

April 2010

Volume 1, Issue 3

# Peer Support Fife

## News Bulletin

PeerSupportFife.org.uk

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### Opportunities & Challenges

Thanks to *Awards for All* and *Voluntary Action Fund* for grants recently awarded which will allow us to recruit and support volunteers, develop and facilitate more training to help users and carers of mental health. Also to Fife Council and NHS Fife for monies to host the *Promoting Inclusion 2 day Workshop*. In April we have a Clubhouse event and in May a user/carer involvement workshop with Mary O'Hagan, NZ consultant.

As a relatively new voluntary organisation the challenge for us, like others, is around building capacity and working in

partnership. We are also looking at an office base to house our growing number of volunteers. Then we will need a Volunteer Co-ordinator to support the volunteers ....

However we're not forgetting why we started, which was to promote the Peer Support model, in particular the paid PS Worker role. We may have to consider raising funds to employ PSWs, in partnership with colleagues locally so that people will know the benefits of giving and receiving peer support.

*Chrys Muirhead*  
Convener  
chrysmuirhead@aol.com

### Peer Support Fife

is an emerging voluntary organisation working in mental health recovery - promoting peer support - user, survivor & carer involvement - peer advocacy

*Savage Chickens*

by Doug Savage



### Defining Peer Support

by Shery Mead 2003

**"Peer Support** is a system of giving and receiving help founded on key principles of respect, shared responsibility, and mutual agreement of what is helpful.

Peer support is not based on psychiatric models and diagnostic criteria. It is about understanding another's situation empathically through the shared experience of emotional and psychological pain.

When people find affiliation with others whom they feel are "like" them, they feel a connection. This connection, or affiliation, is a deep, holistic understanding based on mutual experience where people are able to "be" with each other without the constraints of traditional (expert/patient) relationships" Full Article on PS Fife website

### Forthcoming Events

#### Peer Support Fife

*invites you to*

**consider**

the **Clubhouse** model

"community centres that give people with mental ill health **hope** and **opportunities** to reach their **full potential**"

Thursday **22 April 2010** ~ 2.00pm - 4.00pm

Johnston Suite, **Adam Smith College**  
St Brycedale Avenue, Kirkcaldy, KY1 1EX

Presented by the  
**Scottish Clubhouse Coalition**

#### Mary O'Hagan

NZ recovery consultant

#### Workshop

On

User/Carer Involvement:

'**Having a Voice & Making a Difference**'

Friday 14 May 2010

9.15am - 12.30pm

Cupar Old Parish Centre  
Short Lane, Cupar,  
Fife, KY15 5EQ

- To book a place at these events Email Chrys on **peersupportfife@aol.com**
- More information on **Page 3** of Bulletin

## promoting inclusion **workshop**

Peer Support Fife hosted a participative 2 Day workshop, *Promoting Inclusion*, funded by Fife Council and NHS Fife, in the Town House, Kirkcaldy, on 10 & 11 March 2010, with **Peter Bates** facilitating. Peter is the Head of Mental Health and Community Inclusion at NDTi ([www.ndti.org.uk](http://www.ndti.org.uk)) and wrote Scottish Government's **With Inclusion in Mind** document, part of the mental health improvement plan *Towards a Mentally Flourishing Scotland*.

### Course Aims:

To equip participants to support people and communities, so that individuals who have used services engage in developing meaningful and sustained participation in 'life beyond the service'.

"Alone we can do so little; together we can do so much"  
~Helen Keller

A variety of participants, many from Fife Council settings, enjoyed sharing their experiences and learning how to be more inclusive. **Roseanne Fearon**, Head of Service (Adults), Fife Council Social Work Service, gave an informative presentation on Day 2, demonstrating the council's commitment to inclusion and support of activities that promote inclusion.

*Programme Content* included:

- exploring competing definitions of inclusion
- strengths & weaknesses of different service design options
- strategies for supporting individuals to build connections
- including inclusion skills in your continuing development
- person-centred approaches
- unravelling people's aspirations
- community mapping (out and about in the Kirkcaldy town centre to check out how 'inclusive' organisations were)
- getting beyond mere attendance



## Spring

Spring has sprung,  
The grass has ris,  
I wonder where the birdies is?

The Auld Grey Toun  
Is bathed in sun,  
The snaw is on the run

I'll have to cut the grass quite soon.  
I'd rather take off for the moon.  
The season has been true this year  
With frost and snow and ice cold beer.  
The latter doesn't matter,  
It makes more sense  
To drink red wine,  
I do it all the time ...



So hail to Spring  
With Summer still to come.  
Spring is King!

*David Todd 2010*



## IIMHL - International Initiative for Mental Health Leadership - 17-21 May 2010, Ireland

### Developing Leaders through Collaborative Training with **Paddy McGowan** at Dublin City University

Chrys Muirhead, Peer Support Fife Convener is going on this exchange, an innovative leadership programme where service users, carers and mental health service providers learn together.

'Effective leadership in mental health is moving beyond the *'rhetoric'* of partnership. An innovative leadership programme where service users, carers and mental health service providers learn together, and jointly lead a service improvement together which will provide the focus for presentation, discussion and workshop. Exemplar service

improvements and exploration of the impact of this leadership model on mental health services will be discussed.'  
Chrys hopes to bring back ideas, tips and materials that will help with Peer Support Fife's work locally.  
[www.iimhl.com](http://www.iimhl.com)

The IIMHL **Network Meeting** Programme in Killarney has the theme *'Citizens in Partnership'* and presentations are varied, including a Carer's Story: the Lonely Struggle, the psychiatrist's perspective and engaging young people. Poetry readings from Rita Ann Higgins, Ireland, and Greg Frankson, Canada. There are **Brag & Steal** Workshops with opportunities to hear about innovations in mental health from the 7 member countries.

## Mary O'Hagan Visits Cupar 14 May



Mary O'Hagan, New Zealand Wellbeing Consultant, is a leading international expert and original thinker in the field of mental health recovery based services.

[www.maryohagan.com](http://www.maryohagan.com)

### Mary's Experience

- ◇ an initiator of the service user movement in New Zealand in the late 1980s
- ◇ the first chair of the World Network of Users and Survivors of Psychiatry (1991-95)
- ◇ an advisor to the United Nations and World Health Organization (1997- 2004) on disability issues as they relate to people with major mental distress
- ◇ a mental health commissioner for New Zealand (2000-2007) – the highest government position held by an openly identified service user in any country

"From a client perspective Mary O'Hagan is flexible and focused, challenging and accommodating, delivers on time and has a great sense of humour. Mary has extensive knowledge and experience nationally and internationally. She has the skill and ability to apply that analytically in an inspiring and practical way."

**Judi Clements** - CEO, Mental Health Foundation, New Zealand & former Director, Mind, England

## Scottish Clubhouse Coalition

- ~ Caledonia Clubhouse, Falkirk  
[www.caledoniaclubhouse.co.uk](http://www.caledoniaclubhouse.co.uk)
- ~ Scotia Clubhouse, Glasgow
- ~ Flourish House, Glasgow
- ~ Buccleuch Clubhouse, Stevenston, Ayrshire

Thursday  
22 April  
Kirkcaldy



### What does a Clubhouse do?

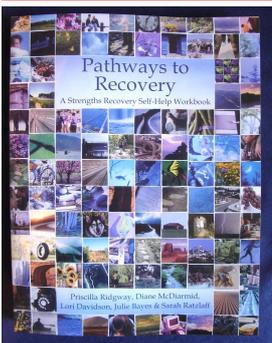
A Clubhouse aims to help **build confidence** whilst providing purpose and encouraging autonomy. The everyday running of a Clubhouse is **shared responsibility** of both the members and staff, whether it is banking, recruiting new staff, organising and attending training and conferences.

Visitors to a Clubhouse frequently find it impossible to distinguish between staff and members; this is often the best indication that the Clubhouse is achieving its aims.

In addition, the successful **Transitional Employment Programme**, which is unique to Clubhouse, can help members to reintroduce themselves into paid employment.

[taken from **Caledonia Clubhouse** website]

## Pathways to Recovery - Using your strengths to reach your goal



The University of Kansas, USA has a resource *Pathways to Recovery*, a very useful strengths recovery self-help workbook, available from their Supported Education Group within the School of Social Welfare.

[www.socwel.ku.edu](http://www.socwel.ku.edu)

In order to reach your goals you can use these strengths and resources: remember that when you list your strengths, that strengths can be: [p164/5 Pathways]

**Internal** [eg I know how to work with numbers or how to do crisis counselling]

**External** [eg my cousin George owns a company, he may give me a job]

**What naturally-occurring community resources can you use to reach your vocational/volunteer goals?** [eg I will use my local college for careers/course guidance]

**List the formal services you may want to use in order to achieve your goals.** [eg I will get involved with a supported employment programme to help in preparing for a job]

**How do you feel about your vocational goals?** [eg I'm excited about volunteering; I'm enthusiastic about returning to work although have some anxiety ....]

**What are the barriers that you my face as you head towards these goals?** [eg I don't have a car to get to work; I need to check my finances regarding expenses ...]

**List ideas and strategies that you can use to overcome the barriers to reaching these goals.** [eg check into help with travel expenses for college or supported work]

**How will you chart your progress along the way toward reaching your goals?** [eg keep a list of job applications; list skills learnt as a volunteer ...]

**How will you celebrate when you reach this goal?** [eg I'll learn to give myself foot massages after work; I'll save money out of wages to buy a car then drive into country]

## Join Us!

**Please do consider** joining **PS Fife's** committee.

We are looking for people who have experience of mental ill health, personally or as a carer or you might be someone with a passion to support another person on their recovery journey.

For more information please contact Chrys Muirhead, Convener

**Peer Support Fife:**

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Email:

peersupportfife@aol.com

[www.peersupportfife.org.uk](http://www.peersupportfife.org.uk)

## Consultation

Voluntary Health Scotland are keen on hearing about the sector's ability to influence health policy at various levels:

[www.vhscotland.org.uk](http://www.vhscotland.org.uk)

## Links of interest

[www.doodle.com](http://www.doodle.com)

Online scheduling tool

[www.chex.org.uk](http://www.chex.org.uk)

**Community Health Exchange** - tackling Scotland's health inequalities & supporting community development approaches to health improvement

[www.raise.org.uk](http://www.raise.org.uk)

100% service user managed company, providing mental health training & consultancy, based in Basingstoke ....

[www.naops.org](http://www.naops.org)

National Association of Peer Specialists USA

"There is one thing which gives radiance to everything. It is the idea of something around the corner"  
~G K Chesterton

## Peer Support Workshops

**Contact Point**, Kirkcaldy was the setting for two Peer Support Workshops, on **17 February** and **24 March 2010**, an opportunity to discuss the peer support role, its relation to recovery, the benefits to those giving and receiving PS, potential risks and responsibilities.

Participants came from a variety of settings and areas, including Edinburgh, Dumfries and Fife.

More PS workshops to follow in Levenmouth and Perth.

## Scottish Mentoring Network

Networking Event on Wednesday 12 May 2010, City Hall, Candleriggs, Glasgow Initiative **Snapshots** include Glasgow Homelessness Network Peer Mentoring & New Deal Mentoring for Employability

[www.scottishmentoringnetwork.co.uk](http://www.scottishmentoringnetwork.co.uk)

## Plan2Change PS Project Craigmillar, Edinburgh

*"helping people regain control of their lives and move on"*

### Plan2Change is a **Peer Support Worker**

project developed and managed by Penumbra, NHS Lothian and the Scottish Recovery Network, based in Craigmillar, Edinburgh.

The service involves the employment of peer support specialists on the basis of their own personal lived experience of recovery.

This approach, in allowing peer workers to contribute or 'give back', not only helps promote the recovery of people engaging with the service but also promotes the recovery and inclusion of

the peer support workers who, like the majority of people who experience long-term mental health problems may experience problems in securing employment and the exclusion that can often entail.

Research has shown that when people identify with others who they feel are like them, they feel a connection which in turn creates an environment where individuals can share suggestions and tips for recovery with each other, and try out different strategies, with the support of their fellow peers.

[www.penumbra.org.uk](http://www.penumbra.org.uk)



Our photo shows a happy group at our **AGM** on 26 January 2010 in Adam Smith College, Kirkcaldy.

Wendy McAuslan, Voices of eXperience, the national service user led organisation based in Glasgow, supporting

users to have a voice, gave an interactive presentation.

We shared the news about funding awards and developing areas of work, and welcomed new members onto our management committee.