

Derby Depression Club NEWSLETTER

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From the Editor



Welcome to the summer edition of the Derby Depression Club Newsletter. Lets hope the weather will be kind to us this year. Good weather does seem to make people want to get out more, and for those of use who suffer with depression that can only be a good thing. Don't forget to keep sending items of interest to the Editor. It is YOUR newsletter.

AGM 2010 Notification Monday 5th JULY

Yes It's that time of the year again when we have to do a little bit of business.

Please let the secretary (David Musk) know of any items for discussion, or Nominations for the Committee.. Needless to say we will try and deal with the business as quickly and painlessly as possible, so we can get on with something less formal for the rest of the meeting.

The business part will take the usual format, with reports from the Chair, and Treasurer, plus voting on the committee for the forthcoming year. This will be followed by any other business. Nothing arranged yet for the rest of the meeting, but it will be something on the lighter side. Free nibbles will be available, and you may wish to bring something a little alcoholic.

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Sikh Museum visit 10th May 2010

Monday 10th May turned out to be an unusual and interesting event for the Derby Depression Club.



Derby is fortunate in having a significant Sikh population and may have been why it was chosen to house the National

Sikh Museum. Situated in some industrial buildings at the end of Princes Street, Peartree, Derby DE23 8NT the place is called the National Sikh Heritage and Holocaust Museum . Inside are fascinating artefacts, and a detailed history of the Sikh religion.

One of the disturbing parts of the museum is the Holocaust section, where there are graphic details of the systematic attempts over the years to wipe out the entire population of Sihks. Yet again it appears that ethnic cleansing is nothing new. Sikhs have a special relationship with Britain, and are a proud race who have had to fight for their very survival. Their views on things like equality is very much seen as a threat to the larger religious groups of Muslims and Hindus, hence the continued hatred against them which is still active today in India.

We were made to feel most welcome, and I would recommend a visit to anyone. It is really educational, and better still it is free. Opening times are :

Weekdays **Weekends**
10am to 12pm 11am to 2pm
6pm to 8pm

Our Group's Basic Aims

- Caring
- Sharing
- Supporting
- Helping
- Self-Help
- Understanding
- Non-condemning

Depressed Celebrities

Continuing our theme of featuring a depressed celebrity in each edition, this next person may come as no surprise.

James Andrew Innes "Jack" Dee (born 24 September 1961) is a standup comic and writer known for his sardonic, curmudgeonly, and deadpan style. Dee was the youngest of 3 and born in Petts Wood, South London. Dee was educated at both state and independent schools. He obtained 2 A levels and planned to go to drama college, but his plans were scuppered when his mother persuaded him to get a vocation, so he entered the catering industry, and became a waiter.



In his twenties Dee worked at the Ritz and started drinking heavily. He attended church and attempted to become a priest. After he realized that it wasn't for him he gave that up, he quit drinking. Although he would later describe his condition as alcohol abuse rather than alcoholism, which it was reported at the time. Since then he has gone on to advertise John Smiths Bitter.



Dee's first public act was an open mic gig at the Comedy Store. He was encouraged to write additional material and to tour the circuit. Since 1990's he has performed to sell out acts at many high profile venues including the London Palladium and the Hammersmith Apollo. After he scooped the British Comedy Award for best newcomer in 1991, Dee was offered his own show which went out in February 1992, bringing him to a wider audience. His stand up routines on television continued with Jack Dees Saturday Night, Jack Dees Happy Hour, and in 2004 Jack Dee live at the Apollo. He made numerous guest appearances on such programmes as Silent Witness, Dalziel and Pasco, Jonathan Creek, Have I got news for you, I'm sorry I haven't a clue, Top Gear and Shooting Stars. Dee has frequently been associated with charity work including Comic Relief, Comic Aid (raising money for the Asian Tsunami appeal), and in 2010 took part in channel 4's Comedy Gala filmed live on London's O2 Arena in aid of the Great Ormond Street Children's Hospital.

He met his wife in 1986 when working as a waiter in Fulham. She was a receptionist at a nearby hotel. They married in Winchester and have 4 children, Hattie, Phoebe, and twins Miles and Charles. He abused alcohol heavily in 1980s. Following his appearance on Celebrity Big Brother, he had a relapse, though did not attend AA meetings as he did not want paparazzi photographing him leaving meetings.

Dee has admitted suffering from Depression and has claimed that work is the best therapy for his condition saying "if you have an impulse to be creative, ignore it at you peril" He also said the following "Depression is something that has always figured in my life but now I'm dealing with it. I wish I'd done this years ago because it's been really helpful."

Who do you know as a depressed celebrity? Perhaps you could let the editor know, and we could feature them in future editions. Our thanks to John who came up with the following suggestions. Hugh Laurie (Comedian) Dame Stephanie Shirley (Entrepreneur and philanthropist) Emile Zola (French Novelist) Mark Rothco (Modern Artist USA).

Madness isn't badness——An extract from Libby Purves "Midweek" on Radio 4 Wednesdays

Mad, barking, bonkers, loony nuts loopy We hide behind a wall of slangy bravado, throw the accusation at politicians and anyone we don't agree with. Sometimes we brag of it "I'm mad me", it was mental, It was a bonkers night. We do it the same way with pumpkin monsters and bedsheets ghosts at Halloween to tame the evil spirits by mockery. We know we aren't really mad, but underneath this bravado many are terrified of mental illness. The word asylum holds a dread from the past, and the terror spreads to modern clinical terms-psychopath, schizo! We say "Ooh I went mad at the sales", but we'd be scared to mean it. For many years the mad were locked away, and the accusation was useful to repressive societies. Sane, but unconventional people could be incarcerated for years without recourse to justice. In Russia they were called dissidents. In Britain unmarried mothers were branded as moral imbeciles.

As a civilised society we are slowly outgrowing this terror, although every rare act of violence by a mental patient sets back the cause of compassion by years. The shallow end -mild to moderate depression is something that successful don't mind talking about: some even wear it as a badge of sensitivity. It is an illness not a badness. More often than you think it gets better.

News Roundup What the Papers say !!!

Depression damages sense of smell Daily Mail 23rd May 2010

Those with depression often complain that their sense of smell is dulled, and this has always been assumed to be psychological. Writes Roger Dobson. But according to new research, there are physical changes in the brain of sufferers that lead to this reduction. The brain's smell centre is 15-20% smaller in men and women diagnosed with depression leading to one fifth of their sensitivity to smells. Researchers believe that this centre (the Olfactory Bulb) shrinks because new nerve cells are failing to grow as a result of the depression, although experts do not know why. The sense of smell, and the size of the bulb were directly linked to the severity of the depression' says Dr Thomas Hummel who led the study at the University of Dresden. The sense of smell is co-ordinated by the olfactory bulb which is situated in the front of the brain above the nose. When an odour enters the nasal cavity it interacts with millions of receptors that dispatch signals through the bone behind the nose in to the bulb about the size of a chick pea. It is here that the sense of smell is identified, processed and stored. Brain cells that make up the bulb are continuously being regenerated with new ones replacing old.

The new research published in the journal Neuroscience suggests that if the process slows down, the bulb becomes smaller and less efficient. In the German study 21 patients with major depression and 21 healthy individuals were subjected to a battery of tests to assess their ability to smell. They also underwent brain scanning to measure the olfactory bulb. Results showed that those with depression had a 19% reduced sense of smell. The depressed patients had more difficulty picking up faint odours even at concentrations easily detected by people in the control group. The scans also revealed a 15 to 20% smaller bulb volume.

Objective ways of measuring depression are being found evermore frequently. It has been discovered for example that when someone is depressed, their retina responds differently to contrast changes.

Trendy? No depression can strike anyone rich or poor. Letter to the Daily Mail 19th May 2010

Janet Street Porter considers depression to be the new trendy illness among the middle classes. How very understanding of her to say she's not denying that clinical depression is a real mental illness, but makes it obvious that she has little sympathy with present day sufferers. She also states that her mum's generation didn't suffer from stress or depression. How very wrong she is. My mother from that same generation suffered greatly from stress and depression, to such an extent that she could stand it no longer and took her own life. She wasn't middle class, but very much working class from a poverty stricken background. Getting on with the washing, ironing and baking are and never have been an antidote to depression and suicidal feelings.

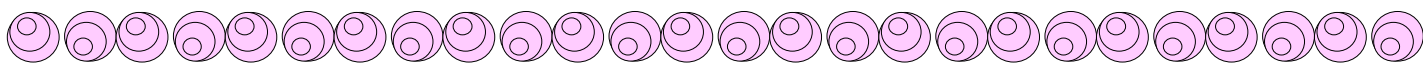
Of course every day lots of women get divorced, lose loved ones, give birth and are diagnosed with terminal illnesses, and maybe 90% do not get depressed about it (As Janet Street Porter says) but that's grief. Depression is entirely different, and no matter whether you are rich or poor, upper, middle or working class it is a real illness. While there are insensitive know it all people spouting off, it will never be fully understood. When my Mum took her own life 45 years ago the coroner recording a verdict of suicide said "this woman took her own life while she was depressed which was a futile thing to do as everyone gets depressed from time to time".

I had hoped people would have become a little more enlightened about mental illness since then, but it seems not in Janet Street Porter's case Delia Bennett, Shepshed Leics.

The Plastic Helmet That Could Beat Depression !

A High Tech plastic Helmet may be the new way to tackle depression. Researchers say the benefits were greater than those obtained with antidepressants. The helmet works by emitting low intensity electro-magnetic waves. This form of treatment has already been shown to be effective in osteoarthritis. It is thought to help depression by working on the signalling between brain cells, possibly enhancing levels of serotonin, a feel good brain chemical. Serotonin is targeted by many of the most widely used antidepressants. In their trial, Danish researchers gave the therapy to 50 patients suffering from treatment resistant depression (as many as 30% of patients with severe depression don't respond to antidepressants)

The waves used in the trial were exactly the same strength as those used in osteoarthritis but the way they were applied was different. Patients wore a plastic treatment helmet with coils placed on the inside to make contact with the skull. Patients had daily sessions for 5 weeks. Half of the patients had active treatment, while the other half had a placebo helmet which was not activated. Because there is no noise or sensation, patients were unaware which they had been given. Results show after 5 weeks, 61% of those who had the active treatment responded compared with 12.9% of the placebo group.



DERBYSHIRE PLACE NAMES

Y H C R O M F O R D E L T O N
 K E H R K O O R B L O H B S L
 M A S H B O U R N E D C U K L
 K N Y M M Y E L P I R D X N E
 S O E Y A M P J H F F F T O W
 H R N O T G N I T R A H O T E
 O E E U L A E S R E V O N E K
 T V K L O V M N O T E R F L A
 T O A G C L L E W S E D I T B
 L S M R K N O T S E K L I S A
 E L V A S T O N K H S O P A M
 P O D V F H C I R C S G Y C F
 O B H E A G E W I N S T E R O
 H S H A R D L O W B E L P E R
 Y E L L A M S Y E L R O M P D



ALFRETON HEANOR
 ASHBOURNE HOLBROOK
 BAKWELL HOPE
 BAMFORD ILKESTON
 BELPER MAKENEY
 BOLSOVER MATLOCK
 BUXTON MORLEY
 CASTLETON OVERSEAL
 CHESTERFIELD RIPLEY
 CRICH SHARDLOW
 CROMFORD SHOTTLE
 ELTON SMALLEY
 ELVASTON TIDSWELL
 EYAM WINSTER
 HARTINGTON WIRKSWORTH
 HEAGE YOULGRAVE

Important note

August 30th 2010 There will be no meeting as it is August Bank holiday. Business as usual again on 6th

FUTURE DATES

July 5th 2010
 July 19th 2010
 August 2nd 2010
 August 16th 2010
 Sept 6th 2010
 Sept 20th 2010



Depression Club Annual Outing Wed 14th July 2010

There is a slight change to the outing, in that there will be a choice of activities. Those who would like a traditional seaside day trip can be dropped on the Skegness seafront where abundant supplies of candy floss, kiss me quick hats, buckets and spades ice cream and donkey rides can still be found (yes they still have donkey rides on the beach). For those who would prefer something a little more tranquil, and like to commune with nature, we will be dropping people off at Gibraltar Point, about 3 miles South of Skegness. The area is approximately 4.6 square kilometres, and is a National nature Reserve and a Site of Special Scientific Interest. Facilities include a Visitor Centre and Café, as well as well defined paths with easy access to the sand dunes and salt marshes. The more energetic may want to walk north along the shore and meet up in Skegness. Whatever you chose it should be a good day out, and there may even be times to call in at a pub on the way back for a nightcap just to finish the day off. There are still some places left, so contact any committee



member to make sure you are on the list. It would be useful to know as soon as possible so we know what size or number of minibuses we will need.



GIBRALTAR POINT

Bring your own picnic/lunch/drinks, although there will be plenty of opportunities for those who would rather buy refreshments there. Departure time will depend on when we can pick up

the minibus, and we hope to be back around 9 o'clock.

WHY MEN ARE NEVER DEPRESSED:

Men Are Just Happier People--
 Your last name stays put.
 The garage is all yours.
 Wedding plans take care of themselves.
 Chocolate is just another snack.
 You can never be pregnant.
 Car mechanics tell you the truth.
 The world is your urinal.
 You don't have to stop and think of which way to turn a nut on a bolt.
 Same work, more pay.
 Wrinkles add character.
 People never stare at your chest when you're talking to them.
 New shoes don't cut, blister, or mangle your feet.
 One mood all the time.
 Phone conversations are over in 30 seconds flat.

You know stuff about tanks and engines. A five-day holiday requires only one suitcase.
 You can open all your own jars.
 You get extra credit for the slightest act of thoughtfulness.
 Your underwear is £9.50 for a three-pack. Three pairs of shoes are more than enough. You never have strap problems in public.
 You are unable to see wrinkles in your clothes.
 Everything on your face stays its original colour.
 The same hairstyle lasts for years, maybe decades.
 You only have to shave your face and neck.
 You can play with toys all your life.
 One wallet and one pair of shoes -- one colour for all seasons.
 You can wear shorts no matter how your legs look.
 You can 'do' your nails with a pocket knife.
 You have freedom of choice concerning growing a moustache. You can do Christmas shopping for 24 relatives on 24th December in 24 minutes.
No wonder men are happier.

Editorial Note Views and opinions expressed in this publication are not necessarily those of Derby Depression Club or the Depression Alliance