



VOX

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

Diversity Network Bulletin Winter 2011, Issue 6

Welcome to the Sixth 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.

VOX/Scottish Government Consultation on new Mental Health Strategy

VOX and the Scottish Government will be facilitating a consultation day on the proposals for a new national mental health strategy.

The new proposals intend to build on the current approach and seek Stakeholder's views on the direction of work for the next 4 years to further improve mental health outcomes.

This event, built in as part of VOX's winter members meeting, is part funded by the Scottish Government and will offer our members, group members and associates the opportunity to directly feedback and respond to the Governments representative on the new Mental Health Strategy.

To access a copy of the consultation please click on the following link: <http://www.scotland.gov.uk/Publications/2011/09/01163037/0>

We would like to invite all our individual, group and associate members to attend and take part in voicing their views on the strategy.

Lunch and refreshments will be available as well as travel expenses on the day.

The event will be on Monday the 12th December from 10.30am – 3.00pm in the Grand Central Hotel, Gordon Street Glasgow. Further information and programme will be available closer the time.

To book your place or for group booking please contact VOX on 0141 572 1663 or e-mail: jsteel@mhf.org.uk

Respectme

“it's every child's right not to be bullied”

Respectme, is Scotland's anti-Bullying service. Their work is mainly with adults who have a role to play in children and young people's lives to give them practical skills and confidence to deal with bullying behaviour. They offer free training at events and work with organisations at a local and strategic level to develop and review anti-bullying policies and practices.

This year's anti-bullying week takes place from Monday 14 to Friday 18 November.

There are a number of activities running throughout the week to mark the event across Scotland. If you would like more information about this, please visit respectme's website which is <http://www.respectme.org.uk/> or telephone 0844 800 8600.





the gallery on the corner fully represents and supports inclusive

artwork produced by artists who have a physical or mental health condition or those from a disadvantaged background.

They are inviting art groups and artists to submit proposals for 2012 exhibitions over the next few months.

Since opening in March 2010 the gallery has hosted a variety of successful exhibitions with various art groups, special education schools and individual artists as well as taking part in the Mental Health Arts and Film Festival in 2010 and 2011. Everyone involved has really enjoyed the experience.

If you are interested in taking part or would like more information then please visit the gallery's website on <http://www.thegalleryonthecorner.org.uk/>. Or telephone them on 0131 557 8969.



The Ethnic Survivors Forum is a new culturally sensitive service available for minority ethnic communities and professional bodies.

The Ethnic Survivors Forum offers support services for minority ethnic adult survivors of childhood sexual abuse, including:

- A freephone telephone helpline offering confidential support and information* 0808 80 22 222
- A unique interactive website offering support and information in up to nine languages including Urdu, Punjabi, Hindi, Arabic, Swahili, French, Cantonese and Polish www.ethnicsurvivorsforum.org

- A Group Support Programme where adult survivors can meet and share their experiences in a safe and secure environment
- Face to face free and confidential support to male and female minority ethnic adult survivors of childhood sexual abuse

For further information contact The Ethnic Survivors Forum on: 0141 202 0608,

e-mail info@ethnicsurvivorsforum.org or leave a message on our forum by visiting

<http://www.ethnicsurvivorsforum.org/forum>

* We always want to keep calls to the Helpline confidential, however, in circumstances where we are concerned about your safety, or the safety of others, it may be necessary to disclose information to a third party. We will only take action if we feel it's an emergency.

Ocean Youth Trust

Ocean Youth Trust Scotland is a world leading youth work charity, delivering an annual programme of residential youth work voyages aboard its fleet of sail training vessels. We sail with young people from a wide range of backgrounds throughout Scotland and beyond from 12 to 25 years of age. In most cases these young people will have no previous sailing experience.



Ocean Youth Trust would like to encourage disadvantaged and vulnerable young people from black and ethnic minorities to access the opportunities they provide.

For more information visit their website www.oytscotland.org.uk for more details.

MIN Weekly Dance Class, Wednesdays



Maryhill Integration Network dance class invites you to join professional choreographer Natasha Gilmore every Wednesday between 18:00 and 20:00 at the offices on Avenue Park Street. Crèche available.

For more information please phone 0141 946 9106 or email admin@maryhillintegration.org.uk



GCIN Unfinished Pictures Project, Saturdays

Are you interested in media, art or like exploring issues and meeting people?

Govan and Craigton Integration Network invite you to the Unfinished Pictures Project, Saturdays 13:30 to 15:30 at Tarfside Oval, Cardonald.

For more details please contact Nicky Bolland on nicky@unfinishedpicturesproject.org



Stonewall
the lesbian, gay and bisexual charity

Stonewall Survey Summary and Key Findings

Stonewall commissioned YouGov to survey a sample of 1,050 heterosexual and 1,036 lesbian, gay and bisexual people over the age of 55 across Britain. The survey asked about their experiences and expectations of getting older and examined their personal support structures, family connections and living arrangements. It also asked about how they feel about getting older, the help they expect to need, and what they would like to be available from health and social care services.

Getting older can be much more complex for lesbian, gay and bisexual people than heterosexual people as they are more likely to face the prospect either alone or without as much personal support as their heterosexual counterparts.

Lesbian, gay and bisexual people over 55 are:

- More likely to be single. Gay and bisexual men are almost three times more likely to be single than heterosexual men, 40 per cent compared to 15 per cent.
- More likely to live alone. 41 per cent of lesbian, gay and bisexual people live alone compared to 28 per cent of heterosexual people.
- Less likely to have children. Just over a quarter of gay and bisexual men and half of lesbian and bisexual women have children compared to almost nine in ten heterosexual men and women.
- Less likely to see biological family members on a regular basis. Less than a quarter of lesbian, gay and bisexual people see their biological family members at least once a week compared to more than half of heterosexual people.

Lesbian, gay and bisexual people share many worries about ageing with their heterosexual peers but are consistently more anxious across a range of issues including future care needs, independence and mobility, health including mental health and housing. Half feel that their sexual orientation has, or will have, a negative effect on getting older

A healthy lifestyle is important and while the smoking trends of older lesbian, gay and bisexual people broadly follow those of heterosexual people, there are other notable differences.

Older lesbian, gay and bisexual people:

- Drink alcohol more often. 45 per cent drink alcohol at least 'three or four' a week compared to just 31 per cent of heterosexual people.
- Are more likely to take drugs. 1 in 11 have taken drugs within the last year compared to 1 in 50 heterosexual people.
- Are more likely to have a history of mental ill health and have more concerns about their mental health in the future.
- Lesbian and bisexual women are more likely to have ever been diagnosed with depression and anxiety – two in five have been diagnosed with depression, one in three with anxiety.
- Gay and bisexual men are twice as likely to have ever been diagnosed with depression and anxiety than heterosexual men.
- 49 per cent of lesbian, gay and bisexual people worry about their mental health compared to 37 per cent of heterosexual people.

With diminished support networks in comparison to their heterosexual peers, more lesbian, gay and bisexual people expect they will need to rely on formal support services as they get older. Lesbian, gay and bisexual people are nearly twice as likely as their heterosexual peers to expect to rely on a range of external services, including GPs, health and social care services and paid help.

However, at the same time lesbian, gay and bisexual people feel that providers of services won't be able to understand and meet their needs.

- Three in five are not confident that social care and support services, like paid carers, or housing services would be able to understand and meet their needs.
- More than two in five are not confident that mental health services would be able to understand and meet their needs.
- One in six are not confident that their GP and other health services would be able to understand and meet their needs.

As a result nearly half would be uncomfortable being out to care home staff, a third would be uncomfortable being out to a housing provider, hospital staff or a paid carer, and approximately one in five wouldn't feel comfortable disclosing their sexual orientation to their GP.

Significant numbers of disabled lesbian, gay and bisexual people also report that they have not accessed the health, mental health and social care services in the last year that they felt they needed.

The cumulative experience and concerns of older lesbian, gay and bisexual people leave them specifically concerned about the prospect either of living alone without support or having to enter care homes which will not meet their needs.

Please visit the website <http://www.stonewall.org.uk/> for more information.

Scottish Government Same-Sex Marriage Consultation

Help persuade the Scottish Parliament to make a stand for equal rights and legalise same-sex marriage and mixed-sex civil partnership in Scotland.

You can now respond to the Scottish Government's consultation on same-sex marriage online:

<http://www.equalmarriage.org.uk/consultation.php>

It only takes a few minutes and will be treated as a full consultation response by the Scottish Government.



AlbScott and RSAMD's Community Music Dept. present.....



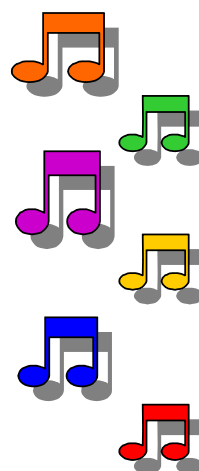
Music classes for
babies and toddlers

A fun & free activity for parents and small children



Renfrew St Nursery
Thursdays 10am
15th & 29th September
13th & 27th October
10th & 24th November
8th December

Garnethill Multicultural
Centre, Rose St
Thursdays 11am
6th Oct, 3rd Nov,
1st Dec, 2nd Feb,
1st March & 5th April



For details contact: 0141 946 9106

FREE FOOD!

If you are on Section 4 or if you do not get any money at all then come along for our weekly café! *Free meal + free food!*

UNITY

World Cafe

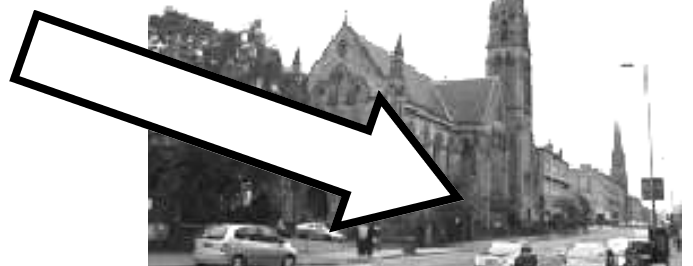


EVERY

TUESDAY!

12-4pm

At **LANSDOWNE CHURCH** on **GREAT WESTERN ROAD** -
Near **KELVINBRIDGE** underground station and **SOLLY's African shop**



Bus numbers 11, 20, 44, 66, 118, 159

PLEASE BRING FOOD TO DONATE FOR THE CAFÉ TO THE UNITY CENTRE OR UNITY IN THE COMMUNITY CHARITY SHOPS in Govan BEFORE 5PM on MONDAYS or to LANSDOWNE CHURCH EVERY TUESDAY FROM 9.00pm
Please leave donations at the red door / Great Western Road entrance.

Thank you!

FOR MORE INFORMATION Contact: The UNITY CENTRE 30 IBROX STREET- GLASGOW G51 !AQ Tel: 0141 427 7992

There
is a
Better
Way
.org

No Racism!

**STUC St Andrew's Day
Anti Racism March and Rally
Saturday 26 November 2011**

- **March assembles** 10.30am St Andrew's in the Square (off Saltmarket), Glasgow
- **March off** 11.00am
- **Rally** 12 noon Glasgow Film Theatre, Rose Street, Glasgow

Speakers include Mike Kirby (STUC President), Humza Yousaf MSP, Michael McMahon MSP, Zita Holbourne (BARAC) and Tasmina Ahmed-Sheikh (Ethnic Minority Women's Network)

stuc
www.stuc.org.uk



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/

Action on Depression

The national charity working specifically with and for people affected by depression in Scotland, to tackle depression through campaigning and providing information and support.

Free phone (Even from mobile): 0808 802 2020

Email: info@actionondepression.org

Website: www.actionondepression.org