

DERBY DEPRESSION CLUB NEWSLETTER

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From the Editor

Like Derby Depression Club, the Club Newsletter is in its 10th year . Watch this space as there may be a bit of a celebratory event. Anyway, a big thank you to all those who have contributed to the Club magazine during 2011, and I hope to see more of your useful hints tips articles and poems.

As I review material for this magazine I notice that many of the articles I find cover topics that have been covered before. However I make no excuse for including them sometimes as it is often helpful to have a reminder of things that could be helpful if only to reinforce their potential value.

Needless to say I wish you all a good new year in the hope that the end of it will leave you feeling better than when it started. ED

Dealing With Tricky People.

Having to deal with difficult, awkward, or aggressive people can often raise our anxiety. Worrying about it can spiral in to depression, but here are some ways of helping you deal with it.

- 1) Take the high ground. “Kill” them with kindness. You will come across as the mature one, and they won’t have a leg to stand on as you’re not fighting back
- 2) Express it—Write down all your negative thoughts and feelings on a piece of paper until you have nothing to say. Then screw it up and throw it in the bin, letting go of all your angry thoughts.
- 3) Time is a healer. If you need to get away from a person, take a walk or listen to some favourite music. The break will do you good and help give you a better sense of perspective.
- 4) Surround yourself with people and friends who you love or get on with. Just a quick cuppa with a witty pal will help you cheer up enormously and feel more confident.
- 5) Treat yourself. Indulge in one of life’s small luxuries such as having a soak in the bath, painting your nails or baking a cake. Anything that makes you feel happy and

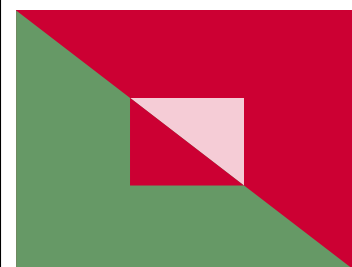
Want to get fitter? Running backwards is the way forward !

Yes this is the latest fitness trend for 2011. Apparently running 1 lap of an athletics track backwards provides the equivalent of 6 laps forwards and that 100 steps backwards produces the same benefits as 1000 steps forwards. Enthusiasts claim there are endless benefits to the approach, not least because it entails less pounding associated with regular jogging and so protects the joints while also gobbling up a fifth more calories. A 26.2 mile marathon has also been completed in a time of four hours and sixteen minutes. Reverse running claims to improve your balance, peripheral vision, and even your hearing. It is recommended that you start with only short distances on flat wide running surfaces without any potholes. For the sake of the wellbeing of others and to comply with health and safety risk assessments those undertaking this jogging should perhaps have a reversing bleeper fitted !!!

Volume 10

Issue 1

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Our Group's Basic Aims

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

Depressed celebrities

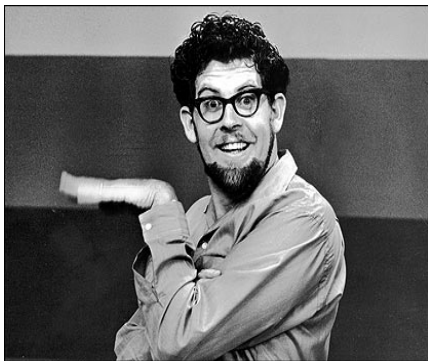
Yet another surprise from the showbiz world. Known as an all-round entertainer and one of Australia's great exports.

Rolf Harris should have plenty to smile about after 60 years in the entertainment business. The cheesy star is such a national treasure that he sang to an adoring crowd of young rock fans at Glastonbury aged 80, and invited to paint a picture of the queen.

So it is all the more shocking to hear him talk about his suffering from clinical depression which he called a black pit that he couldn't of. He confesses his selfish behaviour pushed his wife to the brink of suicide. Rolf plunged in to despair after his TV show was cancelled. He spoke movingly of his regret after leaving his wife Alwen just hours after she have given birth to his daughter Bindi. The 81 year old wept as he admitted neglecting them both throughout his career. Rolf married to Alwen for 53 years said the baby was due, and eventually the night before I was expected to fly out to America, she was induced. "I didn't know I could pull out of the contract You don't at that age. Choking back the tears he said "It's an awful sadness Two weeks later she flew to New York and I didn't recognise her. She had dyed her hair blonde hair brown. Guilty on all counts your honour. I regret the time missed with Bindi growing up. I avoid things and steer round things like my father" he said when interviewed by Piers Morgan.

Bindi said on the same program that growing up was like being in a single parent family. Rolf admitted that he spent more time with strangers than with his nearest and dearest. Alwen a sculptor and jeweller also revealed that she felt suicidal because she was so bored and alone while he was away from home performing in 1990 Rolf met his wife while they were both at art college in London in the 1950's confessed I always tried to joke my way out of things, but you do have to sit down and have a serious conversation every so often.

Born in Perth Western Australia to parents who had emigrated from Cardiff Rolf was a multitalented youngster destined for success.



As a boy he was a swimming champion, and renowned for his gifts as an artist. It was those gifts that got him work at the BBC TV in his 20's. Rolf's career was always on the up so when he had a major knockback at the age of 63 he found it hard to cope. The axing of his cartoon show sent him spiralling into clinical depression. He didn't know what to do or what to think. My family said they didn't know who I was. They said I was a total stranger, they had never seen me like this before. They had to walk around me on tenterhooks. It was such a black period. It was just like my life was over. "At the time my manager took me to a meeting about another programme. I sat there like a Zombie" The Manager had to make up an excuse about me being ill.

Luckily Rolf began to perk up when work came along in the form of BBC's Animal Hospital which he hosted from 1994-2004. It was just the tonic. Rolf was made a CBE after painting the Queen for her 80th birthday five years ago, and was voted Britain's most popular artist ahead of Damien Hurst in 2008. He played at Glastonbury 5 times from 1993 to 2010. At first he was petrified but calmed down after he was slapped on the back by a security guard who said he was the only act he wanted to see.

Asked if could explain his long lasting appeal Rolf said "I try to be a real person rather than someone else off stage. If you see someone who looks nice, tell them they look nice. Sometimes you get rejection If you are in a lift and a beautiful woman steps in I say the suns come up you are Stunning. If the girl is happy to accept the compliment she gets out of the lift walking on air and feeling great about herself .

Despite his happy go lucky image, the real Rolf has clearly had to cope with difficulties in his family relationships. The first time he ever told his mother he loved her was when she was on her deathbed . She cried and said she never knew. The Advice I give nowadays is to tell your loved ones you love them.



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

Comfort

Are you woeful or weary,
Just can't be bothered,
Feel inept and inferior?
Do you hate other races,
And money is your only God?

Go stroke a cuddly kitten,
Or give a horse a mint,
Caress a tiny child.

The you'll know how God loves you,
Jesus took children in his arms.
Let him sit you on his knee,
Don't flinch or hide behind the sofa,
Love others as he loves you.

Roger Smith

THE SIMPLEST OF PLEASURES CHEER US UP THE MOST !

It's the simplest of pleasures that cheer us up the most according to a recent survey. We may all dream of winning the lottery, or looking "red carpet" fabulous, or simply being famous, but the reality is that it's the small things in life which satisfy us most.

A recent poll of 3000 adults discovered that finding a £10 in a pair of old jeans, and receiving a thank you note in the post are two of life's greatest mood triggers.

Getting in to a bed with freshly washed sheets, seeing an elderly couple holding hands, a walk in the country, and waking up on Saturday and realising it's the weekend can also boost mood according to the study.

It's particularly important during the winter months to take advantage of every little thing which can give a lift to your wellbeing as our energy and spirit levels are vulnerable to being sapped by cold weather and stress.

The Winter months can be physically and mentally exhausting, says Geraldine Howard founder of Aromatherapy Associates. Tiredness can be a real problem so make sure you dedicate yourself a little more "me" time.

The Happiness poll revealed that the average person is only happy for about half of the week. Check out some of these happiness boosters to improve your wellbeing.

- 1 Finding a £10 note in an old pair of jeans
- 2 Going on holiday
- 3 Getting in to bed with freshly washed sheets
- 4 Swimming in the sea (perhaps not at this time of year)
- 5 Waking up on a sunny day
- 6 Sitting in the sun
- 7 Being surprised with a gift or flowers
- 8 Getting a nice message
- 9 Cuddles
- 10 Seeing an elderly couple holding hands
- 11 Booking a holiday
- 12 Hearing you favourite song
- 13 Finding a bargain
- 14 Seeing an old friend
- 15 A picnic in the park
- 16 Getting promotion
- 17 Repairing and getting something going again
- 18 Looking at old photos



trying
other
funding
sources.
So watch
this
space!!!

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Saying of the Month

Life is what it is, You cannot change it, but you can change yourself

Depression Club helps out with mental health research

Members of the Club have been helping Derbyshire Healthcare NHS Foundation Trust research unit, by completing Questionnaires on feelings and fears of compassion. The work being undertaken by Kirsten Mc Ewan in conjunction with Derby University hopes to reinforce the principles and application of Professor Paul Gilberts Compassionate Mind Training/Therapy. The confidential information is a vital part of the research work by being able to have real information on peoples feelings.

Kirsten sends a big thank you to the club for their help, and we hope she will visit us again to give us an update on her findings.

BOOK REVIEW

Change your Life with CBT by Corrine Sweet

Published in 2010 this new addition to the library was donated by a former Club member.

The book is well laid out and is easily understandable, helped along by useful examples. A short history explains how CBT (Cognitive Behaviour Therapy) came about, and the pages are full of different ways of applying it. It is a useful resource for all people irrespective of what stage they are at. For those to who are coming across CBT for the first time it gives a good overview and insight to how it works. For those actually in therapy it would compliment the processes which would be going through. And for those who have completed therapy it is a useful reminder to fall back on if any setbacks occur. A kind of refresher course if you like.



As with all the books in the Depression Club Library, members are welcome to borrow them for as long as they need. All we ask is that you sign the books out so we know who has them, and sign them back in when you return them.

Do you have trouble chasing peas around the dinner plate? My answer is to stick them together with mashed potato. This poem has come up with another idea !!

I always eat peas with honey.
I've done it all my life.
They do taste kind of funny,
But it keeps them on the knife.

From a BBC book called
The Nations Favourite Comic Poems edited by
Griff Rhys Jones



WINTER WARMTH TIPS

- Only heat the rooms you actually use
- Wear clothes made of wool, cotton or fleecy synthetic fibres
- Draw curtains when it gets dark to keep heat in and draughts out
- Wear several years of thin clothes rather than 1 thick one
- Eat regular hot dinners and drinks
- Wear warm clothes in bed
- Keep feet off the floor it tends to be the coldest place



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FUTURE DATES

- 9th January 2012
- 23rd January 2012
- 6th February 2012
- 20th February 2012
- 5th March 2012
- 19th March 2012
- 2nd April 2012

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