

October 2010

Volume 1, Issue 4

# Peer Support Fife

## News Bulletin

PeerSupportFife.org.uk

### Peer Support Fife

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

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### Capacity Building & Action Planning

We were pleased to hear of our success in becoming an ACE (Achieving Community Empowerment) beneficiary. This programme is delivered by the Scottish Community Development Centre (SCDC) and we will be supported over a 12 month period with mentoring, developing learning materials, sharing knowledge, experience and learning with other participating projects.

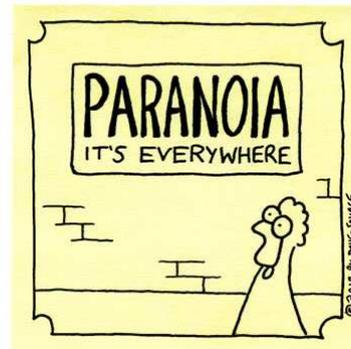
Continuing our user/carer involvement theme we have 2 events coming up, in October and November, info below, with regular user carer get-togethers planned.

Next year there is a 2 day Tidal Model workshop led by Phil Barker and Poppy Buchanan-Barker. And a proposed Shery Mead visit to Scotland, in partnership with other groups.

*Chrys Muirhead*,  
Convener

#### Savage Chickens

by Doug Savage



"Tell me and I'll forget; show me and I may remember; involve me and I'll understand." Chinese Proverb

### What's on? with PS Fife

#### Peer Support Fife presents

more workshops on mental health user/carer involvement

Friday 29 October 2010

Thursday 25 November 2010

9.30am - 12.30pm



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



#### guest speakers

Graham Morgan MBE  
Highland Users Group  
[www.hug.uk.net](http://www.hug.uk.net)

Carolyn Little  
User Carer Involvement  
[www.userandcarer.co.uk](http://www.userandcarer.co.uk)

### The Road Not Taken

Two roads diverged in a yellow wood,  
And sorry I could not travel both  
And be one Traveller, long I stood  
And looked down one as far as I could  
To where it bent in the undergrowth;  
Then took the other, as just as fair,  
And having perhaps the better claim,  
Because it was grassy and wanted wear;  
Though as for that the passing there  
Had worn them really about the same,  
And both that morning equally lay  
In leaves no step had trodden black.  
Oh, I kept the first for another day!  
Yet knowing how way leads on to way,  
I doubted if I should ever come back.  
I shall be telling this with a sigh  
Somewhere ages and ages hence:  
Two roads diverged in a wood, and I -  
I took the one less travelled by,  
And that has made all the difference.

Robert Frost

- To book a place at these events Email Chrys on [peersupportfife@aol.com](mailto:peersupportfife@aol.com)
- Places are limited, booking form on [www.peersupportfife.org.uk](http://www.peersupportfife.org.uk)

## Mental Health Peer Support Qualification

The 2 new unit specifications for the **Mental Health Peer Support PDA - Recovery Context** and **Developing Practice** are now available on the Scottish Qualifications Authority website. These are Higher National (HN) units and can be undertaken individually.

### Recovery Context Unit topics include:

- ✓ Key recovery concepts
- ✓ Effects of force & trauma
- ✓ Peer support & recovery
- ✓ Self help/management tools
- ✓ Hope, belief, empowerment
- ✓ Strengths based approach

### Developing Practice Unit topics include:

- ✓ Peer support principles
- ✓ Resilience, power, choice
- ✓ Expert by experience
- ✓ Confidentiality, risks, boundaries
- ✓ Setting goals
- ✓ Managing setbacks

"I'm not involved in sport, I'm committed.  
Do you know the difference?  
Think of eggs and ham!  
The chicken is involved but the pig is committed!"



Martina Navratilova

## Salford Health Matters – a new Model of Care

Salford Health Matters is a Community Interest Company founded in 2007 to provide primary care services to their registered population of 13,000 people in Salford, Greater Manchester. The profits are reinvested in health and for the benefit of the Salford community:

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

Its not just physical illness that can have a negative impact on health. Problems such as money worries, lack of self-esteem or loneliness can have a big impact on well-being.

In recognition of this, Salford Health Matters have set up **Refresh**, a social prescribing service which helps people address their health concerns, using a range of activities and opportunities available in the community.

### Refresh - Menu of Opportunities

- ◇ Arts & crafts
- ◇ Exercise - gym pass, 3 months free
- ◇ Health trainers, one-to-one support
- ◇ Stress management
- ◇ Gardening, allotment
- ◇ Volunteering
- ◇ Learning - IT, core skills
- ◇ Skills & work, training courses
- ◇ Pathways into employment
- ◇ Counselling
- ◇ Time bank
- ◇ Mens group
- ◇ Alternative therapies
- ◇ Childcare
- ◇ Laughter workshops
- ◇ Band, choir
- ◇ Cooking, health walks
- ◇ Over 50's exercise

## Peer Run Crisis Alternatives

*Shery Mead*  
*Chris Hansen*

Peer run crisis alternatives are beginning to spring up nationally and internationally. These programs support many people in avoiding psychiatric hospitalization while allowing them to reconsider crisis as an opportunity to learn and grow.

This training provides opportunities to think about difficult, challenging and/or intense situations, and to examine both our own assumptions and fears, and those of the other person/people.

When we learn to sit with our own fear and discomfort we can co-create relationships based on hope and what we are wanting to move towards, rather than focusing on what's wrong, problems and/or what we don't want.

Through self-awareness, practice, reflection, receiving feedback and implementing change, we enable one another to redefine crisis as an opportunity for learning and growth.

Specific training components include:

- \* Basic trauma informed peer support training
- \* Working with intense/difficult situations
- \* Working with conflict
- \* Negotiating boundaries
- \* Pro-active crisis planning
- \* Retro-active crisis debrief
- \* Supervision and evaluation

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

## Join Us!

**Please do consider** joining OUR 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.

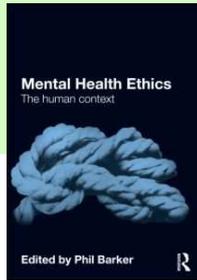
For more information please contact  
Chrys Muirhead, Convener

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

"Difficulties mastered  
are opportunities won"  
Winston Churchill



**Phil Barker's** new book is due out

on 2 November - **Mental Health Ethics: The human context**. Offering a comprehensive and interdisciplinary perspective, it includes six parts, each with their own introduction, summary and set of ethical challenges, covering:

- fundamental ethical principles
- legal issues
- specific challenges for different professional groups
- working with different service user groups
- models of care and treatment
- recovery and human rights perspectives.

Full details from [www.routledge.com](http://www.routledge.com). Routledge is offering a very generous 20% discount of £18.00 for this 400 page book

## Tidal Model

Poppy Buchanan-Barker & Phil Barker

The **Tidal Model** was the first research-based model of mental health recovery, developed originally by nurses, with the active support of people who were using, or had used, psychiatric services. **Tidal** is now recognised, internationally, as a key mid-range theory of nursing practice (Brookes, 2006).

### Recovery Begins at the Lowest Ebb

Many 'recovery' approaches focus on 'self-management': helping people to 'manage their symptoms' or 'plan to achieve wellness'. Such approaches are often only useful after the person has recovered from the major 'crisis' or 'breakdown', which required mental health care in the first place.

The **Tidal Model** believes that recovery must begin at the person's lowest point. In the case of someone admitted to psychiatric

care, the voyage of recovery should begin *as soon as* the person enters the service. If not, there is a risk that precious time will be wasted - and the person will slowly become 'institutionalised' as a 'patient' or 'service user'.

All the processes within the **Tidal Model** - represented by individual and group work formats - are focused on helping people when they are at their *most distressed*. We cannot wait until they are 'feeling better' to begin the process of 'self-management'. People need to be helped to engage with their experience of distress as soon as possible, so that they can begin, slowly, to learn what they can do to manage this, and what help they need from others by way of support.

[www.tidal-model.com](http://www.tidal-model.com)

## Links to help you think ...

[www.heartsminds.org.uk](http://www.heartsminds.org.uk)  
home of Clowndoctors and Elderflowers

[www.starwards.org.uk](http://www.starwards.org.uk)  
information about excellence in inpatient mental health care

[www.brief.org.uk](http://www.brief.org.uk)  
Solution focused brief therapy website

[www.breathworks-mindfulness.org.uk](http://www.breathworks-mindfulness.org.uk)  
offers training in Mindfulness Based approaches to pain and illness (MBPI)

## Another Peer Support

Workshop was held at Buckhaven Community Centre, Fife, on 16 August 2010, thanks to a funding award from the Kirkcaldy & Levenmouth LMHP (local mental health partnership).

Participants came from Glasgow, Dumbarton, Dumfries and Fife to share their experiences of peer support and to learn more about the formal and informal role.

## Critical Positions On & Beyond Recovery

The annual  
**Dr Michael Corry**  
Memorial Conference  
10 & 11 November 2010  
University College Cork

Including the launch of the  
Irish Forum/Movement for  
Critical Voices in Mental Health

**Registration** by emailing  
h.gijbels@ucc.ie  
Please make sure you give your  
name, and indicate the day(s)  
you wish to attend