

# Derby Depression Club NEWSLETTER

Dave and Elaine— Co Chairs  
Heather—Treasurer  
David—Secretary  
Phone: 07904 300074  
E-mail:  
info@derbydepressionclub.org.uk  
www.derbydepressionclub.org.uk

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From the Editor Welcome to another Edition of the Clubs Magazine . Thanks to modern technology it now reaches even more people at no cost to the Club thanks to the wonder that is the Internet and e mail.

## Yet another Derby Depression Club First

Monday 23rd May 2011 at 3pm the heavens opened, rain lashed down in copious quantities driven by strong winds. Not much chance of a Barbeque tonight! But then a thin blue streak appeared on the horizon. Surely a miracle! Buy 5.30pm the sun came out to give us a lovely dry, if slightly windy evening. It was all systems go for Derby Depression Clubs First BBQ. The Warden of the Guinness common room was on holiday, so our usual venue was not available to us. Always trying new ideas for the club it was decided to have the outside event on the “waste” ground round the corner in Barlow Street.

As you can see our ‘chef’ really got into the part, so it was a big thank you to Luke for his valiant efforts slaving over not 1, but 2 smoking pits of fire. (It was good to see that all that boy scout training had not been wasted). A sumptuous feast of fresh sausages and burgers (including veggie burgers) with various sauces and nibbles was available and no one went home hungry. All were lovingly prepared under the watchful eye of our member who has a food hygiene certificate.

Although it turned a little chilly as the sun set, we thankfully had no reported cases of salmonella or e coli. So it’s a big thank you to everyone for making it such a success.

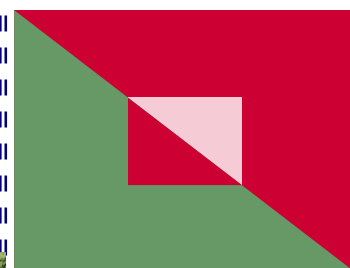


## AGM/ Guest Speaker—July 4th

Just a quick reminder that July 4th meeting is the Annual General Meeting. We try and keep it short and sweet as possible. We also have a Guest Speaker Margaret Elson from CRUSE Bereavement charity talking about the effects of and coping with loss. Death of a close friend, spouse, or partner can be one of the most devastating events in our lives. Hopefully this meeting will provide some hope and help for some of our members. Look forward to seeing a good attendance.

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### Our Group's Basic Aims

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

## Depressed Celebrities

**Gwyneth Kate Paltrow** (born September 27, 1972) is an American actress and singer. She made her acting debut on stage in 1990 and started appearing in films in 1991. After appearing in several films throughout the decade, Paltrow gained early notice for her work in films such as *Seven* (1995) and *Emma* (1996) (in which she played the title role). Following the films, *Sliding Doors* (1998) and *A Perfect Murder* (1998), Paltrow gained worldwide recognition through her performance in *Shakespeare in Love* (1998), for which she won an [Academy Award for Best Actress](#), a [Golden Globe Award](#) and two [Screen Actors Guild Awards](#), for [Outstanding Lead Actress](#) and as a member of the [Outstanding Cast](#).



Since then, Paltrow has portrayed supporting as well as lead roles in films such as *The Talented Mr. Ripley* (1999), *Shallow Hal* (2001), and *Proof* (2005), for which she earned a [Golden Globe](#) nomination as [Best Actress in Motion Picture Drama](#). In 2008, she appeared in the highest grossing movie of her career, the superhero film *Iron Man* (2008), and then reprised her role as [Pepper Potts](#) in its sequel, *Iron Man 2* (2010). Paltrow also appeared in the television series, *Glee* and has been the face of [Estée Lauder's Pleasures](#) perfume since 2005. She is married to [Chris Martin](#), the lead vocalist of [Coldplay](#). They have two children together, Apple and Moses.



Paltrow was born in [Los Angeles](#), California, the daughter of [Blythe Danner](#), an actress, and [Bruce Paltrow](#), a film and [television director](#) and producer. Paltrow's father was of [Ashkenazi Russian Jewish](#) descent; her mother is a [Quaker](#) of [Pennsylvania Dutch](#) and more distant [white Barbadian](#) ancestry. Paltrow's paternal great-great-grandfather, whose surname was "Paltrowicz", was a [rabbi](#) in [Nowogród](#), Poland. Paltrow has a younger brother, [Jake Paltrow](#), and is a half-cousin of actress [Katherine Moennig](#), and a second cousin of Congresswoman [Gabrielle Giffords](#). Paltrow was raised in [Santa Monica](#), where she attended [Crossroads School](#), before moving and enrolling in [The Spence School](#), a [private](#) girls' school in New York City. Later, she briefly studied [art history](#) at the [University of California, Santa Barbara](#), before dropping out to act. She is an "adopted daughter" of [Talavera de la Reina](#) (Spain), where at 15 she spent a year as an [exchange student](#) and learned to speak Spanish. In her early 20s, Paltrow was engaged for six months to [Brad Pitt](#), whom she dated from December 1994 to May 1997. The engagement was called off, according to Paltrow, because she wasn't ready for marriage and later felt

responsible for hurting Pitt since she was "such a mess" during that time in her life. Paltrow has since said that as this was her first high-profile relationship with another celebrity, it taught her the need for public discretion about her romantic life; she told *Biography* magazine, "I said things about being in a relationship [with Brad Pitt] that felt wrong to me even as I was saying them."

Paltrow had an on-off three year relationship with [Ben Affleck](#) from 1997 to late 2000. They first dated from November 1997 to January 1999. Soon after their breakup, Paltrow convinced Affleck to work in the film *Bounce* with her; during the making of the film, which was shot in mid 1999, the couple started dating again and eventually broke up in October 2000. Paltrow has said that she stopped reading celebrity magazines in 1999. In October 2002, Paltrow met [Chris Martin](#) of the British rock group [Coldplay](#) backstage three weeks after the death of her father [Bruce Paltrow](#). They married on December 5, 2003 in a ceremony at a hotel in [Southern California](#). On 14 May 2004, the couple had their first child, a girl named Apple Blythe Alison Martin. Paltrow explained the unusual first name on *Oprah*, saying: "It sounded so sweet and it conjured such a lovely picture for me – you know, apples are so sweet and they're wholesome and it's biblical – and I just thought it sounded so lovely and ... clean! And I just thought, 'Perfect!'" The child's godfathers are [Simon Pegg](#) and Martin's bandmate, [Jonny Buckland](#). Her second child, a boy named Moses Bruce Anthony Martin, was born on 8 April 2006, in New York City's [Mount Sinai Hospital](#). Her son's first name was explained as the song, entitled "Moses", that her husband wrote for her before their wedding. Paltrow has stated that she cut down on work after becoming a mother. She has also said that she suffered from postpartum depression after the death of her father and after the birth of her second child. Gwyneth Paltrow continues to open up about her experience with postpartum depression following the birth of her second child.

"I felt like a zombie. I couldn't access my heart. I couldn't access my emotions. I couldn't connect," the actress told *Good Housekeeping's* February issue, describing the time following the birth of her second child, Moses, in 2006. "It was terrible, it was the exact opposite of what had happened when Apple was born. With her, I was on cloud nine. I couldn't believe it wasn't the same. I just thought it meant I was a terrible mother and a terrible person."



The actress credits rocker husband Chris Martin for helping her identify the problem. "About four months into it, Chris came to me and said, 'Something's wrong. Something's wrong.' I kept saying, 'No, no, I'm fine.' But Chris identified it, and that sort of burst the bubble," the 38-year-old Oscar winner continued. "The hardest part for me was acknowledging the problem. I thought postpartum depression meant you were sobbing every single day and incapable of looking after a child. But there are different shades of it and depths of it, which is why I think it's so important for women to talk about it. It was a trying time. I felt like a failure." "When my son, Moses, came into the world in 2006, I expected to have another period of euphoria following his birth, much the way I had when my daughter was born two years earlier. Instead I was confronted with one of the darkest and most painfully debilitating chapters of my life," the actress wrote in July 2010.

Looking at the pictures to the left, I cannot help wondering if there is an element of anorexia. Given 10+ years of endless filming, and 2 children, this must surely have been very demanding!

## News Roundup

Yet again the papers are providing a rich seam of articles. Here are just a few of them.

### Post-natal Happy Pill

A cuddle chemical released during lovemaking and breast feeding could hold the key to post-natal depression. According to research, women with low levels of the hormone oxytocin during pregnancy are more likely to feel down after their baby is born. The finding raises the possibility that oxytocin could be measured in mothers to be, and a top up pill given to those found lacking. Post-natal depression affects up to 19% of new mothers. What is more the children of those affected are at higher risk of mental illness in later life, so any means of heading off the problem could have major implications. Oxytocin is made by the brain during sex, breast-feeding, and labour. It fosters feelings of trust love and affection. As studies show women with the higher level of the cuddle hormone find it easier to adapt to motherhood, the Swiss and US researchers looked at whether a shortage of the chemical is linked to the trouble in bonding that comes with post natal depression. For the research, 74 healthy pregnant women had their hormone levels measured in the last 2 to 3 months of pregnancy. They also answered questions designed to pick up symptoms of depression, and were questioned again 2 weeks after giving birth. They found a clear link between low oxytocin levels in pregnancy, and symptoms of depression. There could however be rather an inconvenient side effect to the treatment as oxytocin is used in hospitals to induce labour. Post natal depression is more common in women with a history of depression, and those lacking support, or babies who need extra care. It is also more likely to strike women with baby boys than girls, perhaps because boys are perceived as being 'more difficult'

### Lucky to be alive Driver 'out of it' on antidepressants made a death defying journey to work.

This is from an article in the Burton (on Trent) Mail Saturday 11th June 2011.

A glass engraver has been banned for 3 years after driving 'while out of it' on prescription drugs. In an erratic journey from Stretton to his business Crystal Studios in Tutbury . Whilst driving his Renault he scraped the nearside kerb at 30mph, slowed to 12mph to pass parked cars, mounted the kerb with both wheels, narrowly missed a wall, bollard and Range Rover. When stopped there was smoke coming from the drivers footwell with a smell similar to a burning clutch. Both nearside tyres had blown, and when he arrived at his workshop the driver sat in his seat for 20 minutes rocking backwards and forwards and shaking. When he finally got out of the car he fell to the floor. He was taken to hospital where a blood sample revealed he had a high level of chlodiazepoxide.

Chlodiazepoxide is a drug used for anxiety symptoms. It possesses sedative, hypnotic and muscle relaxant properties. Side effects may include confusion and drowsiness. The night before the defendant said he had taken Mirtazapine, a tetracyclic antidepressant with common side effects of dizziness, blurred vision, sedation and drowsiness. When he woke later that night he took another dose, and then overslept making him flustered and late for work. He then inadvertently took another dose. The man was charged with driving while unfit through drugs, fined £350 with £100 costs and £15 victim surcharge.

This story shows how important it is to read the advice notes with medication, and beware of any potential side effects. If undesirable side effects are noted then it is wise to take responsible precautions which in this case would have been not to drive until he had slept if off and was fit to drive



Our thanks to the Author Adrian Jenkins of Burton Mail for allowing us to use the article, and our Club member who bought it in.

### Sleeping with the light on could leave you low!



Scientists have warned that even a night light however dim may affect the structure of the brain, raising the odds of depression. The eerie glow transmitted by a TV or the seemingly reassuring glow of a night light could be enough to impact on mental health. It is the latest in a long line of warnings about potential dangers of disrupting the body's natural sleep cycle. There are concerns that shift workers are at a higher risk of breast cancer and only last month a study linked night time light with weight gain. With complete darkness being hard to achieve

in the modern world, experts say the findings could have serious implications for health. In the latest study presented at a leading American conference, researchers from Ohio state university looked at the effects of exposing hamsters to dim light in the eight hours or so they would usually sleep. At the equivalent of having a television on in a darkened room , the lamp used was not bright, but it was enough to affect the animals behaviour the Society for Neurosciences annual conference heard. One depression test measured how much sugared water the creatures drank with a lack of interest in the sweet treat signalling a change in mood. Further tests showed differences in the structure of the brain region called the hippocampus which plays a key role in depressive orders. Dr Randy Nelson said 'The light was a very low level. Something that most people could easily encounter every night'. 2 questions spring to mind 1) Were the affected hamsters treated with antidepressants after the experiment?. 2) Were the experiments approved by the Royal Society for the Prevention of Cruelty to Hamsters?

## A nice roundup of 1 liners sent in from one of our members

A mate of mine recently admitted to being addicted to brake fluid. When I quizzed him on it, he reckoned he could stop any time...

I went to the cemetery yesterday to lay some flowers on a grave. As I was standing there I noticed four grave diggers walking about with a coffin - three hours later, and they're still walking about with it. I thought to myself, they've lost the plot!

A new Middle East crisis erupted last night as Dubai Television was refused permission to broadcast 'The Flintstones'. A spokesman for the channel said. "A claim was made that people in Dubai would not understand the humour, but we know for a fact that people in Abu Dhabi Do."

My daughter asked me for a pet spider for her birthday, so I went to our local pet shop and they were £70! 'Be damned to this', I thought, 'I can get one cheaper off the web.'

Statistically, 6 out of 7 dwarves are not happy.

I start a new job in Seoul next week. I thought it was a good Korea move.

I was driving this morning, when I saw an RAC van parked up. The driver was sobbing uncontrollably and looked very miserable. I thought to myself 'that guy's heading for a breakdown'.

On holiday recently in Spain I saw a sign that said 'English speaking Doctor' - I thought, 'What a good idea, why don't we have them in our country?'



### Being Green is the new thing, or is it?

In the queue at the store, the cashier told the older woman that she should bring her own grocery bag because plastic bags weren't good for the environment. The woman apologized to him and explained, "We didn't have the green thing back in my day."

Back then, they returned their milk bottles, soda bottles and beer bottles to the store. The store sent them back to the plant to be washed and sterilized and refilled, so it could use the same bottles over and over. So they really were recycled.

In her day, they walked up stairs, because they didn't have an escalator in every store and office building. They walked to the grocery store and didn't climb into a 300-horsepower machine every time they had to go two blocks.

Back then, they washed the baby's nappies because they didn't have the throw-away kind. They dried clothes on a line, not in an energy gobbling machine burning up 220 volts - wind and solar power really did dry the clothes. Kids got hand-me-down clothes from their brothers or sisters, not always brand-new clothing.

Back then, they had one TV, or radio, in the house - not a TV in every room.. And the TV had a small screen the size of a handkerchief, not a screen the size of the Yorkshire . In the kitchen, they blended and stirred by hand because they didn't have electric machines to do everything for them. When they packaged a fragile item to send in the mail, they used a wadded up old newspaper to cushion it, not Styrofoam or plastic bubble wrap.

Back then, they didn't fire up an engine and burn petrol just to cut the lawn.. They used a push mower that ran on human power. They exercised by working so they didn't need to go to a health club to run on treadmills that operate on electricity.

Back then, people took the tram or a bus and kids rode their bikes to school or went on the bus instead of turning their mums into a 24-hour taxi service. They had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances. And they didn't need a computerized gadget to receive a signal beamed from satellites 2,000 miles out in space in order to find the nearest pizza joint.

But isn't it sad the current generation laments how wasteful the old folks were just because they didn't have the green thing back then?

### FUTURE DATES

4th July 2011

18th July 2011

1st August 2011

15th August 2011

5th September 2011



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