

Support for mothers at risk

"You must be mad!"
"Why on earth do you want to do it in winter?"
"Oh aren't you brave!"

These are some of the comments my husband, Matthew Wilmer-Barbrook, and I have received since booking our tandem skydives for February 6th 2008. So are we mad? No we are not mad but I have suffered from severe postnatal illness which long ago would have been described as a sort of madness. Matthew suffered greatly as he lost both his wife and best friend for a long time.



As Chair of the charity Hertfordshire Postnatal Illness Support, I wanted to draw the public's attention to the work of our charity which is run by mums who have had postnatal illness and recovered. Our work throughout the year is to offer

support, information and advice to ill mums. We also have a team of support dads who look after the dads during this stressful time. Our tandem skydive is to send out a message of hope to all ill mums that they are not alone with their postnatal illness and our charity offers telephone, group and email support throughout the year. Also, we are jumping 13,500ft to raise much needed funds to keep up the publicity work for the charity to ensure as many ill mums as possible know how and where to get help. One in ten mothers suffers from this illness. Most of us know someone who is ill even if we don't realise it!

Finally, to address the comment "Oh aren't you brave!" To jump out of a plane is not brave but to suffer the effects of postnatal illness and survive them, we believe is true bravery.

Matthew and I are daring to jump out of a plane in order to break the taboo surrounding this illness. Please help women to beat this terrible illness and sponsor our charity skydive.

Please contact Charlotte Wilmer-Barbrook on [01727 826627](tel:01727 826627) or www.postnatalillness.co.uk, www.postillnesscounselling.co.uk
Further support at The Association for Post-Natal Illness
[Tel 0207 386 0868](tel:0207 386 0868) www.apni.org

NEW!

Out-of-hours Mental Health Helpline

For a long time, service users and carers have said that they needed a number to call when mental health services are closed. The good news is that Herts Partnership Foundation Trust (HPFT) has responded and set up a new out-of-hours help line.



Hours of opening:
5.00pm – 9am
Mondays to Fridays
24 hours weekends
and Bank Holidays

A trained mental health professional will answer your call. If it cannot be taken immediately, you will be able to leave a message on an answerphone. The mental health professional should call you back within an hour. If your first language is not English, staff will be able to arrange for an interpreter to translate for you.

The help line is essentially a phone advice and support service. For example, you may want to know more about medication or local services or you may need some support if you are not feeling well or if you are worried about someone you care for or need more help as a carer. However, if you are having a crisis or an emergency when you phone, the helpline staff will make sure you receive the help you need.

This is a new service which HPFT will be evaluating as it develops. Please call the Viewpoint office on [01707 328014](tel:01707 328014) if you would like us to make your views about it heard.

Thank you Lucy!

All of us at Viewpoint would like to say a big 'thank you' to Lucy Johnston who organised a fundraising dinner at Sazio's in Harpenden last September on our behalf. She raised £1,255 through a raffle, a £5 per head donation and extra donations.

'Lucy has done a fantastic job and we're delighted to receive this cheque. Lucy is one of our trainers and, with her agreement,



Lucy Johnston giving Dennis Edwards, Viewpoint Manager, a cheque for £1,255

we intend to set up a fund with her donation to help other service users to further their education,' says Dennis Edwards, Viewpoint Manager. 'We'd also like to thank everyone who contributed to the meal and made it such a success.'

Mind in Mid Herts also benefited from the event with the help of Lucy's father, Richard Johnston. The Royal Bank of Scotland in St Albans, where he works as a bank manager, donated £500 to Mind in Mid Herts as part of its match funding policy for charitable causes.

'We're very grateful to Richard, Lucy and The Royal Bank of Scotland. The donation has really helped us to improve our art facilities,' says Tony Carswell, Mind in Mid Herts.

Thank you Grethe!

We are all very sorry to say good-bye to Grethe Hansen, one of the committed and long standing members of our executive who, over the last five years, has helped steer us from a small project under the umbrella of Herts Mind Network to an independent service user led charity.



Grethe has retired from her position as a Senior Lecturer in Mental Health at the University of Hertfordshire as well as from our committee. She has been a pioneer in developing courses employing service users and carers as trainers and promoting recovery.

'It seemed that once Viewpoint had its own identity and premises, it suddenly took off,' Grethe comments. 'The most exciting result is when service users tell me that, once they find Viewpoint, they don't feel on their own anymore and that they have turned a corner. My hope for the future is that Viewpoint will continue to involve as many people as possible. Ultimately, my hope is that we will have a mental health service that is good enough to make an organisation like Viewpoint redundant.'

'Without the support and commitment of Grethe, Viewpoint would not exist and we all want to say a big 'thank you' for all

her hard work,' Dennis Edwards, Viewpoint Manager, pays tribute to Grethe. 'I will miss her loyalty, sound advice and unswerving belief in the potential of service users as well as the vigorous debates and laughs. We all wish you a very happy retirement and the time to follow your dreams!'

Congratulations to Suzanne

Congratulations to Suzanne Nash, Viewpoint member and researcher, who has recently been awarded a Masters Degree from the University of Hertfordshire! The focus of her degree was on risk factors for Alzheimer's disease - what

increases the likelihood of developing the condition. The outcome of her research showed that people with a history of mental health problems seemed to be less likely to develop Alzheimer's disease than those who had no history of such problems. This finding needs researching further, as it contradicts previous research which has suggested the opposite to be true. Suzanne was also given a special award for exceptional performance and determination, as she continued with her studies in spite of periods of severe mental ill-health.



Viewpoint AGM 24th November 2007



Charles Walker, MP for Broxbourne, was the guest speaker at our third annual general meeting last autumn. He is an active champion of the rights of mental health service users and has raised in Parliament the plight of the cuts in mental health services in Hertfordshire. His address highlighted the damaging effect of stigma and discrimination and the role of the national press in influencing attitudes to people with mental health problems. 'There isn't much care and there isn't much compassion and that's what I want to see changed,' he concluded.

After his speech, our new trustees were elected and we would like to welcome the board members:

Chris Munt, Chair, Simon Chivers, John Carling, Jacqui Lynskey, Richard Johnston, Colin Little, Corrina Scott, Margot Holmes-Smith, Brian Luck and Leslie Billy.

'My hope for the future,' says Chris Munt, Chair, 'is for Viewpoint to continue to develop and, in doing so, raise still higher the status of the service user lived experience. I am determined to campaign for services being delivered in such a manner that they meet with the needs and expectations of Hertfordshire's diverse service user community. In consideration of the growing partnership work that

the organisation undertakes with service providers, I will seek with the support of the staff group, the membership and my fellow trustees to maintain our independence and original vision and purpose. Let us all look forward to the following twelve months and contribute to the vital work of Viewpoint.'



Some of the members of the Committee: Suzanne Nash, Corrina Scott, Simon Chivers, Chris Munt, Chair, Brian Luck, Margot Holmes-Smith, and John Carling

Harmony and Happiness: creating social inclusion

Viewpoint held a conference last autumn looking at the mental wellbeing of people who are usually excluded from mainstream society. Issues around the use of drugs and alcohol, housing and homeless people and the perspective of black and minority ethnic groups were raised in presentations from staff and members of Vale House, Turning Point, Open Door St Albans, Stevenage Homes, and Guideposts Trust. Service users gave powerful presentations about the role alcohol and drugs had played in their lives and the difficulties they had overcome on their road to recovery.

The aim of the event was to show how service users can join in and make a valuable contribution to all sorts of community activities. The 'Com.unity Choir' led by Chel Revens, welcomes all members of society, including people with disabilities, and the

performance of a number of popular songs provided an uplifting start to the day. Chel and her husband later led a singing workshop in the afternoon.

The other workshops also offered the opportunity to find out about getting involved in community activities. Volunteering can help you as much as other people and staff from Volunteer Centres provided information about getting involved with local organisations. Annabel Campbell from Herts Mind Network and Renata Grabauskaite from Mind in Mid Herts ran an art workshop and Dave Hobbs of Healthy Herts held a session on the benefits of exercise on mental health. Chris Baker, a service user, explained how volunteering for the charity Earthworks helped him to get fit both mentally and physically and led the way back to fulltime employment.

The National Black and Minority Ethnic Mental Health Network Fifth Annual Conference September 2007

The journey in the ward and the journey in the community'

Viewpoint sponsored the Watford African Caribbean Association to send one of their staff, Olabisi Onanuga, together with



Christiana Ashare, Viewpoint, and Olabisi Onanuga, Watford African Caribbean Association

Viewpoint Project Worker Christiana Ashare, to support a carer to attend the conference. The aim was to help her to understand service user involvement in order to support her son.

The two day event covered a vast array of issues, including the legacy of slavery, the loss of African deities, race equality in mental health services and the challenges faced by professionals and service users. One service user spoke of finding answers to his diagnosis of mental illness in his origin and spirituality by delving into his background of the Igbo tribe in south east Nigeria. Today he is a survivor and a healing priest helping others to find themselves.

'In the open forum I spoke about the delusion of mixing religion and culture together,' writes Olabisi. 'The vastness of diversity in Africa is indescribable. The worship of gods and deities has been reduced significantly by the advent of Christianity and Islam. Our focus of celebration should be our culture, appreciating ourselves as black people with the same origin but now living differently.'

One of the key themes of the conference was the view that the provision of care without cultural input is incomplete. Providers of services for BME people should be working on diversity, inclusion and fair access whilst focusing on commitment to equality of opportunity and respecting the differences.

'I found sharing in all the experiences of service users and carers at the conference enormously helpful. One service user offered to talk to my son to give him encouragement which he really appreciated as it helps to know that you are not alone,' commented the carer.

Personality disorder Service user presentation available

Viewpoint trainers prepared an hour long presentation and workshop about their experiences of personality disorder for the Personality Disorder Conference held by Herts Partnership Trust and Turning Point last November. Each member of the team has a very different perspective which provides an understanding of the breadth of the issues affecting service users. The feedback was excellent.

If you would like to gain an insight into personality disorder from people who have been given the diagnosis, contact our Training Project Worker, Helen O'Sullivan, on [01707 328068](tel:01707328068) to arrange a presentation in your workplace.

Viewpoint also produced a special edition of the newsletter focusing on personality disorder from the perspective of service users. For free copies, contact Jacqui Deakin on [01707 328014](tel:01707328014).



Promoting Mental Wellbeing in the Workplace

Training available!

Viewpoint, Cheshunt Depression Group, GuidePosts Trust and Herts Mind Network have designed a flexible three hour training course which can be adapted to your needs.

Our training can help employers:

- Recruit, retain and support employees with mental health problems,
- Adopt a mental health policy which sets out how to do this,
- Recognise signs of mental distress and prevent work related stress,
- Promote a work culture of respect, dignity, diversity and happiness!

Mental health awareness training in the workplace has been proven to improve staff retention and reduce sickness rates!

Contact Helen O'Sullivan at Viewpoint on [01707 328068](tel:01707328068) or email info@hertsviewpoint.co.uk for more information.

Double Trouble: living with manic depression



Childbirth is life changing for everyone but it was horrendous for me and the period afterwards was especially difficult, because the birth of my twins marked the onset of manic depression/bipolar disorder! From being a successful freelance writer/editor, I became a psychiatric patient and a bewildered and terrified new mother.

The stigma of mental illness was awful. My life was transformed. I felt as if I had been locked in a glass lift from where I could see life but not take part and I am very claustrophobic! I desperately wanted to get out.

Over the past 17 years, I have eased myself back into normal life by taking a series of little tiny steps, like getting up and putting on make-up before I faced the world.

I have now had the story of my illness published in a book called "Double Trouble living with manic depression" and I find myself giving talks to groups of people about it, something I have never done in my life before!

The book is the true story of my life with the illness and I have tried to make it a practical guide so that it will help others living with mental illness.

My daughters were 18 in December 2007, and they are very proud of what I have achieved despite what they have lived through and equally I am very proud of them. I know my illness will never end, but now with over 1,300 copies of my book in circulation, I feel as if it has 'come of age'.

In August 2007, I was made a "Hero of Hertford" by Hertford Churches Together for overcoming adversity and helping

others by being brave enough to publish my story. I accepted my award on behalf of everyone in the community who is battling daily with mental illness because I honestly feel we are all heroes.

Pauline Rhodes

'...in my experience people suffering from illness come from all walks of life. I have met members of the clergy, doctors, academics, tv repair men, dinner ladies and numerous others whose background I haven't even known....'Psychiatric patients' are people with an illness which happens to affect them mentally. They are often more scared of themselves than likely to harm anyone. The nature of mental illness is such that it cannot easily be understood by the sufferer or others and the media seem to delight in labeling people 'a danger to the public' when they are mentally ill. This leads to a disproportionate fear of people with mental illness and tends to make them feel even more isolated.'

West Herts (Watford) MDF Bipolar Self Help Group

Meets every 2nd Saturday of the month from 10.30am – 12.30pm in Watford

The group welcomes all people with a diagnosis of bipolar disorder and their carers and friends. We try to alternate speakers and training with self help group sessions.

Saturday 9th February – Dr Sadler, consultant psychiatrist

Saturday 8th March – self help group meeting

Saturday 12th April – Simon des Forges, Viewpoint, and Joint Commissioners of mental health services in Herts

Wednesday 30th April 2008: 10am - 4pm at the Centre for Mental Health Recovery, University of Hertfordshire, Hatfield

A free one-day taster of the "In-Sight" user-led recovery group training for people with bipolar disorder. Full training course will take place from September 2008, venue flexible. Contact Alison Wigginton at the Centre: [01707 284951](tel:01707284951) or A.Wigginton@herts.ac.uk

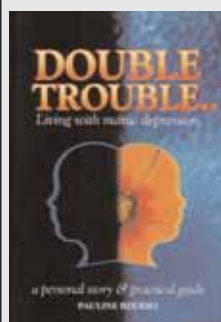
Saturday 10th May – self help group meeting

If you are interested in attending any of these events, or want further information about the group, please contact Heather Straughan on [01923 239489](tel:01923239489) or h.straughan@btinternet.com

Double Trouble Living with manic depression

By Pauline Rhodes

PRICE: £7.50 includes postage & packaging
Online: www.livingwithmanicdepression.com



PRICE: £7.50

By post: Add £1 for postage & packaging. Fourem Publications, Business & Technology Centre, Bessemer Drive, Stevenage, Herts SG1 2DX

In store: Books @ Hoddesdon; Books @ Hertford; David's Bookshop in Letchworth; Eric T Moore in Hitchin and Laxtons

Pharmacy in Broxbourne or www.mentalhealthshop.org

To borrow: Copies are also available in libraries.

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A 50p donation from the sale of each copy goes to Mind and Rethink.

No regrets

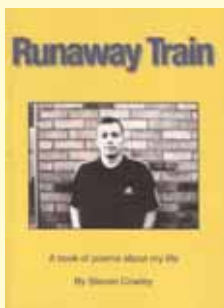
After different experiences and different pain
 I'm in a stable position with much to gain
 I don't ever look back and regret
 Many great people I have met
 I now feel good inside and not in a mess
 I still have issues especially with isolation
 But compared to a few years ago things are amazing
 I need to improve and regain my strength
 I need to interact more and not sit on the fence
 Improve my social skills and build a network of friends
 Then this isolation and loneliness will start to mend
 I know I can make it now the negativity has diluted
 My face with a smile is more suited
 I am regaining a stronger outlook
 I am proud about my book
 Recent times have been exciting
 And also a bit enlightening
 I still can grow and start to succeed
 A stable life is what I need
 This will definitely come with time
 But at the moment I do feel fine

Steven Cowley

This poem comes from 'Runaway Train', a book of poems about my life. It was written and published with the help of a grant of £1,550 by the Prince's Trust and Big Boost which also enabled me to set up a website. The aim is to help other people with mental health problems. Writing has massively helped me

Runaway Train

by Steven Cowley



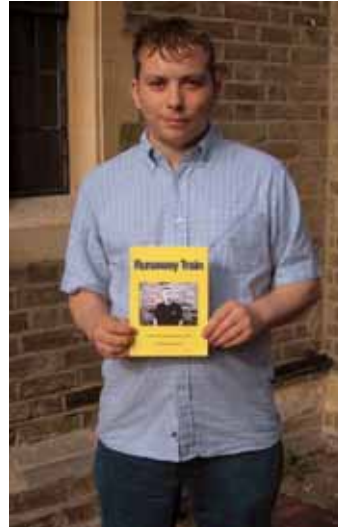
- Price £3.50 plus £1.50 postage & packaging
- Organisations in the Borough of Broxbourne can have their books delivered by myself for free
- Order online at runawaytrain.co.uk or sales@runawaytrain.co.uk

● Free copies available to organisations ordering in bulk.

If you are a service user and do not have access to email, please ask your support worker or supporting organisation for assistance.

Money raised will be put back into the project to help others with mental health problems.

through the ups and downs. It is a great way to express your feelings and to release them onto paper. Feedback is very important to me whether complimentary or critical. I have to evaluate this project so it would be very helpful if you could leave your comments on my website:



www.runawaytrain.co.uk

I have gained a lot from this project and have had to deal with many problems, such as being homeless for 8 months in 2000 and staying in hospital because of mental illness, but I have achieved my goal as far as having my book of poetry available to those who want it. I hope to continue to progress and achieve.

My next book is ready to be printed which is an autobiography with life stories, opinions and political information. If you are interested, please email me at runawaytrain2007@yahoo.co.uk. Thanks to everyone who has supported me through this journey.

From here to recovery Transforming the Journey

As some of you may already be aware, last September a two day conference took place here in Hertfordshire. Entitled "From Here to Recovery: Transforming the Journey", the conference was a partnership venture bringing together Hertfordshire Partnership Foundation Trust and The Centre for Mental Health Recovery.

Along with the positive example of partnership enterprise already outlined, the other key success of the conference was its ability to articulate the need to fuse together the service user and carer lived experience and the professional body of knowledge, in order that recovery is better understood. This intent was clearly demonstrated in the diverse range of key note speeches and workshops on offer which celebrated the unification of these two paradigms.

The conference attracted much interest from both home and abroad, with some two hundred delegates attending. At this point I would like to convey the high profile that Viewpoint achieved with notable contributions from Em, Joe Harper, the "two" Andy Smiths, Lucy Johnston, Margot Holmes-Smith, and myself.

Through the richness of the national and international themes that the conference presented, I was very much influenced by the thought that if we in Hertfordshire are to substantially deliver on our ambitious recovery agenda we need to think globally and act locally. That is to say, we should learn from the experience of others both near and far, so as to deliver an assertive and coherent recovery programme within our own communities. It is my sincere hope that similar activity will occur in the future to further underpin and navigate our own recovery journey here in Hertfordshire.

Chris Munt

Changes to local Mind Associations



Mind in Mid Herts: amalgamation

Following valued consultation with our members, it was agreed that Mind in Welwyn Garden City/Hatfield and Mind in St Albans would amalgamate to become Mind in Mid Herts officially from 1st April 2007. Our services are now available to people who live in Welwyn Garden City, Hatfield, St Albans, Hertford and the surrounding areas.

Both Committees recommended the amalgamation and feel that, by joining together, the two Local Mind Associations will be stronger and more able to meet the hopes and needs of our members.

We would welcome any offers of support either as volunteers or on the Executive Committee to help undertake the range of things we would like to achieve.

Deborah Johnston, our Liaison Officer from National Mind, has been very supportive of the amalgamation of the two associations and sends her best wishes to all our members.

Tony Carswell for services in Hatfield and St Albans on **01727 865070**

Ron Channon for services in Welwyn Garden City and Hertford on **01707 326875**

Herts Mind Network: amalgamation

The new Herts Mind Network is an amalgamation of Mind in Dacorum Ltd, Mind in East Hertsmere and Mind in South West Herts with a new centralised phone number:

08444 77 22 12

The Network is being launched at the end of January and further details will be in the next newsletter.

Letchworth Mind

Letchworth Mind run a Sunday Drop-in from 2.00pm - 4.30pm.

People are welcome to come along for support, outings and holidays. For further details, please call Gill Davey on

01462 631132.

Mind in Mid Herts Exercise 2 Health

We are delighted to have been selected to participate in the National Mind's portfolio, 'Moving People', funded through the Lottery Well Being Programme. This has enabled us to set up an exciting new project, Exercise 2 Health, starting in January 2008. The main aim is to promote awareness of the benefits of exercise for improved mental health.

Exercise 2 Health works on two levels. It provides individual assessment, advice and support to people with mental health issues about their exercise and fitness needs. On the community level, it undertakes a local health promotion campaign to raise public awareness of the benefits of exercise to mental wellbeing and recovery from mental ill health.

We wish to develop and extend the project as far as possible and recruit and train a number of volunteers from the general public and from participants on the project to increase the options for support and provide greater social contact. Please call Ian Carter on 01727 865070 if you would like more information or would like to get involved!

Hertfordshire Health Walks



Health walks take place regularly in your local area, are suitable for all ages and abilities and are fun, sociable and free!

For more information and the full timetable of walks in your area: Pick up a leaflet in your local library, doctors' surgery or council offices

Visit www.hertsdirect.org/healthwalks
Email healthwalks.cms@hertscc.gov.uk
Or call 01438 737 321 or 01923 471 321



00PJ 119426



Become a GREEN AIDER and help make Herts healthy

Make friends, get fit, get involved in your local environment and community.



Volunteer tasks will include:

- gardening
- footpath/bridleway improvements
- planting in parks and community greens
- river improvements
- allotment regeneration
- and much more

GREEN AIDERS

For more information, dates, times and venues go to:
www.groundwork-herts.org.uk/greenaiders
or call Brian Lee/
Sherry Robinson on
01707 260129

Valuing Volunteers in Hertfordshire



Minibus for hire!

Organisations: do you need help with transporting groups to events?

Viewpoint has a 14 seater Renault Master minibus, including two dedicated seats for wheelchair users and a powered lift for easy access. We can lend it out providing certain criteria are met in order to comply with insurance requirements. If you are interested, please ring and we will send the terms and conditions. Priority is given to mental health organisations and there is a small fee to recoup our costs.

Service users: do you want to become a minibus driver?

We have funding to train and support service user drivers to obtain the Hertfordshire County Council certificate to drive a minibus.

For further details, please contact Dennis Edwards on [01707 328014](tel:01707328014)



Many thanks to Viewpoint member, Alan H, who volunteers his time cleaning and maintaining the minibus



Several members of Rethink went to Lincoln Christmas Fair in the Viewpoint minibus

Family Carer Development Worker: Drug and Alcohol



Carers in Hertfordshire was set up in 1995 as a carer-led charity providing free information and support to unpaid, family carers.

My name is Su Bartlett and my role at **Carers in Hertfordshire** is to work together with:

- family carers affected by the drug and/or alcohol misuse of a relative or friend to enable them to become involved in the planning and commissioning of services, and
- drug and alcohol treatment service providers to ensure that the needs of family carers are met.

If you would like to know more please call me on [01992 586969](tel:01992586969) or email contact@carersinherts.org.uk

Community Bridge Building

rethink

Companions Connect

Support to access community activities

We are currently starting a new bridge building project in Hertford and Ware, which will be time orientated and target lead, on a one to one basis and geared at helping service users to access facilities in their community, as part of social inclusion. This may be to join a college course or library, find a local club or start a hobby of their choice based around their interests. The aim is to empower service users and help build their confidence so that they can rebuild their part in society. This service is available to anyone over the age of 18 who has a severe and enduring mental illness and has been referred by their GP or a member of their Community Mental Health Team or Community Support Team.

If you would like to find out more, please call me, Dan Wheatstone, Volunteer Co-ordinator, on [01920 463663](tel:01920463663) or email daniel.wheatstone@rethink.org

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 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

Turning Point

Getting involved, giving something back
Trying to save others going through similar
c***

In recovery from a personal hell
Combining a past with presentation skills
The chance to practice the training given
From deep within the secrets hidden
The silence breaks
The tales being told
What lessons do each of us hold

Look up to the service user – telling their story
As it unfolds – listen carefully can you hear
The pain and suffering that brought them to
training

With faceless expression and deep blank stares
Living in and out of daily depression
Countless tears
In a state of regression

The service user in front of you
Standing or sitting
From service user to speaker
As the speaker begins bold and true
Speaking clear at a steady pace
An off loading of the most personal experiences
Putting pride back in its place

No longer anxious as you can see
As it was my mental health
That lead me here
Now trained to express myself
To all strangers in my view

It's my point, I'm trying to get across to you
With confidence gained, wellbeing maintained
The meeting of like minded people
The gathering of talented team
New friends made
Bad memories slightly tamed
Without them all
Viewpoint wouldn't be the same

The training of the already trained
By the professionals of the mentally strained

The special people on the Viewpoint team
Helped give me back a piece of my dream
From breakdown to break through
Thank you all for all that you do.

Trevis Holtby



My word, my world

My world resonates
and radiates
With the power of love.
Unconditional love as shown
To us by my Redeemer.
We should reach out with
that love
To all who are needy –
the homeless, the marginalised,
those crying for a drink.
You reached out to me, Lord
When my world drowned in chaos.
Thank you for the prayers,
the kindness of staff,
those who visited and still
remained friends,
those who remembered Rosie
amongst hellish confusion.
I walk Your path now,
following Your voice.
Help me to hear You clearly
In this tumultuous world.

Rosie Berry

'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



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Or write to us free with no need
of stamps at:
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Welwyn Garden City, AL7 1BR

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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: _____

Tel. number: _____

Email: _____

WINTER/SPRING 2008