

Derby Depression Club NEWSLETTER

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BUMPER 6 PAGE EDITION

FUTURE DATES

Sept 7th 2009
Sept 21st 2009
Oct 5th 2009
Oct 19th 2009
Nov 2nd 2009

From the Editor

This edition is out biggest yet. Filled with hints, opinions and news.

Keep the suggestions coming so we can spread information to other users. The Newsletter not only goes out to members, but also other interested parties like the Depression Alliance, Derbyshire Mind, Derby Women's Centre, Mental Health Ac-

tion Group to mention just a few.

A quick amendment is needed to the last editions stop press, about the donation to the Club from The East Midlands Ladies Circle. The actual amount we received was £905. It was agreed that 10% would be donated to our umbrella organisation Depression Alliance.

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2009 AGM Report

The evening of 13th July 2009 saw an attendance of 14 members for the Club's Annual General Meeting.

The Chairs report was given by Dave Waldram (Co-Chair with Elaine Hicklin), briefly outlining the Clubs activities for the past year.

The Treasurers report was given by Heather Hutchin, indicating that the Club was financially in a healthy position. The past year was made better by the award of £856 from a 'Grassroots' grant, enabling the purchase of a digital projector, and screen, and postage stamps and stationary for the Club's Newsletter. It is hoped to secure further funds from the same Organisation in the next year.

All 5 of the current committee members were prepared to stand for office for the forthcoming year, and were voted on by a show of hands from the members.

A new committee post of IT Support Officer was created to help with the Club's Website, and Keith was voted on.

Following an external health check of the Club by Derby Community Volunteer Service, 4 amendments to the Club's Constitution were proposed. After some minor discussion on them, they were voted on individually, and accepted.

Under 'Any Other Business', a general discussion was held about future activities for the Club, and members came up with some valuable suggestions, particularly for speakers. Suggestions for equipment for the Club were a replacement Laptop computer, and mobile phone.

Our Group's Basic Aims

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

NEW LOOK WEBSITE up and running.

In a very short space of time Keith, our new committee member, has revised and up graded the Club's website www.derbydepressionclub.org.uk. He would welcome any feedback from members for ways to improve it. There are links in it to other useful sites, plus all the meeting dates for this year. Over the past 12 months 10 new members to the club have found out about us from the Internet, and several other organisations have a link on their website to us. Having a website really is a good way for people to find out about us. Another important change is the clubs new e mail address info@derbydepressionclub.org.uk The change was needed as the old address was prone to spam e mails, and the new one can also be transferred to another person if there was a change of secretary. Many Thanks to Keith

ANXIETY—an Overview

We all seem to live in stressful times. There is always so much to do and so little time to do it in, but we still just about manage to survive. The problem arises when we cannot get out of the stress cycle. Everything is too much. There is no peace and our minds keep working in over-drive.

General Anxiety Disorder is more than the normal anxiety that people experience day to day, such as getting to work on time, getting the children to school, or deciding where to go on holiday. It fills the sufferers mind with worry and tension, even though there may be little to stimulate it.

Anxiety is always anticipating something terrible happening.

With anxiety, there is an inability to relax and 'switch off'. There is no way to get rid of the concerns, even though logically there is really nothing to worry about.

Not only are there negative thoughts, there are also physical symptoms, such as tiredness, headaches, tension, difficulty swallowing, trembling, twitching, irritability and sweating, and of course, the churning stomach. On top of which there is an inability to concentrate.

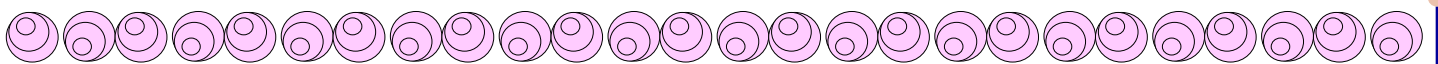
More problems may arise, other than a general feeling of anxiety. Naturally enough, if anyone feels anxious in specific circumstances, such as a supermarket or waiting in a queue, the obvious thing to do is to get out of that situation. Unfortunately, when this happens on a regular basis it tends to become a phobia.

No-one likes to feel uncomfortable in any situation, but the only way to face any anxiety is to work through it in stages until the feelings subside - and they will eventually.

If you are always checking, washing your hands, ensuring everything is tidy and in the right place, hoarding or having thoughts that you may harm someone, and you know that these thoughts are yours, then it is possible that you are suffering from Obsessive Compulsive Disorder (OCD), predominately caused by a chemical imbalance in the brain. It does not mean that you are mad, just that there is a 'short circuit' between thinking you have done something and knowing you have.

The first thing you need to do is to go and see your GP. You may well be prescribed tranquillisers or anti-depressant which can certainly help in the short term (except with OCD when anti-depressants may well be a long term solution). However, it is so easy to become both reliant and addicted to tranquillisers that coming off them, especially if you decide to go 'cold turkey', can cause withdrawal symptoms which may be unpleasant. On top of which you have to face the anxiety problem which caused you to take them in the first place.

The best way to overcome any anxiety disorder is to learn to relax. Practicing relaxation exercises at least twice a day will help, but they will not work straight away. It may take several weeks before you begin to feel any benefit, depending on how high your anxiety level was to begin with. But never give up. When your body is relaxed you can face any situation calmly and confidently.



Rogers Story

I took over the bush clinic at Sandaru, Sierra Leone near the Guinea border in 1964. My main duty was to be the ambulance driver ,taking emergency cases to the hospital 40 miles away. My future wife Glenys, a nurse, was also appointed to the same clinic. Our colleagues hoped that we would marry and work together. We were engaged on New years Eve 1963, but as Glenys was ill, and on much needed leave I lived alone until September, when she joined me and we were married. I could not keep the clinic fully operational until Glenys's return, but because my dad was a pharmacist, I had seen medicines mixed. I could make up cough mixtures and remedies for upset stomachs, but with hindsight this was a dangerous undertaking, but I don't think I killed anyone.

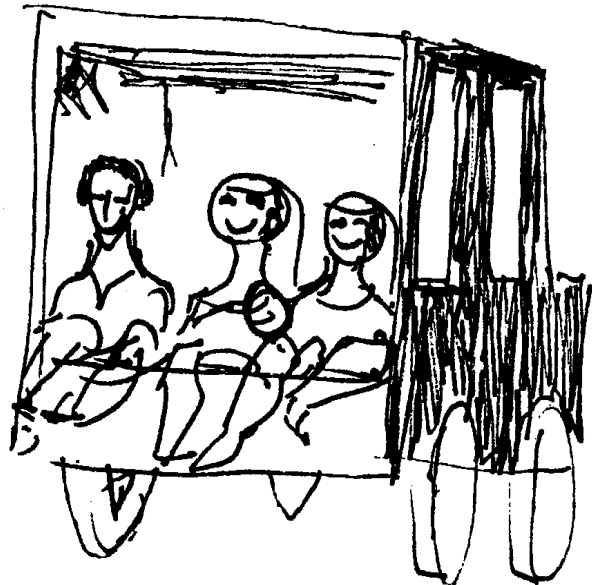
Together we got the clinic up and running and here are some of the recollections we have.

One day a baby was born before its due time. It was so tiny and delicate, not really black as the locals are, but as sort of milk chocolate. I remember how Glenys looked at it. She is an expert in the care of premature babies. As yet we had no children of our own, but she seemed to look at it as if it was our own baby. Indeed I felt very much the same way myself, which to be honest is not like me. Glenys put it in a cardboard box, lying on a blanket with a hot water bottle tucked under it, and brought it up to the house.. The baby needed feeding every 2 hours, and that night we put the box beside our bed and set the alarm clock. We usually went to bed early, so we could be up in the slightly cooler early morning. Sadly it was not practical to keep the baby any longer so it went home with its mother. We never knew whether it survived, but we doubt if it did.

One afternoon, Sara the midwife sent a message to say that there was a difficult labour. Glenys went to see, and came back visibly shaken. She consulted the midwifery book and this helped confirm her fears that this was a brow presentation. Normally the crown of the head comes first, but on this occasion the baby's head was bent back with the brow, which is the widest part leading. The book said that 2 thirds would right themselves, but in the other third the baby and mothers lives were at risk. This meant an emergency journey to the hospital for an operation. On this occasion the bumpy road acted in our favour. We left the mountains a bit behind, when I was told rather sharply to take a walk, watch a few birds.....whatever. Puzzled, I did what I was told.

After walking for half an hour I came back to be greeted with smiling faces. Glenys, and the mother were beaming all over with a fine baby with 2 black eyes. We went on to the hospital, to check that everything was OK. Linda the Midwifery sister did not seem amused by the story. 'And what did you cut the cord with?' If the instrument had not been sterile the baby could have got tetanus,

The above is an Extract from a short book called A Bush Clinic in West Africa written by Mary Groves and Roger Smith. Our thanks to them for letting us reproduce part of it .



DRAMATHERAPY.

'Firststepsderby' will be running a Dramatherapy Group starting in October 2009 (Date to be confirmed) Aimed mainly at people with eating disorders, these are intended to be an introduction to dramatherapy

The first sessions will be 2 hours long(6 No) for up to 8 people, taking place in the Guinness Trust rooms.

Session 1 4.30-6.30pm Young persons group

Session 2 7.00-9.00pm Adult group

Dramatherapy is a form of Psychological therapy in which all of the performing arts are utilised within a therapeutic relationship. Dramatherapists are both artists and clinicians, and draw on their trainings to create methods to engage clients in affecting emotional and social changes.. The therapy gives equal validity to body and mind in a dramatic context. Stories, playtexts, puppetry, masks, and improvisation are all examples of the range of artistic interventions a Dramatherapist may employ. These will enable the client to explore difficult and painful life experiences through an indirect approach.

Clients who are referred to dramatherapy do not need to have previous experience or skill in acting, drama or theatre. Dramatherapists are trained to enable clients to find the most suitable medium for them to engage in via group or individual therapy to address and resolve, or make troublesome issues more bearable.

To find out more come to the Club Meeting on Monday the 21st September when Jenna Newman will be telling us about it and giving a small taster

If you would like to try it out for yourself, or book an assessment, contact Danielle Sinclair on 01332 367571 or e mail at Danielle.firststepsderby@btconnect.com.



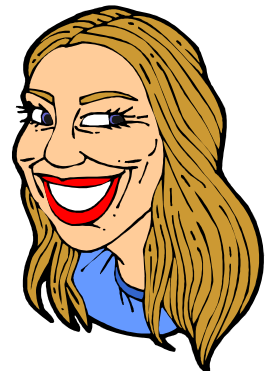
LIVING WITH MOOD SWINGS

Sudden changes of mood from anger, despair and frustration to great excitement are common in a lot of people, However for some it affects their life and those around them dramatically. There is an element of this in many people diagnosed with anxiety/depression . When these mood swings are severe, then it is classed as Bi polar or manic depression. Psychotic symptoms are common. No one knows precisely what causes Bipolar Disorder, but it tends to run in families, and affects around 1 in 100 people. Risk factors include poor parenting, and psychological trauma, particularly at an early age. Typically it appears between the ages of 18-24, affecting men and women equally, although no age is exempt. There is also a slightly increased risk in children suffering from Attention Deficit Hyperactivity Disorder (ADHD).

Individuals vary in their experience, with some switching frequently between low and high moods. Others may have a bout of clinical depression followed by a manic episode, and never suffer either again. Treatment can be a rough ride while doctors try to establish the drugs best suited to a particular patient. Lithium is a brilliant mood stabiliser, and sometimes prescribed for clinical depression. However doses have to be carefully calibrated to the suffers response. Too little and the symptoms remain. Too much and lithium's toxic effects appear, including drowsiness, headaches and severe trembling.

Significant weight loss is common in patients, with clinical depression, often resulting from a loss of appetite. Conversely others tend to comfort eat and therefore gain weight. With Bipolar Disorder the weight loss can be dramatic during manic phases as huge amounts of energy are expended.. Its not unusual (Sounds like a familiar song) for a person with full blown mania to stay up all night trying to carry out various projects and refusing to stop and eat. Well known people with Bipolar disorder include Stephen Fry, and Robbie Williams.

For more information visit the Bipolar Organisation website at www.mdf.org.uk



Stress Effects

If you are running late for an appointment let the lady take the wheel. This is because men respond to stressful situations by taking more risks, while women become more cautious. This emerged from a series of psychological experiments at the University of Southern California. The findings suggest that men are more likely to respond to stress by driving dangerously, smoking, high stake gambling, having affairs or taking drugs. The study was carried out using a computerised gambling game, with the participants being subjected to plunging their hands in to a jug of icy water for 3 minutes to mimic stress by raising levels of cortisol in the bloodstream. The control group only had to put their hands in to water at room temperature. It was believed that the responses seen were a hereditary behaviour from ancient times when men became more aggressive in threatening situations, while women who were more likely looking after children became more cautious.



Health and safety notice to men—Don't go putting your hands in icy water !!!!!!!

DEPRESSION TRIBE

One of our members came across this web site, so I thought it was something that could be shared.

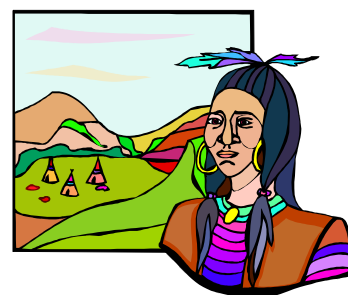
Needless to say with a title like Depression Tribe it is basically an American idea, although with it being on the World Wide Web, it reaches all parts of the world. Depression Tribe is one of many tribe sites related to personal problems and health issues. The web address is www.depressiontribe.com. and contains some useful information about depression taken from the National Institute of Mental Health (NIMH)

To use the Weblog you need to sign up for membership which is free. For those who find chatrooms a useful way of contacting and sharing things with other people, Depression Tribe may be helpful. Use of the site is free, and for those who wish to remain anonymous, you can name yourself anything you like. It is a good idea to read the terms of use before deciding to use the website. One downside is that it allows people as young as 13 access, and without adequate parental control children even younger could be using it. The site is a communal Blog (Web log) where individuals can write about their problems and ask for help/suggestions/advice from other site users. Writing down your troublesome thoughts and problems can be a good way of letting them go. The site also features health news and has a search facility for finding private Counsellors, Therapists, and Psychiatrists.

There are also some helpful links to other websites like, NHS Choices —Depression

This site should not be confused with www.depressiontribe.net. which does not appear to be as interesting.

Happy surfing.



Welcome back

Monday 11th August saw the welcome return to the Club of Les Carter after his successful multiple heart bypass operation. Les looked really well and we wish him all the best with his recovery. London Marathon next year is it ?

Here is another thought from one of our members while listening to BBC Radio 4's "Excess Baggage" program. Saturday 18th July featured a 'Laughter Club' in Mumbai asserting that laughter is the best medicine.

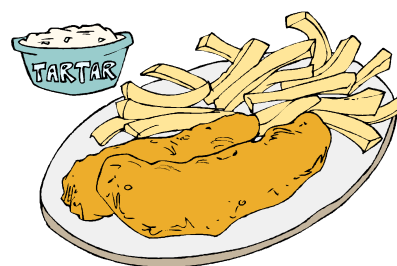
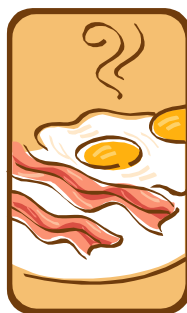
Enjoyed reading this edition of Derby Depression Club News ? Good, but don't forget to recycle. Pass it on to a friend, drop it off at your GP's surgery, leave at a local Library, or if you can't find a good home for it, there's always the recycle bin. You never know, your next copy could come back on the same paper that you recycled.



THIS and THAT

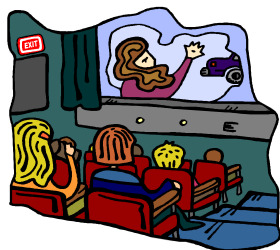
Unscramble these common food pairings

- 1) RELIV and NISSON
- 2) WRBSEESIART and ARMEC
- 3) ONBCA and GEG
- 4) HFSI and PSCIH
- 5) RUCRY and EICR
- 6) AKETS and DIYEKN
- 7) REANSBG and SHAM
- 8) TEWS and NILGPUMDS
- 9) SEECH and INNOO
- 10) IPE and ASEP
- 11) NAABAN and ARUCSDTC
- 12) LEBBUB and QUAKES



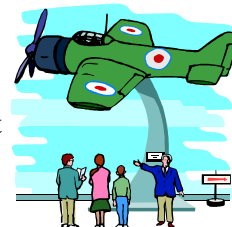
Fancy a day out ?

The Club hopes to run a social event, so enclosed with this edition is a questionnaire.



Let us know what sort of places you would like to go to, or activities you would like to do. As a group we can get party discounts and even hire a 12 or 15 seater minibus.

A range of options have been included, as well as preferred days and times. There's even space to add options that are not listed. We cannot guarantee that the club will subsidise the whole event, but we should be able to provide the transport and part of the event costs. Let us know your views.



Holiday Item Answers

- AEBHC ALBL—Beech Ball
- ILPF POLFS—Flip flops
- MISSTIUW—Swimsuit
- OHSSTR—Shorts
- EOLTW—Towel
- MAAREC—Camera
- NHTASU—Sunhat
- RKSNLEO—Snorkel
- CNUSMAER—Suncream
- UOOTTBHRSH—Toothbrush
- TOPPRASS—Passport
- KTTCIES—Tickets
- DANALSS—Sandals
- DUIEG OOBK—Guide Book
- VALTERS QUEECHS—Travellers Cheques



Home made cakes boost Club funds!

Thanks to our Co-chair Elaine's superb baking skills, the club has been treated to a stunning selection of the finest home made cakes and biscuits at our meetings. Not only that, but she has also found time to bake an extra cake that we have been able to raffle off to boost

club funds.

Tragically those who are diabetic or on a serious slimming diet may not be able to enjoy these gastronomic delights, but hopefully they will get some enjoyment out of looking at them and possibly smelling them.

Who needs celebrity cooks with a star like this. I am sure we all looking forward to her future creations.

So its well done and a big thank you to Elaine.



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