

NEW OUTREACH IN DUMFRIES & GALLOWAY

My name is Corinna Penrose, and I am the new Community Outreach Worker based at Kaleidoscope, NSF (Scotland)'s resource centre in Dumfries. One of the main longer term aims of this service is to enable people to broaden their circle of acquaintances, make new friends and combat the social isolation experienced by many people who experience mental ill health living in the community.

Part of my job involves identifying people in the community who are not necessarily known to mental health services, but who are experiencing mental ill health which is impacting negatively on their quality of life. The hope is that by providing "sign posting" and a "buddy" system I can assist people in identifying mainstream community activities that they would like to take part in. For some people who would find it difficult to attending something new on their own, I will support them directly by attending with them. For others, it may be a question of exploring what's out there.

A number of Kaleidoscope participants have an interest in drama, so I have also started a drama group based in a local community centre. This group is open to anyone in the local community and already we have attracted a few local people to join in with us. I am also currently developing a mental health awareness 'session' to take out and about to community groups, in the hope of making contact with people, raising awareness and promoting the community outreach service.

The community outreach service is open to people between 18-65 years of age. People can refer themselves to the service or can be referred by others, including professionals.

For more information on the new Outreach Service, telephone Corinna Penrose on: 01387 249513.

We Care

The newsletter of NSF Scotland

AROUND AND ABOUT

Inverurie based Comraich Gardening Group have taken over the job of keeping the flowers in the garden at Inverurie Hospital looking beautiful and they have also created a new flower bed near the entrance to the hospital.



Aileen Thomson with some of the Comraich Gardening Group at work in the flower beds.

It's a delight for all those visiting the

hospital and a focus for the group to help the community while helping themselves towards recovery. A big thank you to the **Royal Bank of Scotland** for donating £250 for new gardening tools for the group.



Percy Pug – the much loved new recruit at Comraich

And another thank you from Comraich and NSF (Scotland) to **Shell** for donating £2,412 for a Pug Mill for their pottery group. The pottery classes are one of the most popular courses at Comraich and now with the help of Percy they will produce even more hand crafted, original items for sale. All the proceeds from their pottery sales are ploughed back in to the Comraich Centre for the benefit of those who attend. And for those of us who have no idea what a pug mill does – it's: "a device that mixes and grinds clay or other materials into a desired texture."



Tayside Carers enjoying their Care Aware Day

Tayside Carers Support Project were delighted to receive a cheque for £5,000 from the **Trustees of the Alexander Moncur Trust** to enable them to plan for a much needed and very much appreciated respite break. Cathy and her team are organising a weekend away in Scotland and are very much enjoying the planning and putting together of the itinerary for the break. As many of you can appreciate, the value of time off like this to revive and restore physical and mental wellbeing is beyond price. We wish them all a marvellous weekend and thanks from everyone at Tayside Carers & NSF (Scotland) to the Alexander Moncur Trust for making this possible.



Lost in thought at the Charlie Reid Centre

It's a well known fact that some of the best ideas are thought up in the "smallest room" and when the Charlie Reid Centre in Glasgow were needing to decorate their smallest room they took this as their theme – literally! The painting was done by Roseann.

DISCLAIMER

The views expressed in this Newsletter are not necessarily those of NSF (Scotland).

ACKNOWLEDGEMENT OF SPONSORSHIP

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NSF (SCOTLAND) MISSION STATEMENT AND STATEMENT OF VALUES.

NSF (Scotland) works to improve the wellbeing and quality of life of people affected by schizophrenia and other mental illness. This includes those who are family members, carers and supporters. We do this through campaigning, education and the provision of practical help, support and information.

Our values are central to the work that we do. We believe that:

- every individual has the right to be valued, and to share in the opportunities, enjoyment, challenges, responsibilities and choices of everyday life;
- those who experience mental illness, their families and carers and friends, are entitled to choices about quality support in the community or in hospital, as appropriate;
- people who need care and support should be enabled to play an active role in decision making about their lives, including within service provision;
- people affected by schizophrenia and other mental illness have a specialised knowledge and expertise, and should be involved in all aspects of our organisation's activities.

NSF (SCOTLAND) CONTACT AND COMPANY DETAILS

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Scottish Charity Number 13649

A World To Belong To...

A recent research project explored the social networks of people using mental health services. Funded by the Big Lottery, the research was undertaken by the University of Glasgow with SAMH as the lead agency, with NSF (Scotland) as a consortium member supporting the research.

A total of 200 mental health service users were asked for their views on the importance to them of social relationships, and about ways in which the services they used supported them in developing social relationships. One thousand members of the general public were asked similar questions and both groups were asked to complete a standardised measure of social support (the Oslo Social Support Scale). At a time when the importance of 'recovery' and 'social inclusion' are phrases well known to those

An important part of feeling involved and included in society is in our relationships with those around us.

currently working in mental health – being so often used by policy makers in Scotland – the study's findings have a particular resonance.

Many of those who had used mental health services said that the services supported them with making friends and maintaining other relationships – both important factors in promoting recovery. However, less than half felt that mental health services were supporting them with accessing community services outwith the mental health field.

Key findings from the research.

66% of people using mental health services live alone – over four times as many people as in the general population

75% of people using mental health services have no partner, compared with 32% of the general population

48% of those using mental health services described themselves as unemployed, compared with only 9% of the general population.

Mental health service users report having a smaller circle of friends, most of whom have been met via mental health services

Mental health service users reported significantly less contact with relatives than people from the general population.

Mental health service users had less contact with neighbours and/or colleagues than those from the general population

88% of service users said they had a confidant, most frequently citing a mental health professional. 95% of the general population sample said they had a confidant and for almost half of these it was a partner.

Four recommendations

The report concludes with four recommendations for service planners and providers. These are to:

- **Support people in maintaining existing relationships.**
- **Promote the development of new relationships, both within and outwith mental health services.**
- **Recognise that a practitioner's role may involve being the main person someone using services can confide in.**
- **Be aware that paid or voluntary work can result in a wider social network.**

The full text of this report can be downloaded from the SAMH website at www.samh.org.uk, or hard copies can be provided from NSF (Scotland) National Office.

Young People with Psychosis

We consider an article that appeared in the British Journal of Psychiatry describing an important research study conducted in Scotland into the prevalence of adolescent-onset psychosis, what the needs are of young people with psychosis, what services they receive and what they require.



One in 2,000 young Scots may suffer early-onset psychosis, but are they properly cared for?

The study was undertaken from 1 September 1998 to 31 August 2001. A total of 103 young people with mental health problems (74 males and 29 females) were identified from one third of the population of Scotland. Of these, fifty-three participants were interviewed, as well as their carers (all of whom were parents) and keyworkers. The study was designed in such a way as to ensure that this group formed a representative sample of all such young people in Scotland.

Within the group, 65% of the young people had been diagnosed as having schizophrenia. Other diagnoses included schizoaffective disorder, bipolar disorder with psychotic symptoms, and 'other psychotic disorders' (the last forming 21% of diagnoses).

Over a three year period, the prevalence of early-onset psychosis was approximately 50 per 100,000 of the at-risk population - the at-risk population being all 12–18 year olds living in the same locality as the group studied. This indicates that early-onset psychosis is a rare disorder.

The needs of these young people.

In general, there were high levels of clinical input to the young people concerned. However, there was a higher level of unmet need with regard to their psychological and social needs. There were high levels of difficulty with family functioning – 43% of the groups studied had family difficulties compared with 19% in the non-clinical population. Yet there were particularly high levels of unmet need in the area of family interventions and support.

Persistent difficulties were reported in terms of management of symptoms and difficulties in social functioning: "82% of the sample group described difficulties with friendships, compared with 6% of young people without mental health difficulties." Also, many young people and their carers and keyworkers described frustration at the lack of resources for keeping young people with severe mental illness occupied during the day."

Care and treatment

It was found that 80% of young people's first admissions were to adult wards, highlighting the continuing gap in adolescent in-patient care. "Adult psychiatric units are unacceptable for the care of young adolescents, their admittance to such units being at odds with good practice and involving risks to health and safety because of current staffing levels and patient mix.

It's crucial that the needs of these highly vulnerable young people, and their families, are considered at a national level

Transitional arrangements between age-demarcated services are required to provide age-appropriate care." Most of the young people in the study's sample group were being treated with newer anti-psychotics in line with treatment

guidelines, but there were high levels of side effects. This finding shows (a) the importance of baseline assessments for young people before treatment is started, and (b) the need for further study to refine the use of anti-psychotic medications in children and young people.

Implications of the study

The study shows that the reality of community care for young people with early-onset psychosis falls far short of good practice guidelines already in place. In-patient provision needs to be vastly improved. Because this is statistically a rare disorder, it is crucial that the needs of this highly vulnerable group of young people, and those of their families, are considered at a national level. Services to meet their needs require to extend beyond mental health services into primary care, social work, education and the voluntary sector.

Footnote: British Journal of Psychiatry (2007), 190 18–26. 'Adolescent-onset Psychosis: Prevalence, Needs and Service Provision.' Authors: Leonie Boeing, Val Murray, Anthony Pelosi, Robert McCabe, Douglas Blackwood and Robert Wrate.

Voices Of eXperience

VOX is the new, national mental health service user led organisation - working in partnership with mental health and related services to ensure that service users get every opportunity to contribute positively to changes in the services that serve them.

VOX supports and works with individual members to make sure their views are listened to and shared in ways that suit them in their involvement with service design, planning and delivery. This VOX function extends to working with local and national groups and organisations with a common interest in mental health issues.



The ownership of VOX belongs with its members, and because of this member views help to shape how our work-focus will develop in the future, in order to continue to influence positive changes to Scottish mental health services and society.

Developing the organization

Userforward (the forerunner to VOX) was a collective of service users and service user representatives who came together from across Scotland. The group managed to secure funding and organised an Open Space event, held in Dundee in 2004. The event was attended by 102 service users from across Scotland and as a result of the ideas shared, a clear mandate was given for a user led organisation to represent mental health service users in service design and delivery matters at a national level.

It has taken quite a lot of behind the scenes work to get to where VOX is now. And we still have a way to go following on from our inaugural Annual General Meeting (held on the 11th December 2006 at the Scottish Youth Theatre in Glasgow). Our aim is to properly establish the "internal workings" to include

**to
provide
an inclusive,
national voice for
service users in
Scotland...**

all our members as fully as possible and be able to provide an inclusive, national voice for service users in Scotland.

In the work we do, we are aware that service users need to have a co-ordinated and often challenging voice. We sincerely hope that our work will continue to complement and support all the ongoing hard work being carried out by service users and local networks that are already involved in design and delivery of mental health and related services across Scotland.

How to Join VOX

VOX invites anybody who is over 16 years of age and has (or has had) personal experience of mental health problems and who lives, works or studies in Scotland. Membership is free. You can complete a membership form online from our website and email it back to us, or if you prefer telephone and we will send you out a membership form.

Community groups, organisations and interested individuals who share the objectives and ethos of VOX are also invited to contact us. For further information, support, help & advice on any aspect of VOX contact us at our office (see boxed information).

**VOX Office,
c/o Mental Health Foundation (Scotland),
Merchant House,
30 George Square,
Glasgow, G2 1EG**

Tel: 0141 572 1663 or 0141 572 0125

Our Office hours are: Mon – Fri, 9am - 5pm.

**E-mail: tmcguire@mhf.co.uk or
voxscotland@yahoo.co.uk**

Website: www.voxscotland.org.uk

We are putting the fun into fundraising by running our first National Raffle. A book of raffle tickets is enclosed with your newsletter and we hope that you will ask family, friends and colleagues to buy a ticket.

The marvellous prizes have all been very kindly donated, and all proceeds will be used for the



benefit of our members. Tickets are £1 each and all counterfoils and money should be returned to Pat Carmichael at National Office - **before the draw date of 29th October 2007.**

NSF (Scotland) 2007 Raffle

The star prize of a Fujitsu Siemens Amilo Pro V3515 Edition Laptop with a large 15.4 inch widescreen display has been kindly donated by Stratiis, an independent IT Solutions Provider who work with a wide range of businesses throughout Scotland. www.stratis.com

We also have a 19" LCD TV with integral DVD player, 2 first class return tickets for anywhere on the Virgin Train network so the lucky winner can visit friends and family as far afield as Penzance or Aberdeen.

And the final two prizes are vouchers for £50 to spend at Marks & Spencer, and a luxury "Napoli" food hamper from Valvona & Crolla, bringing the authentic taste of Italy right to your doorstep.

We hope you agree that these are very desirable prizes and, as they say, you have to be in it to win it! You can help by selling as many tickets as possible and if you would like any more books, please call us at National Office on 0131 557 8969 and we will post them out to you straight away. The lucky winners will be contacted by phone. Good luck!

CORPORATE FUNDRAISING

Many companies actively encourage and support their staff with their fundraising efforts. If you or someone you know is thinking of raising funds for NSF (Scotland) it is worth asking if your, or their, employer has any company schemes such as the two mentioned below.

Payroll Giving/Give as You Earn: is where you can donate to NSF (Scotland) directly from your wages and not only do we receive your donation but also the tax you would have paid on the amount donated. For example a gift of £5 a month only costs you, as a basic rate taxpayer, £3.90 or £3 if you are in the higher tax bracket. The taxman pays the rest!

RBS Group also match giving with the group's Give As You Earn scheme, which generates more money for charity than any other payroll-giving scheme in the UK. The scheme remains unique, in that it is the only payroll-giving scheme where the employer adds £2 to every £1 donated by staff up to a maximum of £200 per person per month. So a donation of as little as £5 a month means that NSF (Scotland) would actually get £15 a month, which we think is brilliant.



Matched Giving: is another way that many companies encourage their staff with their fundraising efforts. The scheme works

by the company matching or topping up the amount employees donate or raise.

This is becoming very popular - with lots of companies running dedicated schemes which employees can apply to. Some of the companies who give this kind of support to their staff are Asda, BP, Firstgroup, Marks & Spencer, Price Waterhouse Coopers, Tesco, and most of the banks and building societies. For example, RBS Group support employees volunteering and fundraising efforts by topping up their total within a £100 to £1,000 range.

So, if you are fundraising for NSF (Scotland) do contact your payroll or personnel department and ask if they run any schemes like these and if you qualify. It may double or even treble your contribution...

Looking for a challenge?

Have you thought what you might be doing in 2008? If you want to get fitter, explore new places, and attempt something really challenging while helping those less fortunate than yourself, then we can help...

NSF (Scotland) has teamed up with two professional event organisers to offer you the challenges of a lifetime – and the opportunity to work on voluntary projects in the developing world. Not only would you be undertaking a physical challenge and raising money for NSF (Scotland) but you will also be making a real difference to a school, orphanage or other project in the country you visit.

You could be **climbing Vietnam's highest peak**, Mount Fansipan, before embarking on the challenge of helping to improve the facilities at an orphanage near Hanoi. This trip is organised for 5th- 18th April 2008 and the minimum suggested sponsorship target is £2,000 (plus a £300 participation fee). This includes a donation



of £1,000 for NSF (Scotland).



Or you might prefer a shorter challenge - trekking and working alongside **the berbers of the Sahara desert**, spending three days trekking through the sandy landscape in the company of camels, before undertaking a range of village development projects to benefit your desert hosts. Projects could include creating some sports facilities for the children of the village or refurbishing a community building. This challenge is organised from 25th Oct – 2nd Nov 2008 and the minimum suggested sponsorship target is



£1,500 (plus a £200 participation fee). This includes a donation of £800 for NSF (Scotland).

With almost a year to organise your fundraising for these trips we could be printing your challenge pictures this time next year! For more details visit our website: www.nsfscot.org.uk.

These are only a couple of examples of what we have to offer. Others include **hiking the Inca Trail** combined with a refurbishment project at a local school in Cusco, cycling, mountain climbing or you can try a multi-activity challenge!

Take up one of our challenges and you will be helping NSF (Scotland) and be making a difference abroad, helping local people improve their own lives. Or you may prefer to start with something a little less challenging and closer to home...



Closer to Home...

Whitewater Rafting:

Gather up 7 of your friends or colleagues, raise a minimum sponsorship total of £1,000 - which includes a donation of £600 for NSF (Scotland) - and you could all be thundering down the rapids on the River Tay, braving some of Scotland's wildest whitewater. A great day out, a terrific way to team build, and you gain the satisfaction of raising a sizeable donation for NSF (Scotland).



Parachute Jumping:

Ever wondered what it would be like to dive through the sky? Imagine standing at the edge of an open doorway in an aircraft flying at 10,000 feet - the noise of the engines and the wind ringing in your ears. Now imagine leaning forward out of that doorway and letting go - diving down through the air at over 120mph! Then the peace and quiet as the canopy opens. If this is for you, we can organise either a tandem jump or a static-line jump for you. All you have to do is raise a minimum of £395 (which includes a donation of £140 to NSF (Scotland) and we will do the rest!

London to Paris Cycle Run:

You don't have to be an expert cyclist to do this event, which is one of the best introductions to overseas cycling for charity as it is closer to home and shorter than most overseas trips. Cycling through English villages and into the stunning countryside of rural France, you'll pass historical landmarks and famous battlefields from World War I until you reach Paris - undoubtedly one of the most magical places on earth. The sense of achievement you'll experience will be one you'll always remember. The trip takes a total of 5 days, made up of 4 days cycling with the last day free to recover and sightsee in Paris, to be ready for the eurostar trip home. The minimum suggested sponsorship is £1,100 (including a donation of £550 for NSF (Scotland)).

For an information pack or further details on any of the above events check our website at www.nsfscot.org.uk or phone Pat on 0131 557 8969 or email pcarmichael@nsfscot.org.uk



So Many Ways To Help

NSF(Scotland) is always on the lookout for new ways to raise additional funding in order to maintain and expand its vitally important work in providing support for mental health service users and their carers. Here are just some of the ways that people have helped...



Heriot's long distance swimmers

Earlier in the year, we were delighted when George Heriot's School in Edinburgh contacted us to say they were raising money for NSF (Scotland). In 2003, their Swimming Club had started an annual sponsored swim for charity. And at the end of 2006 they nominated NSF (Scotland) to be the beneficiary because we are a lesser known charity and they realised what a worthy cause we support.

We visited the school where Mary Weir, Chief Executive of NSF (Scotland), gave a very brief introduction to what mental illness can mean to those affected. Then 3 volunteers from seniors 4, 5 and 6 participated in a short demonstration of what it could be like coping with just one of the possible symptoms of mental illness - voice hearing.

On the 15th December the Swimming Club swam over 400 lengths and raised just over £1,000. But the cheque they presented to NSF (Scotland) was for a marvellous total of £2,298 – a record breaker for the Club

– and the proceeds from eventually swimming an amazing total of 25 miles. A very big thank you to all who took part and their supporters.

Running to raise funds

If swimming or rollerblading is not for you, then perhaps running is more your thing? Stuart MacLennan demonstrated his fitness – and thoughtfulness – by running the Edinburgh Marathon last year to raise funds for NSF (Scotland). As you can see, Stuart was still smiling when he had passed the half way mark but NSF (Scotland) were the ones with the biggest smile when Stuart presented us with a cheque for £1,000. A marvellous effort raising £750 from family and friends and a terrific “top up” of £250 from his company, Price Waterhouse Coopers who have a matched giving scheme for employees who fundraise for



charity. Thank you Stuart and thank you also to PWC for supporting their staff with their fundraising.

Hooked on rollerblades?

And now for something completely different... The majority of people run a

marathon, but Grant and Kimberley decided they would do the Berlin half-marathon on rollerblades



while raising funds for NSF (Scotland). This was a real challenge for the pair as they only acquired their rollerblades at Christmas and became instantly hooked on the sport. Thankfully they survived and made it to the end in excellent time for beginners - raising a marvellous total of £890. Our thanks to both, and to all those who so generously gave their support.

Scotland online's fundraising efforts

We were delighted to receive a surprise Christmas present of a cheque for £2,000 from Pat Coulter and her colleagues at Scotland online, back in December 2006. This was a donation raised by the staff's fundraising efforts and we are so grateful that they thought of NSF (Scotland) and others at this time of year. Well done and thank you to all at Scotland online. We hope you had a very merry Christmas...

THE MAUDSLEY FAMILY PSYCHOSIS STUDY



Chris Chaddock and Professor Robin Murray describe how, at the Institute of Psychiatry, the Maudsley Family Psychosis Study is discovering markers for schizophrenia and bipolar disorder - which can be used to detect the predisposing genes and environmental factors which influence the development of these disorders.



This article summarises some of the major findings that have directly come from our study. These findings would not have been possible without the fantastic support that we have received from 190 families who have at least one person affected with schizophrenia or bipolar disorder. Many have come via Rethink (NSF's sister body in England).

Understanding the genetics



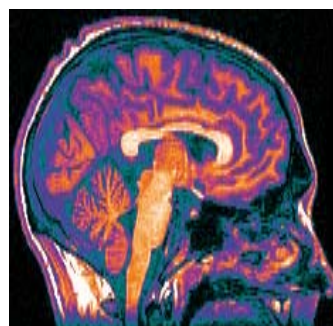
Both schizophrenia and bipolar disorder are to some extent hereditary. This means that understanding the genetics of these disorders is of key importance. Illnesses like schizophrenia and bipolar

disorder are not thought to result from the action of a single gene, but rather from the impact of many (maybe even hundreds) of genes, with each one having a small effect.

Recent evidence suggests that some of these susceptibility genes may be associated with both schizophrenia and bipolar disorders, providing an explanation for why it is sometimes difficult to distinguish one from the other. Whilst each gene's individual impact is too small to predict who will go on to develop symptoms, understanding the effects of each gene is already proving important in identifying the causes and development of the illnesses.

Neuropsychological tests

Within the Maudsley Family Study, we use a number of techniques to investigate the biological markers of psychosis including neuropsychological tests,



Event Related Potentials (ERPs) and MRI scans.

Neuropsychological tests allow us to look at an individual's strengths and weaknesses over a number of different cognitive (thinking) domains. For example,

we have identified that people with schizophrenia have better verbal abilities than visual-motor skills. Therefore, they may be more efficient at defining words rather than manipulating cubes rapidly to construct geometrical designs.

We have recently tested a large group of relatives of individuals with schizophrenia. We found that those relatives that were more closely genetically related to a person with schizophrenia, also had tended to show better verbal than visual-motor skills.

Event-related Potentials

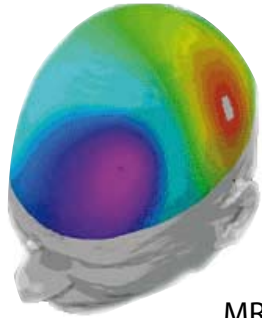
Event Related Potentials (ERPs) are a way of looking at how the brain works. The test involves placing leads on the scalp which then record information about how the brain is functioning. One particular test that has proven very useful is the P300, which is a brief electrical wave in the brain.

The P300 wave measures how the brain pays attention and distinguishes between potentially important and non-important stimuli. One particular component of the P300 wave is the time it takes from the sound, to the time of the maximum amplitude of the wave, which is called latency. This latency has been found to be longer in both people with schizophrenia and their relatives, and also in

FAMILY PSYCHOSIS STUDY (CONT)

people with bipolar disorder and their relatives.

We found a significant association between a particular susceptibility gene for schizophrenia (Neuregulin) and the latency of the P300 wave. This finding may prove very important as it has identified a gene which seems to modulate the speed that information can travel within the brain.



Magnetic resonance imaging

Magnetic resonance imaging (or MRI) is a way of creating images of the inside of the body and brain. We have used

MRI scans to investigate whether there are particular structures within the brain that appear to be specifically altered in schizophrenia and bipolar disorder.

We investigated two major constituent parts of the brain - Grey matter, which is comprised of brain cells where the processing of information is completed; and White matter, which is made up of fibres, like electrical wires, that connect different parts of the brain together so that the brain can function in a controlled and co-ordinated fashion.

People with schizophrenia and those relatives that were most closely related to somebody with schizophrenia had slightly smaller volumes of grey matter in areas involved in planning, organising and remembering things – patients with schizophrenia often complain of problems with these processes. People with genetic liability to bipolar disorder did not have brain changes in the same regions, but in areas of the brain which has a role in regulating mood.

Importantly, people with a genetic liability to schizophrenia and also those with a genetic liability to bipolar disorder both showed an alteration in the volume of white matter in similar areas of the brain. This finding suggests that alterations in how different parts of the brain communicate may be similarly affected in both schizophrenia and bipolar disorder.

Families and Twins Wanted



We are currently inviting families who have a member diagnosed with schizophrenia, or schizo-affective disorder to take part in the study. We are also interested in seeing twins, where either one or both have a diagnosis of

schizophrenia, schizo-affective disorder, or bipolar disorder. We would be very happy to hear from anybody with one of these diagnoses, and also from their relatives.

If you would like to know more...

If you would like to find out more about the Maudsley Family Study (and Twin Study), please email, madiha.shaikh@iop.kcl.ac.uk or telephone and leave a message on 020 7848 0541. Alternatively please write to the following address, and we will send you more information about the study, including a newsletter detailing our research findings.

Madiha Shaikh

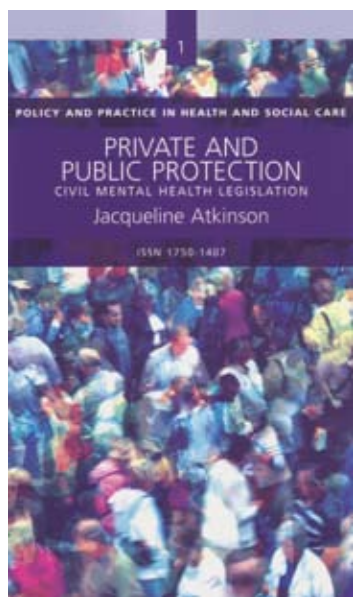
PO63, General Psychiatry,
Division of Psychological Medicine
Institute of Psychiatry,
De Crespigny Park,
London SE5 8AF



The Study focused on people with a genetic liability to schizophrenia and bipolar disorder

THE LATEST BOOKS

A selection of recent books on mental health and related issues.



PRIVATE AND PUBLIC PROTECTION – CIVIL MENTAL HEALTH LEGISLATION

by Dr Jacqueline Atkinson

Price: £12.95

Series Editors – Dunedin Academic Press, Edinburgh

ISBN: 1-903765-61-7

A concise, well-referenced overview of Mental Health Law in Scotland, covering civil rather than criminal legislation.

It looks at certain key

areas – Mental Health Tribunals, Community-Based Compulsory Treatment, Advance Statements and the role of relatives and Named Persons - and discusses how implementation of the Mental Health (Care and Treatment) (Scotland) Act 2003 may influence current and future practice.

Putting mental health legislation into its historical context helps readers understand what lies behind the new Mental Health Act. In drawing comparisons with the process in England, the author highlights the importance of the genuine consultation, involvement and compromise which has gone into the Scottish Act.

The author points out that compulsory treatment is not an intervention in itself but a means of delivering a service. She draws on research evidence both locally and internationally as to whether intentions in the Act are likely to be translated into practice, or may have unintended consequences - for example, by making provision of certain treatment statutory for some compulsory patients, resources may be drawn away from other patients.

Regarding participation, Atkinson notes that setting up Tribunals is simply a starting point with much more work being required to enable service users and carers to be fully involved in the tribunal, and by extension to the rest of their care. In looking at the involvement of relatives, the author notes that while there may be an improving acknowledgement that carers play a major role in caring for ill relatives, their role and relationship

are sometimes taken for granted. She also discusses the role of the named person.

The book is relatively brief and easy to read and can be recommended to any reader with an interest in the subject. It should not, however, be regarded as a simplified introduction to the Act.

In its skilful selection of topics and blending together in law practice and research, it would also be a profitable read for those who are familiar with the details of the Act but who could perhaps benefit from thinking again about the importance and relevance of the underlying principles and the interplay between the Act and real-life experience and practice.

At a time when some practical aspects of implementation of the Act have caused a degree of frustration, this book is timely in reminding us both of the principles underlying the Act and of how these can be carried forward through constructive use of the Act. One would hope that the book will contribute to the ideas of involvement, participation and mutual respect which underpin the Act, and which should deliver an improved service to people suffering from mental health problems and for their carers in the future.

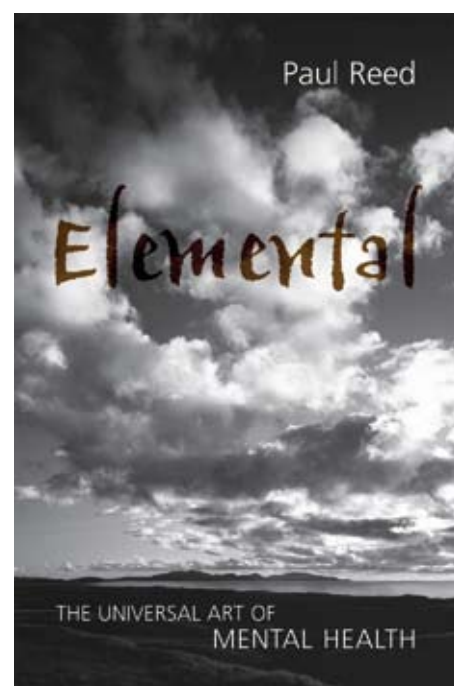
Dr P. H. Dick

ELEMENTAL - THE UNIVERSAL ART OF MENTAL HEALTH

by Paul Reed
Price £8.99 (or £6.74 online from Mercat Press).

ISBN: 1841831093

In *Elemental*, Paul Reed produces a practical, self-help guide to overcoming anxiety, stress and depression. More than this, following twenty years of his own acute problems, he shares with us his own methods of dealing with mental illness.



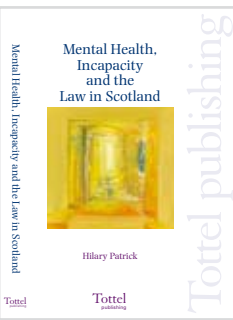
THE LATEST BOOKS (cont)

The first part of the book deals with themes such as Freedom, Purpose, Determination, Stigma and Anger, where the author draws on a blend of Western and Oriental philosophy and psychotherapy to promote healing. Then comes his own life story, complete with descriptions of his psychosis. As he recovers he is determined to aim high, writing down what he had been through.

The five elements – Earth, Water, Fire, Wind and Void – provide a framework for the remainder of this book. This section provides many anxiety relieving exercises complete with diagrams to illustrate relaxing postures. There are helpful ways of meditating and clearing the mind, techniques to banish guilt and anger and raise self esteem. He advises Cognitive Behaviour Therapy to encourage a more positive outlook with some worksheets included at the end of the book.

If physical exercise techniques are not everyone's cup of tea, he reminds us to take more time to appreciate the beauties of nature and to build up love and respect for others. The book is peppered with quotations from Eastern mystics; and from sources such as Oasis, Travis and Pink Floyd. There must be something helpful here for everybody.

What impresses me most about "Elemental" is the hope and determination that flows through every chapter. No wonder Paul Reed is in such demand as a speaker on recovery from mental illness. This book is certainly a testament to that.



MENTAL HEALTH, INCAPACITY AND THE LAW IN SCOTLAND

by Hilary Patrick

with contributions from Margaret Ross, Lynn Welsh and Irene Henery

Tottel Publishing Full Price: £90.00

Discounted Price for service users and carers: £38.00 (For details of how to claim this discount, see the insert in this issue).

ISBN: 1-84592-062-7

At over 1000 pages (including its very comprehensive index) this is the ultimate reference book for anyone wanting to find out more about the subject matter of its title. Among her many achievements, the author served on the Millan Committee and was a member of the steering group of the Alliance for the Promotion of the Incapable Adults Bill. She knows her subject possibly better than anyone else in Scotland and this is reflected in the contents of the book.

It is more than a guide to health and community care law. It also covers areas such as the impact of mental disorder on people's lives – their personal lives, accessing non mental health services; civil, consumer and human rights; discrimination, criminal justice, care standards and what measures are available when things go wrong.

The book is aimed at all those involved professionally in mental health, the legal profession, service users, carers/families and independent advocates. Although the subject matter is complex, the text is readable for lay people as well as professionals. It will either answer your queries directly or point you in the direction of further reading. Every local authority in Scotland should have at least one copy available for reference in its libraries.

AAG

Mary Weir

YOU CAN HELP!

Every donation, however small, is greatly appreciated and will go a long way in helping to improve the lives of those affected by mental health problems.

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