Hello and welcome to the Summer 2004 edition of Reflections.

We have now been in our new offices for 6 months and as we anticipated, having a settled and secure base has given us an excellent footing on which to develop our services and to take on the challenges that are facing the Forum at this time.

Inside this packed issue of Reflections, read about the service developments within the Forum in our Co-Chair’s report on page 6 and also information about the new groups that are now under the Forum’s umbrella – the Mulberry Tree Group in Gillingham and the Willow Tree Group in Blandford, on page 11. Also inside this issue, read about other mental health news in Dorset – the new Out of Hours Crisis Response service and physical health reviews for people suffering from mental health problems, on page 3. Andrew Casey, Chief Executive of the North Dorset Primary Care Trust tells the Forum his views on mental health service user involvement, on page 2.

One of the present challenges for the Forum is to enable more “service users” – people who use or have used mental health services, or have experienced some form of mental illness – to become more involved with shaping how and what services are provided to mental health sufferers. If you are interested in becoming more involved and would like to become part of a wider group of people who represent us at meetings, who help to train mental health professionals, who are involved in setting up peer support groups and the shaping of specific services, then please become a member of the Forum and tick the “service user involvement” box on page 10.

Inside this edition, we also have a feature about our Advocacy Service, which includes our usual personal experience article, this time from one of our advocates, on pages 7 and 8, along with much more……….so read on.

If you would like to make a contribution to Reflections, you can contact the Forum as below. Please keep sending in your articles, experiences, letters, poetry and anything else you would like included in a future edition of Reflections. Other readers find your views and experiences inspiring and profoundly helpful.

Everyone at the Forum wishes all of our readers an enjoyable and long summer with lots of sunshine and fun.

The Editorial Board

West Dorset Mental Health Forum
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(Fax) 01305 261049
Advocacy 01305 261483
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Andrew Casey Visits the Forum

In March, earlier this year, Andrew Casey, Chief Executive of North Dorset Primary Care Trust, came personally to meet the Forum Executive Committee at our new premises in Dorchester.

Firstly, he brought with him information about the Patient & Public Involvement Strategy and a request for the Forum to become involved in the Patient & Public Involvement Forum. The Strategy looks at the North Dorset Primary Care Trust's level of service user and carer involvement, specifically in areas of care plans, reviews and consultation, as well as service planning, quality monitoring and assurance, including having good systems for listening and actioning for service users and carers. The Patient & Public Involvement Forum has been set up to monitor and identify the gaps in the Trust's service user and carer involvement. This is an excellent example of the opportunities that are open to the Forum and all service users, to have an effect on the way that services are run, now and in the future.

Secondly, Mr Casey brought with him information about the forthcoming changes to the Out of Hours services in Dorset. In summary, GP's are opting out of Out of Hours provision. Patients will be able to contact NHS Direct, or a separate Dorset wide phone number, which will go through Forston Clinic. They will then receive nurse triage and/or phone support from a doctor. If they need to be seen, they will be put through to a local service. Community support will be provided through the minor injuries units at Blandford, Shaftesbury and Sherborne, which will be open for extensive hours, including evening and weekend services. It is planned that the NDPCT will have an all night centre in Shaftesbury and the SWPCT will have one in Dorchester. There will be a consultant on call and a duty social worker available in Poole. These arrangements apply for all services and the timing for implementation will be advised, in due course.

Andrew Casey writes:

“It is a great pleasure to have joined West Dorset as Chief Executive of North Dorset Primary Care Trust. I very much wish to establish an open productive dialogue between mental health and substance misuse services and service users and carers. The purpose of the Trust is to meet the needs of people as effectively as possible and to my mind, mental health and substance misuse services should involve and empower service users in a number of ways: in care planning, treatment and care; in the way services run (especially for long-term recipients of care); helping us to make services better by offering feedback about problems and ideas for improvement; helping us to concentrate on service user needs as our main focus; helping us to plan an ever-improving range of services.

Our mental health services endeavour to involve service users in these areas but there is always more we can do. The PCT is developing a strategy for service user and carer involvement and the national initiative on “Patients’ Choice” will add a further stimulus to this.”
Physical Health Reviews for People Suffering from Severe Mental Health Problems.

Silvia Hardisty, Primary Care Mental Health Development Worker with the North Dorset Primary Care Trust, reports:

Research shows that people who suffer from severe mental health problems may develop physical complications that can be overlooked. For example, some medication can cause weight gain, diabetes, and other unwanted side effects. Isolation, lack of confidence and economic problems may lead to lack of physical exercise, poor diet and excessive smoking. Being overweight, lack of exercise, poor diet and smoking increases the risk of heart disease, strokes and respiratory problems.

People with mental health problems can sometimes be dismissed when presenting with physical complaints and may find it difficult to attend a GP surgery. However, regular screening, health education and help to make some lifestyle changes can prevent these physical problems and improve the quality of life and mental health.

In order to improve patient care, the Government has introduced legislation instructing GP surgeries to set up a Register of people suffering from severe mental health problems, to carry out regular check-ups, as well as medication and mental health reviews. Some surgeries may contact patients directly. For those service users who have a care coordinator, the check-ups may be organised with their help.

We all have a right to have good physical and mental health. This is a good opportunity to ensure that everybody is treated as a human being and their needs are met regardless of their condition.

New Out-Of-Hours Crisis Response and Home Treatment

A new service started on 31st March 2004, to provide out-of-hours cover to adults (16+ years) and older persons with serious mental health problems. It is a single gateway and contact point for people finding themselves in crisis that cannot wait until the next working day.

The service has been developed as part of the North Dorset Primary Care Trust plan, which specifies that cover is to be provided from 1800 hours on the last normal working day until 0800 hours on the next normal working day in any period.

The cover for North, South and West Dorset consists of a single phone number that is answered by qualified staff. When this is called, personal details are taken and an assessment is made of the care required so that appropriate action can be taken.

The number is 01305 361300. Operating hours are: Mon - Fri 1800 to 2300 hours Sat - Sun 1300 to 2300 hours

After midnight, Minterne Ward staff will deal with all calls.

It is important to note that this service is for assessing and responding to serious mental illness at a time of crisis for people whose care plan does not include emergency contact with community support units, and is not intended for: Stand-alone substance abuse; Homelessness; Domestic Violence; People with learning difficulties; Mild anxiety disorders; Mild depression with no identified risk.
The ‘Nutrition’ Argument

Arthur, a Reflections reader, writes:

We (my wife Helen and I) are very much persuaded by the ‘nutrition’ argument. The theory that it is specific nutritional deficiencies that contribute to the degree of susceptibility to mental illness experienced by people. That’s a clumsy way of saying that what one eats affects how one is mentally as well as physically. The tests publicised over the last few months, where difficult prisoners had their diet controlled and recently where one of a pair of boisterous twins had his diet changed, resulting in markedly improved behaviour, strikes a very loud chord for us.

I’ve mentioned to a number of people the experience of an acquaintance whose wife suffered from severe paranoid schizophrenia. She was prescribed what I’m sure was the usual random selection of drugs, each of which had some effect to differing degrees and each had its own side effects which led to another switch.

I can’t remember what put them on to the idea of diet supplements but, after a very short time, (taking ‘Omega 3 oil’ capsules, perhaps ‘Omega 6’ and I think latterly Magnesium with Calcium) she is a totally different woman. “It was like getting to know her all over again” he said. They go on holidays, he can go out on his own without having to worry, she is as normal as you or I. The drug she continued to take, when I last enquired, is at so low a dosage as to be ineffective.

Helen has read many books since her recovery from the depression (following the incredibly successful course of ECT she received under ‘section’ at the Forston Clinic). Publications from the Institute of Optimum Nutrition are her current ‘favourites’. She believes so much of their advice to be true, for example the dangers of ‘aspartame’ the artificial sweetener. We would recommend to anybody ‘Optimum Nutrition for the Mind’ by Patrick Holford.

We are not saying that poor nutrition is the cause of all mental illness but we do believe that it is a major factor and can make a great contribution to treatment as well as prevention. The coincidence of the contemporary climate of ongoing change, stress, growth of convenience food and junk food, the absence of nutrition & real cooking from education, all adds up to increasing problems in the future.

Diet supplements are so much cheaper than anti-depressants etc. and probably more effective. Inevitably the majority of research is paid for by drug companies and therefore reaches conclusions to suit their viewpoint.

This has just been a brief ‘blast’ of our current thinking. We would hope that someone in the ‘industry’ is doing some serious research in to the potential benefits, claimed even to help with dementia.

To more mainstream business. We were very interested to read in ‘Reflections’ about the Women’s Issues, particularly the idea of having segregated wards for women. This would definitely have been better for Helen, being exposed to some of the more dangerous members of society when she was at her most vulnerable, did not help.

I suspect they were medicated, they may have been under observation, she was not (as far as I know) physically abused, but the memories are with her still and it still makes her angry or disappointed. She sometimes says that depressives should be kept separately but I wonder if that is true. In Helen’s case, even at her most desperate, she seemed aware of the problems suffered by the other patients, illness and drug related, and that gave her something to think about. The other depressives seemed to latch on to her, particularly as she was responding to treatment, and she could sense her returning energies being drained by them.

It’s a shame there is no after-care. It might have helped the care-workers to hear Helen’s perceptions (or any other patient’s) of her treatment just after she had recovered, to help them plan facilities and care programmes.

It’s a bit late now. Arthur

[Names in this article have been changed.]
Managing Stress
Andrew Rees has made a great come back after suffering with stress and anxiety. Much of this has been through self-help as well as help through other sources. Here he shares his experience.

Over the last few months I have overcome anxiety and panic attacks. I suffered with palpitations and at the time I thought I was having a heart attack. I was so scared I actually thought I was going to die. I had ECG tests and was so relieved to find out it was a build up of anxiety. The main reasons for this happening to me were not eating properly, lack of exercise, rushing about and rushing after other people all the time.

I have recently completed an 8-week course on stress and anxiety management. I found it to be beneficial in helping me overcome my stress and anxiety. The course included deep breathing exercises, relaxation techniques and positive thinking.

We were given tapes to relax to in the evening and relaxation logs to fill in to note the progress.

The message I would like to get across is to look after your self as only you can! A healthy balanced diet, regular exercise and positive thinking benefit physical and mental well-being. Be assertive and never be afraid to talk to someone. Communication is vital. Do not become reliant on drugs or alcohol as they suppress your feelings, emotions and problems, which will eventually build up and make the situation worse.

You must have the drive and determination within your self to be able to confront your problems as only you can build the bridge to cross the stream. The key is to keep on persevering, and persistence.

Help/Support/Information Lines:
MIND Helpline. 08457-660-163
(Mon—Fri, 9.15am to 4.45pm)
Youngminds’ FREE Helpline. 0845-766-0163
(Mon & Fri, 10am to 1pm, Tues, Wed, Thurs, 1pm to 4pm.)
RETHINK Helpline. 020-8974-6814
(Mon to Friday, 10am to 3 pm)
NHS Direct. 0845-4647
SaneLine. 0845-767-8000
(daily, 12 noon to 2am)
Samaritans. (Weymouth) 01305-771777
(Yeovil) 01935-476455
Mindline. (Somerset) 01823-276892
(Fri & Sat 8pm to midnight)
Bristol Mind Helpline. 0117-983-0330
Kidscape. 0845-1-205-204
ParentLine Plus. 0808-800-22-22
(Free confidential helpline, for anyone in a parenting role)
Wand Support Line (N. Devon). 0808-800-0312
Cruse-Bereavement Care
(Western Dorset) 01305-260216
Victim Support 01258-453100

Domestic Violence:
Dorset Women’s Outreach Project.
Freephone 0800-58 77-480
West Dorset Refuge. 01305-262444
North Dorset Refuge. 01747-858555
Yeovil Refuge. 01935-427594

Bournemouth Refuge. 01202-547755
Rape Crisis Line. 01202-547-445

Drugs & Alcohol:
National Drugs Helpline. 0800-77-66-00
ADFA – 020 7928-8900 (confidential support and info for families/ friends of drug users)
CADDAS. 01305-265635
(Community Alcohol & Drug Advisory Service)
Dorset Drug & Alcohol Advisory Service.
01308-427195 or 01305-760799
Drinkline. 0345-32-02-02
Alcoholics Anonymous. 01904-64-40-26
(to find local group)
Al-Anon Family Groups. 020-7430-0888
Battle Against Tranquilizers. 0117-966-329

Self-help/campaigning groups:
National Self Harm Network. PO Box 16190,
London NW1 3WW
Hearing Voices Network. 0161-834-5768
U. K. Advocacy Network. 0114-2753131
RETHINK. (formerly NSF). 0208-974-6814
Manic Depression Fellowship. 020-7793-2600
Depression Alliance. 0117-966-329
Pax (for anxiety) 0208-318-5026
No Panic. 01932-590545
First Step to Freedom. 01926-851608
Triumph Over Phobia. 01225-330353
Eating Disorders Association. 01603-621414
Carers National Association. 01202-7940-8818

Dorset Social Care and Health
(out of hours) 01202 668123

“Stress is a fact of life, and some stress can be good for you because it can help you meet life’s challenges. But too much stress can be harmful to your physical and mental well-being. That is why you need to be able to control stress – so that it doesn’t control you!”

For more information on Stress and Anxiety Management Courses, contact your local CMHT, Adult Education, or Community Health Centre.
The Forum is entering a new and exciting phase, which involves new staff, new initiatives, new contracts and bags of potential! Since April 2004, we have been blessed with Shaun Byatt, whom many of you know, as our Services Manager.

Shaun has done a lot of work for the West Dorset Mental Health Forum since its inception over ten years ago, but he was employed by Rethink [formerly the National Schizophrenia Fellowship] and during that time much of his working week was spent doing their work. Now however, he is employed by the Forum’s Executive Committee on a full time basis, which means that he can devote his time and energies to developing our existing projects and new ones in the future.

Shaun’s role is multi faceted and includes managing the Advocacy Service, based at the Forum office in Dorchester, as well as the overall management of the Four Leaf Clover Club in Sherborne. In addition, from April 2004, the Forum has taken over the provision of day services in North Dorset from Rethink, which include services in Blandford, Gillingham and Sherborne and he is responsible for managing these too. [See pages 7 and 11 for news of all these groups and services] Last but not least, at our office in Dorchester Shaun also oversees the smooth running of the organisation as a whole, assisted by our Administration Manager, Becky.

His other important responsibilities include the “dry” ones like overseeing finances and contracts, and making sure that we continue to comply with the requirements of the Charities Commission. More creatively, there will now be time to develop those policies which we have been thinking and talking about for years and we will have greater opportunity to plan for possible future services. The people who use our services are central to them and this philosophy underpins all that the Forum is involved with.

As you know, we are always asking for volunteers. I am delighted to report that project leaders and staff have recruited many of their own, but there’s always room for more! They are much appreciated and are indispensable for some of the provisions and activities on offer.

It’s difficult to mention any without embarking on a long list and living with the fear of leaving someone out. However and by way of example, as a member of the Forum Executive Committee and one who is no longer good at speed reading, I personally owe a debt of gratitude to our volunteer, Richard, who reads through some of the screeds that arrive on our doormat, digests and then summarises them for us.

Also, we owe a huge thank you to Christine, our Advocacy volunteer, who was solely responsible for providing administrative support to our 2 very busy advocates, Sarah and Catherine, whilst Des, our Advocacy Administrator, was recovering from his operation earlier this year.

I have named only two, but there are many, many more that help to keep our services afloat at the Four Leaf Clover Club in Sherborne and also at the Gillingham Bungalow in North Dorset.

A big and sincere thank you to all of our volunteers.

I hope that, like me, you enjoy the longer days.
Given the infinitely variable birdsong, I don’t even mind being woken up at 5-ish!
With best wishes to everyone.
Patricia Hannah, Co-Chair
Dorset Mental Health Advocacy is an independent Advocacy Service provided by the West Dorset Mental Health Forum for mental health service users and their carers.

An advocate is someone who can help you to deal with any issue that you feel you cannot resolve on your own, including problems with the care you are receiving, housing matters, employment, benefits appeals or financial matters such as debt. An advocate is by no means an expert in these areas but they can assist in helping you write letters, attend meetings with you or present your case at benefits tribunals.

The advocate’s main aim is to ensure that the client is able to put across their view as effectively as possible, which can be hard for all of us at the best of times, but particularly when we are worried about something that is important to us, or if we feel that we are being discriminated against because of our mental health.

Except in exceptional circumstances everything that a client tells an advocate is treated in the strictest confidence. If you feel that you would benefit from the help of one of our advocates please contact either:

- **Catherine Bramble**, for those people living in the West of the County, or
- **Sarah Sherran**, for those living in the East of the County
- on 01305 261483.

If the advocates are out of the office, which is based at the Forum premises in Dorchester, you can either leave a message with Des, the service administrator, or on the answer-phone.

The Advocacy service in West Dorset covers a large area, from Gillingham in the North of the County, to Portland in the South and Lyme Regis in the West. The Advocacy service in East Dorset covers the area East of Dorchester, including Swanage and the Purbecks, and some areas of Christchurch. Bournemouth and Poole are covered by a different service and organization.

Many people living in these areas are geographically isolated, so the advocates try as far as possible to meet clients at a convenient locality for them.

### Claiming Your Benefits

Are you making sure that you get all the benefits you are entitled to? If you are not sure what you are entitled to, or how to go about claiming it, or simply can't face doing it, help is at hand!

An audit carried out by the Community Legal Services Partnership showed that benefits advice was a major gap in services. In response, a partnership bid, backed by the Council and other local organisations was made successfully, and a great many more people are now able to get the kind of help they need in finding their way around 'the system'. As one disabled person put it: "It was so helpful. I would not have had the will or stamina to do this on my own."

The good news is that - as a result of the extra services provided - around £1 million extra funding is coming into Dorset every year as benefits income for successful claimants. Don’t miss out on being one of them!
I was in no state to deal with everyday life on my own for a while …

I too experienced prejudice from other people.

I was certainly in no state to deal with everyday life on my own for a while, as the smallest problem either totally incapacitated me or sent me into a whirlwind of unproductive anxiety and activity. Much of the time I found I was unable to ‘think straight’ and the prospect of filling in benefits forms would fill me with horror.

An advocate would have been able to help me say what I wanted to on the forms and could have given me more confidence when attending interviews with the doctor employed by the Benefits Agency.

Although the doctors I saw were all very pleasant I was terrified they would expose me as a work-shy fraudster, which was symptomatic of my own prejudices at the time.

Like some of my clients, I, too, experienced prejudice from other people and found that many of my work colleagues and friends either avoided me or treated me with kid gloves – perhaps they were worried I would crumble entirely or attack them with a meat cleaver (now, there’s a thought).

In that kind of a situation it is hard to know how to behave so, for the most part, I pretended I was perfectly fine which meant I made a lot of decisions that proved detrimental to me. As an advocate I will always let the client make their own decisions but the provision of relevant information and other sources of advice can help prevent this kind of thing from happening.

Although an Advocate is not a Counsellor or general Support Worker, we do try to provide a service that will help individuals become stronger in dealing with issues for themselves in the future, whilst recognizing that when people are ill they may initially need quite a lot of help.
Early Intervention
January 2004 saw the start of an Early Intervention service in Dorset. Early Intervention is about working with younger people between the ages of 14 to 35, who are experiencing their first episode of serious mental illness. By contacting young people in the early stages of their illness and by providing intensive support it has been proven that in many cases there are improved outcomes.

The project is still in the early stages of development and the team comprises of a Clinical Lead Nurse from North Dorset Primary Care Trust and a Young Person Prevention Outreach Worker employed by Rethink. An ‘Early Intervention’ conference was held at Kingston Maurward in Dorchester on, 26th April 2004, with many organizations represented. The conference highlighted the importance of all agencies working together to support this project and assisting in its success.

Baby Loss Support Group
This group is for everyone who has ever lost a baby during pregnancy, birth or in the early years. Believing that no one person's loss is greater than another’s, they aim to provide a safe place where people can share their experiences and support one another.

Baby Loss was started by Kate Carden (midwife/counsellor) and Jane Hegan (consultant nurse) who have experience of helping to support many people coping with this kind of loss. The Group meets Monthly, on Monday evenings in Weymouth.

Casterbridge Friends of Mental Health Services
Our group was formed in 2000 to support people with mental health problems and their carers in the Dorchester area. We have arranged many fund raising events to provide Christmas presents for all inpatients; purchase equipment for mental health units locally; assist people who have financial difficulties; provide money for transport to educational courses and provide a snack trolley for patients on Minterne Ward and Melstock House. Look out for details of our forthcoming events, which are a lot of fun.

We are a small group and would like to increase our membership. If you are interested in joining, please contact me at the Forston Clinic.

Chris Jones, Secretary.
Tel: 01305 361293

Forum Membership: To get your FREE Membership card, please return this form to the Forum

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Address:  
Telephone Number:  

Type of Membership:  
(See reverse of form for details.)  
Tick one  

Full .....................  
Associate ...............  

Would you like to know more about Service User Involvement? Yes ............

Would you like to know more about joining our Executive Committee? Yes ........

Signature: .............................................................................

Date: ...........................................

Contact Casterbridge Friends via Chris Jones on 01305 361293

Contact The Early Intervention Service via Anna Filsell (Rethink) on 01308 459762

For details of Baby Loss phone Jane Hegan on 01305 255394
Membership of the Forum.
You can become a member of the West Dorset Mental Health Forum, free of charge. It is open to anyone who wishes to join. Members will be informed of meetings and relevant events taking place in and around Dorset. They will also be sent a copy of our Reflections newsletter regularly. A 24 hour telephone answering service is available when the office is not staffed. To apply for your free Membership card, cut out and complete the form on the back of this page and return it to the Forum.

TYPES OF MEMBERSHIP

1. FULL MEMBERSHIP: Open to users of Mental Health Services in Dorset. Members will be entitled to take part fully and have voting rights.

2. ASSOCIATE MEMBERSHIP: Open to anyone interested in mental health. Members will be entitled to take part fully but have no voting rights.

The information you send in will be completely confidential at all times and will be subject to the 1998 Data Protection Act.
Four Leaf Clover Club
It has been a momentous period for us! We celebrated our Fifth anniversary on 16th April with a great party, at which Sheborne’s Mayor, Marjorie Snowden, cut the birthday cake. As luck (or fate?) would have it, on that very day we were permitted to announce the award of £15,545 from the Community Fund. This Fund has as its motto: “Lottery Money Making a Difference.” and this grant certainly will, as it will cover the extra Sessional Workers needed to keep the Clubhouse open 6 days a week for the next three years!

Welcome to the Mulberry Tree and Willow Tree Groups (previously run by Rethink and now under the Forum umbrella). We look forward to building up closer ties with them in future. Contact both via Florence Spencer, 01747 825400, mobile 079 79 437 076

Mulberry Tree Group
Meets at Queens St. Bungalow, Gillingham with a very active programme. They meet on Mondays and Fridays (10—4, social, lunch, crafts/gardening) and on Thursday (10—1, Coffee morning). There are Social Evenings on alternate Thursdays (7 – 9 pm ) and on 2nd & 4th Tuesdays they meet in Shaftesbury at the British Legion. Their latest enterprise is to cultivate a garden, buy a greenhouse, and to produce their own vegetables, with help of a Tutor from Wiltshire College on Thursdays (1.30—3).

Willow Tree Group
Meets at Castleman Bungalow, Blandford on Wednesdays, 10—2 (Includes lunch). They have a Social Night from 7pm on the last Friday of the month and are planning to start Sunday Lunches.

North & West Dorset Mental Health Carers’ Forum
By the time we go to Press, the Carers’ Forum will have enjoyed a ‘Walk and Talk’ at Thorncombe Woods. The speaker at the Open Evening on 22nd July will be Martin Hedley on ‘Aspergers’. Open evenings are planned for October (suggested topic: ‘Early Intervention in Psychosis’) and November (AGM). To be put on the mailing list call Marilyn Hills on 01308 459762, or leave a message at the WDMHF offices in Dorchester (01305 257172), where the Carers Forum now has its own dedicated desk, telephone and computer.

Oak Tree Clubhouse
A new Committee, elected at our AGM in February, is taking an active responsibility in running the Club. Our £3000 grant from the Department of Social Care and Health has been awarded for the year, pleasing proof of the way we are valued. £2000 from Lloyds TSB is to be used for transport costs for members. £10,000 from South West Foundation is to provide a ‘Benefits and Return to Work Advisor’ for club members, for outings and IT equipment and other expenses.

Green Art Group
We were pleased to welcome back a student from Weymouth College who is involved once more in working with us. There is an exhibition of our work in the corridor of Westhaven Hospital.

Willow Tree Group
Meets at Castleman Bungalow, Blandford on Wednesdays, 10—2 (Includes lunch). They have a Social Night from 7pm on the last Friday of the month and are planning to start Sunday Lunches.

Four Leaf Clover Club
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SELF-HELP GROUPS, SOCIAL CLUBS + DROP-INS

Saturday Social Group
5 Carlton Road North,
Weymouth. Open each
Saturday 7pm to 9.30pm.
Contact any member of
staff, on 01305 760729

Bridport Self-Help Group
5 Downes Street, Bridport.
Meets every Friday
10am to 3pm.
Contact on 01308 459762

Green Art Group
The Leon Centre, Wey-
mouth. Meets weekly, Thurs.
1pm to 4pm. Contact Ros
Copson on 01305 257172

Bridport RETHINK Relatives
and Carers Support Group
5 Downes St. Meets on 4th
Mondays of the month (except
Bank Holidays), 3 pm. Contact
Sally Montague-Johnstone on
01308 485316

The Lantern.
2 Ranelagh Rd, Weymouth.
Open Monday – Friday.
Support Centre offering
advice on Benefits, Housing,
Advocacy and Counselling.
Contact Mick Bramham on
01305 787940

Oak Tree Clubhouse
Crossroads Centre,
Weymouth.
Meets weekly, Fridays 7pm
to 9.30pm. Wed. 6pm
monthly for outings. Sunday
lunchtimes once a month.
Contact Andy Court on
01305 362094

Four Leaf Clover Club
1 Abbey Road, Sherborne
Open Mon. to Fri. 9.30 am to
3.15pm. Sat’ 10 am to 4 pm.
Contact Liz McGaw on
01935 389192

‘Tuesday Drop-In’
5 Downes Street, Bridport.
Open Tues. 10am to 3pm.
Contact Caroline Gamble
On 01308 459762

Blythwood Carers Support Group
5 Carlton Road North,
Weymouth. Meets monthly. Contact
Mary Payton on 01305 760729

Oak Tree Clubhouse
Crossroads Centre,
Weymouth.
Meets weekly, Fridays 7pm
to 9.30pm. Wed. 6pm
monthly for outings. Sunday
lunchtimes once a month.
Contact Andy Court on
01305 362094

First Tuesday Self-Help Group
(Manic Depression Fellowship)
Monthly, 1st Tuesday, at Friends Meeting
House, Holloway Rd, Dorchester. 7 to 9 pm.
Contact 079 0555 0768 (National MDF;
08456 340543 or 020 7793 2630)

Blandford Carers Support Group, for carers of people with Mental Health problems,
meets at The Bungalow, Castleman House, Blandford, on the 3rd Tuesday of every month.
7 pm until 9 pm. Contact Marilyn Hills, 01308 459762 or mobile 07866 252046

Weymouth Mental Health Support
Group. 5 Carlton Road North,
Weymouth. Meets monthly. Contact
Mary Payton on 01305 760729

Blandford Mental Health Support
Group. 5 Carlton Road North,
Weymouth. Meets monthly. Contact
Mary Payton on 01305 760729

Weymouth Carers Group
St John’s Hall, Westway Rd,
Weymouth. Meets 2nd Thursday
in the month at 7pm to 9pm.
Contact Marilyn Hills on 01308
459762, or mobile 07866 252046

Willow Tree Group
Castleman Bungalow, Blandford. Meets
Wed. 10am to 2pm (includes lunch).
Last Fri, 7pm, Social Evening. Contact
Florence Spencer on 01747 825400.
Mob. 07979 437076

Blandford Users and Carers
Forum. Blandford Day Centre,
Heddington Drive. Meets at 6 pm
on the last Monday of the month.
Contact Genevieve or Gary at
Milldown Unit on 01258 450610

Lyme Regis Social Club
Woodmead Hall, Lyme
Regis. Meets every
Wednesday 10am to 1pm.
Contact Caroline Gamble
on 01308 459762

First Tuesday Self-Help Group
(Manic Depression Fellowship)
Monthly, 1st Tuesday, at Friends Meeting
House, Holloway Rd, Dorchester. 7 to 9 pm.
Contact 079 0555 0768 (National MDF;
08456 340543 or 020 7793 2630)

Bridport Self-Help Group
5 Downes Street, Bridport.
Meets every Friday
10am to 3pm.
Contact on 01308 459762

Mulberry Tree Group
Queen Street Bungalow, Gillingham
Meets Mon & Fri 10am to 4pm, Thurs.
10am to 1pm, Alt Thurs. 7 to 9pm, alt.
Sundays for Lunch. Also on 2nd & 4th
Tues at British Legion, Shaftesbury.
Contact Florence Spencer on
01258 450610, mob. 07979 437076

The Lantern.
2 Ranelagh Rd, Weymouth.
Open Monday – Friday.
Support Centre offering
advice on Benefits, Housing,
Advocacy and Counselling.
Contact Mick Bramham on
01305 787940

CARERS + RELATIVES GROUPS

Willow Tree Group
Castleman Bungalow, Blandford. Meets
Wed. 10am to 2pm (includes lunch).
Last Fri, 7pm, Social Evening. Contact
Florence Spencer on 01747 825400.
Mob. 07979 437076

‘Tuesday Drop-In’
5 Downes Street, Bridport.
Open Tues. 10am to 3pm.
Contact Caroline Gamble
On 01308 459762

Four Leaf Clover Club
1 Abbey Road, Sherborne
Open Mon. to Fri. 9.30 am to
3.15pm. Sat’ 10 am to 4 pm.
Contact Liz McGaw on
01935 389192

‘Tuesday Drop-In’
5 Downes Street, Bridport.
Open Tues. 10am to 3pm.
Contact Caroline Gamble
On 01308 459762

Oak Tree Clubhouse
Crossroads Centre,
Weymouth.
Meets weekly, Fridays 7pm
to 9.30pm. Wed. 6pm
monthly for outings. Sunday
lunchtimes once a month.
Contact Andy Court on
01305 362094

First Tuesday Self-Help Group
(Manic Depression Fellowship)
Monthly, 1st Tuesday, at Friends Meeting
House, Holloway Rd, Dorchester. 7 to 9 pm.
Contact 079 0555 0768 (National MDF;
08456 340543 or 020 7793 2630)