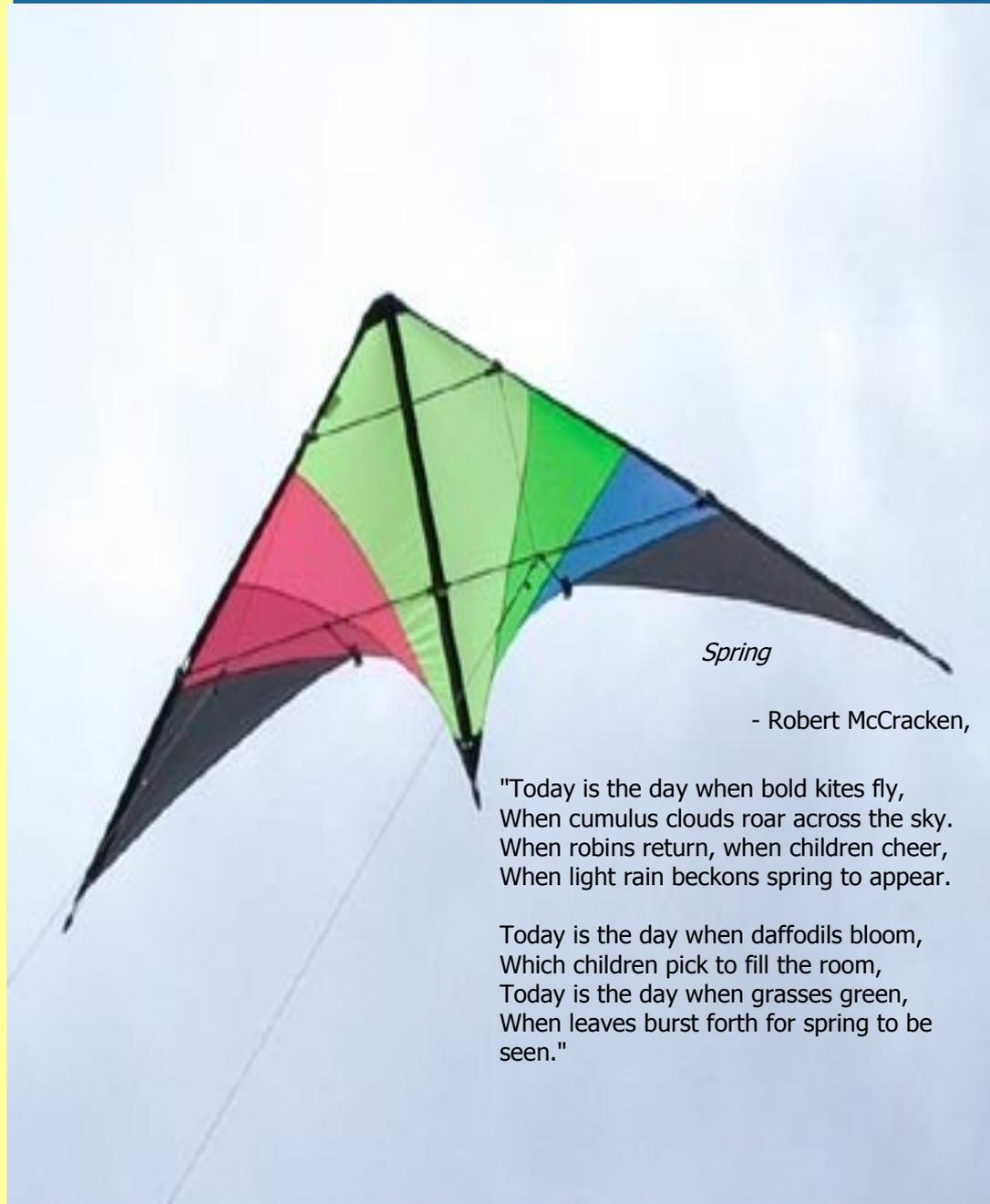


CONTACT  
MHIST ON  
01204 527200

# One In Four

SPRING 2013

*The management at MhIST neither condone, condemn or advocate the views of our members comments in this newsletter. We are a non-judgemental organisation and this magazine will continue to reflect the full spectrum of members views without discrimination.*



*Spring*

- Robert McCracken,

"Today is the day when bold kites fly,  
When cumulus clouds roar across the sky.  
When robins return, when children cheer,  
When light rain beckons spring to appear.

Today is the day when daffodils bloom,  
Which children pick to fill the room,  
Today is the day when grasses green,  
When leaves burst forth for spring to be seen."

## HOW YOU CAN HELP US AND WE CAN HELP YOU!

- Advocacy
- Administration
- Receptionist
- Greeter
- Counsellor
- Fundraiser
- Event organizer

• Contact Elaine on 01204 52700 or email her at [elaine.redmond@mhist.co.uk](mailto:elaine.redmond@mhist.co.uk)

This column is used for photos. Send us anything of interest.



Martin O'Doherty  
see article page 5



Welcome to 'One in Four' MhIST's newsletter. I wish to welcome all new members, volunteers and service users to our organisation. If you have a mental health issue you will always be welcome to use our facilities. Here is a list of groups that are running at the moment.

- Back 2 Basics
- Self Esteem
- ASAM (**A**bstinence **S**upport **A**nd **M**aintenance)
- Talking Therapies
- Craft and Social afternoon
- Dramatherapy
- Hearing Voices
- Bolton Eating Disorders
- Mindfulness Meditation
- Self Help 4u Recovery for Depression
- Support for Self Harm (Suspended Temporarily)

From time to time groups change, sometimes from lack of funding, so always contact the office to see if a group is still running. Volunteers often become well after attending one of our groups, (it may take a while) and we are sometimes looking for new facilitators. We often find that members re-gain their confidence and overcome their adversity and seek employment. This in itself is a good thing. So come and join us and share your experiences, share your skills and learn new ones.

You will have noticed the new smaller format. There are several reasons for this, one being the reduced cost as we are like most organisations feeling the pinch. On a more positive note it has been suggested by several readers that a smaller format would be more convenient for carrying in handbags etc.

It has also been mentioned by several readers that a larger print size would be convenient for members with impaired vision, so, sometime in the future you may find a change in print size. I welcome any comments from members and service users regarding this.

Everyone who is a member will receive a printed newsletter. If you are not a member and have a mental health issue, you too can become a member by filing in a members form, obtained from the office. It costs nothing to be a member.

**Please be aware of where you park on the street, as traffic wardens are very keen in this area.**

**The Editor**

## ANNOUNCEMENTS

### Groups

#### **Back2Basics**

This group will be restarting on 8th March

#### **OCD Group**

Now meeting on alternate Mondays from the 8<sup>th</sup> April at MhIST 6.30 pm - 8.30 pm

**(Get to know Martin O'Doherty on page 5  
and his photograph on page 2)**

#### **Welcome to all new volunteers:**

**Welcome Team:** Chris Riley; Nathan Taylor.

**Advocates:** Ruth Evans; Chantelle Wolfendale; Katherine Turner;  
Jodie Williams; Bradley Adams.

**I .T. Development:** Stephen Wailes.

**Admin:** Anita Bleakley; Sandra Clark; Philip Battersby.

**Counsellors:** Chrissie Hepworth; Iain Hurst; Lesley Etherington.

**Facilitators:** Laura Doe; Amy Newall; Martin O'Doherty.

#### **Important message from Greater Manchester West Mental Health NHS Foundation Trust:**

Pleased to inform you that the following mental health teams will be moving to Bentley House as of 19 March 2013.

- Early Intervention Team
- South Functional Community Mental Health Team
- North Functional Community Mental Health Team
- Criminal Justice Team
- Alcohol High Impact Team

From Bentley House we will continue to offer the best quality and comprehensive support to people with functional mental health problems as far as possible in the community.

Our core working hours will remain from 9am until 5pm Monday to Friday, however an extended service is offered to people who are on the Assertive Outreach care pathway.

The contact details from the 19th March 2013 are as follows:

Bentley House  
Viking Works  
Weston Street  
Bolton  
BL3 2RX

**DIANA'S GROUP**

I love our Monday meetings.  
We come together for comfort,  
for re-assurance, for healing,  
for peace of mind, for much  
needed relaxation.

We arrive like a tangled knot  
of anxiety (speaking for myself  
of course) and somehow in  
one hours time and with  
gentle words and music, we  
relax and we leave feeling  
ready to face the problems  
of everyday life.

What a good place to be  
And everyone is welcome.

Thank you Diana  
Thank you Naresh  
Thank you group members

Jackie  
(from Mindfulness Meditation Group)

**Two Ladies Talking in Heaven**

**1st woman:** Hi, Wanda!

**2nd woman:** Hi, Sylvia! How'd you die?

**1st woman:** I froze to death.

**2nd woman:** How horrible!

**1st woman:** It wasn't so bad. After I  
quit shaking from the cold, I began to  
get warm and sleepy, and finally died a  
peaceful death. What about you?

**2nd woman:** I died of a massive heart  
attack. I suspected that my husband was  
cheating, so I came home early to catch  
him in the act. But instead, I found him  
all by himself in the den watching TV.

**1st woman:** So, what happened?

**2nd woman:** I was so sure there was  
another woman there somewhere that I  
started running all over the house  
looking. I ran up into the attic and  
searched, and down into the basement.  
Then I went through every closet and  
checked under all the beds. I kept this  
up until I had looked everywhere, and  
finally I became so exhausted that I just  
keeled over with a heart attack and died.

**1st woman:** Too bad you didn't look in  
the freezer---we'd both still be alive.

**PRICELESS**

**Sudoku.** Put each of the digits 1-6 once in  
every row, column and highlighted  
diagonal.

2				1	
			2	4	3

### **Martin O'Doherty, Occupational Therapist**

My name is Martin O'Doherty and I am the facilitator for the new OCD Support and Recovery group starting on the 8<sup>th</sup> April 2013.

I started training to become an Occupational Therapist in 2006 and always wished to work with people with severe and enduring mental health problems. Prior to that, I was a support worker for adults with learning disabilities, but my experience in working in mental health settings throughout my training really made me believe that 'mental health' was for me.

By the time I graduated in 2009 I had become ill with OCD, I started having anxiety attacks and became very depressed and in 2010 I was diagnosed with OCD. By 2011 my OCD had reached a point where I couldn't go out alone, I couldn't touch anything outside of my home (due to contamination fears) and I couldn't even speak to friends over the phone! It was debilitating beyond belief. I lost my career, my friends, my life and my mind.

After months of making my way through my own recovery in 2012, I decided that I wanted to use my training in occupational therapy to help others to manage their OCD. I had been very lucky having such an understanding family who I could confide in with my 'intrusive thoughts' 'obsessions' and 'compulsions', but knew that not everyone had had the same support that I had become accustomed to, if any at all. So, I contacted MhIST, and so began the steps towards the new OCD Support and Recovery group.

OCD has the power to destroy you and it certainly almost did with me, but with some help I started to learn how to beat it. I now want to help others beat theirs, or at least offer that supportive ear that I was lucky to have. It's amazing what hearing 'I understand' can do, because with OCD, it's easy to believe that no-one will ever understand you.

I now keep well by using art, swimming and socialising with friends (old and new). I love making plans and keeping busy, and of course I am passionate about OCD and have made many links such as with OCD Action, OCD-UK and the International OCD Foundation where I can access support for the group. I also believe in challenging myself all the time, as OCD is a lifelong problem...new obsessions and compulsions can rise up at any time!

I do hope people will attend and will benefit from the group, and I really do wish for everyone who attends to support each other throughout the recovery process. There is no reason why anyone should be alone with OCD.

Thank you for reading and I really do hope I get to meet you at MhIST one day soon!

## The Boy and the Starfish

A man was walking along a deserted beach at sunset. As he walked he could see a young boy in the distance, as he drew nearer he noticed that the boy kept bending down, picking something up and throwing it into the water. Time and again he kept hurling things into the ocean.

As the man approached even closer, he was able to see that the boy was picking up starfish that had been washed up on the beach and, one at a time he was throwing them back into the water.

The man asked the boy what he was doing, the boy replied, "I am throwing these washed up starfish back into the ocean, or else they will die through lack of oxygen. "But", said the man, "You can't possibly save them all, there are thousands on this beach, and this must be happening on hundreds of beaches along the coast. You can't possibly make a difference." The boy looked down, frowning for a moment; then bent down to pick up another starfish, smiling as he threw it back into the sea. He replied,

**"I made a huge difference to that one!"**

~Author Unknown~

Answer to Sudoku on page 4

5	1	4	6	3	2
6	2	3	1	5	4
4	5	1	3	2	6
2	3	6	4	1	5
3	4	2	5	6	1
1	6	5	2	4	3

## Fancy a round of golf on NCS?

The weather is supposedly improving, so it's time for the golfers amongst you to dig the clubs out of the loft and squeeze into those plus-fours.



Following on from the success of last year's golf day, NCS will once again be looking at running similar days throughout 2013.

The day is designed to be fun for any standard of golfer. Food and refreshments are provided and there is the chance to win some exciting prizes.



**NCS**  
Your Technology Partner

[www.ncs-support.co.uk](http://www.ncs-support.co.uk)  
01706 239000

The above was provided by Sylvia Dobinson by email. Sylvia has now left our organisation. Everyone wishes her all the best for the future.

## Some Gardening Tips for Spring planting

There are many plants that you can grow at home that can be used to treat common ailments for example Aloe Vera, (a succulent) can be used for the treatment of sunburn and minor skin complaints, by slicing a piece of the plant and rubbing it gently on the skin.

Dried Camomile flowers can be diffused to make a drink that can aid restful sleep and the treatment of some rashes.

A drink made from peppermint leaves can be an effective treatment for upset stomach and can also relieve cold symptoms. It is a good ground cover plant and can be grown in cracks on the patio. Chopped peppermint deters ants.

Lemon Verbena, Lemon Grass, Lemon Balm and Peppermint can all be used as insect repellents and if rubbed on the skin can also repel insects.

The next edition of 'One in Four' will be published in the Summer. If you have anything you wish to donate to the magazine or share with the other members, such as articles, recipes, reviews, guides, jokes or stories, please send them in.

There are skills we all have and don't realise we have, come and share your skills to help others at MhIST.

The next newsletter will be sent out when enough contributions have been received, if you miss one newsletter it will be used for the next one.

**Karen Brady c/o MhIST,  
Hanover House,  
Hanover Street,  
Bolton BL1 4TG**

Or you can Email [karen.brady@mhist.co.uk](mailto:karen.brady@mhist.co.uk)

Karen regrets that she cannot take submissions over the telephone. Submissions may be edited for content and length and may be held back for future editions if space is at a premium.

**If you ever feel we can improve on what we deliver, please let us know. After all, it's your newsletter.**

It is becoming increasingly harder to write a newsletter for MhIST as we need more contributions from you the readers. Please put your thinking hats on and come up with something you would like to share with our readers. MhIST is now on twitter and facebook. Would you like to comment?

*March: An Ode*

- Algernon C. Swinburne,

"Ere frost-flower and snow-blossom faded and fell,  
and the splendour of winter had passed out of sight,  
The ways of the woodlands were fairer and stranger  
than dreams that fulfil us in sleep with delight;  
The breath of the mouths of the winds had hardened  
on tree-tops  
and branches that glittered and swayed  
Such wonders and glories of blossom like snow  
or of frost that out lightens all flowers till it fade  
That the sea was not lovelier than here was the land,  
nor the night than the day, nor the day than the night,  
Nor the winter sublime with storm than the spring:  
such mirth had the madness and might in thee made,  
March, master of winds, bright minstrel and marshal of  
storms  
that enkindle the season they smite."

"The March wind roars  
Like a lion in the sky,  
And makes us shiver  
As he passes by.  
When winds are soft,  
And the days are warm and clear,  
Just like a gentle lamb,  
Then spring is here."  
- Author Unknown