



# VOX

“let us share our  
voices of experience  
in mental health”

**Diversity Network Bulletin** September 2010, Issue 3

Welcome to the Third edition of the diversity network bulletin, if this is the first time you have viewed this bulletin, you might want to see our earlier issues to get a better picture of our work. You can access back issues by visiting the following link <http://www.voxscotland.org.uk/about/our-work/diversity> This bulletin is also available in hard copy format on request.

## Who we are

VOX is a Scotland wide, member lead organisation; we work to ensure that people with a lived experience of mental health issues get the opportunity to inform services about their experiences and to influence policies in relation to mental health at a national and local level.

## The aims of the bulletin

The bulletin seeks to hear from groups and individuals from diverse backgrounds and whose views in relation to mental health issues are not heard from traditionally. The aim is to share and learn from each other, to facilitate awareness, positive change and anti stigma, to promote partnerships and collaborations and to celebrate diversity.

## Submissions

Please contact the VOX team if you would like to submit an article, poem, report findings or information.

**Important note (also known as the small print in some places)**

The views expressed in this bulletin by members, individuals and Organisations are not necessarily the views of VOX unless otherwise stated.

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## **LGBT VOX- A new and exciting LGBT & Mental health group**





**LGBT VOX**

An opportunity to get involved, make a change and have your say on mental health policies and services for LGBT people.

We are a group of, for lesbian, gay, bisexual and transgender people with lived experience of mental health problems.

Get in touch to find out more: [www.voxscotland.org.uk/lgbt-group](http://www.voxscotland.org.uk/lgbt-group)  
Tel: 01415721663 e-mail: [voxscotland@yahoo.co.uk](mailto:voxscotland@yahoo.co.uk)  
VOICES OF EXPERIENCE CHARITY NUMBER: SC040646 COMP NO:361753



If you are a lesbian, gay, bisexual or transgender person interested in mental health, have experience of accessing mental health services or want to discuss issues that affect your mental health then this new group might be of interest to you.

The group meets regularly in an informal way, tea/coffee, juice and Danish pastries are a must, we have a chat and share our news and views with each other, some of us are also starting to work on a guide to inform and support mental health professionals and community groups understand what is important for people who are L, G, B or T with a lived experience of a mental health problem.

Explore the groups' aims and objective at [www.voxscotland.org.uk](http://www.voxscotland.org.uk)

# Equally Connected Wah Kin Project



The Equally Connected Wah Kin Project is working with the older Chinese community and primary care mental health services in the north and west of Glasgow. The project aims to increase accessibility of primary care mental health services to people aged 50 and over who are from the Chinese community.

There is currently little information available about attitudes towards, and experiences of, mental health difficulties within the Chinese immigrant population, especially in relation to older age. We are also aware that there is currently no uptake of NHS mental health services in north Glasgow for this population. It is unknown how much this is due to cultural resilience, different concepts of mental health, preference for self-management, preference for traditional Chinese medicine, or barriers to accessing NHS services.

The early work of the *Wah Kin Project* will consider:

- what life problems affect older Chinese people
- how they cope with them, including what services they use
- what the barriers are to asking for or receiving help

This will inform the development of responsive and culturally appropriate supports and services, which will improve the mental health and well-being of older people from the Chinese community.

For further information about the *Wah Kin Project*, please contact Kate Langmead, Development Lead for Mental Health and Well-being in Later Life at Glasgow Association for Mental Health, St Andrews by the Green, 33 Turnbull Street, Glasgow G1 5PR. Tel: 0141 552 5592.

Email: [k.langmead@gamh.org.uk](mailto:k.langmead@gamh.org.uk).

# The Pendulum Swings

The pendulum swings,  
Resurrecting memories...

A portrait of disbelief,  
Disbelief, painted in tears.  
The silent screams of disbelief,  
The disbelief of blood.

They say, every second, two of us  
shuffle off this mortal coil.  
They say, every second, five new faces  
join this eternal toil.

Where from? Where to? Who?  
How long do we have?  
And Why?

Why not?

Faces...  
And more faces.

Life goes on.  
The meandering cascade.

This ends.  
The story, of course, never does.

Dedicated to the memory of my best friend, Mushfiq, who was killed on the 18th of May 1998 in Bangladesh by a terrorist. He was just a passenger in a bus. He was amongst the collateral damage. We were both medical students.

We were planning to save the world together. I am still trying to save the world with my wife, our son and my parents through the work of the international charity, Can With Candle  
<http://www.CanWithCandle.org>

# Highland Children's Forum

Representing children and young people with additional needs in Highland.

Highland Children's Forum is a charity that works to have the voice of children and young people with disabilities heard and acted upon by services.

## **“What makes a Good Life?” report**

This is the first part of a three stage consultation with young people as part of the review of Child and Adolescent Mental Health Services [CAMHS] in Highland.

There has been an increasing move in mental health services from a focus on the treatment of mental ill-health to an understanding that mental health services should be considering the promotion and prevention of mental health difficulties as well as considering the kind of care and treatment needed to treat mental illness or disorder.

The Highland CAMHS consultation follows the three strands of CAMHS, promotion prevention and care. This report is about the consultation which considers prevention of mental health issues, by posing the question “What makes a good life for young people?” to young people who receive some sort of additional support services.

The question is looked at in the frame of the Scottish Government's 2009 report “Equally Well” and builds on the “Good Childhood” research by the Children's Society in 2006.

The report is based on the contributions of 30 young people who have varying levels of additional support needs.

For more information and to access the report visit the highland children's forum web page; <http://www.highlandchildrensforum.org/>

# SCOTTISH MENTAL HEALTH ARTS & FILM FESTIVAL

1-24 October 2010, [www.mhfestival.com](http://www.mhfestival.com),  
join us on facebook

Now a regular on the arts scene, the 4th Scottish Mental Health Arts and Film Festival has grown to become one of Scotland's most valued cultural events with nearly 200 exciting and affordable events taking place in venues throughout the country.

The Festival has engaged artists, connected with communities and formed partnerships across Scotland to help challenge attitudes towards mental health through the arts. The range of issues tackled is broad and arts events include film, music, theatre, literature, comedy and visual art ensuring there is something for everyone.

## **Watch out for the MOVING MINDS: Stories of resilience and recovery in mental health exhibition and event**

Moving Minds 2010 is a fantastic 5 week exhibition of people's stories about mental health, in Kelvingrove Art Gallery & Museum community space from Saturday 25th September to Sunday 31st October.

The Moving Minds exhibition is supported by a whole day of events on Thursday 14th October, ranging from drumming and fashion, to film, music and drama. A diverse range of people and organisations share their stories with you.

See [www.mhfestival.com](http://www.mhfestival.com) or contact VOX [jsteel@mhf.org.uk](mailto:jsteel@mhf.org.uk) for more information and to book a place.



The Saheliya Peer Advocacy project exists to help bring about services that better understand and meet the needs of black and minority ethnic (BME) women in Edinburgh.

Saheliya offers services that support the mental health and well-being of women and girls (12 years and over) of black, minority ethnic, asylum seeker/refugee and migrant backgrounds.

Our aim is to promote positive mental well-being, to reduce the effects of discrimination, disadvantage, isolation, depression and the stigma of mental health. We hope to increase and facilitate our clients' equal access to services.



## Saheliya PEER

### **ADVOCACY**

**Come and help us support  
our women!**

A volunteering opportunity

#### **What we give you**

Full training, Support, Expenses

#### **What you do**

Speak English and one community language

Be available for up to 4 hours a week

#### **Contact**

Saheliya

125 Mc Donald Road, Edinburgh, EH7 4NW

Tel: 0131 556 9302

## Peer Advocacy

Advocacy is about being the voice for those who otherwise would not be able to speak up for themselves. The Peer Advocacy Project aims to strengthen the collective voice by using a group of 'peers'. Peers meaning BME women with similar experiences of life in Edinburgh and the challenges it presents.

The project operates by a variety of methods, using group work, one-to-one meetings (supervised by the project worker) and providing wider voice and representation with the aim to increase awareness, challenge inequality and improve access to mental health services.

Please contact the Project Worker for further details.

Project Worker: Rosita Rhode  
Email :rosita@saheliya.co.uk  
Phone: 0131 556 9302

## Housing Discussion Involvement Event



VOX is working in partnership with Capability Scotland to find out how housing can be improved in Scotland for those with mental health problems.

VOX is holding an event to gather members' opinions and ideas on Friday the 24th September at the Millennium hotel, Glasgow and would like to invite you to take part. Travel expenses will be paid. The event will run from 10.45am – 14.30pm and will involve taking part in small discussion groups about issues relating to housing.

If you would like to book a place at this event please contact VOX's office on 0141 572 1663 or e-mail [jsteel@mhf.org.uk](mailto:jsteel@mhf.org.uk) Please note places are limited.



### 'Are we really listening?'

is a project supporting new initiatives to reduce mental health stigma in BME

communities. The 'Are we really listening?' project aims were to fund four local projects which tackled mental health stigma in BME communities, which could also aim to show good practice in engaging with BME communities.

NHS Health Scotland, with the help of panel members from See Me and Mental Health Foundation, has now selected the four successful projects for tackling mental health stigma in Black and minority ethnic (BME) communities in Scotland.

Here's a taster of what the four projects will be doing:

#### 1. Top Tips for Mental Health

*Hina Sheikh from NHS Lanarkshire along with Mossend Mosque, Glasgow Association for Mental Health, North Lanarkshire Council and Humjolie.*

This project will target young people (male and female) from the South Asian and Arabic Muslim community in Lanarkshire. A series of mental health awareness workshops will be carried out with the young people. During the workshops the young people will also be involved in designing 'tip cards'. These will provide a range of information including issues of stigma often attached to mental health problems, how to access services, information on mental health problems and local support. This project would hope to tackle mental health stigma not only with young people but also parents too.

## 2. Khamoshi – The Silence

*Maryam Imran and Paul McCusky from Deaf Connections.*

Men from a mixed group of BME deaf people (including South Asian, Arab, African, Chinese and Lithuanian communities) from across Glasgow are targeted in this project. The project will be creating a multimedia resource with a combination of communication and images to challenge mental health stigma for deaf men in the BME community and across BME communities more widely.

## 3. Kick 4 Better Mental Health

*Vicky Wan from Central Scotland Racial Equality Council along with Falkirk and District Association for Mental Health.*

This project targets young men from the Polish, Chinese, South Asian and African communities in Falkirk and Stirling. The aim of this project is to break down aspects of stigma and discrimination associated with mental health through the sport of football. Participants will be encouraged to take part in creative workshops after the football games to talk about mental health stigma and the negative impacts on BME men.

## 4. Seen and Heard

*Akin Fatunmbi from Health in Mind along with Grampian Racial Equality Council, West of Scotland Regional Equality Council and Frae Fife.*

This project aims to combat mental health stigma amongst BME men. It involves creative workshops with participants producing a DVD resource which will demonstrate the negative impact of mental health stigma. The DVD will be distributed in Aberdeen, Fife and Glasgow to tackle mental health stigma in BME communities.

These projects are now ready to get started. They are being supported by NHS Health Scotland and will complete their work by November this year.

For more information contact Arma Sayed  
arma.sayed@nhs.net or Tel: 0141 354 2931.

Regular updates will be on our website: [www.healthscotland.com/equalities/mentalhealth.aspx](http://www.healthscotland.com/equalities/mentalhealth.aspx)

## The 10 Minute Scottish Cloutie Dumpling

Enjoy a traditional Scots dessert/pudding with this ultra fast recipe

### Ingredients

225ml (8 fl oz) water  
150g (5 oz) caster sugar  
1 tablespoon mixed spice  
1 tablespoon cinnamon  
225g (8 oz) chopped mixed dried fruit  
200g (7 oz) sultanas  
225g (8 oz) butter  
250g (9 oz) plain flour  
1 teaspoon bicarbonate of soda  
2 eggs, beaten

### Preparation method



1. In a saucepan, combine the water, sugar, mixed spice, cinnamon, mixed fruit, sultanas and butter. Bring to the boil and let simmer for one minute. Remove from the heat and stir in the flour, bicarbonate of soda and eggs. Pour into a microwave-safe bowl.

2. Place the bowl in the microwave, uncovered. Cook for 10 minutes on full power. Let stand for 5 minutes.

Enjoy served warm with your favourite custard

# Contact Information

## Samaritans

08457 909090

They provide confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

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## Breathing Space

0800 8385 87

(Monday - Thursday 6pm-2am)

(Friday - Monday 6pm - 6am)



Breathing space is a free and confidential phone line service for any individual, who is experiencing low mood or depression, or who is unusually worried and in need of someone to talk to.

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## NHS 24

0845 4 24 24 24

An online and telephone-based service that can answer your questions about your health and offer advice.

## VOX- Voices of Experience



c/o Mental Health Foundation, 30 George Square, Glasgow, G2 1EG

Telephone: 01415721663

Email: [mal-gailani@mhf.org.uk](mailto:mal-gailani@mhf.org.uk)

Website: [www.voxscotland.org.uk](http://www.voxscotland.org.uk)

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## Saheliya PEER ADVOCACY

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Contact : Saheliya

125 Mc Donald Road, Edinburgh, EH7 4NW

Tel: 0131 556 9302

Email: [peeradvocacy@saheliya.co.uk](mailto:peeradvocacy@saheliya.co.uk)

Website: [www.saheliya.org.uk/](http://www.saheliya.org.uk/)

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## DAS-Depression Alliance Scotland

DAS is a national organisation that focuses specifically on depression. They offer information, self help support groups and telephone and email support.

Telephone: 0845 123 23 20

Email: [info@dascot.org](mailto:info@dascot.org)

Website: [www.dascot.org/index.html](http://www.dascot.org/index.html)