

Derby Depression Club NEWSLETTER

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From the Editor

Not a lot to say this edition which is perhaps unusual for me. Remember, items for the newsletter are always welcome, and thanks again to those who have contributed so far.



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Derbyshire Mental Health Services Trust League of Friends comes to the Clubs Rescue.

Following the unavailability of the NHS Resource Centre, which was free to us, we now have to pay to hire the Guinness Trust Common Room for our meetings.

An approach was made to the Derbyshire Mental Health Trust for financial support. This was declined, but it was suggested that we approach the Mental Health Trust League of Friends. Following a presentation to the League of Friends at one of their committee meetings, a generous one off donation of £250 was made to the Club. This is really good news for 2010 as it ensures our continued use of the Guinness Trust Residents Common Room for the next 12 months. It also gives us a breathing space to find some alternative funding for the future.

Our thanks go out to the league of Friends for their hard work in funding raising for the benefit of mental health sufferers. We have been invited to have a stand at their next summer fair. Anyone who is available will be welcome to join us.

PORRIDGE (No not the Ronnie Barker sort) By Lady Claire McDonald

Browsing supermarkets, there is a never ending range of flavours. Even McDonalds are selling it. With the cold temperatures it is the perfect time to enjoy the original comfort food. It's filling, nutritious and healthy. Porridge has the proportion of protein for repair and growth in the body and boosts the immune system. It is rich in soluble fibre which has been shown to lower cholesterol, and is high in vitamin B6 which promotes the feel good brain chemical serotonin. The slow releasing carbohydrates sustain energy levels. Porridge has always been a fantastic fast food, but fell out of favour when we became too busy to wash up the hideously sticky pans. That is no longer a problem using a non stick pan.

My first introduction to porridge came soon after I arrived in Scotland as a young bride. I was staying in a fantastic old house, where our fellow guests were the judges of the piping section of the Highland games. I watched with fascination as one of the 3 (a sprightly 70 year old) proceeded to eat porridge for breakfast, lunch and dinner. I then realised how seriously the Scots take their porridge. Some people will only eat porridge standing up. Purists insist it should only be eaten with a dash of salt. Others insist on washing it down with whisky. And then there is the question of how you stir your oats. Traditionalists use a spurtle, a stick specially produced for porridge stirring. You can understand why the Scots are so passionate about their porridge. It was their staple diet for generations. Bonnie Prince Charlie's followers went in to battle with slabs of cold porridge tucked under their tartan coats. While other nations were tucking into pasta and rice the Scots were eating porridge slabs made with oats, water and salt allowed to go cold , and cut in to pieces. Porridge is so versatile. You can add anything-bananas, dried fruit, strawberries, honey, syrup, demerara sugar. You can add it to biscuit mixes, crumbles, and coat fish and chicken.



A simple tip from one of our members to make porridge in a wide necked 'Thermos' jug using boiling water. It is easy economical and avoids that sticky saucepan.

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Our Group's Basic Aims

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

News Roundup ----- snippets from the last couple of months newspapers.

Stressed Mothers Have Bad Babies.

This little snippet comes as no surprise.

“Children whose mothers were stressed out during pregnancy may be vulnerable to behavioural problems. Mental strain caused by bust ups with a partner was particularly damaging, scientists found. High levels of stress hormone Cortisol cross the placenta and affect the unborn infants brain. Imperial College London researchers told the Royal Society they hope this will raise awareness of cutting the stress in expectant mothers.”



Stress leaves 1 in 3 women with hair loss

The stresses of modern life have left 1 in 3 women over 25 suffering from hair loss research had revealed. Experts believe a major cause is society's obsession with being thin. This leads to some women eating less as they try to imitate the skinny frames of celebrities, which means they are not getting enough nutrients which in turn is causing hair to thin or fall out. One lady who had a baby is quoted as feeling pressured after seeing celebrities get back in to shape within months. In Western culture, hair is bound up in notions of femininity youth and sexual attractiveness, so even slight hair loss can cause significant personal anxiety, leading to even more hair loss

Daily mail 9th January 2010

Dog been acting strangely? It may be Obsessive Compulsive Disorder

Dogs can suffer Obsessive Compulsive Disorder (OCD) just like humans Scientists said yesterday. They have identified a gene that makes animals susceptible to Canine Compulsive Disorder. Researchers found that certain breeds like Dobermans and Bull Terriers chase their tails spin in circles and snap at imaginary flies. They hope that the discovery of this gene will also be located in human DNA. It could potentially be 'silenced' to stop the symptoms. The disorder affects about 1 in 50 people and is characterised by time consuming rituals and behaviour. Researchers at Cummings University, Massachusetts said Dobermans with the gene were two and a half times more likely to exhibit compulsive behaviour, and was significantly more prevalent in males.



The Director of medical genetics at Massachusetts University said that 'the more researchers know about a particular disorder the better they are able to treat it. We have found that not all with this DNA change will get sick.'

'It's the same with people. We can't label them at birth that they will develop compulsive disorder, but it is more likely' The gene targeted in the study is responsible for developing communications between nerve cells and the brain.

Success in treating compulsive disorder in Dogs with drugs like Prozac also hinted a connection between the disorder in humans and dogs. There is a possibility that the gene 'silencing' research could be applied to OCD.

Compulsive disorder runs in the family with humans. Someone whose brother, sister, mother or father has the condition is four to six times more likely to exhibit it. Human research in this area had led scientists to discover genetic links among Obsessive Compulsive Disorder, Bipolar Disorder and even Autism, according to Dennis Murphy, Chief of Clinical science at the National Institute for Mental health in Bethesda, Maryland.

The research is published in the January edition of Nature Molecular Psychiatry.



Story from the past (Part 1)

Memories from my father Stanley George Musk 1914-1977

I was born in Edmonton. My parents were Seventh Day Adventists, and my father a temperance speaker. At 18 months old I became very ill with double pneumonia, and was approaching crisis point. As a final attempt to aid my recovery, my father put some brandy on a teaspoon and dropped some on my lips which I licked and that became the turning point.

When I reached 5 I started my education at the local elementary school, and remember seeing quite a number of children attending with bare feet. They didn't do it for fun it was because they came from poor families. We were poor too, but my parents always managed to somehow too keep our feet shod. When my father became ill, we lived for 5 years on parish relief with my mother taking in washing to make an extra shilling. I earned a few coppers collecting a delivering washing in the morning before school.



Our food was mainly bread and dripping, plain boiled rice and jam fish and chips things that were cheap at the time. I must have eaten many mixtures that were not healthy, but I can not remember being hungry for long. However I did re-



sent(and I think most boys would) having to have my cut down fathers trousers, and many other garments. Later in life I reacted to this. When I had some money of my own, and was able to buy some clothes of my own, I became very clothes conscious and bought more clothes than I needed.



At this time it was possible to get a meal of fish and chips for threepence (3d) equal to 1¼ p in new money. Twopence would admit a child to the Saturday matinee at the local, cinema renowned for the small insects which caused much irritation. A second cinema had a little more class and charged theepence. They had boxing there on Monday evenings, and an orchestra performed while the main film was being shown. While the news, short comedy and the 'to be continued next week' was on we heard suitable music from a lone pianist somewhere in the front, as the films were silent. This started my interest in music, with pieces of overtures and classical pieces, which I was later able to identify. It must be remembered that there were no concerts of classical music in my district at the time and wireless for all had not yet arrived Nowadays when I hear certain overtures played I can still visualise cowboys rushing across the prairies, or a storm at sea, with a hero fighting great odds. Needless to say the good guys always overcame the baddies.



One event that sticks out in my mind is the General Strike of 1926. Personally I disapprove of the strike method of settling disputes, except as a last resort when all else has failed. What I saw at the age of 12 probably helped to convince me of this. All public transport had stopped and everything seemed to be at a standstill, except the angry crowds that gathered and argued in the market place. Suddenly I heard a familiar sound that had been absent for days. It was a tram whining along the tracks. Someone dared to bring one out in defiance of the strikers. There was a roar of anger from the crowd which surged to the High Street to meet this challenge. As the Tram drew near a volley of bricks and stones smashed every window, while the driver and 3 others made a dash down a side street, literally for their lives. So dangerous was the mood of the crowd, made up of ordinary peace loving respectable individuals. I never found out if the fellows got away.

To be continued in the next edition

Knitting— it's the new yoga !!!

No wonder grandma looks so relaxed. Health officials have concluded that knitting is an ideal way to combat stress at work.

Under a new initiative, workers at NHS Highland have been bonding over balls of wool at lunch, instead of grabbing a rushed sandwich at their desk. The initiative was originally inspired by a charity knitting project on Skye. But with the chance to knit one purl one proving a big hit with employees of all ages-including men- it is hoped the clicking of needles will become a regular fixture during breaks.



Organiser Fiona Clarke health promotion specialist at NHS Highland described the knitting as "the new yoga" She said every knitter knows it is good for you because it really calms you down and de-stresses. The initiative is available to around 100 finance, management and board staff. Knitting fans are said to include Julia Roberts, Madonna, and even tough guy Russell Crowe.

COUNTY WORD SEARCH

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

GWYNEDD
 CAMBRIDGSHIRE
 CORNWALL
 DERBYSHIRE
 DEVON
 DORSET
 DURHAM
 KENT
 LANCASHIRE
 LEICESTERSHIRE
 NORFOLK
 NORTHUMBERLAND
 RUTLAND
 SOMERSET
 SUFFOLK
 SURREY
 SUSSEX
 WILTSHIRE
 YORKSHIRE
 ESSEX
 SHROPSHIRE

What's coming up

1st March — Zena Millward Tutor in Psychology at Derby University will talking about some different types of psychological therapies, and how they work. A wonderful opportunity to find out from a professional about which might be best for you

15th March — Laura Sachs (Membership Services Coordinator) from Depression Alliance. Laura is the new replacement for Pam Todd, and is looking forward to visiting our group.



29th March — An evening of magic from Clive Moore, an ex President of the Magic Circle. An entertaining evening not to be missed.

Summer Outing

This year we are hoping to have another annual outing, so watch this space and let the committee know where and when you would like to go.



FUTURE DATES
 March 1st 2010
 March 15th 2010
 March 29th 2010
 April 12th 2010
 April 26th 2010
 May 10th 2010
 May 24th 2010

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