

## Two Success Stories

### Viewpoint Conference



Valerie and Alison's presentation underway at the start of the conference

On the 6th October 2006, over 130 people came to our conference in Welwyn Garden City to celebrate developments in service user involvement and to hear the latest news about services. Throughout the day there were humorous sketches by the Can't Believe We're Not Better Theatre Company and Lithium (a rock and roll duo) played a varied set of music during lunch. Beautiful art works created by service users were supplied by the Community Support Team at Silver Birch in Hitchin and the Mental Health Unit at the QEII Hospital in Welwyn Garden City. There were also information stalls from local charities and service providers.

Presentations were given by Valerie Pinkerton and Alison Jones of Way2Work (Mind in St Albans), Marion Janner of the Star Wards initiative to improve conditions for in-patients and members of the Viewpoint Training Group. Suzanne Nash, a PhD student at the University of Hertfordshire, described how accessing higher education with effective support from the University helped her to regain good mental health.

In the afternoon, there were workshops for users and carers on Direct Payments, Joint Commissioning and the new Recovery Centre.

**Viewpoint would like to thank all the presenters for their enthusiastic and inspiring talks.**

Dennis Edwards, Project Manager of Viewpoint, introduced the launch of an Awards Ceremony at the Viewpoint AGM on the 24th November. The aim is to acknowledge groups, individuals, services and initiatives that have helped service users to participate in service provision in a meaningful way. We would also like to recognise those who have supported service users either on a long-term basis or at a particularly stressful time. The awards are voted for by service users and carers who have a choice of 8 categories. Nominations forms were distributed to everyone at the conference and to all our contacts.

There have already been interesting and heartfelt nominations sent in. It seems like there is a lot of good work and practice in Hertfordshire to celebrate!

### Guideposts' Fairytale Success: Cinderella Attends Ball

In my time with Henry Smith House (HSH) drama group, I wrote scripts for mental health-related versions of Robin Hood and Aladdin, but with Cinderella it's hard to know where to start.

OK, let's try: it's June 2006 in Watford, and Prince Charming (HSH assistant manager, Leslie) has taken leave of his senses. He proposes that Guideposts Trust holds a Charity Ball to mark World Mental Health Day. We have no experience of organising such a big event and have little more than three months in which to do it, while those ugly sisters, Apathy and Inertia, represent the lukewarm initial response of clients to the whole idea.

Enter two Fairy Godmothers: Corrina (distinguished contributor to Viewpoint's activities)



Corrina, Katy, Leslie & Martin

and Katy (bright new member of staff). Without them, our Ball would have come nowhere near to happening. Their first success is to elicit from Park Inn hotel (ideally situated in St Albans Road, Watford) the generous offer of their Plaza Room as a venue, with no charge for hiring the space. The Prince's plans don't look so crazy now. We can really make this event happen, but what can we do with a problem

like Cinderella? Unconvincingly disguised as me, she has joined the organising committee, but she has an avoidant personality disorder and isn't very keen to go to the Ball. Like most clients, she's accustomed to feeling socially excluded, has bouts of anxiety and depression and doesn't feel at all confident about "dressing to impress". This Ball stuff is new territory for her, and the disturbing thing about new experiences is the way they can begin to change your perception of yourself. Cinderella sees that this was Prince Charming's subversive intention all along.....

So, on Saturday 30th September at the Park Inn, Cinderella did go to our Charity Ball, and so did nearly 200 other people, including many Guideposts clients, raising over £1,000 for Guideposts Trust funds and increasing awareness of our work locally.

Many thanks to all those people and organisations, too numerous to list here, who helped, contributed and attended. Prince Charming didn't propose marriage to anyone because (a) no glass slippers were available, and (b) his wife wouldn't let him. I believe the success of our Ball owed more to hard work than to beginners' luck. Let's hope so, because we're planning to do it all again next year.

Martin Bragg



# Mental Health Media Awards 2006

**‘It seemed a good idea at the time to take off all my clothes. But I was in Scotland and in a police cell. ‘Is there anything I can get you?’ the police officer asked. ‘You can get me a bottle of your finest champagne!’ ‘Got half a can of Irn-bru. Will that do?’”**



*Alistair Campbell, keynote speaker at the Mental Health Media Awards 2006*

That was one insight into Alistair Campbell’s ‘24-carat crack up’, as he described it.

As keynote speaker at the Mental Health Media Awards, he gave an inspiring talk about his recovery. He went on to achieve an unprecedented high-profile as Chief Press Secretary and Director of Communications and Strategy to Tony Blair. In view of his mental health history, it

wasn’t a role he had taken on lightly.

‘I’m not worried, if you’re not worried,’ was the response of the Prime Minister.

‘What if I am worried?’

‘I’m still not worried.’

The Mental Health Media Awards recognise and celebrate the

best portrayals of mental distress and reporting of mental health issues in the media. The ceremony was at BAFTA headquarters (British Academy of Film and Television Arts) on World Mental Health Day, 10th October, and Dennis and I were part of the audience.

All the winning programmes successfully challenge the misinformation and stereotypes that surround mental health, and, most importantly, include the voices of people who have experienced mental health problems. There were 11 categories, including TV documentary, soaps and continual drama, TV and radio news, and a new category, print, won by The Independent on Sunday for ‘Prozac Nation’. Full details of the winners can be found on the website [www.mhmawards.org](http://www.mhmawards.org). One of the most moving accounts of mental distress was by a Herefordshire farmer who won the Speaking Out Award. He had been interviewed on local radio about his suicide attempt, highlighting the difficulties facing many farming communities.

Attracting journalists, broadcasters, producers and those from the world of mental health, the ceremony is an annual event which makes a positive contribution to reducing stigma and creating a greater awareness of mental health and distress. **Jacqui Deakin**



*Eastenders Lacey Turner (Stacey Slater) and Gillian Wright (Jean Slater) after picking up the Soap Award.*

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## Patricia Hewitt Says Cut !

After months of waiting, the Secretary of State for Health has finally made a decision about the cuts to mental health services in Hertfordshire, amounting to £5 million. Against the views and concerns of users and carers, Patricia Hewitt has agreed that all the cuts should go ahead apart from the Early Intervention Service. Viewpoint is greatly disappointed with this result but will not give up. It is now highly important that we are involved in monitoring the effects.

**If you can show that the support you receive or hoped to receive has changed or been cancelled as a result of the cuts, please contact us so we can pass this directly to the commissioners of mental health services.**

Rosie Winterton, Minister of State for Health Services, had agreed to come to Hertfordshire to meet users and carers but, unfortunately, cancelled at late notice due to ‘Parliamentary commitments’. We have not yet received an alternative date. If you wish to write to the Minister about the services in Hertfordshire, you can send your views to: Rosie Winterton MP, House of Commons, London, SW1A 1AA

## New User Trainer Project Worker

Due to the continuing success of our Training Group and new demands from a diverse range of training purchasers, it was decided that Viewpoint would advertise for a new post for a part-time User Trainer Project Worker. We were able to do this by securing a bid for funding from the Dept of Health via Adult Care Services. However, initially we have only been funded for a one year contract for this new post. The vacancy has been advertised in local papers and was sent out to those on Viewpoint’s database. The new member of staff will be responsible for supporting and developing service user trainers. They will also help design mental health training courses which will be delivered to voluntary and statutory organisations in Hertfordshire. Our new team member will be a welcome and valued part of the Viewpoint staff.

## Confused about mental health? The Wellbeing Website is the way forward !

One of the issues raised by our members again and again has been the lack of information about mental health available to them. Viewpoint is looking to develop a new website for Hertfordshire which will provide a central resource for information relating to mental health and wellbeing. Designed to be self sufficient, the website will be run and updated by people who have an interest in mental health. Service users, carers, psychologists and psychiatrists will all be able to add stories of interest, including details about medication, new services and the latest outcomes of research projects, once they have agreed to the terms and conditions of use. A group of Viewpoint members will also be paid to train others to be ‘website administrators’.

If you are interested in getting involved or would like to tell us what would be useful on the website then please contact Simon at [simon@hertsviewpoint.co.uk](mailto:simon@hertsviewpoint.co.uk) or 01707 328014.

# Achievements over the last year

We held our Annual General Meeting on 24th November 2006 and voted in the new executive. Our Annual Report will be submitted to the Charity Commission in the New Year. Here are some of the highlights over the year:



Simon des Forges (Viewpoint), Sue Reeve (Carers in Herts), Rosie Winterton MP, Iain Wright MP, and Charles Walker MP

**Strong involvement over the last 8 months in the campaign against the cuts to mental health services. Working with 14 other mental health organisations and our members we achieved:**

- Over 4,500 signatures against the cuts
- Coverage in the House of Commons on numerous occasions including a dedicated 'Adjournment debate'
- Coverage on national radio, local television and radio and newspapers and national mental health magazines
- A meeting with Rosie Winterton MP at the Dept of Health, asking her to visit Hertfordshire to meet with users and carers to hear their views
- Repeal of Early Intervention Service

- Crisis cards designed by service users with our support and distributed by Herts Partnership Trust (HPT)
- Facilitation of 'Investing In Your Mental Health' consultations for Strategic Health Authority
- Facilitation of consultations for HPT seeking Foundation Status
- Contribution to research for services in Hertfordshire for people with personality disorder including visit to pilot project, The Haven, in Colchester

- New forum set up for students at the University for Hertfordshire, to be developed into a self-help group
- Facilitation of Albany Lodge Service Improvement Project
- New Service Users' Forums started in Bishop's Stortford and Hitchin
- Conference held celebrating service users' successes with over 130 delegates
- Start-up funding obtained by Stevenage Survivors' Forum with our help to open a drop-in/charity shop

- Development of very successful Training Group with 20 user trainers involved in 84 training activities for organisations such as the police, HPT, Herts University and the Samaritans
- Funding obtained for new worker to support Training Group

- Funding obtained for a 14-seater minibus including two places for people using wheelchairs

- **Production and distribution of DVD, 'Dealing with mental illness' (see right)**
- **Redesigned and expanded newsletter, first published Spring 2006, with more service user articles and distributed to 1,500 service users, voluntary and statutory organisations**
- **Invitation to book launch of 'Star Wards' by Marion Janner at House of Commons with Cherie Booth QC, as guest speaker**
- **Publication of article, 'Stories without Stigma', in UK Writer, quarterly journal of Writers' Guild of Great Britain.**

## VIEWPOINT DVD! 'Dealing with mental illness'

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](mailto:jacqui@hertsviewpoint.co.uk)

# A Haven for people with personality disorder



At the end of September, twelve service users and Viewpoint staff visited The Haven Project in Colchester to see how a unique and effective service works.

The Haven Project is part of a national pilot scheme funded to offer day services, support and treatment within the community primarily for persons with a diagnosis of personality disorder, many with a dual diagnosis. With funding from the Department of Health, The Haven attempts to empower a previously neglected group thought to be largely resistant to treatment. Just over 100 people are currently using the day services on offer, and four beds for residential respite can be called on.

The project is structured in a tiered approach with different levels of engagement recognising persons at different stages of development. Safety is a key feature of daily life at The Haven and positive efforts to improve life skills and learn coping strategies are rewarded. A new treatment, Dialectical Behaviour Therapy, (DBT), developed in the USA, aiming to find common ground between opposing viewpoints, is available.

Challenging behaviour and self harm, such as cutting, overdosing on prescription medication or illegal drugs, (including alcohol) is dealt with by a short exclusion from the building, as agreed in an 'acceptable behaviour' policy. Contact with staff is still possible via the telephone. Consequences for transgressing the rules of the building have been designed during discussions at communal meetings. Boundary reviews, also involving service users, have recommended that fresh wounds are kept covered up.

Residents, staff and visitors have built up a sense of ownership and belonging at the Haven through transforming a structurally sound but neglected and tatty old building into a bright and welcoming space with an air of purpose and calm. Many interesting

features have been added to the charming gardens and the commitment of The Haven clients was in evidence as several people carried on working outside in the misty rain as we arrived.

Graduates from The Haven join the 'transitional recovery group' which is working towards designing a strategy to contend with the problem of how to effect social inclusion when moving on from The Haven. The project is actively working towards not being treated as a service in isolation from other services or viewed as an 'end of the road'.

Looking to the future, the project is setting up an 'access planning group' and is researching how they can better involve carers and families in all aspects of the recovery process. A funding review is due in 2007. Heather Castillo CEO is fairly confident that savings in expensive hospital care have already demonstrated cost effectiveness as well as providing a model suitable to be considered as an example of national 'best practice.'

If you would like to find out more about the project, contact: The Haven Project, 1 Glen Avenue, Colchester, CO3 3RP, 01206 287316



Andrew Henry Smith

Andrew Henry Smith

**'Good place with lots of amenities including an allotment which is very important as gardening is therapeutic and relaxing.'** *Phil Lawrence*

**'The development of services for people with personality disorder is long overdue. I hope this kind of initiative is adopted more widely and will benefit both service users and staff.'** *David Grayson*

**'It was an enlightening experience to see how the project was set up. One is badly needed in Hertfordshire.'** *Chris Munt*

**'Very pleasant environment and staff serving people with mental stress in the community.'** *John Carling, Vice-Chair, Viewpoint*

**'Haven on Earth – hope it will prosper and grow as an idea to others.'** *Colin Little*

## How to beat schizophrenia

Schizophrenia normally hits vulnerable people in crisis and sometimes they can go on for a lifetime being plagued by voices, playing on their vulnerabilities, keeping them down. The medication doesn't necessarily work.

The psychiatrists will tell them the voices are 'self' manifesting from the subconscious although many sufferers believe they are beleaguered by another dimension. This is my belief and over the years I have sought various spiritual expertises to try and solve the problem; absent prayers, hands-on healing, visualising various forms of protection for the whole being, and even exorcism:- all have failed.

However, it has recently been pointed out to me that my crown

chakra (one of six energy points on the body) was permanently 'open', letting in all and sundry, and I needed to find ways of closing it down. I have discovered simple muscle-flexing around the area to tighten it up (like physiotherapy) and this has been the way forward for me together with a little visualisation of filling the void with 'putty' or 'zipping' it up when I get tired. It is hard work, like repairing an injury, but has truly made a difference. I stress that this is what has worked for me – others may find their own deviations, and I would urge them to try their own closing down exercises.

Should you have any success along these lines I would be pleased to hear from you, via Viewpoint, in order to put these experiences to further good use.

Wishing you all good health.

Lesley

# Art and faith in the process of recovery



The title of Andrew Henry Smith's piece in the last newsletter, 'The importance of artistic process in mental well being', really struck a chord with me. For me, creativity and art is a release, a joy and a way back to wholeness.

I have had episodes of mental illness since I was 16 and it was while I was in hospital that I first did art therapy. When I

am at my most ill, I can't draw or paint but instead try to do cross-stitch which helps my concentration. I find it very soothing to simply thread a needle and stitch a repetitious pattern with beautiful colours. Then, later on I will start to paint rather than draw. I find that a brush which flows and doesn't resist, as a pencil does, helps. After a while I can draw again and it lifts my mood and I receive a deep sense of joy, knowing that it is not a false high. There is something rich and satisfying and totally absorbing about artwork which takes me out of myself.

When I was 17, I did a foundation course in art and started a degree in graphic design but fell ill half-way through. However, I continued drawing and have had two covers for plays published. One was for 'Peter Pan' and the design was approved by Great Ormond St Hospital which owns the copyright in the play. The other was for a play for the Queen's Silver Jubilee. I have also written and illustrated my own children's stories.

My faith has also helped me through my illnesses. I am a Christian, a Catholic, and believe in God's power and in ultimate good. St Julian of Norwich, born in the 14th century, is an inspiration. She suffered a severe illness in her thirties and had a vision that suffering had a purpose.

One of her sayings in particular helps me through my bad times: 'All Shall Be Well and All Manner of Things Shall Be Well.' I use the spiritual strength I have gained in my art and recently held an exhibition of religious work.

The Richmond Fellowship Employment and Training Services in Barnet has been instrumental in my recovery. They offer an employment, training and work placement service for people disadvantaged by poor mental health. I started a computer graphic design course and then was offered the opportunity to stay on as a volunteer with the arts activities. By helping people with their artwork, I was able to use my own experience both as an artist and as a service user.

Up to that point, my art had been for myself but as a volunteer, it has become much more fulfilling. I am able to help others to use colour to express themselves and I find it very, very rewarding.

I have a place on a two day art therapy course at the University of Hertfordshire in November. My hope for the future is to use my knowledge to develop my role and to aim for paid work in arts based projects as well as to continue to enjoy doing my own artwork.

*Virginia Coan was talking to Jacqui Deakin*

## Join the resistance!

I have been asked to write something about my 'recovery' because my experience of passing a PhD, and starting full-time work as a researcher, can be seen as a 'success story' for someone who has had mental health problems for almost 14 years. There are inverted commas around 'recovery' and 'success story' because I know that what constitutes recovery is different for every user/survivor of mental health services, and you don't have to pass qualifications, or even get paid for working at all, to be a success.

I had my first psychotic breakdown within a month of starting my BA studies. I managed to survive the first year and was told that my academic work was good. Since that time I have worked in a number of part-time jobs to pay for my studies and this has confirmed my belief that university life, although stressful, is not as stressful as life on the minimum wage, or claiming benefits for that matter. So, in many ways my choice has been pragmatic even though it is what I want to do

and enjoy doing. That said, there may be things which helped my recovery which may help you. They include: building a spiritual relationship with God; living with people who love me and support what I am doing (in my case my parents); Omega 3 oils; Olanzapine; giving up alcohol, cigarettes, and meat; and taking regular exercise.

My PhD is about the user/survivor movement. I wanted to put something back, so over the past 7 years I have volunteered for a number of groups (including Viewpoint). The experience of working with user/survivors for the common goal of helping others to empower themselves has been vital in my own recovery. My PhD is about the user/survivor movement and analyses the effect that formal funding arrangements have had on it. I conclude that user/survivor activists don't want to provide advocacy, user involvement and/or even self-help services that are as formal and faceless as the NHS. User/survivor activists are trying to

prevent this from happening by using different resistance tactics when they talk about why and how they do their work. If you want to join the resistance, I think getting involved with Viewpoint is a good place to start.

If anyone would like further information about my research, please contact me at [david.armes@beds.ac.uk](mailto:david.armes@beds.ac.uk)

*David Armes*

**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.**

See page 6 for details if you want to contribute to a recovery booklet produced by HPT and the Centre for Recovery.

## Centre For Mental Health Recovery

This exciting new initiative based at the University of Hertfordshire has been set up to provide education and training with a recovery based approach to service users, carers and staff from any agency in Hertfordshire which works with people with mental health problems. The aim of the Centre is to assist in the transformation and improvement of mental health services, learning from people who have lived experience of mental illness. It is vital, therefore, that service users and carers assist in the design and delivery of education and training courses.



If you would like to get involved or find out more, contact Graham Munn, Centre for Mental Health Recovery, School of Social, Community and Health Studies, University of Hertfordshire, College Lane, Hatfield, AL10 9AB. Tel: 01707 284483, email [G.Munn@herts.ac.uk](mailto:G.Munn@herts.ac.uk)

## Mental Health Recovery Booklet

Hertfordshire Partnership NHS Trust and the new Centre for Mental Health Recovery at the University of Hertfordshire are working together to produce a 'Recovery' Booklet which will contain personal stories of recovery written by people with experience of mental ill health.

This booklet will be used to give hope and inspiration to the 1 in 4 of the Hertfordshire population who will at some point in their lives experience mental health difficulties and will also be used to train and enlighten mental health students and staff.

Mental health worker, Jo Burnham, has herself experienced mental ill health and would like to receive positive stories of hope and recovery from people to include in the booklet. Jo says, 'hearing stories from people who know what it is like to be unwell and recover, is perhaps one of the most powerful and inspiring messages that can be given to others'.

Jo has written a personal recovery story to share with others and is very keen to hear from anybody in the community who would like to contribute to the booklet. To receive a copy of Jo's story or to submit your own story for the booklet, please contact Jo on 01727 897761 or [joanne.burnham@hpt.nhs.uk](mailto:joanne.burnham@hpt.nhs.uk)



Mind in East Hertsmere  
Registered charity No 1022332

## Volunteers needed!

Can you spare a couple of hours on a regular or occasional basis? Mind in East Hertsmere is looking for volunteers to help:

- at the drop-in groups held on Monday and Thursday afternoons in Borehamwood
- in the office at Potters Bar
- on the management committee

If you are reliable and want to help people with mental health problems, give us a call. We can provide some training and out of pocket expenses. Call Leah Bretton on 01707 659455 for an informal chat about how you might get involved.

## Albany Lodge: Client Discussion Groups

With help from the ideas of Viewpoint members, Albany Lodge Mental Health Unit in St Albans has now run two educational programmes for its clients and carers. Lasting 6 sessions per course, subjects such as 'Myths about mental health', 'Medication and side effects' and 'Recovery' have been covered and people have been given the opportunity to ask the questions which they may have previously felt unable.

Feedback has been good and the project team will now work to evaluate and improve the course accordingly. One client at the 'Myths' session commented that it felt very comfortable and made him feel that the clients and carers were leading the session rather than being talked at. A big thank you goes to all the members who contributed their ideas and expertise to the project and we hope you will continue to be involved in the opportunities we provide.

## Redesign of Services - Have Your Say!

Many local services are being reviewed not only with the aim of saving money but to provide services in line with the proposals reached in the recent consultation, 'Investing In Your Mental Health.' We are always looking for people to be involved in the planning of redesigned services. For example, it is proposed to deliver more mental health services in doctors' surgeries instead of at Community Mental Health Centres. Your views are important! We can support you to have a say about how new services should be delivered. The Project Workers who work in your area are listed on the back page and would be pleased to hear from you.

# CTX

charity technology exchange



Viewpoint is one of over 200 charities that have already taken advantage of a new programme launched on 1st July 2006 by Charity Technology Trust (CTT), a UK registered charity. CTT's Charity Technology Exchange Programme distributes donated Microsoft software and other donated technology products to UK charities. All the most popular Microsoft products are available to charities for a nominal administration fee. To find out more about the programme and how to register, go to [www.ctxchange.org](http://www.ctxchange.org)

## Free legal advice and information!

**Community Legal Service Direct**

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



### Web information

If you live in England or Wales and want free high-quality legal information to deal with your legal problems, Community Legal Service Direct can help.

### You can:

- read free legal information leaflets or legal help factsheets
- search for a high-quality local legal adviser or solicitor
- search for legal information from a selection of the best advice websites in the UK
- find out if you qualify for legal aid

### Phone advice

If you qualify for legal aid, call our national helpline **0845 345 4 345** for free advice about benefits, tax credits, housing, employment, education or debt problems.

## Having problems with your drug treatment?

### We can help!

Call us on  
**0845 122 8608**

Or visit our forum at  
[www.m-alliance.org.uk](http://www.m-alliance.org.uk)

We are a user-led organisation.

We've been there ourselves.

We really can help.



## The Alliance

Taking treatment forward

The Alliance's National Model of Advocacy is funded by the Department of Health. The Methadone Alliance is a Registered Charity (Number 1081554) and a Limited Company (Number 3934379)

## 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

## In a wild garden



**In a wild garden.  
I will build my world again.  
From a life gone by.  
You can only forget.  
I will build my heart again  
In a wild garden.  
Where life grows in abundance.  
I will not desecrate  
With concrete dreams.  
In a wild garden.  
Where time is precious and forever.  
In a wild garden,  
The tender heart never seizes  
Just to please.  
In time passing,  
The earnest soul  
Must renew it constantly.  
Even amidst stained tears.**

**P. C. Vealey**

## In My Quiet Garden

In my quiet garden,  
There is nearly peace again.  
Breaking out  
All the things I cannot change.  
All the sadness of this living page.  
In my quiet garden,  
The solace of the new morn.  
In my quiet garden,  
I can rebuild and be renewed.  
The old pains are more distant and  
Less framed and chained.  
In my quiet garden,  
There is fresh bud, new song.  
Late blossom, unseen seeds.  
There is nearly peace again.  
New worlds, new life  
Breaking clear,  
Of all the events  
I cannot erase.  
All the sadness of this living age,  
Of my quiet garden.  
A world away  
From you and I,  
Me and everyone else.



*P. C. Vealey*



## Thoughts to inspire

**'Enlightenment is a journey and not a destination.'**

*Chris*

**'Without hope it is impossible to find the unexpected.'**

*Chris*

**'People do not light a lamp and cover it with a bowl or put it under a bed.**

**Instead, they put it on a lamp stand so that others will see the light as they come in. Whatever is covered will be found and brought to light.'**

*Luke 8.16 -17 Good News Bible*

*Contributed by Chris Munt*

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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