

# "The View Point"

Volume 19 Issue 4

HEAR-OUR-VOICE   
Mental Health Action Group

Autumn Edition 2017

## MENTAL HEALTH AND PHYSICAL HEALTH AS ONE 'IMPROVE ONE IMPROVE THE OTHER'

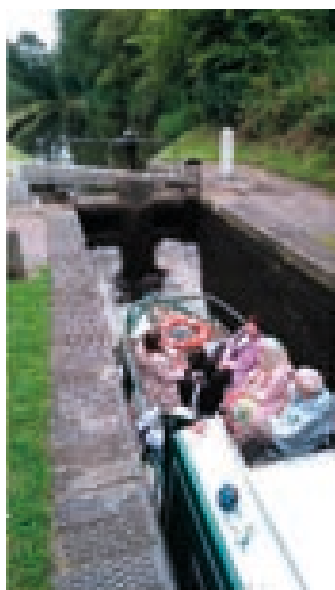


The World Mental Health Day provides a unique opportunity for a wide variety of groups and organisations to raise awareness about mental health and to publicise and recognise the work that continues all year around.

The World Health Organisation's definition of health is: - **"a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity"**.

Hear-Our-Voice will be displaying at the main library from 9th – 14th October featuring World Mental Health Day and the Hear-Our-Voice concept headlined in blue above.

Illustration by Jessica Reeves



At Hear-Our-Voice we have been applying our concept headlined above in blue for many years and which is summarised in our publications and features in display at the main library. One such event is an educational canal trip shown in the photographs, left and right.

It is our belief that the global introduction of this concept and that summarised below - **Being Alive -a short summary** - in conjunction with the World Health Organisation's definition of health will produce an improvement in health, mentally and physically, with the consequent benefits for the human race. General acceptance of this belief would of course require the appropriate research and practical application.



### BEING ALIVE -a short summary

I am alive: Desires Sensed: Required action: Desires fulfilled: Enjoyment: using all the senses and associated muscles and the 'required action' muscles on a continuous basis just like breathing only thinking when you need to think. Remember the relaxation periods; perfect peace as well.

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If you wish to submit an article, drawing, photograph, poem or letter for The View Point please remember to include your contact details and send to:

**The View Point Editorial Team  
Hear-Our-Voice**

**C/o Wolverhampton Voluntary Sector Council  
16 Temple Street  
Wolverhampton WV2 4AN**

Stamped addressed envelope(s) will be available from reception at WVSC at the above address and at

Hear-Our-Voice events.

Or if you have access to a computer send your submissions by email to:

**hear-our-voice@hotmail.co.uk**

Articles for full page publication should be a maximum of 800 words and for a half page about 400 words. All articles will be subject to approval by The Editorial committee.

# EDITORIAL

The front cover features World Mental Health Day and the Hear-Our-Voice concept of Mental Health and Physical Health As One which will also feature as part of a display which will be on show at the Wolverhampton main library from 9th -14th October as part of the celebration of the day.

On pages 3&4 there is the usual Review of Hear-Our-Voice Events in which there are summaries of discussions that took place at the July Forum and AGM about the future of Hear-Our-Voice, in view of the resignation of Andrew Lycett as from 31st March 2018 and the implications of his decision. There is also reference to a trip to Coventry instead of the usual June Forum meeting and in July a Canal Trip. It is important to realise that such trips are very useful in improving social skills and in increasing members' enjoyment factor of being alive with the consequent benefits in the course of their everyday lives.

On pages 6&7 there is an article by a new contributor, Stephen Guy, in which he emphasises the dramatic effect that sudden changes in performance can have on a person's well being. He uses football as an example but it can also apply to any activity including those involving academic skills.

Never forget your inherent desire is to enjoy being alive and sometimes it is necessary to think in order to establish what you enjoy doing as distinct from just sensing and enacting your desires.

Enjoy being alive

**Graham**

G. Myerscough  
Chairperson Hear-Our-Voice.

## Understanding

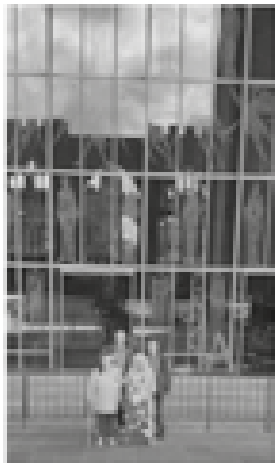
**A theory-** my overall objective is to maximise my enjoyment of being alive and I think you will discover that it is yours too.

**I have achieved my objective so everyone say I**

©G. Myerscough

# REVIEW OF HEAR-OUR-VOICE EVENTS

## Educational Day trip to Coventry 6th June



Members went by train to Coventry. On arrival members decided to visit the Cathedral and stay together as a group. Some walked to the Cathedral and some went by bus. The trip was very enjoyable with a visit to the new cathedral and the art gallery. The Cathedral provoked plenty of interest with its historic past providing a topic of conversation for members to exchange ideas and opinions about. Prayers were said in the new Cathedral for mutual understanding for the human race. These are then included in the standard procedure for prayer offerings done by the Cathedral clergy. Conversations during lunch, at the local restaurant, were very enlightening including the importance of words instead of standard sayings and the importance of thinking in our everyday lives. A very enjoyable day!!

## Forum Meeting 5<sup>th</sup> July – Review of HOV Operations

The original plan for the Forum meeting as a Recovery Session was changed to a Review of Hear-Our-Voice Operations principally because of the implications of Andrew Lycett's resignation as at 31st March 2018. A letter had been sent to all members outlining the changes that had occurred and advising the importance of attending the meeting to discuss implications of those changes to the future of Hear-Our-Voice. The attendance was disappointing particularly in view of the letter that had been sent to members.

There were some positive responses from members and it was agreed to keep the situation under review and to re-emphasise, at the AGM, that the future of Hear-Our-Voice in its' present form was at stake. Following further discussions, it became apparent that unless further responses from members were forthcoming then Hear-Our-Voice would wind up as a registered Charity and as a Company from the 31st March 2018. If there was a sufficient demand from members a Hear-Our-Voice social group could perhaps be formed.

## Canal trip 28th July

After coffee and biscuits and being welcomed at the Wildside Centre we set off for Compton. There was some rain during coffee but the weather for the trip itself was quite good with exhilarating aromas from the surrounding scenery and plenty of input to enliven the senses. Going through the locks, featured on the front cover, is always invigorating, watching and listening to the engineering skills of our ancestors in action. At Compton, we disembarked for lunch before the boat was turned around for the return trip. There was a variety of places and choices for members to take lunch, all within easy reach of the narrowboat. After lunch, we started the return trip to the Wildside Centre. The trip was very enjoyable and worthwhile.

## Annual General Meeting - 2<sup>nd</sup> August

The Annual General Meeting was held at the Old School. The Annual report was presented by Graham Myerscough and Frank Sprosen and the Treasurer, Andrew Lycett, presented the finance report. A vote of thanks for Andrew was given and he was thanked for all his efforts. All reports were passed unanimously.

There was some considerable discussion about the part of the Annual Report dealing with the future of Hear-Our-Voice in which it was re-emphasised, reference the discussions at the July Forum meeting, that the Company would not be able to continue with its' present service provision and the Company would possibly wind up as a registered Charity and as a

# REVIEW OF HEAR-OUR-VOICE EVENTS

Company from the 31st March 2018. If there was a sufficient demand from members a Hear-Our-Voice social group could perhaps be formed.

Andrew stood down as Director, as per the rules of the Articles of Association, and stated he was available to continue as Director confirming the fact that he would be resigning as at 31<sup>st</sup> March 2018. There were no applications for Directorship but the appointment of Steve McColl as a Director was confirmed.

Definitely not on the agenda, members celebrated Andrew's birthday with a rendition of Happy Birthday and Andrew blew out the candles on a small chocolate cake.

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## Websites

British Nutrition Foundation [www.nutrition.org.uk](http://www.nutrition.org.uk)

Learn My Way (beginner's computer course) [www.learnmyway.com](http://www.learnmyway.com)

Christmas [www.merry-christmas.com](http://www.merry-christmas.com)

Benefits Advice [www.zdviceuk.org.uk/benefit](http://www.zdviceuk.org.uk/benefit)

The Gig Guide [www.gigguide.co.uk](http://www.gigguide.co.uk)

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## QUIZ CORNER

### Picture Quiz

Have a good look at the photographs of the Wolverhampton landmarks shown below and see if you can identify them.

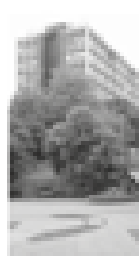
Picture 1



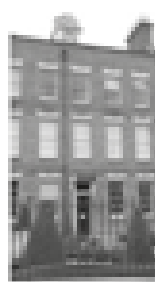
Picture 2



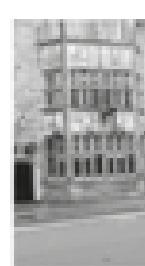
Picture 3



Picture 4



Picture 5



### Quiz questions

1. The song 'Go West' has been a hit for which two bands?
2. In Thunderbirds what type of car does Lady Penelope own?
3. The national flag of the Netherlands bears which three colours?
4. Under what name is the writer David Cornwell better known?
5. Which was Disney's second animated film?

**Answers on Page 12**



Dear View Point,

There has been a number of articles which have appeared recently in the newspapers which I thought readers would be most interested in.

Iain Duncan Smith the former Work and Pension's secretary had admitted the Government's work capability assessments for ill and disabled people were 'too harsh'. He said, 'that there are issues with the assessment and at his time in office at the DWP (Department of Work and Pensions) they reviewed the assessment five times'. He continued, 'It was quite obvious to us that the system was far too narrow, was acting in a far too harsh manner and was making judgements about people. He added, 'That despite the reviews which helped soften these effects slightly, the system remained flawed.' He finished by saying that before he left DWP, 'He started to look at how to reshape the assessment'.

Cuts in CAMHS (Child and Adolescent Mental Health Services) is leading to pupils to make suicide attempts to get professional help. CAMHS staff are increasingly stretched, leading pupils to put their lives at risk in an attempt to have their mental illnesses treated. One headteacher is quoted as saying 'I don't think there's anyone who genuinely wanted to end it all. They wanted to get help, and the only way they could explain that was through their actions.' The headteacher finished by saying 'It wasn't that people weren't listening to them. People had put in referrals to CAMHS but the threshold for getting some kind of help is very difficult. CAMHS can only deal with the most acute cases'. A recent survey of sixth form colleges have found colleges are being forced to take students to Accident and Emergency in order to get initial help for mental health problems.

Figures obtained by British Medical Association (BMA) in a freedom of information requests found 5,876 mental health patients were sent out of the area for treatment in 2015-16, a rise of almost 40% from the previous year. In the most extreme case, one patient from Somerset was sent to a care facility in the Highlands, 587 miles away from their home. Last September the government set a national ambition to eliminate inappropriate out of area placement in mental health services for adults in acute inpatient care by 2020-21.

**James Egginton.**

Dear View Point,

In August Jeremy Hunt the Health Minister made an announcement that the government plans to create, by 2021, 21,000 new jobs in mental health services and to treat an extra one million people. The minister also promised that the government will provide services seven days a week, 24 hours a day and to integrate mental and physical health services.

A spokesperson for Royal College of Nursing responded by saying, 'the plan would be virtually impossible to achieve because there is too little cash and too little time to train specialists e.g. psychiatrists, nurses, after years of neglect in mental health services'. The spokesperson continued, 'for the government to achieve their aim of creating 21,000 jobs by 2021 training for these jobs would need to start immediately'.

The government are hoping some of the jobs will be filled by tempting back former nurses, psychiatrists etc. who have left the profession. This I feel may be wishful thinking on the part of the government. To tempt people to return to mental health the government will need to improve working conditions e.g. reduce the workload and also increase workers' pay, without this I feel the government hopes of tempting staff to return to mental health will fail. A few years ago, the government did try to encourage teachers to return to their profession without much success and in my opinion the same will happen with mental health professionals.

The announcement by Jeremy Hunt is in my opinion, the government trying to convey to the general public that the government cares about mental health and are putting in resources to improve mental health provision. Anyone however who works in mental health or uses mental health services knows that there are more cuts and less and less services every year and less support for people with mental health needs.

If the government are really committed to improving mental health they need to do a number of things, among them is; listen to service users and staff concerns about services and take them seriously; increase funding; remodel services and stop services being time limited. Unfortunately, I feel the government will not take any of actions necessary to really improve mental health provision, so in my opinion mental health services will continue to decline.

Finally, there have been a number of studies recently, which show how poor mental health services are in the UK. In 2016 there were 64.7 million prescriptions for antidepressants dispensed, an all-time high, this is an increase of 108.5% from the 31 million dispensed in 2006. Out of a list of 20 countries UK is the second worst for services for young people, only Japan is worse, and finally four out of five executives of mental health trusts fear they cannot provide timely, high quality care.

**James Egginton.**

Dear View Point,

People may not be aware that on the first of October the Black Country Partnership NHS Foundation Trust will merge with Birmingham Community Healthcare NHS Foundation Trust and The Dudley and Walsall Mental Health Partnership NHS Trust to form one organisation. If people want to find out more or ask questions or send a comment there is a website and an Email address you can use, they are [www.transformingcaretogether.org](http://www.transformingcaretogether.org) or Email [tct.partnership@nhs.net](mailto:tct.partnership@nhs.net)

**James Egginton.**

## Men, Football And Therapy: A Trouble Shared

"He shoots, he scores, yet another great goal!"

We've all seen it, the foot-balling hero playing a blinding game; their poetic foot work mesmerising us for 90 minutes, leaving spectators satisfied at the hard work watched.

But what if the picture's not so rosy, when players don't put the ball in the back of the net and the adulation which once motivated a player dries up. Rather than excitement for each game, they dread each match as claws of anxiety herald their arrival. Before long depression, too may appear, a black cloud shadowing every waking moment.

Watching the stars on the pitch we see the glamour of the game, throwing our praise and criticism at players; what we don't see, however, is the emotional burden some of them carry, hidden from the public eye.

Mental and emotional well-being after-all seems a closely guarded secret, still, especially by men, whether on the pitch or off. According to international player's union Fifpro, 38% of 607 players interviewed in a survey said, at some stage they'd suffered symptoms of depression and anxiety; reporting other associated problems as-well, such as; sleep disturbance, distress and adverse alcohol use.

Other sports, not just football, also reflect this, although increasing attempts now exist to address it - but how powerful would it be if our sporting heroes could show us that it's okay to talk about a problem, openly, and so maybe help remove the stigma attached to therapy as-well. If so, maybe more men would see this as a positive example, adopting the view that they too could seek counselling support.

Dealing with an issue is after all difficult, and for some people offers only one solution - suicide. It's important that as men we talk about what's troubling us, and the feeling we experience and that we rid the stigma around counselling and supportive therapies which may help us resolve issues; especially when male suicide still remains the UK's biggest single cause of death among men under 45.

Clark Carlisle, former Burnley and Leeds defender tried to end his life after suffering from depression: "I tried to commit suicide because I was incredibly unwell, but it's changed my life because I got incredible support..."

Men suffering with anxiety and depression then need safe passage from the darkness of mental and emotional ill-health, to the support they want, just as with any kind of physical illness; and whether footballer or fan, shown it's okay to talk and be listened to without feeling a sense of shame.

This change has started in 2015 when Carlisle and Nick Clegg supported The Mental Health Charter for Sport and Recreation, aimed at "blowing the whistle" on mental health discrimination in sport. The Football Association, Rugby Football Union, Lawn Tennis Association and England and Wales Cricket Board being amongst the bodies to sign up to the scheme.

Rather than pressurising players to suppress their mental and emotional worries, the charter is about letting them step forward, without prejudice, to gain support. As role models to thousands of people, young and old, who better then to promote the idea that mental illness is just that, an illness, than the sporting heroes whom we look up to. It's an idea backed by Paul Farmer, chief executive of Mind, who said: "From the elite level down to grassroots, sport can be used to reduce stigma and encourage positive conversation about mental health...sport brings people together. "

As a counsellor, I noticed increasing numbers of male clients from sporting backgrounds, contacting me, after suffering years of emotional struggle. Ironically once their counselling journey began they realised it was okay to talk openly about what was bothering them, being listened to without fear of judgement, and in many cases regain the control in their lives that they once had. Football is 'the glorious game', but perfect it's not, and likewise neither are its players they're human just like you and I. At times they may falter, emotionally, but instead of letting them suffer we need to admit mental health is an issue in sport, and in the world in generally. Fifpro's chief medical officer, Vincent Gouttebauge, said of their survey: "We hope this study increases awareness and commitment from all stakeholders in football to put supportive measures in place so that those suffering from mental health problems know they are not alone".

Anxiety and depression do not discriminate, whether footballer or fan; and whilst men are less likely to speak out about them, when they do let's not stigmatise their pain or desire for help, let's rather support their need, after-all there is truth in the saying that - a trouble shared is a trouble halved.

#### **Stephen Guy**

I have a keen interest in both researching and promoting emotional well-being especially for men who don't always engage with counselling or grief work. In terms of my involvement with mental health I am a qualified counsellor, supervisor, work as a trainer, have trained counsellors and work with clients as a specialist in bereavement. I work with young people and staff in schools in Wolverhampton as well as in private practice and earlier this year began the Grief Cafe in Bilston, the next meeting is being arranged for sometime in the next few months, as well as grief workshops for men. If anyone is interested and wants to get in touch about any of my projects please use the contact details below.

**Stephen Guy**  
SGC  
Crescent House  
Broad Street  
Bilston  
WV14 0BZ  
07913 805285  
[www.steveguycounselling.co.uk](http://www.steveguycounselling.co.uk)



## THOUGHTS OF A RETIRED GENTLEMAN

A time to think, a time to plan, I had thought to myself. I had achieved my objective I am retired at last; a life's plan completed. I have no need to work with the usual 9am-5pm routine, my daily routines will be of my own choosing.

The decision that I have made to stay where I am with my friends and neighbours is a good one. It would too much manocuvrring to move somewhere else and I have avoided the necessity of all the associated planning and thinking. I will definitely plan a few holidays to the Lake District, the Clees and some trips to the seaside. I do not have a lot of money but sufficient to be comfortable. I had paid for my pension with the contributions I had made and had saved some money as well.

I will continue to join in local activities and keep as active as possible and start some new hobbies.

I have thought a great deal about the life that I had led. I have enjoyed being alive despite the ups and downs. I have done many things involving helping others and helping myself. I have done my stint in many ways. The effort I put in was duly rewarded in terms of cash; it could have been more, but what I valued was the mutual respect of my workmates and friends. I thought sometimes it wouldn't have mattered whether I'd been there or not but that was not true, without me the work would not have been done and the consequent benefit to others would not have existed. I have had many adventures and seen many parts of the world, being constantly reminded of the magnificence of the planet on which we live and the universe of which our planet is a part.

My wife dying a short while ago is taking sometime to adjust to but as a friend said I must always think of the happy times that I enjoyed in her company and the understanding that she gave.

I have often thought about life after death and now I have concluded that her contribution lives on stored in the memory of those that she knew and in a very special way those that she perhaps hardly noticed at all; all the passers-by to whom she had smiled and nodded her head.

It is true, as I gave myself time to think, that there are thousands of people that have known me whilst alive and yet not said a word, just a nod and the wink of an eye. Each moment a change in the whole, without me the world would have been a less happy place. All that I have done, the understanding that I have given stored in the memory of others. There could be someone somewhere on planet earth who for some reason thought of me today and as a result was happier than before and it's true that that will continue long after I am dead. Knowing that now I will travel as planned and tell other people what I now know.

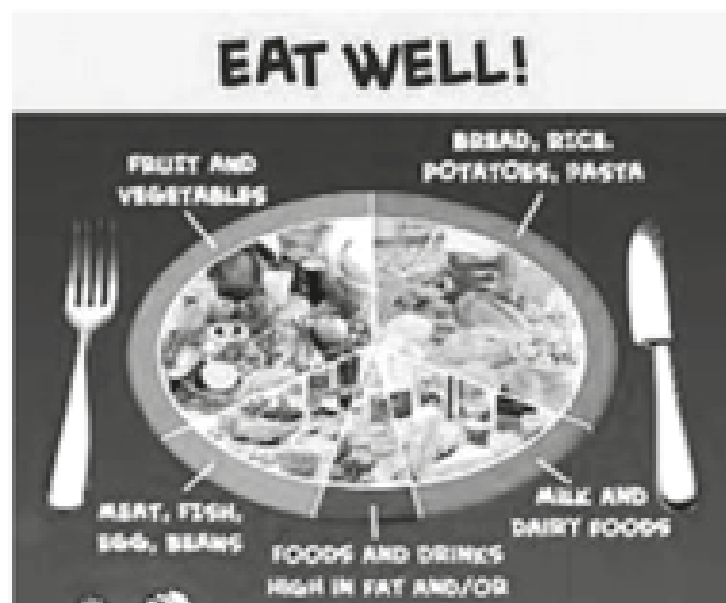
I do not know how long I will live. I want to die of natural causes; no burden to others. Perhaps I'll live to a hundred, who knows, but what matters, because I know what I know today, is that each day alive I will try to convey to others that which I have learnt that day. Learning from each other is exactly what we do and that that I teach lives on stored in the memory of others; a belief that I believe applies to everyone.

I could call that reality that I have just described a Kingdom but a kingdom has a king what matters is that I know that that reality does exist it is not owned by anyone it is part of ourselves and I know that we can all discover that it does exist. The same reality has been called everlasting life or God's kingdom. It is unlikely that my understanding will exist forever stored in the memory of the human species but maybe it is quite possible that certain understanding does do. That from which I came, a part of myself, and a part of all others, including all living things, was called God. It is that that is everlasting, transcending the life span of this planet.



As I sit and relax by myself, enjoying rousing about my life ahead, I realise that although I will miss my wife not being alive I have learnt from the tragedy of her death and all that I have just thought is true for me and that I am going to enjoy the new life I have planned.

©G.Myerscough



Just a reminder:-eat well therefore think better

## We're here to help



We provide free, confidential, independent and impartial advice

Drop in sessions available at:

<p>26 Snow Hill Wolverhampton WV2 4AD Monday - Thursday 9.30 to 12.00 Friday 9.30 to 11.00 Closed first Thursday each month</p>	<p>15 Walsall Street Bilston WV14 5AT Monday - Tuesday, Wednesday Friday 9.30 to 12.00 Closed Thursday</p>
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**citizens  
advice**

AdviceLine 03444 111 444  
[citizensadvicewolverhampton.org.uk](http://citizensadvicewolverhampton.org.uk)

### MEMBERS REQUIRED TO HELP RUN HEAR-OUR-VOICE

If you are interested in being trained to help run Hear-Our-Voice with any of the following activities email to [hear-our-voice@hotmail.co.uk](mailto:hear-our-voice@hotmail.co.uk) or talk to one of the Directors at events

**Assisting the Company Treasurer - knowledge of book-keeping desirable.**

**Organising Workshops and Forum Meetings.**

**Assisting with the production of The View Point.**

**Running of Special Events.**

**Maintaining and updating database.**

**Computer skills and administration**

**For those with more ambition; become a Director;**

**'don't get bored join the Board'.**

Hear-Our-Voice c/o Wolverhampton Voluntary Sector Council 16 Temple Street, WV2 4AN

Registered Charity No: 1082308

Company Limited by Guarantee No: 03971466

## **Personal Independence Payment (PIP)**

There has been a large fall in the number of DLA to PIP reassessments.

In relation to the number of DLA claimants being forced to apply for PIP, there was a fall of over 50% in the number of claims registered in April 2017 compared to January 2017.

The DWP explained that the reason for the fall was that they were *'managing capacity within the system'*, however, it would appear that dramatically fewer DLA to PIP cases are being sent to Atos and Capita because they are failing to keep up with demand.

The transfer of all working age DLA claimants to PIP was supposed to have been completed by April this year, in fact in June this year there were still around 500,000 DLA claimants waiting to be reassessed.

The DWP now hope that all working age DLA claimants will have received their letters by late 2018, with the final assessments and transfers not being completed until mid-2019.

## **Employment and Support Allowance (ESA)**

New ESA claimants subject to the Health and Work conversation (HWC) should be aware that if they are asked to carry out a 'My Values' exercise then they are potentially being considered for a sanction.

Full roll out of the HWC is expected to happen by the Autumn of this year.

It is a compulsory interview which new ESA claimants will be obliged to take part in at around week four of their claim, this is long before they will have been informed whether they should be in the support group, and therefore not required to undertake work-related activities.

According to the DWP, this early intervention will *'help claimants identify small steps they can take towards their goals'*

People who are exempt from the HWC include those who would be a risk to themselves or others if they were obliged to attend a HWC.

## **Universal Credit (UC)**

According to DWP figures the total number of people in receipt of UC was just 540,000 in July this year. The original target was for 7 million!

The UC roll out is more than 90% behind schedule, and is not now expected to be completed until 2022.

However, even this target seems optimistic, since the vast majority of claimants so far have been the simplest cases, and there is no indication that the DWP's software systems will cope with a huge increase in complex cases.

A report by Citizens Advice stated that 30% of people said that they had to make more than 10 calls to the UC helpline during their application process, often having to wait over 30 minutes to get through.

## **Mandatory Reconsiderations (MR)**

A Freedom of Information request has revealed that DWP staff are expected to turn down 80% of MR requests, even though almost two thirds of claimants who go on to appeal win their case.

Since April 2017, anyone who wants to challenge a benefits decision must first ask to have the decision looked at again by the DWP. The claimant can only appeal after this has been done.

# BENEFITS UPDATE

It would appear that the only reason for MRs is to try to discourage claimants from challenging an unfair decision. DWP staff have exceeded the target, with 87.5% either maintaining the original decision, or reducing the award even further. In spite of this, 63% of people who then go on to appeal to a tribunal will win their case.

## Atos Changes its Name

Atos Healthcare announced in June this year that they have changed their name to Independent Assessment Services.

Atos, along with Capita, carry out PIP assessments on behalf of the DWP.

They also used to carry out ESA assessments, which they gave up and handed over to Maximus.

*(Most of the above information has been taken from the Benefits and Work website, which provides a lot of information on making claims, appeals etc.)*

**Andrew Lycett**

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## Samaritans



As more mental health services are being cut people will need to look for other services and organizations out in the community, for support. One of these organizations which I thought people might like to consider is the Samaritans. I have found the Samaritans whenever I have used them to be understanding and supportive. I have also found that having someone to listen to me and who is empathic is in itself helpful. If people wish to contact the Samaritans there are a number of ways you can, either Email the Samaritans at [jo@samaritans.org](mailto:jo@samaritans.org) or phone 116 123 national number or 01902 426 422 for the Wolverhampton branch. If people feel anxious or reluctant to contact the Samaritans because they have issues using the phone you can talk to someone face to face by going to the Wolverhampton branch at 54 Newhampton Road West. The branch is open Monday to Thursday between 11.30 a.m. and 10.00 p.m...

**James Egginton.**



### People's Group

If you want somewhere to socialize and a warm friendly welcome you will find this at the People's Group. The People's Group is a social drop-in run by service users.

The group meets on Thursday's between 10.00a.m. and 12.30pm at St. Chads and St. Marks church, on the corner of Owen Road and Lime Street, Pennfield.

The group's activities include board games, pool and occasional outing plus The Christmas Party. Or just come and socialize and relax.

Refreshments are available for a small charge.

Feel free to come along and see what we do. You are more than welcome.



### *Look forward to seeing you!*

How to reach the group by bus: Catch the number 2 bus (for Warsnes) from stand M at bus station. Alight from the bus at the Lea Road medical practice on the corner of Lea Road and Oaklands Road and then it is a five minute walk down Owen Road to St. Chads & St. Marks church.

**For more information phone: 07543844781(Thursday's only).**



### **Phoenix Social Group**

If you are looking for a friendly and relaxing atmosphere to meet new people and to socialize. Why not come along to The Phoenix Social Group where you are always sure of a warm and friendly welcome.

Activities at the group include Pool, Board games, Discussions, Occasional Speakers and Outings plus The Christmas Party and Panto.

Refreshments are available for a small charge and include tea, coffee, juice, biscuits and crisps.

The group meets at Wednesfield Residents and Community Rooms in Okement Drive, Wednesfield on Monday's between 12.30p.m. and 3.00(except Bank Holidays).

**For more information please phone the group on 07957648331 on Monday's only.**



### *Jokes*

**LIFE IS  
BETTER  
WHEN  
YOU'RE  
LAUGHING.**

What did the rug say to the floor? Don't move. I've got you covered.

What fish sleeps the most? The Kipper.

What is small, red and whispers? A hoarse radish.

Today a man knocked on my door and asked for a small donation towards the local swimming pool. I gave him a glass of water.

'Waiter! This plate is wet.' 'No sir, that's your soup.'

'I love deadlines. I like the whooshing sound they make as they fly by.' (Douglas Adams 1952 - 2001) writer of The Hitch-Hiker's Guide to The Galaxy.

### Answers to quizzes

#### **Picture quiz**

1. Magistrates Court
2. Students Union Building
3. University Arts Building
4. Wfton Archives Building
5. Giffard Arms, Victoria St

#### **Quiz answers**

- 1 The Village People and the Pet Shop Boys
- 2 Rolls Royce
- 3 Red White and Blue
- 4 John Le Carré
- 5 Pinocchio



# Poets Corner

## AUTUMN



### Upon a Summers Day

Our Boat Trip Was Under Way  
 Along The 'Cut' We Went  
 Until The Place We Needed to Frequent  
 By This Time Members' Tummies  
 Were Feeling Empty And Drained  
 So a Light Meal was Required and Recommended  
 Everyone Filled up At Papies Place  
 Munching Fish And Chips and Plaiice  
 With Everyone Refreshed  
 It Was 'Chocks away'  
 To Continue Our Lovely Day  
 John Kibble



### Keep walking, keep walking

I will not gamble,  
 it really is a crime  
 it robs me of my money,  
 it robs me of my time.

It robs me of my dignity  
 and I must confess,  
 it is the one thing in my life  
 that makes my life a mess.

I catch the bus or train,  
 to places near and far away  
 and there I sit and gamble  
 and waste most of my day.

Keep walking, keep walking,  
 walk past that gambling den,  
 keep walking, keep walking,  
 don't go back again.  
 Lynne Guest

### A Day in Coventry

*We all met at the station  
 To travel to Coventry  
 About six of us went,  
 Including Graham and Me*

*We popped in and said a prayer,  
 One of Graham's that he read,  
 Then visited the town,  
 Some, elsewhere instead.*

*Graham and I had coffee and tea,  
 And shared a slice of chocolate you see,  
 We then all returned to the station,  
 After our day in Coventry.  
 Susan Janet Farnell*

### SEEN FROM WITHIN

Colours of lilac  
 Pale shimmering gold's  
 Of a future few behold.  
 Hues too wondrous  
 To draw or paint  
 But their glory their power  
 Can become a wondrous smile.  
 It is from this you glean  
 Some of the love  
 That's hard to bear  
 But quartered, elighted and patterned  
 A magical journey  
 Becomes a magical realm  
 For all to share Now  
 And forever more.

Graham

### POEMS REQUIRED FOR THIS PAGE

Please send copies to...  
 The View Point Editorial  
 Team

Hear-Our-Voice  
 c/o Wolverhampton Voluntary  
 Sector Council  
 16 Temple Street

Wolverhampton WV2 4AN

# WHERE TO GET SUPPORT

**Black Country Partnership NHS Foundation Trust** ([bcpt.nhs.uk](http://bcpt.nhs.uk)) Referral to these services is by a G.P. or a mental health professional.

- **Complex Care** This service provides community support for people with severe and enduring mental health problems such as schizophrenia and bipolar disorder.
- **Healthy Minds** Healthy Minds is a psychological therapy service for people who are experiencing common mental health problems such as depression, anxiety and stress. (You can self-refer to this service. To self-refer phone 0800 923 0222).
- **Wellbeing Service** The wellbeing service is a nurse led service for people with more complex mental health problems.

**Starfish** Starfish are an independent company who are funded by and run services on behalf of Wolverhampton City Council. Starfish run a number of groups and social activities across the city. These include Coffee Clubs, Writing Groups, Wellbeing Group, Drama Group and Art and Craft Groups plus social events including walks, meals out and visits to the cinema and theatre. For information phone: 07949 290036, email [info@thesocialhub.org.uk](mailto:info@thesocialhub.org.uk) or go to the website [www.thesocialhub.org.uk](http://www.thesocialhub.org.uk)

**Kaleidoscope plus** Kaleidoscope Plus are an independent group who run groups and activities throughout the Black Country including Wolverhampton. For information on groups and activities provided by Kaleidoscope Plus phone: 0121 565 7818 or go to the website [www.kaleidoscopeplus.org.uk](http://www.kaleidoscopeplus.org.uk)

**The Avion Tuesday Club** This group is a service user's run group. It meets at St. Andrew's Church, Whitmore Reans on Tuesdays between 10.30 a.m. and 3.30 p.m. Activities include: - Relaxation, Poetry Reading, Topical Discussion and Games. Liquid refreshments are freely available.

**The Friends Group** 'Where Mental Health matters'. This is an independent group. It meets at St. Patrick's church hall Wiednesfield near New Cross Hospital. It is open on Mondays and Tuesdays between 10.00 am. and 4.00 p.m. Activities at the group include: - Pool, Board games, Art group and outings plus Benefit Advice. Refreshments are available. For more information please phone: 07989020346.

**Low Hill Group** This is a service user's run group. It meets at The Good Shepherd Church in Second Avenue on Tuesdays between 2.30 p.m. and 4.30 p.m. Activities include: - Board Games. Refreshments are available. Everybody is welcome. For more information phone: 07722424095.

**The Mental Health Travel and Social Group** This is a service users' run group. It meets at the lower mall in the Mander Centre beneath HMV on Wednesday's between 10.30 a.m.-11.00 a.m. The group visits cities & towns around the West Midlands and beyond with the aim of promoting confidence & wellbeing among its members. For more information phone: 07919626246.

**The People's Group** This group is a service users' run group. It meets at St. Chad's (Lime Street) on Thursdays between 10.00 a.m. and 12.30 p.m. Activities available include: - Skittles, Board Games, Pool, Yoga and Relaxation. Refreshments are available. For more information phone: 07543844781 Thursday's only.

**Place of Welcome** Place of Welcome are a network of hospitality run by local community groups who want to make sure that everyone in their area has a place to go for a friendly face, a cup of tea and conversation, if and when they need it. There are a number of groups set up around Wolverhampton and they meet in churches, community centres and mosques etc. The groups are open to all in the community and are not a specialized mental health group. For more information email: [info@placeofwelcome.org](mailto:info@placeofwelcome.org) or go to the website [www.placeofwelcome.org](http://www.placeofwelcome.org)

**The Phoenix Social Group** This is a service users' run group. It meets at Wiednesfield Residents and Community Rooms on Mondays between 12.30 a.m. and 3.00 p.m. Activities available include: - Pool, Board Games with Occasional speakers and Outings. Refreshments: - Tea, Coffee, Juice and Biscuits are available for a small charge. For more information phone: 07957648331 Monday's only.

**Wolverhampton Information Network (WIN)** Wolverhampton Information Network (WIN) have information on a range of services available in Wolverhampton. The web address for WIN is [www.wolverhamptonci.co.uk](http://www.wolverhamptonci.co.uk)

**Travel Information** For bus routes and timetables information contact N network West Midlands on 0845 303 6760 or N network website at [www.Networkwestmidlands.com](http://www.Networkwestmidlands.com)

Information correct? If any information on this page is incorrect please contact The View Point Editorial Team.  
Contact details are on page 2.

James Egginton.

# WORDSEARCH

## AUTUMN

See if you can find the hidden words associated with AUTUMN.

ACORN  
BEAUTIFUL  
CORNUCOPIA  
FOOTBALL  
LEAVES  
OCTOBER  
RAKE  
SCENIC  
SQUIRREL  
YELLOW  
APPLE  
BONFIRE  
CRISP  
HARVEST

Y	M	V	R	A	L	N	S	E	Z	A	Y	N	H	Q
P	J	I	C	E	O	E	N	U	I	L	V	C	A	Y
X	S	O	G	S	B	I	A	P	O	S	M	H	Y	E
B	R	I	A	R	H	O	O	V	C	K	A	C	R	L
N	O	E	R	S	A	C	T	A	E	R	L	B	I	L
N	S	N	N	C	U	T	R	C	V	S	L	E	D	O
E	W	U	F	N	L	E	I	E	O	E	A	A	E	W
K	S	O	R	I	C	E	S	O	P	R	B	U	E	E
A	Q	O	R	R	R	T	R	I	N	A	T	T	E	G
R	C	B	O	B	F	E	R	R	X	U	O	I	G	N
R	E	W	O	L	F	N	U	S	I	T	O	F	A	A
N	O	V	E	M	B	E	R	X	Y	U	F	U	I	R
S	E	P	T	E	M	B	E	R	S	M	Q	L	L	O
N	I	K	P	M	U	P	E	H	I	N	D	S	O	N
E	L	P	P	A	S	C	E	N	I	C	O	R	F	Z

MIGRATION  
ORANGE  
RIPE  
SEASON  
SUNFLOWER  
AUTUMN  
BROWN  
FOLIAGE  
HAYRIDE  
NOVEMBER  
PUMPKIN  
SCARECROW  
SEPTEMBER  
SUNSHINE

## FORTHCOMING EVENTS

### Dates for your diary

**Hear-Our-Voice Forum Meeting:** 4th October 2017 10.30am  
**Hear-Our-Voice Forum Meeting:** 1st November 2017 10.30am  
**Hear-Our-Voice Workshop:** 24th November 2017 10.30-15.00  
**Christmas Event:** to be advised

*All events will be held at the Old School 73 Dudley Road Wolverhampton WV2 3BY unless notified otherwise except the Xmas event.*

**NB: The deadline for submissions for the next View Point is 9th November 2017**

## USEFUL NUMBERS

'Walking for Health in Wolverhampton' is a local scheme that provides people with sociable, regular led group walks in many areas of Wolverhampton. For their latest timetable of the led walks, please telephone **01902 446601**

**The Home Library Service:** 01902 556256

**Housing information and Housing Support:** Contact Candice Gordon of Heantun Housing on **01902 571135** : Catherine Ashley of Bromford Housing on **01902 731089**



## Hear-Our-Voice Mailing List

If you live in the Wolverhampton area and would like to receive copies of The View Point and you are associated with mental health and mental health organisations please complete the following form.

Name.....

Address .....

.....

.....

Postcode .....

Telephone.....

Email .....

Date .....

I am a:

Service User	<input type="checkbox"/>	Survivor	<input type="checkbox"/>
Member of Staff	<input type="checkbox"/>	Other.....	<input type="checkbox"/>

I would like to become a member	<input type="checkbox"/>
I would like to receive the mailing	<input type="checkbox"/>

All information given by you will remain confidential and will not be passed on to any other organisations.

Hear-Our-Voice  
c/o Wolverhampton Voluntary Sector Council  
16 Temple Street  
Wolverhampton  
WV2 4AN

Email: [hear-our-voice@hotmail.co.uk](mailto:hear-our-voice@hotmail.co.uk)

Telephone: 07804 774 955

### FOR OFFICE USE ONLY

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On D/base Sent copy to M/C

The information contained in this Magazine does not necessarily reflect the views of Hear-Our-Voice and may be subject to change.

## CONTACT NUMBERS



**A useful list of important contact details for you to keep close at hand.**

**NHS 111** - [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

**Social Services** - Emergency out of hours

T. 01902 552 999

**Penn Hospital Reception** - T. 01902 444 141

**Samaritans** – 24 hour help-line T. 08457 909 090 or  
01902 426 422 [www.wolverhamptionsamaritans.org.uk](http://www.wolverhamptionsamaritans.org.uk)

**Cruse: Bereavement Support** – T. 0844 477 9400

**The Haven:** Help and advice for victims of domestic violence – T. 08000 194 400

### LGBT Network:

Support for the LGBT Community –

T. 01902 425 092 [www.lgbtwolverhampton.org.uk](http://www.lgbtwolverhampton.org.uk)

**Victim Support** – T. 01902 795 830

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

**Creative Support** - T. 01902 458797

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

Floating Support & Learning Disability

Boot Factory

**Saneline** - T. 08457 67 800

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

**Self-Harm** – information and useful contacts  
[www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm](http://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm)

### Directory of Mental Health Services in Wolverhampton:

[www.wolverhampton.gov.uk/CHttpHandler.ashx?id=4849&p=0](http://www.wolverhampton.gov.uk/CHttpHandler.ashx?id=4849&p=0) or google

Directory of Mental Health Services in Wolverhampton.