

Derby Depression Club

NEWSLETTER

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From the Editor

So what's New ?

Sadly the Rosehill Centre is no more. For many with mental health problems it was a sanctuary. For Rethink, the new mental health day service provider, it will be a hard act to follow. At present, most of the old services are continuing, and hopefully, by November there will be a central office facility. Rethink still have a long way to go, so we wish them all the best.

The Department of Health have issued a new document called, "New Horizons" for consultation. It contains the government's strategy for the mental health of the nation for the next 10 years. It is a rather weighty document of 130 pages, but does contain some good principles. Ideas such as mental health awareness and education in schools, the seamless provision of mental health care from childhood in to adulthood, reducing stigma, the effect of environmental condition on mental health ie poor housing etc, and the vital part relationships play in both causing and overcoming mental illnesses. It also outlines better care for the elderly and suffers of Dementia and Alzheimer's. Fine words, I hear you say, but lets hope sufficient resources are made available to implement the strategy.

Perhaps the most important news is nearer home, with a change of venue for the Clubs meetings——**See Article below**

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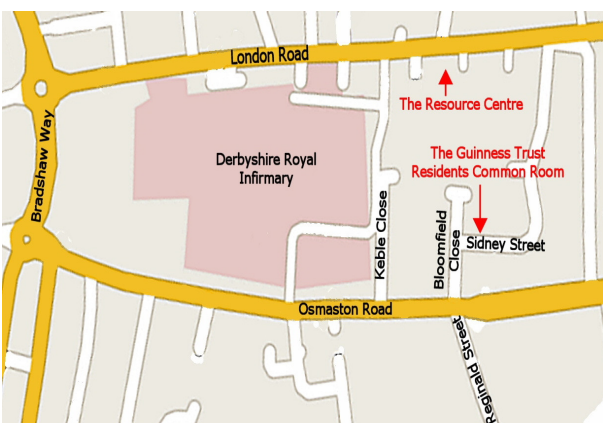
DERBY DEPRESSION CLUB ON THE MOVE

Regrettably we can no longer use the Resource Centre at the old DRI due to unavailability of staff. We were offered the Radbourne unit at the Royal City Hospital. Following the Clubs survey in June 2009, 92% of the members voted "No" to a move to the City hospital. At an emergency committee meeting a range of alternative venues were discussed, and one place in particular seemed to tick all the boxes. Located at the rear of the Resource Centre off Osmaston Road is the Guinness Trust, which provides sheltered accommodation. They have a Community Room which holds up to 30 people, is nice and cosy, has free parking (No fear of clamping), a kitchen, and disabled toilet facilities. It is also at a price we can afford. The Room is the second building past the Office, and opposite the car park. Our thanks go to the resource centre staff for their valuable support over the years.

Our new Meeting Address is :-

**The Guinness Trust Residents
Common Room
Sidney Street
Derby
DE1 2TU**

We look forward to seeing you at our future meetings



Our Group's Basic Aims

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

Mediterranean diet helps stop Depression

Eating a Mediterranean diet could help cut the risk of depression by a third.

Tucking into vegetables, fish, nuts and fruit may be the reason scientists found the risk of mental disorders in the Med to be lower than in Northern Europe.

They studied more than 10,000 Spaniards over six years and compared their diets and mental health.

Those with traditional Mediterranean diets were more than 30 per cent less at risk of depression.

The University of Las Palmas de Gran Canaria and the Clinic of the University of Navarra, Pamplona, report said: "The dietary pattern may exert a degree of protection against depression. It may be more important than single components."

Chirac's dog farmed out after attack

3rd October 2009

Retired French president Jacques Chirac has had to get rid of his "clinically depressed" Maltese lap dog

- because it kept biting him on the backside.

Sumo is living on a farm after attacks on Chirac and wife Bernadette, both 76.

Mrs Chirac said the dog, a present from grandson Martin, had been very happy while Mr Chirac was in office because they had a big garden.

But when Mr Chirac lost his job to Nicolas Sarkozy in 2007, they had to move to smaller premises, where Sumo became extremely moody and violent.

Recalling one attack on her hubby's buttocks, Mrs Chirac said: "Jacques arrived and he jumped. I was scared as there was blood."



FOOD FOR DEPRESSION

Nutritionist Angela Dowden reveals foods that help.....

Granary Bread

Grainy or seeded bread releases carbohydrates more slowly, helping to control your blood sugar and prevent mood swings



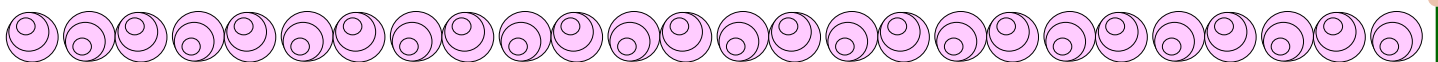
Brazil Nuts

These are rich in magnesium—a deficiency that can affect mood according to Australian scientists. The nuts are also high in selenium another mineral that is linked to moods

Mackerel

One of the richest sources of omega 3 oils which studies shown can have a significant antidepressant effect

Why not try including some of these in your diet today ?



My Testimony

In the forties there was an innate decency, the remains of a fading Christian Culture.

When I was about 10 I was being bullied at school. I remember lying on my back by the remains of the old air raid shelter being jeered and thumped and called Porridge because the remains of my breakfast could be seen on my tie. This was because I always had poor co-ordination, and because my poor eyesight had not been diagnosed.

At cricket, longstop was my post. There I wasn't likely to miss so many catches. Mostly I couldn't see the ball, but often I was more interested in the swallows skimming the grass than the game.

"BUTTERFINGERS" was the cry.

Our music master used to bang the knuckles of those who sang out of tune with his ruler. It was often me. He only hit the boys on the front row, so I sat at the back. This meant I couldn't see the blackboard. All my sums were wrong and I was bottom of the class. I was in despair, and would have committed suicide if I had the faintest idea of how to do it

Then 3 things happened.

Looking over my homework, Dad saw I had the right answers to the sums marked as wrong.

The teacher, a fiery red head, who as I learnt afterwards was in the midst of a messy divorce, hadn't noticed the wrongly copied sums.

It meant glasses. At first it seemed like the last straw. Now I would be laughed at even more, and called "Four Eyes".

Specs made a new world. I realised that in my whole life I had never seen anything properly.

My Dad was steward in the little Methodist Chapel in our village, and we often had visiting preachers to tea.

A middle aged Welshman came. He was tall and thin with bushy eyebrows. He sang the "The Old Rugged Cross" in a way that only a Welshman can, and he explained that it was a rough piece of wood stained with the blood of former victims. If He has done that for me, then I must live my whole life for Him.

CANDYFLOSS

A brief comic/sardonic ditty from one of our members whilst thinking of his Godfather who was fond of misquoting the 1920/30's song "Life is just a bowl of cherries, and I've swallowed the lot.

So "Life is just a bowl of cherries?"

Well, mine's been more like candyfloss.

Splendiferous, but insubstantial.

Promising gold, delivering dross

It whizzed around like sticky magic.

Yet landed painful body blows.

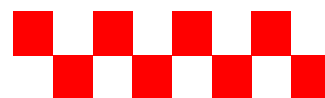
A toxic confection, both comic and tragic.

That rotted my soul.



I passed the 11+, and although hopeless at games went to Cambridge. From the Age of 13 I had a call to the mission field, with a dream of evangelising people who had heard of Jesus. From 1963-8 I was doing just that, on the border between Sierra Leone and Guinea in West Africa. ! Will never forget what God has done for me.

ROGER SMITH



Find the Missing word ?

The middle word links the word either side with well known items

- | | |
|------------------------------|-------------------------|
| 1) Railway <u>LINE</u> Dance | 11) Iron _____ Cabinet |
| 2) Roller _____ Board | 12) Post _____ Block |
| 3) Stop _____ Dog | 13) Water _____ Film |
| 4) Paint _____ Coaster | 14) Road _____ Party |
| 5) Round _____ Wine | 15) Video _____ Measure |
| 6) Telephone _____ Vault | 16) Steam _____ Sweep |
| 7) Town _____ Forward | 17) Room _____ Lift |
| 8) Lap _____ Hat | 18) Quiz _____ Off |
| 9) Stamp _____ Track | 19) Power _____ Teacher |
| 10) Passion _____ Bed | 20) Black _____ Dip |

The Clubs Social Outing

The survey results are in, and revealed the following top choices. Type of trip was a tie between the “seaside” and a “boat trip”. While most people wanted an all day excursion. The top day choice was Wednesday, but there was very little between all the days. A trip has now been set up for Wednesday 4th Nov with a chartered boat on the Ashby Canal. **See enclosed flyer for more details.**



FUTURE DATES

Nov 2nd 2009
Nov 16th 2009
Nov 30th 2009
Dec 14th 2009
Jan 4th 2010
Jan 18th 2010

THIS and THAT Answers

- 1) RELIV and NISSON—Liver and Onions
- 2) WRBSEESIART and ARMEC—Strawberries and cream
- 3) ONBCA and GEG—Bacon and Egg
- 4) HFSI and PSCIH—Fish and Chips
- 5) RUCRY and EICR—Curry and Rice
- 6) AKETS and DIYEKN—Steak and Kidney
- 7) REANSBG and SHAM—Bangers and Mash
- 8) TEWS and NILGPUMDS—Stew and Dumplings
- 9) SEECH and INNOO—Cheese and onion
- 10) IPE and ASEP—Pie and Peas
- 11) NAABAN and ARUCSDTC—Banana and Custard
- 12) LEBBUB and QUAKES—Bubble and Squeak

NEWSLETTER ARTICLES

Many thanks to those of you who have contributed items for the Newsletter. Regrettably, it has not been possible to publish all of them in this edition, but rest assured they will be valuable material for future editions. To me it is a really healthy sign to be receiving such good material, ranging from the very personal to the light hearted. As some articles may be too personal it would be helpful if there was a note on the material saying whether the author wishes to remain anonymous or is OK about having their name mentioned.

A big thank you to our “Tea Lady”, who regularly provides the Quiz items for each edition

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