presentation Skills course does all this and more. Of course, there are "highs & lows" in the process given the difficulties we each have and do face, let alone talk about them openly! I'd recommend having a good think about any support you might need, take advice and make sure it's in place for when you start the course.

I would further add that the training is done whereby you gradually become more accustomed to speaking to groups of people using increasing exposure with techniques you learn over 8 weeks. Personally speaking, it's hard to shut me up now! Don't forget we are experts in our fields!

Chris Lawrence



Members of Viewpoint Training Group

'Presentation Skills' 8 week course

**Starting Thursday 13th Sept 2007
11am-3pm Old Hatfield**



The aim of the course is to give mental health service users the skills and confidence required to tell your story (journey) through mental illness to a group of professional workers and other service users.

Reasonable travel expenses will be paid and lunch is provided.

To sign up for this FREE course, contact Tracy or Helen at Viewpoint on [01707 328014](tel:01707328014) or info@hertsviewpoint.co.uk

"All you need is the courage to commit"

Viewpoint trainers are available to give talks on a range of experiences including: schizophrenia, anxiety, bipolar disorder, depression, personality disorder, body dysmorphic disorder and depersonalisation.

Call Helen or Tracy on [01707 328014](tel:01707328014) to discuss your training needs.

Somewhere to go!

A personal view by Andrew Henry Smith

As a service user living in Stevenage, I have a dream of setting up a well-equipped and viable drop-in to help people recover from mental illness. Come and help make that dream come true!

In 1997 the service users of Stevenage, with the support of our partners in health and social services, conducted a series of forums and I acted as facilitator. The culmination of this piece of work was an open day at the Stevenage Leisure Centre where numerous professionals attended and were briefed on the priorities and future service proposals as envisioned by the forum members. 'The main priority,' said service users, 'is a drop-in facility requiring no professional referral with extended opening times.'

We were encouraged to explore 'blue sky' thinking. I envisaged the 'Camelot Centre', a large building with a glass dome, a community resource open to all with meeting rooms, a kitchen and a 'creativity suite'.

Here in 2007, ten years later, we are

still, as a local group, trying to bring about the establishment of a drop-in facility.

The recent Stevenage Centre regeneration proposals included, within a redesigned civic area, a 'discovery centre', which will combine the library and museum. I propose that within this complex a community drop-in facility is located. Local medical professionals, including GPs, are very interested in creating a 'focal point for the journey to recovery'. What better place to site a facility for our recovering citizens than within the very heart of the civic community?

The local Stevenage Survivors Forum, excellently supported by Viewpoint, is leading the way to bring about 'somewhere to go' for service users. New members are very welcome. Come along and get involved! Help create something great for Stevenage!

NB: This is an abridged version of the article. Full details are available on our website:

www.hertsviewpoint.co.uk

Stevenage Survivors Forum meets every second Tuesday of the month and is a friendly and relaxed opportunity to talk about mental health services. Call Christiana at Viewpoint for more details: [01707 328014](tel:01707328014).

Books on Prescription – any suggestions?

Viewpoint assisted with the original choice of books. See the article on the front page for full details. There will be a review of the list at a later stage.

Are there any books which you have found helpful and think might help other people?

Give us a ring if you have any suggestions on [01707 328014](tel:01707328014).

'Dealing with mental illness' VIEWPOINT DVD!

Viewpoint has produced a DVD as a training tool for staff who want to gain an insight into mental illness from the perspective of those who use adult mental health services. It plays for 24 minutes and looks at:

- How it feels to experience mental illness
- What helps in the process of developing good mental health
- The way forward to improve mental health services

See the whole person and not just the diagnosis is the message.

If you would like more information about obtaining copies of the DVD, please contact Jacqui Deakin at Viewpoint on 01707 328014 or email jacqui@hertsviewpoint.co.uk



WORLD MENTAL HEALTH DAY

10th OCTOBER 2007

Mental Health in a Changing World: the impact of culture and diversity



This is the theme for this year and an opportunity to celebrate World Mental Health Day.

World Mental Health Day is an initiative of the World Federation of Mental Health. More information is available at: www.wfmh.org

Harmony and Happiness

creating social inclusion

FREE VIEWPOINT CONFERENCE!

Social inclusion – not an illusion

Tuesday 25th September 2007

10am – 4.00pm

Campus West, The Campus, Welwyn Garden City AL8 6BX

Looking at the mental well-being of people who are usually excluded from mainstream society

Presentations

- Issues around the use of drugs and alcohol
- Perspective of black and minority ethnic groups
- Housing and homeless people

Workshops

Singing – 'if you can talk, you can sing'

Art workshops and displays – *creative interpretations of feeling excluded and included*

Exercise and green gyms – *getting involved in the outdoors*

Volunteering – *helping others, helping yourself*

A Community choir will be singing during the day

Full details will be distributed widely. If you want to register your interest in the meantime, please call Tracy on 01707 328014.

Artwork by Sue

Renaming mental health unit

The staff at the Mental Health Unit of Queen Elizabeth II Hospital in Welwyn Garden City and Viewpoint would like to thank everyone who contributed to the competition to choose a new name for the Unit. Although the suggestions were advertised in our newsletter as well as at the hospital, not enough people voted to make a decision. It has therefore been decided that the competition will be held again when the new garden is opened.

ARE YOU A CURRENT OR PAST USER OF MENTAL HEALTH SERVICES IN HERTFORDSHIRE?

Would you like to help improve mental health services in the county? Then Viewpoint would like to hear from you.

- ❖ Viewpoint exists to empower and support people who use or have used mental health services to be part of the decision making process. We do this by bringing together interested groups and individuals to get involved in the development, provision and monitoring of mental health services.
- ❖ We work with local user groups across the county to ensure users can take part equally, wherever they live in Hertfordshire.
- ❖ We offer support, training and travel expenses to Viewpoint meetings.

To join Viewpoint, please fill out the slip on the back page and return to us

Viewpoint is a registered charity number 1105423

LIGHTS

Bright lights like Blackpool, but this is no holiday.
 Fluorescent lights showing the many imperfections of the ward.
 12.30am all the lights turned on, shouting, a new admission.
 Narrow beams of light from outside your room, stopping you sleep.
 At night, the ward lights are turned off, people restless, never quiet.
 Woken up at 7.30am, corridor lights turned on, morning shift arrives.
 9am, bang on the door, bedroom lights turned on, no time to wake up, medication.
 Open the fridge door, the light highlighting where your food should have been, stolen.
 The constant glow of light from cigarette butts, producing a cloud of smoke.
 The large ward round room, no natural light, fake.
 Sitting in the garden, warm light from the sun, in the outside world.
 The light surrounding the silhouette of your family and friends, standing at the door, ready to embrace you.
 The light they bring to the dark ward, making you feel safe and loved.
 There is light at the end of the tunnel, stay strong.

Lucy Johnston



Expressionist techniques (acrylics) – Sue



Art Nouveau glass painting – Cathy

To Love

Of love I know a little,
 Of heartache quite a lot,
 And when my heart's in trouble
 I know he loves me not.
 To love is more important
 Than to be loved in return
 Like giving and receiving
 The former you must learn.
 So love your neighbour as
 yourself
 You'll always have a friend
 And life goes on, just like a song
 On that you can depend.

Virginia Coan

The artwork on this page, the conference advert on page 6 and the contributions box on page 4 were completed during the Modern Art Movements Course run by Mind in Mid-Herts (tutor Renata Grabauskaitė). For more information about this and other courses, please call 01727 865070.

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If you would like more information about Viewpoint, contact us on 01707 328014, or complete the reply slip below and send in an envelope with no need of stamps to Viewpoint, FREEPOST NAT8850, Welwyn Garden City, Herts, AL7 1BR.

Name:

Address:

Telephone number:

Email:

What are you interested in? (Please tick as applicable)

Local forums

Helping with mental health promotion

Training

Attending meetings with service providers

Receiving the newsletter

Being on our management committee