

# Derby Depression Club NEWSLETTER

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## From the Editor

Hello again, Derby Depression Club seems to be going from strength to strength with more new members. Many People are finding out about us from our website, and we even getting referrals from the statutory mental health providers and professionals. We have even had an enquiry from the USA ! Remember it is your Club so tell the committee what you would like and we will try to arrange it.

## Club Outing — Tamworth here we come

This years annual Club outing will be on Thursday 15th September to the Midland Town of Tamworth.

The special attraction will be a chance to see the Saxon Hoard of treasure which is currently on tour.

Entrance to the Castle and Saxon exhibition is FREE

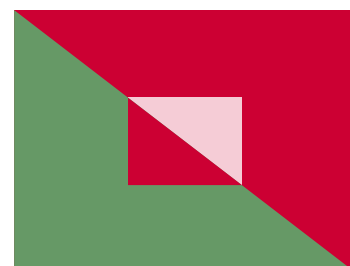
with admission by tickets which will be obtained in advance. The tour time is 1.30pm, and lasts for 1 hour The hoard was found in a Staffordshire field by an man using a metal detector, and is said to be the largest collection of Saxon treasure ever found in this country.

Tamworth, which was once the capital of ancient Mercia, has a lovely market town feel to it, with landscaped gardens leading down to the river and park with a cafe. There is both the old shopping centre as well as a modern new one.

The cost of the trip will be £6 per person( the remaining cost being provided from Club funds). Transport will be by minibus with appropriate pick up points starting around 9.00 am. To book a seat please call David Musk on 01332 544644, or book at the next meeting of the club on Monday 5th September. You are welcome to bring a partner, relative or friend, but sorry no Children. For refreshments There are plenty of pubs, cafes etc, or why not have a picnic in the park. Even if it rains it should still be a good day. Seats available on a first come first served basis.



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Coming in the next edition—Self Help books could ruin you life

Next Meeting Monday 5th September will be a quiz night (Sorry no prizes) So sharpen your pencils and brush up on your General Knowledge. A team night for all to enjoy. PS no cheating using mobile phones

## **Our Group's Basic Aims**

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

## Depressed Celebrities

For lovers of soap operas, this may be a bit of a surprise. Beverley Callard, better known as Liz McDoanld the land lady of the Rovers Return in Coronation Street has had more than her share of Depression. She tells her story in her own words.

Beverly Callard is a survivor. She's bounced back from the trauma of 3 divorces, public infidelity, cancer, and near bankruptcy. But this time last year, Beverly (52) was so ill with clinical depression she had suffered many years that her mind and body went in to total shut down.



Huge quantities of medication had failed to make her better, and as a last resort she was given 12 bouts of ECT in 6 weeks in the hope that it would improve her condition. Thankfully it did, she says quietly, slowly due to ECT and the right combination of medication for me, I began to climb out of the black hole I was in. I still wouldn't say I was 100%, but I feel like I am moving in the right direction. I still see my consultant once a week and I know I will probably be battling with clinical depression for the rest of my life, but I do feel that life is good again. Before my illness I was always a positive, optimistic kind of person. Now I am very relieved to say I have got that back again. Although I am trying to be kinder to myself. You wouldn't think it to look at me, but I don't have very high self esteem.. I don't know why. Maybe because deep down I've never been very confident. So I am trying to improve that too. Beverly says there is no particular circumstance that triggered her depression. Looking back I hadn't been feeling well for about a year she recalls. I was abnormally tired, my energy levels were low. I was suffering bad headaches, and inside I felt a sense of nothingness. I kept telling myself to "get a grip Callard" , and did what I always do , push myself harder.

When my marriages were failing, I had cancer, and the pub Jon and I were running went under, my way of dealing with these things was to throw myself in to work and push myself as hard as I could. Being so busy allowed me to suppress the feelings building up in me so I could pretend that things were just fine. I thought it would be weak to get help. I was a strong person, not a quitter and did not want to give in. Ultimately though, I had no choice and was admitted to the Priory.

I think my breakdown , when it came was so severe because I had been fighting to repress my feelings for so long. It's not weak to recognise you need help, and to seek it. You have to be strong to be able to do that. Since her illness Beverley has been working with Mind the leading Mental Health Charity in England and Wales. I want to lend my support as I feel it is really important to try to help lift the stigma that makes life so difficult for 1 in 4 people who experience mental health problems. This is one of the reasons I decided to write my autobiography, Unbroken. I'm hoping the sections about my depression will help people to understand they are not alone. And they are not weak. Depression is an illness. It's about a chemical imbalance in the brain. You can't help it and you can't just pull yourself together. You need treatment as you do with any illness or deficiency. The book is far from just being about depression though. It's about my life, so there's lots of laughter. Beverley loves Coronation Street as much as she ever did. It's a privilege to have been part of it for so long but the most important things in her life by far are her partner Jon her 2 children Rebecca(34) and Josh(21) and her 2 grandsons Sonny(4) and George(2). Being a grandma is one of my greatest pleasures in life. I wish I could see them more often . I am in Manchester while they are in London, but when we are together it's just fantastic. I am the proudest grandma in the world. I'm a bit of a naughty, indulgent one too, but I think the best grandmas are.



## News Roundup

### More from the tabloids

#### **Study suggests strong relationships are a key to long life**

Enjoying good social connections can improve an individual's chances of survival by 50% a new study has found.

Having little social interaction can be as unhealthy as smoking 15 cigarettes a day academics at Brigham Young University in America concluded. The study in the Public Library of Science Medical Journal revealed that being socially isolated can be more harmful than not exercising.

## **Increase in depression in the UK**

Analysis from the Office of National Statistics has found that rates of depression, anxiety and conditions such as obsessive compulsive disorder has risen since the early 1990s. But the rate at which doctors are prescribing drugs has increased far more sharply. Mental health groups said the figures suggested some GPs were too reliant on the "cheap" option of prescribing drugs, rather than addressing underlying psychological issues through counselling or therapy. The analysis showed that doctors in England issued 39.1 million prescriptions for anti-depressant drugs like Prozac in 2009, four times higher than the 1991 level of 9 million. Women were significantly more likely than men to be diagnosed with a mental health disorder, while 1 in 10 adults in England was diagnosed with depression last year. Three quarters of adults assessed as being in need of treatment were not getting either medication or counselling. The highest rates of mental health problems were among 45-54 year olds with one in five in this group suffering a common disorder

#### **Bi polar disorder retreat fund given cash boost**

Hundreds of pounds have been donated to a project to create a woodland retreat in Derbyshire for people with mental health problems. The idea is the brainchild of Ted Chapman and his partner Deb Rose who both suffer from Bipolar (Manic Depression). Ted 50 of Staveley and Deb 46 of Wirksworth launched the Root and Branch project in September with the aim of creating a therapeutic environment where patients could camp overnight and make sculptures and music find out about woodland management or simply relax. Now the project received a £850 donation from the Mental health charity Derbyshire Voice. Ted is raising cash through sales of his CD. For more information visit [www.myspace.com/thecactusroom](http://www.myspace.com/thecactusroom), or e-mail [thecactusroom@hotmail.co.uk](mailto:thecactusroom@hotmail.co.uk)



#### **Why we all need LOL (In this context it stands for Lots of Laughter not Lots of Love) From Spondon Community Magazine**

Babies delight us by laughing within their first few weeks of life. Laughter seems to be innate and inborn in us and is one of the things that distinguishes from other animals. So what exactly is it?

Laughter is not the same as humour, but is in fact our response to it. This to something our brains process as being funny is made up of a set of gestures and a simultaneous production of a sound, which together we recognise as laughter. So why do we enjoy a good laugh so much and what are the benefits. Laughter does seem to, be infectious.

When a person is laughing, more often than not there is a domino effect on the others around them, even though they may not be aware of the original source of the humour. When shared, laughter binds and connects people and increases happiness in an intimate way. It is well known fact that many of us find a sense of humour attractive in others. There are also strong arguments to suggest healthy physical changes occur within us when we enjoy a good laugh. Our bodies relax for up to 45 minutes afterwards, Our immune system is boosted. Endorphines, the bodies natural feel good chemicals are released, and Blood flow can be improved. So with many clear benefits how can we go about drawing more fun and laughter in to our lives?

- 1) We can start to smile more. It is very hard for others not to smile back, and it opens the pathway for a light conversation and humour,
- 2) Spend more time with fun and playful people. Children are great role models in this respect.
- 3) Get in to the habit of counting our blessings, and look for the funny side of things that happen in life.
- 4) Don't take ourselves too seriously, and remind ourselves to lighten up.
- 5) Follow the laughter. When we hear it head towards it and join in.



#### **Laughter therapy now being prescribed by the NHS**

Laughter Therapy is now being prescribed to perk up patients. Those arriving for knee operations at a Glasgow hospital are now asked if they want to watch a comedy DVD while they have their operation. This helps to divert their attention so they need less anaesthetic. Watching comedy also reduces the number of pain killers recovering patients needed.



## THE FIRST 2012 OLYMPICS JOKE

It's 2012 and it's the Olympics in London .

A Scotsman, an Englishman and an Irishman want to get in, but they haven't got tickets.

The Scotsman picks up a manhole cover, tucks it under his arm and walks to the gate.

"McTavish, Scotland," he says,

"Discus" and in he walks.

The Englishman picks up a length of scaffolding and slings it over his shoulder.

"Waddington-Smythe, England " he says,

"Pole vault" and in he walks.

The Irishman looks around and picks up a roll of barbed wire and tucks it under his arm.

"O'Malley, Ireland " he says,

**"FENCING."**



### Helpful Sayings

"There is no wrong way to do something. Everytime you don't get it right you just learn how not to do it for next time"

"If you always do what you always did, you will always get what you always got , If you want something to change, you have to change something".....

The link between Physical fitness and Mental Fitness is well established so here is a simple exercise that will improve both.

With a 5-kg potato sack in each hand, extend your arms straight out from your sides and hold them there as long as you can.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-kg potato sacks.

Then try 25-kg sacks and then eventually try to get to where you can lift a 50-kg potato sack in each hand and hold your arms straight for more than a full minute. (I'm at this level.)

After you feel confident at that level, put a potato in each sack !!

### FUTURE DATES

5th September 2011

19th September 2011

3rd October 2011

17th October 2011

31st October 2011

14th November 2011



Following the recent riots in London, a coloured youth riding a motor scooter with a 42 inch LCD TV balanced on his handlebars was stopped and questioned by the police. When asked where the TV came from the youth replied " no TV man it's me sat nav"

I've got a little baby he's Two. He's only got 2 words car and map. I'm slightly worried he's trying to escape. If his next word is passport , we are in serious trouble.



I went to buy some camouflage trousers, but couldn't find any!



I saw this bloke chatting up a cheetah. I thought he was trying to pull a fast one.



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