

VOX

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

Diversity Network Bulletin Summer 2011, Issue 5

Welcome to the Fifth 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 clicking on the following link <http://www.voxscotland.org.uk/about/our-work/diversity> this bulletin is also available online and in hard copy text 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.

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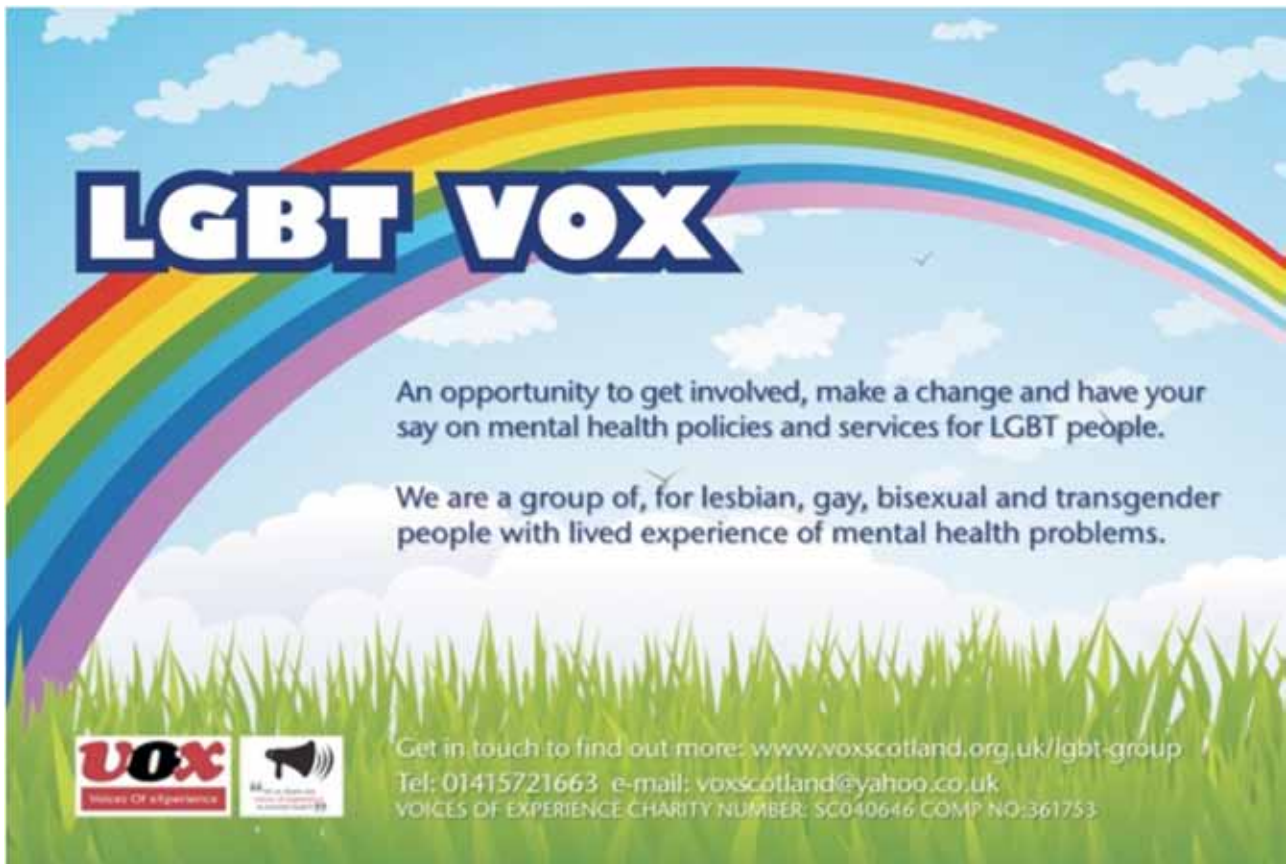
Submissions

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.

LGBT VOX launches e-survey



If you are a lesbian, gay, bisexual or transgender person interested in improving LGBT peoples experiences of Mental Health services than this group and survey may be of interest to you.

Since our last issue the LGBT VOX group has developed an online survey for LGBT people who have a lived experience of mental health problems. The survey is part of a wider objective that will help develop guidelines for health professionals based on LGBT peoples lived experience of mental health problems.

To take part in the survey visit: www.surveymonkey.com/s/WFR8RQL
and for more information on the group visit: www.voxscotland.org.uk/lgbt-group

Please contact us if you would like to be involved in the group.

Mental Health Spending cuts survey launched

Government Cuts?

Spending Review?

Efficiency Savings?

Austerity Measures?

Service Redesign?

Benefit Changes?

How do the changes happening all around us affect you?

The last two years has seen significant cuts to public sector spending affecting the social care funding across Scotland.

These changes may have a significant impact on the lives of people living with a mental health condition, particularly in relation to quality of life, mental health and well-being and recovery.

Mental health organisations (including: VOX, HUG, Bipolar Scotland, ACUMEN, Stirling Users Network, Scotia Clubhouse, Mental Health Network (Greater Glasgow), and Peer Support Fife) have launched a survey to gather evidence from across Scotland on the extent of spending cuts and how they impact on the services people receive, and whether the spending cuts have resulted in negative social outcomes affecting people's mental health and recovery.

In order to get as big a response as possible we would be grateful if you could complete the survey and where possible look to promoting the questionnaire through your contacts, publications, website or social network pages.

You can also request a hard copy of the survey to be sent out to you for completion by contacting VOX on 0141 572 1663 or complete the survey online see links below.

The relevant links to survey are:

Direct Weblink: <https://www.surveymonkey.com/s/YQFVNYQ>

Facebook link: <http://www.facebook.com/l.php?u=https%3A%2F%2Fwww.surveymonkey.com%2Fs%2FXNP3XHB&h=790ce>

New LGBT self-help group

“Bipolar Scotland” are developing a self-help group based in Glasgow for LGBT people with bipolar disorder and their carers, family and friends. We are looking for two volunteers from the LGBT community to facilitate the group. If interested in the group or in volunteering please contact;

Aileen or Alan at 0141 560 2050 or email aileenb@bipolarscotland.org.uk or aland@bipolarscotland.org.uk “

Epilepsy Scotland Free Multi Lingual Helpline

Epilepsy Helpline

0808 800 2200

Free and Confidential

Linia Pomocy dla Epileptyków nieodpłatna i poufna

ऐपिलेप्सी हेल्पलाईन (मिर्गी के बारे में मदद देने वाली फ़ोन-लाईन)
मुफ्त और गोपनीय ढंग से सलाह

ਐਪੀਲੈਪਸੀ ਹੈਲਪਲਾਈਨ (ਮਿਰਗੀ ਦੇ ਬਾਰੇ ਮਦਦ ਦੇਣ ਵਾਲੀ ਫੋਨ-ਲਾਈਨ)
ਮੁਫਤ ਅਤੇ ਗੁਪਤ ਢੰਗ ਨਾਲ ਸਲਾਹ

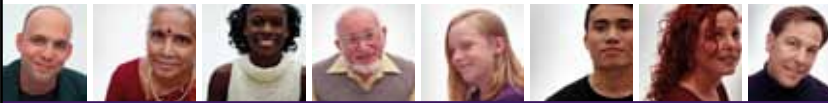
এপিলেপ্সি হেল্পলাইন বিনাখরচে এবং গোপনীয়

ਫ਼ਿਲਮਿਲਿਪਸੀ ਹੈਲਪਲਾਈਨ ਮੁਫਤ ਅਤੇ ਗੁਪਤ ਢੰਗ ਨਾਲ ਸਲਾਹ

خط المساعدة لحالة الصرع مجاني و سرّي

مرگی سے متعلق ہیلپ لائن مفت اور رازدارانہ

We can talk to you in over 170 languages



epilepsy scotland
Charity No. SC000067
www.epilepsyscotland.org.uk

Epilepsy is the world's most serious neurological condition. In Scotland, around 40,000 people have it. All age groups can be affected, however, it is more common in childhood and later life.

Epilepsy is the tendency to have repeated seizures. Just having one seizure does not mean you have epilepsy. This could happen as a result of a high temperature or immediately after an accident. There are over 40 different types of seizures and epilepsy syndromes. Seizures can affect one part or the whole of the brain.

There is no cure yet for epilepsy, however, anti-epileptic drugs can very effectively control seizures. In fact, up to 70% of people on anti-epileptic drugs can become seizure free.

If you are affected by epilepsy, help is at hand. Epilepsy Scotland has a wide range of information guides which can all be downloaded free of charge from our website www.epilepsyscotland.org.uk. If you prefer to talk to someone, phone our confidential Freephone helpline on 0808 800 2200. You can also text us on 07786 209 501 or email enquiries@epilepsyscotland.org.uk



Update from HUG

HUG action for mental health is a collective advocacy group, which represents the interests of users of mental health services across the Highlands.

In our last issue we listed some of the current work that HUG was involved in and in this issue we can update you on some of the work that has now been completed by HUG.

The Highland Users Group has recently produced a number reports on homelessness, poverty and current mental health issues in the highland area, these reports can be accessed here:

- Homelessness and Mental Health - January 2011
- http://www.hug.uk.net/reports_pdf/1101%20Homelessness%20Report.pdf
- Poverty - April 2011 - http://www.hug.uk.net/reports_pdf/1104%20Poverty%20final.pdf
- Current Issues in Mental Health - Summer/Autumn/Winter 2010/11
- http://www.hug.uk.net/reports_pdf/1101%20Homelessness%20Report.pdf

For contact information visit;

<http://www.hug.uk.net/> Or <http://www.voxscotland.org.uk/get-involved/groups/highland-users-group>

Black History Month (October) 2011

Call for submissions of initial ideas for Black History Month (BMH) 2011 Programme of Events

Black History Month (BHM) has been celebrated every October in Scotland since 2001. BHM is a month of celebration which brings together people of all cultures and ethnicity to celebrate the uniqueness of their heritage and the contributions and achievements made by Black and Minority Ethnic (BME) people in Scotland.

The theme for this year's BHM celebrations is the "Past, Present and the Future" and will link in with events across the country to provide a vibrant and diverse programme

of events. The events will highlight and celebrate the achievements made by Black and Minority Ethnic (BME) people to Scottish society and the world as a whole.

Please note the deadline for submissions is Friday 1st July 2011

For more information about Black History Month please contact:

The CRER office on 0141 418 6530 or visit our website at www.crer.org.uk



Beyond Prejudice DVD launched in June



VOX in partnership with 'see me', GAMH and NHS Greater Glasgow and Clyde would like to present the launch of "Beyond Prejudice" – mental health stigma and recovery among black and minority ethnic communities in Scotland.

The Film explores mental health issues in BME (Black and Minority Ethnic) communities with members of BME communities voicing their personal experiences of, stigma, racism and attitudes of family and communities. It also explores the way some people have overcome their mental health issues, whether through support, community activities or medication.

It explores the stigma and lack of understanding from family and community members as well as the support received and the journey towards recovery. It is about overcoming prejudice, barriers and negative attitudes and working towards recovery. Through sharing their experiences, these individuals give examples of hope and positive mental health and well-being which can give hope and inspire others in the community.

The DVD has been developed as an open source resource for professionals and activists to utilise as a training tool when working with different community groups on mental health and stigma.

The DVD will be available on the 'see me' web site as well as being available on request from VOX and online later this summer through the different partner's websites.



Respect for diversity award goes to the Sanctuary project

NATIONAL AWARD FOR SANCTUARY PROGRAMME



A partnership programme involving VOX has won a top Scottish award for their work with asylum seekers and refugees.

The Sanctuary programme, developed by the Positive Mental Attitudes (PMA) initiative based in East Glasgow, with support from a number of external partners including VOX, picked up the “Respect for diversity” prize from the Mental Welfare Commission’s Principles into Practice Network.

Sanctuary has the twin aims of addressing stigma and discrimination experienced by asylum seekers and refugees, and also to deliver training programmes to help improve staff awareness of this community’s mental health needs.

This includes a DVD produced by specialist film-maker Diversity Films which tells the stories of six asylum seekers and refugees living in Glasgow. The film won a highly commended award at the Scottish Mental Health Arts and Film Festival.

Neil Quinn, Sanctuary Lead, said: “With Glasgow hosting increasing numbers of asylum seekers and refugees over the last few years, developing a programme of work to understand and improve the mental health of asylum seekers and refugees became a priority for us.

“We built effective partnerships with a range of national organisations to help secure the expertise to help us deliver this piece of work.

“The Sanctuary programme is innovative on a number of different levels, with good reach within local communities through the peer led community workshops and a high quality film capturing the narratives of asylum seekers and refugees which has informed a tailored training programme for staff within the NHS and other services.

“The award reflects the strength of the partnerships as well as the innovative nature of the work and provides a spotlight on this very important issue.

Peer-led research involved more than 100 contributors who identified how pre-migration trauma as well as poverty, racism and the stress of the asylum process impacts negatively on mental health.

Stigma and discrimination within these communities often leads to reluctance to seek help.

Following the research 10 peer educators were drawn from asylum seeker and refugee community organisations 25 workshops were held attended by several hundred people.

The DVD “Inside stories”, funded by the NHS Mental Health Partnership’s training group was integrated into a training programme, based on the specialist knowledge and expertise within the Sanctuary group, and has already been delivered to more than 100 NHS staff and 12 more courses are planned.

The partners are NHS Health Scotland, Scottish Refugee Council, Medical Foundation for Victims of Torture, Mental Health Foundation and Voices of Experience (VOX).



SCOTTISH MENTAL HEALTH ARTS & FILM FESTIVAL

Moving Minds III

A day for your diary is Thursday the 6th of October 2011 at Kelvingrove museum in Glasgow.

VOX as national partners of the Scottish Mental Health Arts and Film Festival and in partnership with Glasgow life-Kelvingrove museum , See me, the Mental Health Foundation, NHS GGC, Glasgow women's library to name but a few will be presenting Moving Minds III equalities and mental health day of events and activities.

For more information stay tune to the festival program website <http://www.mhfestival.com/> and look out for our Moving Minds flyers and festival programs in Kelvingrove museum in September.

Youth Work Perspectives

A new electronic newsletter launched by the Youth Work Partnership Forum.

The forum was set up to bring together youth work partners from various agencies across the city of Glasgow.

The Forum has been running since September 2004 and now brings together youth work partners from various organisations and agencies across Scotland.

The Forum's membership includes organisations from local, national, voluntary and statutory sector.

The role of the forum "is to provide the opportunity for organisations working with young people in Scotland to come together to share good practice and encourage partnership working"

The purpose of the Forum "is to educate and raise awareness of race equality and human rights issues, enhance the integration of young people across Scotland and provide a forum for their voices to be heard".

To view the 1st issue of Youth Work Perspectives visit the web link below;

<http://crer.org.uk/attachments/article/168/export.pdf>

Or visit www.crer.org.uk for more information.

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.

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.

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

Website: www.voxscotland.org.uk

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

Email: peeradvocacy@saheliya.co.uk

Website: www.saheliya.org.uk/

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

Website: www.dascot.org/index.html