



What's new.

East Kent Carers Support
Rethink Mental Illness January 2012

Dear Carers,
I hope you all had a pleasant and peaceful Christmas and New Year and are now looking forward to the rest of 2012.

We have recently increased our groups by one which meets every Monday morning at Coleman House in Dover from 10.00am until 12.00 noon. This group is for both service users and carers and is specifically designed for social inclusion and befriending. Further details can be obtained from our website www.rethink.org/groups

Please feel free to let us know what you think of the newsletter and what you would like to see included in future editions. Your feedback is greatly appreciated.

With best wishes
Pauline Featherstone

East Kent Carer Support

We offer a free service to carers who live in the East Kent Area to provide support, assistance and advocacy. A carer is someone who looks after a relative or friend with mental health problems. A carer does not have to live with the person that they care for. The role of the carer can be emotionally and physically stressful and carers need support and someone to talk to in confidence.

Our Carer Support service operates within Rethink's Quality Assurance Programme and offers a range of support mechanisms including one-to-one visits, respite breaks, assistance in accessing carers assessments and support group meetings. The service is available to carers who live in the Dover, Deal, Sandwich, Shepway, Thanet, Ashford or Canterbury and Coastal areas and is caring for a family member or friend.

Carers Support Groups

The aim of the groups is to support Carers and to facilitate networking of Carers in the area, Also to encourage mutual support and to meet other carers in similar situations to share coping strategies. The groups offer information and organise activities such as talks, social events, quizzes. Speakers are invited at times to give talks and provide information.

The groups provide a social outlet to minimise the isolation of being a Carer.

Carers are welcome to 'just turn up' to the groups that are held in different areas on a monthly basis.

GROUP MEETING DATES

CANTERBURY

Third Tuesday of every month except Aug from 7.30pm - 9.30pm

THANET

First Wednesday of the month 2.00pm-3.30/4.00pm

HERNE BAY

First Friday of every month from 2.00pm - 3.15pm

ASHFORD

Third Friday of the month from 2.30pm - 4.00pm.

DOVER/DEAL

First Tuesday of the month from 1.00pm—2.30pm

SHEPWAY

Coming soon

For further details please ring 01843 229422






Become a Member

Living with severe mental illness can be an isolating experience, but as member you won't be alone. You'll be part of a network of thousands of people.

Join online today

[Become a member of Rethink Mental Illness here](#)

Join today and you will receive your Rethink Welcome Pack, which includes the latest copy of Your Voice, your Rethink badge and more.

- We also have [membership form \(198 kb\)](#)  to download and send in the post.
- If you already a Rethink member you can [renew your membership here](#).
- If you would prefer to have a membership form sent to you please **contact the Welcome Team on 0300 5000 927**.

Become involved

We need our members to contribute an average of £2 a month, which covers the costs of membership.

Of course if you able to contribute more, this would be very much appreciated.

As a member you can help to make a difference, however you want to be involved. This can be just by filling in a membership form, becoming a paid member of staff or a campaign volunteer, a Board of Trustees member, part of the regional committee, becoming a Rethink activist or a user of our services.

Why become a Rethink member?

We currently have around 10,500 members and need more to **strengthen our voice as a campaigning charity**. [Read more about our campaigns here](#).

As a member you'll get:

- Regular copies of [Your Voice](#), our membership magazine, that will keep you in touch with the latest on mental health.
- A chance to **have your opinions and ideas heard** by people who help shape mental health policy.
- A chance to take part in the governance of Rethink.



Your Voice



As a member you will receive our quarterly magazine 'Your Voice' which will keep you in touch with everything that's going on in mental health, including new advances in treatment and care, our latest campaigns and news and events from around the country. You'll also be adding your voice to over 10,500 people already committed to creating a better world for everyone affected by severe mental illness.

Help us influence the media, the Government and the public

[Join us today](#)

We work together to reach more people, improve more lives and change the way everyone affected by severe mental illness is regarded, treated and cared for. **You'll be helping us to influence the media, the Government and the public – and helping them to rethink.**

And you'll be helping shape Rethink for the future. The knowledge and experience of all our members is fundamental to the way we work and helps us focus our campaigning activities on **issues that directly affect our members' daily lives**. We are already a powerful campaigning voice and we are dedicated to continuing the fight for change.



Together, we can cure the three biggest mental health problems

Prejudice

Ignorance

Fear



RETHINK NEWS

Rethink Mental Illness gets the gold

As the recipients of Investors in People (IiP) gold status, we are in the top 1 per cent of some 21,000 recognised organisations. Hev Bingley from Investors in People presented us with a plaque to certify our gold status and congratulated us on performing so well.

Head of Learning and Development Arfan Ali said –

“Being awarded the gold status is a great achievement for Rethink Mental Illness. It underlines our commitment to supporting staff to learn and develop in their roles. However, there are areas in which we can improve, and we are working hard as an organisation to strengthen support for everyone who works here.”



Arfan Ali (left), Paul Jenkins and Alison Mohammed (right) receive the award from Hev Bingley.



1. Rethink 2011 National Members Day Update

Chris, Cheryl and group member Sandy made it to Rethink's National Members Day in London on 12 November and very much enjoyed the day. The programme included a welcome and introduction from

Bert Johnson, Chair of the Board of Trustees, and an address from Paul Jenkins, Chief Executive of Rethink, who spoke on past achievements and future plans. These will include an Independent Commission on Schizophrenia which Rethink is setting up. Presentations by Terry Hughes, a carer, and

Vinnie Rogers, a bipolar sufferer, on "Living with severe mental illness- Personal perspectives" were powerful and moving. Steve Howells, Associate Director, then spoke about the work of the Rethink Trust

Corporation Ltd. which manages the Discretionary Trusts which Carers set up for loved ones. The morning session ended with the Annual general meeting led by Mark Winstanley, Company Secretary, Rethink Mental Illness.

After lunch we went to just one workshop, with a choice this year of:

- Changes to Disability Living Allowance
- Changes to Incapacity Benefit and Employment and Support Allowance
- Raising Rethink Mental Illness' Profile
- Schizophrenia Commission.

What is the Commission on schizophrenia?

Rethink Mental Illness is setting up a Commission on Schizophrenia chaired by Professor Robin Murray.

It is 100 years since the term schizophrenia was first used and although much progress has been made into understanding severe mental illness, we still do not know enough about the causes or how to treat effectively. The aim of the commission is to scope current understanding of schizophrenia taking into account the perspectives of the public and influences upon public opinion and behaviours, individuals living with schizophrenia and those working as mental health practitioners.

There will be between 8 and 12 commissioners reviewing evidence provided in writing and orally during evidence gathering sessions. A report from the commissioners will summarise the evidence and make recommendations of priority actions to improve the quality of lives of all those affected. We will keep you informed of progress and any ways in which you will be able to get involved in this work.

The highlight of the afternoon was the annual Pringle Awards which celebrate the contribution and hard work of Rethink members and staff. Congratulations to the 2011 winners who were;

- Group of the Year – Harrow Carers' support Group
- Member of the Year – Ian Springham
- Service of the Year – Healthy Minds Network in Stoke-on-Trent
- Pringle Award for Poetry- "LOVE" by Georgina Wakefield
- Pringle Award for Art- Joint winners were Aimee Emerson for 'Dreamscape,' Phil Lancaster for 'Self Assembly' and Paul Munden for 'Sunset over Stag'.



Unhappy Birthday Schizophrenia.

It's now 100 years since the term "schizophrenia" was first used, but with so many people affected by the condition still getting a raw deal in almost every area of their lives and still suffering from stigma and discrimination: sadly it's not much of a happy anniversary.

The Rethink Communications Team decided to mark the occasion with an Unhappy Birthday Schizophrenia awareness event at Liverpool Street Station, where commuters and passers-by were talked to about schizophrenia and other mental health conditions, and about the support Rethink Mental illness offers.

They were asked to sign postcards addressed to Prime Minister David Cameron which outlined Rethink's five "unhappy birthday" wishes for schizophrenia what its thought is needed to change to improve the lives of people affected by schizophrenia.

To attract people's attention, Rethink Mental Illness cup cakes were handed out and a jazz duo was on hand to play 'Happy Birthday.' It was a unique chance to have a frank and open discussion with people from all walks of life and all kinds of backgrounds and the Team estimated that they spoke to around a thousand people over the course of the day.

People came to the stall to chat about their experiences of mental illness and seemed pleasantly surprised and genuinely pleased to see the words "mental illness" on large banners and posters in such a public place.

What was also really pleasing was the massively positive response the Team got from people who haven't been personally affected by mental health issues who were keen to find out more.

All Rethink activists who helped out on the day have personal experience of mental illness, and some have endured horrendous discrimination because of their mental health problems. But they were all really touched by the response they got from random passers-by and the positive reaction they received was hugely gratifying for them.

Perhaps this shows that the work done by Rethink Mental Illness and other mental health organizations is really starting to gather momentum and that we really are starting to see a shift in people's reaction to mental illness.





Rethink Mental Illness's 'Heroes of the Year 2011'

1. Catherine Zeta-Jones

Revealed she is receiving treatment for bipolar disorder.

Mark Davies, Director of communications for Rethink Mental Illness said: "It is to her credit that she described her illness truthfully. The stigma that still surrounds mental illness often means that people stay silent and try to cope alone. When people such as Catherine Zeta-Jones speak out it makes a huge difference to the millions of other people facing mental illness as it shows they are not alone."

2. Rebecca Front

Admitted on Twitter that she experiences panic attacks and encouraged other celebrity tweeters to follow her lead and reveal their mental health issues.

Davies said: "Front opened up one of the biggest conversations of the year around mental health through this one simple action. The outpouring that followed highlighted the power celebrities and social media have as a force for positive change."

3. Georgia Taylor

Played Dr Ruth Winter in Casualty who developed mental illness and was sectioned.

Davies said: "Taylor's portrayal of mental illness was sensitive and brought the issue to a mass prime-time audience. We had an overwhelmingly positive response from our members and supporters, many of whom had been through similar experiences to the character."

4. Frank Bruno

Spoke openly about being sectioned for the Time to Change Campaign.

Davies said: "Since his mental health crisis in 2003, Bruno has become one of the most open celebrities in the UK, when it comes to mental illness. He has campaigned tirelessly to end mental health discrimination through the Time to Change Campaign and has brought comfort to many thousands of people."

5. Danny Cipriani

Former England rugby star, Danny Cipriani, revealed he sought counselling after being affected by a period of severe depression.

Davies said: "It was very courageous of Danny to be so open about his experiences with depression. His honesty will have given courage to many others who may be afraid to talk openly about their mental health, and will act as a source of strength to those who suffer in silence."

"This year saw a real turning point for sport and mental health more generally, with Jonny Wilkinson and Michael Yardy also speaking out about their experiences of depression. The fact they both felt able to do this, is perhaps a sign that things are changing in the macho world of sport."



WHATS ON

WOMEN'S GROUP LUNCHEON CLUB -Speakup CIC

This Luncheon Club is a self help group in a supportive environment for informal discussions of mental health issues. Come along and meet like-minded women.

Dates for the next meetings:

Thursday 19 January;

Thursday 16 February;

Thursday 15 March;

Thursday 19 April;

Thursday 17 May;

Thursday 21 June.

All sessions take place at 12.30pm at Sovereign, Harbour Street, Ramsgate. There is disabled access.

For more information contact: Speakup (CIC) Media Centre, 11-13 King's Street, Margate, CT9 1DA. Email: admin@speakupcic.co.uk or Tel: 01843 609359



SOCIAL WALK FOR ALL WALK LEADERS!

Want to get rid of that extra Christmas weight?

Come and join the East Kent HealthWalks staff for a 1 hour walk around Canterbury in the New Year.

Date: Friday 20th January 2011

Time: 10:30am

Meet outside the telephone box on St Stephen's Green opposite Ye Olde Beverlie Pub, CT2 7JU There's free parking on various residential roads nearby, including Beaconsfield Road.

We will be stopping at the Thomas Ingoldsby Wetherspoons in Burgate, if you would like to join us for refreshments or lunch.

As we're unable to finance provision of lunch/refreshments for this event, we have picked a low cost venue for the social stop after the walk. Details can be found at <http://www.jdwetherspoon.co.uk/home/pubs/the-thomas-ingoldsby>



To find a HealthWalk in your area go to doverdistrictvolunteering.org.uk/healthwalks or contact us on 0800 8494000 and select option for HealthWalks

NEW WALKS
started since September

Whitstable Buggy Walk
Joy Lane Children's Centre
Joy Lane, Whitstable, CT5 4LT
Tuesdays - Fortnightly
9:15am for 9:30am start
Approx 45 mins

Broadstairs Buggy Walk
Callis Grange Children's Centre
Beacon Rd, Broadstairs
Thursdays Ongoing
9:15am for 9:30am start
Approx 60 mins

Deal Pier Walk
Deal Pier, Beach St, Deal
Thursdays Ongoing
10:45am for 11:00am start
Approx 30 mins

Marvellous Margate Walk
Yamas Cafe, 121 High St
Margate, CT9 1JT
Saturdays Ongoing
11:15am for 11:30am start
Approx 90 mins

**Do you want to
become a
HealthWalk Leader?**

Contact Martyn or Samantha
on 01304 367917 or
0800 8494000 for more
information.



Share your thoughts and views – and help improve the recovery journey for those affected by mental ill health

East Kent workshop will be held on Friday, 20th January 2012 at Westgate Hall, Westgate Hall Road, Canterbury CT1 2BT.

Dear All,

NHS Kent and Medway is looking at ways it can improve Community Mental Health Service by developing care pathways for different groups of individuals according to their needs and difficulties.

The Mental Health Commissioners and KMPT managers will be jointly hosting 3 workshops across Kent and Medway in order to get YOUR input.

The focus of the workshops will be to look at ways of **improving the recovery journey (or “care pathway”) for service users who have a serious and enduring mental health condition and their carers.**

Voluntary organisations are invited to the Morning Session (10:00 – 12:30). The Afternoon Session (1:30 – 4:00) will be for carers and service users. A buffet lunch will be available to all attendees from 12.30pm – 1.30pm.

If you would like to contribute to this work, please book your place with Jo Darby, PA to the Commissioning Managers, using the attached booking form. This can either be returned by email to joanna.darby@nhs.net or posted to Jo Darby, Kent and Medway Mental Health Commissioning Team, 50 Pembroke Court, Chatham, Kent ME4 4EL

Attendance at both sessions is **limited to 50** so you are advised to **book your place as soon as possible**. Please contact Jo Darby on tel: 01634 335039 with any queries.

Please do not hesitate to forward this email on to anyone else you think might be interested in this opportunity. An A4 poster is also attached advertising this event.

BACKGROUND INFORMATION

1. Work on developing new Community Mental Health Pathways has been prompted by the introduction of “Payment by Results” (PbR), in April 2012 which will change the way the NHS funds mental health services. (This is explained in more detail in the attached CMHS Communication.)
2. Service users and carers were invited to complete a short survey earlier this year about their experience of using community mental health services. A report summarising the outcomes has now been produced and will be fed into the work being undertaken on the Community MH Service re-design. (Both the Community Mental Health Service Improvements survey and the report are attached for your information.)
3. The results of the 2011 National Community Mental Health Survey were published on August 9th. This was sent to a sample of service users across the country in order to find out what people think about their care and treatment. A similar survey was carried out in 2010.

You can read more and find out how KMPT performed @ <http://www.kmpt.nhs.uk/default.aspx.locid-0ejnew0av.Lang-EN.htm.RefLocID-0ej00900o>



Confidently Caring - Support Programme for Carers

Introduction:

Following the withdrawal of funding for the Caring with Confidence programme, Families and Social Care Services have commissioned a shorter version of the seven week programme for all Carers living in the County of Kent. Confidently Caring has taken the very best of the original, and produced a new three week programme aimed at helping Carers improve their lives and the person they care for.

Facilitator(s) A Department of Health Passport to Practice Accredited Facilitator(s)

Start Dates: 18th January Carers First High Street Tonbridge TN9 1BE

19th January Riverside Centre Dickens Rd Gravesend DA12 2JY

21st February Dartford Adult Ed Summerville Rd Dartford DA1 2LB

22nd February St Michaels Church High Street Sittingbourne ME10 4PG

23rd February Trinity Resource Centre St Mary's Ave Margate CT9 3TN

24th February Ashford Carers Norman House Beaver Rd Ashford

13th March DEAL TBC

14th Romney Resource Centre 4 Mountfield Rd New Romney TN28 8LH

15th March Salvation Army Hall Union Street Maidstone

15th March St Lukes Church 30 Eardley Rd Sevenoaks TN13 1XT

16th March Umbrella Centre St Peters Place Canterbury CT1 2DB

Time 10am – 1.00pm **Refreshments/Materials Provided**

Duration 3x 3hr session, one session per week for three weeks

Fee At no costs to Carers

Aims/Outcomes:

Our main objective is to raise your confidence in your caring role, take better care of yourself, and plan to have a life of your own. We will explore your role as the Carer and ways of managing the stress this can cause. As well as building your confidence, we also aim to put you in contact with other services and Carers who like you, would like to share their knowledge and experiences, and maybe build a new network of friends.

A more detailed outline of the programme content is available on our website

www.carersmattercic.org

To Book Contact – Your local Voluntary Carers Support Service or Carers Matter CIC directly Helen Appleton T.01474-535457 E. info@carersmattercic.org

Please Note the workshop is offered free of charge to Carers on a first come basis, However, due to the limited number of places we reserve the right to charge £10 to cover venue and administration costs for non attendance once a place has been booked



FOOD CORNER

CHICKEN JAMBALAYA

This spicy, flavoursome family meal is sure to please everyone and a real winter warmer - and it's ready in just half an hour

Serves: 4
Cooking time: 30 mins



Ingredients

This family version of jambalaya isn't too hot, but if you like a little more kick, serve with a dash of hot pepper sauce.

- 2tbsp olive oil
- 1 onion, sliced
- 1 red pepper, sliced
- Mixed spices (¼ tsp paprika, ¼ tsp turmeric, ½ tsp ground ginger, 2 pinches cayenne pepper)
- 4 skinless chicken breasts, cut into chunks
- 200g packet basmati rice
- 450ml packet Knorr Simply Stock chicken stock, heated
- Handful flat-leaf parsley, chopped, to serve

Method

1. Heat the oil in a deep frying pan and cook the onion, pepper and spices until soft.
2. Add the chicken and cook for 5 mins. Pour in the rice and stir well to coat the grains. Add the hot chicken stock and season.
3. Stir and bring to a simmer, then cover and cook for 15-20 mins or until all the stock has been absorbed. Serve straight away with the chopped parsley stirred through.

Now sit down and enjoy



CHOICE AND MEDICATION

The aim of the Kent and Medway NHS and Social Care Partnership Trust (KMPT) Pharmacy Service is to proactively support staff, service users and carers in achieving safe and effective medicines management, optimising the use of medicines by providing a high quality and efficient service.

We do this by providing:

- Accurate and independent information and education about medicines to other healthcare professionals, service users and carers.
- Clinical activities to facilitate the management of medicines by service users within inpatient and community teams.
- Support to ensure that medicines management resources are used cost effectively within Kent and Medway NHS and Social Care Partnership Trust.

All our clinical pharmacists and medicines management technicians are directly employed by KMPT. We contract with Lloyds Pharmacy Ltd to provide pharmaceutical supplies.

Pharmacy contact details

Chief Pharmacist is Jon Stock, based at Trust HQ. There are pharmacy teams based at Archery House Dartford, A Block Medway Maritime Hospital, Priority House Maidstone, Arundel Unit Ashford and St Martins Hospital Canterbury. Contact details for each of the teams can be found on the pharmacy pages on the Trust's intranet.

Outside of normal working hours an on-call pharmacy service is available for clinical queries - details can be found on the pharmacy pages of the Trust's intranet.

Kent and Medway NHS and Social Care Partnership Trust

35 Kings Hill Avenue,
Kings Hill,
West Malling,
Kent
ME19 4AX
<http://www.kmpt.nhs.uk/>

Chief Pharmacist: Jon Stock
01732520400
jon.stock@kmpt.nhs.uk



Are you prepared for cold weather?

The Cold Weather Plan – a public health plan

The Department of Health issued this plan on 1 November 2011 to set out what preparations individuals and organisations should make to reduce health risks before and during severe winter weather.

This includes a Cold Weather Alert Service which runs from 1 November to 31 March based on Met Office forecasts of

- Low temperatures – usually coincident with:
- Widespread ice (when rain or condensation is expected on surfaces with temperatures at or below zero, or compacted snow is expected to cause an ice risk) and/or
- Heavy snow (at least 2 cm per hour or more, expected for at least 2 hours)

There are 4 levels of responsibility and response.

- Level 1 - long term planning all year: identifying those most at risk from seasonal illness, and assisting to improve their resilience to severe winter weather,
- Level 2 - Met Office forecasts a 60% risk of severe cold weather lasting at least 48 hours, to arrive within the next 2-3 days: ensuring all those at risk have been identified and contacted; and when visiting clients check that their rooms are adequately heated, they keep themselves stocked with food and medication, and are getting benefits and entitlements
- Level 3 - the forecast weather is now occurring and is expected to impact on people's health: be prepared for surge in demand of services; contact those at risk in person or by phone every day while the severe weather lasts; ensure that they are receiving their entitlements, **have set daytime room temperature to 21°C and bedroom night temperature to at least 18°C**, dress warmly and eat well
- Level 4 - major incident with exceptional weather causing widespread transport disruption and/or threatening the operation of health and social care services: continue to take Level 3 actions during the emergency period

Aim

The aim of the plan is to provide guidance to health and social care providers, voluntary groups, and carers to protect people in their care and reduce cold-related illness and death in those most at risk. Cold weather can lead to serious health problems such as heart attacks, strokes, pneumonia and depression.





USEFUL CONTACT NUMBERS: JANUARY 2012

Mental Health Matters Helpline: 0800 107 0160 (for confidential and emotional support for service users and carers) **Mental Health Matters helpline is available 24 hours a day, 365 days a year.**

Email Address: timeonline@mentalhealthmatters.co.uk

Asian Mental Health Helpline 0808 800 2073 (Free phone from BT landline). Confidential Support and Information Helpline. Mon & Wed: 4.00pm- 7.00pm Tues & Thurs: 12 noon-3.00pm

NHS DIRECT: 0845 46 47

North East Kent Crisis Resolution and Home Treatment Team (Out of Hours service for service users on enhanced CPA and their carers): 07699 746 208

South East Kent Crisis Resolution and Home Treatment Team (Out of Hours service for service users on enhanced CPA and their carers): 07699 733 903

Medway and Swale Crisis Resolution and Home Treatment Team (Out of Hours service for service users on enhanced CPA and their carers): 07876 563 668

Care Manager Assistant (CMA) for Carers; Michele Page, Swale Community Mental Health Team Sittingbourne Memorial Hospital: **01795 418355**

Early Intervention Psychosis Service: 01227 812390. 8am-8pm Mon –Fri; Duty desk manned from 9-5 Mon-Fri. (Also Self-referral)

Community Mental Health Teams (CMHTs)

Access: Laurel House, Canterbury: 01227 597111 (0900-1700),

Recovery: Durham House, Herne Bay: 01227 594888 (0900-1700).

*** UPDATED South East Health Ltd** (For urgent help when GP surgery is closed) **03000 242424**

Social Services Out of Hours Service: 0845 762 6777 (Minicom: 01795 538 611) – urgent help out of hours.

Kent County Council Duty Service –for referral and needs assessment 24/7 **08458 247100**

HOPELineUK (Helping You to Prevent Young Suicide): 08000 68 41 41

Admiral Nursing DIRECT (for Dementia Help) 0845 257 9406

Rethink East Kent Carers' Support for one- to –one visits; respite breaks; assistance in accessing carers' assessments and support group meetings ; signposting; emotional support and training opportunities: **01843 229422**

Email **eastkentcarers@rethink.org**

Rethink Advocacy- for service users 01843 224511

Rethink Advice and Information Service (RAIS) Tel: 0300 5000 927 Also 020 7840 3188 Mons to

Fridays: 10am - 1pm Email: advice@rethink.org

Rethink Welcome Team - for signposting 0845 456 0455.

Rethink Combat Stress Helpline: 0800 1381619. Open to veterans or their family 24 hours a day /7 days a week

Direct Payments Helpline: 01304 841987 Visit: www.kentdp.co.uk

Direct Gov Carers Helpline provides support to carers in their role by providing complex advice and information on welfare benefits and community care issues. Phone number Helpline: **0808 808 7777**

Opening hours: Monday to Friday 10.00am to 2.00pm

Carers Direct –Information, advice and support for carers 0808 802 02 02. Lines open Mon – Fri

8am-9pm Sat, Sun and Bank Holidays 11 am-4pm. Website www.nhs.uk/carersdirect

Independent Complaints Advocacy Service (ICAS) 0845 600 8616

PALS: 01227 812020 / 0800 7839972 Volunteers Services: 01227 812042

K&C Pharmacy Helpline: 01227 812115

Hearing Voices Group –for service users: **01227 597111 (Jill Knight at Laurel House).**

Spiritual and Religious Care: 01227 812021 or email **Peter.Richmond@kmpt.nhs.uk**

Canterbury MDF Bipolar Self-Help Group: Meets the second Tuesday of the month at the CanterburyUmbrella, St Peter's Place, Canterbury at 7.15pm. For further details ring: **08456 340543**

Swale and Canterbury Carers: 01795 583440

Canterbury and District Mental Health Forum- for service users: 01227 788211

East Kent Independent Dementia Support: 01227 730000

Kent and Medway Dementia Helpline: 0800 500 3014

Hereson Young Carers' Project Tel: 01843 869103

Canterbury Autism/Asperger Syndrome Support Group –for parents and carers of children and young people: 01634 405168

AND FINALLY.....

**If you have any comments, views,
feedback or articles of interest,
please do not hesitate in contacting
us and we can publish it in the next
edition of WHAT'S NEW**

You can contact us at:-

**66a High Street
Margate
Kent
CT9 1DT**

01843 229422

eastkentcarers@rethink.org



**Leading the way to a better
quality of life for everyone
affected by severe mental illness.**

For further information
on Rethink Mental Illness
Phone 0300 5000 927
Email info@rethink.org

www.rethink.org

POET'S CORNER

REACH OUT

I've got this little problem,
Sometimes it floods my mind.
I'm sorry you can't see it,
It's hidden; to you it's blind.

When I first got this problem,
I didn't understand.
And everyone I spoke to,
Thought I lived in coo coo land.

But finally help I sorted,
From people who weren't blind.
Of problems that can't be seen.
That hides inside my mind.

So now it's getting seen to,
For these people, they all care.
And now this little problem,
With you I want to share.

The Psychiatrist getting it sorted.
Cos it comes back from time to time.
This horrid little problem,
That's deep inside my mind.

The doc said this little problem,
Can happen to any one.
It takes away the happiness,
The laughter, and the fun.

For those who don't understand it,
Shouldn't judge those that do.
Cos' the balance of it happening
Next, yes it could be you.

When this problem gets on top of you,
And you feel low, and down inside.
Let someone know, just how you feel,
Reach out, and please don't hide.

So if you get a problem,
In your mind deep in your head
Just remember you read this poem,
Don't be down reach out instead.

By Dawn Miles

