January 2010

Volume 1, Issue 2

Peer Support Fife

News Bulletin

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WRAP Course

Going Forth, SAMH, is the venue for a WRAP (wellness recovery action planning) course. Every Thursday for 6 weeks, 10.30am to 1.00pm, starting 21 January 2010

- Key Concepts
- Wellness Toolbox
- Daily Maintenance Plan
- Triggers & action plan
- Early Warning Signs & action plan
- When Things are Breaking Down & action plan
- Crisis Plan & post crisis

For more information or to book a place please contact Chrys Muirhead 01334 656341 or

Anna Rolink-Williams, Going Forth, 01383 623179

Then and Now

It's a new year (and decade), a time for looking forward while considering the past. As an emerging voluntary organisation we are at the beginning of our journey - 2yrs young - gathering allies and like-minded partners - broadening our focus and gathering our funds.

Starting a new project in a recession is not ideal but there should always be a place, I think, for grassroots organisations with new ideas, optimism and a bit of 'thinking outside the box'.

In April 2008 I organised the *Celebrating Recovery!* conference in Cupar, sponsored by the Scottish Recovery Network. Over 120 delegates from Fife, Scotland and beyond took part in workshops around recovery, including one on Peer Support.

In May 2009 we stood in solidarity with the TODAY Group as they campaigned against the council's tendering process. Our *United We Stand* event in October 2009 saw over 80 people join together to hear about mental health user and carer initiatives locally and in other areas of Scotland.

And we have promoted the peer support model at every opportunity, including attendance at the NHS Fife PS Worker action planning group, meeting with various MH

New Year Hopes?

{idealistically v. realistically]

- 1. World peace
- 2. No hunger
- 3. Jobs for all
- 4. Poverty eradicated
- 5. Fair trade
- 1. Partnership working
- 2. Grow your own
- 3. Volunteering
- 4. Sharing resources
- 5. Neighbourliness

workers and starting facilitating PS Workshops.

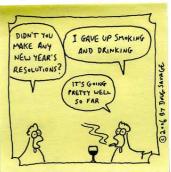
Ahead of us are challenges around focus and capacity building; whether to 'keep it small' or 'grow it large'; volunteer recruitment and management; the commitment required in having a voice and making a difference

Chrys Muirhead,

Convener chrysmuirhead@aol.com

Savage Chickens

ov Doug Savar



Peer Support Fife AGM

Tuesday 26 January 2010

7.00pm - 8.30pm

Johnston Suite, Adam Smith College

St Brycedale Avenue, Kirkcaldy KY1 IEX

Guest Speaker: Wendy McAuslan

Development Co-ordinator VOX:

"Peer Support makes a difference to mental health & employability!"

You are most welcome!

Peer Support Fife

is a voluntary organisation working in mental health recovery, promoting peer support, user/carer involvement and peer advocacy

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



IIMHL is a mental health conference and exchange that happens every 16-18 months, in different host countries - Scotland, England, Ireland, USA, Canada, Australia, NZ.

This year's conference is in Killarney, from Wednesday to Friday, 19-21 May with the theme *Citizens in partnership - inclusion or illusion*?.

'Brag & Steal' displays and presentations invite delegates to exchange innovate ideas and there are opportunities for networking in workshops and over coffee in break times.

The exchange part happens prior to the conference and there are various themes on offer in Ireland on the website:

http://sites.google.com/site/iim hlinireland2010/iimhl-2010themes/exchange-themesireland Chrys Muirhead attended last year's IIMHL March conference in Brisbane, Australia, with an exchange in Auckland, NZ, at a Peer Support Worker project.

This was a Scottish Government funded place as a carer representative, organised by VOX, and an exciting if eventful trip, travelling to the other side of the world, meeting like minded people and trying to survive the jet lag ...

"The exchange had challenges but fortunately my resilience helped me recover, to appreciate the beauty of the *City of Sails* and the diversity of culture before flying to an even hotter Brisbane for the conference!"

Registration for the conference is free, on the IIMHL website:

http://www.iimhl.com/Meeting s/2010KillarneyIE-RegForm.asp

"the future belongs to those who live intensely in the present"



Nunukul Yuggera Aboriginal Dance Troupe at opening of IIMHL Brisbane Conference



Auckland skyscrapers



feeding the joeys



holding on tight!



enjoyed the blether together

Exchange Theme Examples

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

An innovative leadership programme where service users, carers and mental health service providers learn together.

Peer Advocacy within Mental Health Service with **Irish Advocacy Network**, Castlebar, Co Mayo

As an island-wide, service user run and led organisation, they emphasise the importance of fostering an environment that recognises the role of service users in their own care, service planning and service delivery.

Interrelate Leaders

Interrelate brings together
International Service User Leaders from 7
IIMHL member countries Ireland, England,
Scotland (VOX's Shaun McNeil), US, Canada,
Australia & New Zealand. The Interrelate
Leaders will meet at **Dublin Castle** and will be
well placed to address to conference theme.

Peer Support Fife Bulletin

Clubhouse

The Clubhouse story: Fountain House, the first "Clubhouse," opened in New York City in 1948. Fountain House was established as an intentional community for men and women who had histories of psychiatric illness. It was unique in the world of mental health in many important ways. Unlike other programs for men and women with mental illness, Fountain House was founded on the premise that Clubhouse "members" could work productively and have socially satisfying lives in spite of their mental illness.

For nearly thirty years, Fountain House was unique in its way of working, distinguishing itself from other mental health programs by its insistence that members and staff work together, side-by-side, as peers and partners, in every function of the Clubhouse operation.

In contrast, the mental health establishment continued to base mental health programs on the medical model, which casts people into the role of patient and makes it difficult for them to view themselves as whole human beings who are more than simply "mentally ill."

1977 National Clubhouse training programme

1987 220 Clubhouses in USA, international developments in Canada, Denmark, Germany, Holland, Pakistan, Sweden & South Africa

1988 Establishment of faculty for Clubhouse development

Development of international standards for 1989 Clubhouses

1994 Creation of ICCD (international center for clubhouse development) - www.iccd.org



- www.caledoniaclubhouse.co.uk
- Scotia Clubhouse &
- Flourish House, both Glasgow
- Buccleuch Clubhouse, Stevenston, Ayrshire

Learning About Our Strengths from Another Person's Perspective

Getting others' perspectives about your strengths can be very helpful and eye-opening. Sometimes strengths are more apparent to other people than they are to us. You may be surprised to learn about your unique strengths that are apparent to

people who are close to you, that may be hidden or closed off to you. Gathering additional information about your strengths will help you tap into, build upon and use the unique strengths you have on your personal journey of recovery.

[p91 Pathways]

Exercise: Strengths Others See in Me

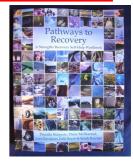
- Gather your courage and identify someone (one person or more) whom you feel you can trust to give you honest, genuine feedback about yourself.
- Step 2 You can have a conversation with the person, or give them the following questions.
- Ask the trusted person to identify your Step 3 strengths and/or write a list of some of your strengths that they are aware of.
- Using the information gathered from your trusted friend or family member, add that information to the lists of your strengths you have already made.

Pathways to Recovery

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.

This 400+ page workbook is filled with a variety of exercises, recovery accounts, inspirational quidelines and many quotes on life (used in this bulletin!).

These materials are recognised internationally and Peer Support Fife hope to deliver workshops on



the strengths model, using the workbooks. KU has also sent us WRAP resources and given welcome mentoring support, hands across the ocean ...

To read more about Pathways here is a link to their website:

http://www.socwel.ku.edu/p rojects/SEG/pathways.html



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Peer Support Workshops

At Barony Housing

Contact Point

411-417 High Street, Kirkcaldy KY1 2SG

On

Wed 17 Feb 2010 1.00pm - 4.00pm

OR

Frid 5 Mar 2010 10.30am - 1.30pm

An opportunity to discuss the peer support role, its relation to recovery, the benefits to those giving and receiving PS, potential risks and responsibilities.

For more information or to book a place please contact:

Billy Moyes at

Contact Point, Kirkcaldy or Chrys Muirhead
T 01334 656341
chrysmuirhead@aol.com

"To dream anything that you want to dream.

That is the beauty of the human mind.

To do anything that you want to do.

That is the strength of the human will.

To trust yourself to test your limits.

That is the courage to succeed"

-Bernard Edmonds

User Involvement

having a voice & making a difference

"the involvement of service users in the management, design and delivery of services" Phillips 2004

"A distinction must be drawn between service user involvement that is **management centred**, and that which is **user centred**. In the former the agenda is set by service purchasers

and practitioners and control held within the organisation. The latter leans towards the objective being set and driven forward by users of the services. The two types of service user involvement highlight the main difficulty in defining service user involvement as a concept as they are not mutually exclusive."

Robson et al 2003

Join Us!

Please do consider joining Peer Support Fife - on the committee, as a volunteer or in membership.

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:

T 01334 656341

Email:

Did you know?

peersupportfife@aol.com www.peersupportfife.org.uk

Links to check out

www.hug.uk.net/reports.htm Highland Users Group reports

www.innovation-exchange.org Sharing thoughts & ideas

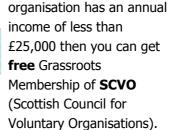
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www.veteransfirstpoint.org.uk

Veterans First Point - a one-stop shop for veterans and their families living in Lothian

http://www.scotland.gov.uk/ Publications/2009/05/06154655/0

Towards a Mentally Flourishing Scotland Scottish Government's Mental Health Improvement Plan



If your voluntary

Benefits include news & information, services & offers, reduced Third Force News cost and free

legal advice.

Peer Support Fife received 2hrs from the Pro-Bono Legal Service, invaluable advice from a senior solicitor about their constitution - objects, membership, improved wording etc.

http://www.scvo.org.uk/sc vo/AboutSCVO/SCVOMem berShip.aspx

"A weakness is a strength not yet developed."

Benjamin Franklin