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December 2011

Peer Support Fife



*A Guid New Year  
Tae Ane An' Aw'*

News Byte

promoting peer support;  
peer led initiatives;  
survivor user carer  
participation & leadership

6 Recovery Workshops Cupar Fife

Peer Support, Strengths & WRAP

12.30pm - 4.00pm - from 16 January 2012 - Cupar Old Parish Centre, Short Lane, Cupar, Fife, KY15 5EQ

Mon 16 & 23 January  
Peer Support based on  
Shery Mead's  
Intentional Peer Support:  
An Alternative Approach  
[www.mentalhealthpeers.com](http://www.mentalhealthpeers.com)

Mon 30 Jan & 6 Feb  
Strengths recovery approach  
from Pathways to Recovery  
Kansas University  
[www.pathwaystorecoverybooks.com](http://www.pathwaystorecoverybooks.com)

Mon 13 & 20 February  
Wellness Recovery Action Planning  
"WRAP is a self management &  
recovery system developed by a  
group of people who had mental  
health difficulties"  
<http://copelandcenter.com>

Workshop Facilitator Chrys Muirhead  
PG Dip Community Education; PG Cert TQFE  
WRAP Facilitator; Lived experience of mental distress,  
using services, recovery & supporting others

Thanks to funding from



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

*"Recovery is being able to live a meaningful and satisfying life, as defined by each person, in the presence or absence of symptoms. It is about having control over and input into your own life. Each individual's recovery, like his or her experience of mental health problems or illness, is a unique and deeply personal process."* [www.scottishrecovery.net](http://www.scottishrecovery.net)



St Andrews, Fife

Photos courtesy of Daniel Muirhead

## Robert Whitaker Lecture

Elie on the East Neuk of Fife

Thanks to our friends and colleagues from the many 'airts 'n pairts' of Scotland who joined with us to hear Robert Whitaker, USA author, in Elmwood College, Cupar, Fife, on 19 November. Bob gave a lecture on his prize-winning book *Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness in America* - asking the question 'Do psychiatric medications fix "chemical imbalances" in the brain, or do they, in fact, create them?'

A video of Bob's talk will be available soon.

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

Thanks also to Prof Phil Barker and Poppy Buchanan-Barker, Fifers and Tidal Model architects, who gave the welcome and stood with us.

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

**Scottish Mental Health Service User Research Network Conference**

'Building Service User Capacity in Research'

10.00am to 4.00pm - Tuesday 14 February 2012 - University of Stirling

**SMHSURN** aims to encourage the involvement of people with experience of mental health problems in Scottish mental health research

Contact Chris White: [c.white.mentalhealth@gmail.com](mailto:c.white.mentalhealth@gmail.com)

extracts from 'Scotland the Brave' by Andrew Roberts from the Survivors History Archive

"Scotland pioneered the user movement in the United Kingdom, according to recent research by the Survivor History Group. At least twice in as many decades it was Scottish patients who put their full force on the lever of history. Academic historians have given the credit, for both occasions, to London. But new evidence suggests Scotland led the way."

"SUMP (The Scottish Union of Mental Patients), a level below which it is impossible to sink, emerged directly out of the bowels of an old style Scottish asylum: Hartwood Hospital in Lanarkshire. Its founding inspiration was Archie Meek (aged 91), a patient on a geriatric ward who suggested it to Tommie Ritchie, another detained patient, when Tommie was helping Archie shave. This was some time between 1969 and 1971, a few years before the London-based Mental Patients Union formed. Tommie Ritchie was also one of the founding members of the 1973 union and his records of SUMP are part of the union's archive. They include the initiating words of Archie Meek:

"C\*\*\*\*\* yam," he demanded, "Whit are us auld men tae dae if ye ever leave us - We're a divided frae yin anither. Kin ye no start up a Union afore ye go? Fur divided we fall."

"The Scottish Union of Mental Patients (SUMP), the first recorded mental patients' union, on 26 July 1971 presented a 'Petition for the 'Redress of Grievances put forward by the patients in Hartwood Hospital, Shotts, Lanarkshire'. By 1974 there was a Federation of Mental Patients Unions.

Now Glasgow mental patients lit the fire that became the *Survivors Speak Out* movement. Two of the service users, Tam Graham and Charlie Reid, became founding members of Survivors Speak Out in 1986. They used the tape-slide programme in group training and education workshops at a number of the early conferences where users started 'getting a voice'."

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<http://studymore.org.uk/mhtscot.htm>