



CALADH CHRONICLE

Tayside Recovery Network

By Bob Sloan

A meeting was held in the Perth Grammar School Community Wing on Thursday 11th May 2006, where up to 40 people from a wide range of backgrounds attended to discuss what is happening locally. Everyone took part in the main activity to swap ideas and information, and the outcome of the day established a number of initiatives to help promote the Recovery Network.

A small group of people decided to meet on a regular basis to establish a database and directory of what is available locally. Other groups were considered for fun events in the future, and involvement in various newsletters that would enable more people to receive news and info about the recovery network.

The project hopes to continue to share information with others, in particular involvement with, events which may be forthcoming and work in partnership to promote Mental Health, Wellbeing and the hope of Recovery in Tayside. There is a web site on the NHS E Library where the Network have a discussion forum and information site which anyone with an interest in recovery, can request membership of.

You must register at www.elib.scot.nhs.uk for a password which will enable you to request membership of the Tayside Recovery Network.

INSIDE THIS ISSUE: June 2006

Page 1. Tayside Recovery Network, & Visor group

Page 2. What is Complementary Therapy

Page 3. Re-cycle (on yer bike), Perth Aquarists, and a story of Bowling.

Page 4. Diet & Exercise, Murder on the Menu, Film and music reviews.

Page 5. PAMH barbecue, the unspoken secret, The solarist, and a visit to Damh.

Page 6. Walking in Galloway and Inverie.

Page 7. Exploring the Evolution of Religion.

Page 8. Wordsearch, and bus passes in Tayside.

Out and about with Visor group

By Ronnie

How did you find out about it?

From staff in Gowrie Care Supported Accommodation.

What is the Visor Group ?

The Visor Group was formed in 2002 as a Social Group by someone with sight problems who thought people with similar difficulties living in the Perth area could benefit from meeting together for outings to help them feel a bit less isolated from others. Since then the group has grown to include people facing other life challenges, including people with mental health, physical and communication difficulties.

What is the best thing about it?

“Most of the people who come have been through similar things and are on the same wavelength. I enjoy getting out and about, meeting new people and visiting new places. I enjoy the company and everyone is really friendly.”

What kind of things does the group do?

Outings can include visits to the theatre, out for meals, bowling, charitable events and visits to places near and far. We went to see The Hollies just the other week at the Edinburgh Playhouse.

How often does the group meet ?

Outings take place twice a month in the summer and once a month in the winter. Meetings can be on any day, depending on where the outing is to.

How many people attend ?

Numbers can vary but are usually at least a dozen but sometimes as many as twenty five people will meet together. Outings are always by mini bus and depending on the numbers we use one or two buses. One of the buses has access for wheelchair users.

Should I join ?

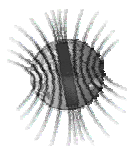
My advice would be to give it a try, you will like it and all the group members are smashing people.

How do I find out about joining ?

Telephone David on 01738 634379 or 07745 421437 (mobile). There is an annual membership fee of £10 and members contribute to the cost of any outing they go on.

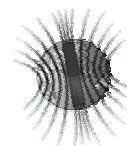
New PAMH Website

To keep up to date with news of PAMH you can visit our revised website at www.pamh.co.uk. The website has full details of our group programme and a new Fundraising page giving the opportunity to donate online.



Complementary Therapy

By Bob Sloan



Complementary therapy is proving to be particularly helpful for people experiencing a range of physical and mental health problems including pain control, sleep patterns, anxiety, stress and depression to name but a few. These therapies are often used alongside conventional medical treatments, although they are not yet fully recognised by the NHS and can unfortunately be very expensive in many cases.

Unlike conventional medicines that focus on symptoms, diagnosis and chemical drug treatments, complementary therapies offer a Holistic approach to healing the mind, body and spirit. Normally when going to see a registered healer you will be required to spend up to an hour talking through your physical and mental health problems, initially to get an overall picture of your health before any treatment begins.

It should be realised that Holistic Healing is nothing new, and can be traced all the way back to the beginning of human history, used in all societies, cultures and many religions, past and present. Thousands of years ago Eastern healers understood the fundamental part that the energy system of the body played in our health and well-being, having learned where the centres of energy lay within the body and how to unlock these energy flows allowing the body to utilise its powers of regeneration.

Massage is perhaps one of the oldest and most recognised of all therapies found to be the most effective in many cases, it has been noted in ancient Chinese, Roman and Greek texts including Hippocrates, the 'father of medicine', and is listed as one of the physician's essential skills. Shiatsu is known as acupressure and guided by the same rules as acupuncture, but involves the use of thumbs, fingers and palms rather than needles to stimulate the pressure points and help the flow of energy through the body. Bowen therapy involves gentle moves on soft tissue at a series of key points on the body, to stimulate energy flow empowering the body's own resources to naturally heal itself.

Other therapies such as Reiki, Bi-Aura, Crystal and Colour healing also deal with the flow of energy through the body, and have also been used for thousands of years throughout many cultures and civilizations. The main difference being that the practitioners use external energy to manipulate the flow of energy within the patient, and in doing so can achieve the same results without the same level of hands on treatment as massage.

Modern science can now show the existence of an Aura surrounding the body by means of Kirlian photography, which reveals many overlapping layers of different colours, each layer of a varying thickness and density. A healthy Aura is composed of complete layers, usually numbering seven in all like a rainbow, whereas an impaired Aura can be seen to have incomplete layers with holes or voids that are seen to be black and without colour. Normally the Aura surrounds the body with a concentration of energy in an oval shape, and can extend from the body up to about 4 feet from the surface of the skin.

The science behind Holistic Healing is relatively simple to understand by realising that everything exists as a form of energy, and as such, produces a reflection of itself through Electromagnetic radiation surrounding all bodies of matter. This Electromagnetic sheath can then be influenced by other external forms of energy, and so changing the internal properties by manipulating the flow of energy.

To help you understand the principals involved, consider a simple experiment with a magnet, a sheet of paper and some iron filings on top, then, place the magnet below the paper and watch the iron filings as they form a pattern showing the magnetic field surrounding the magnet.

Like everything else, the human body is made up of Atoms and Molecules that combine together in order to conserve energy, and as such conform to the same laws of physics that can be influenced by external forms of energy. Every organ of the body will therefore have its own source of energy with a distinctive Electromagnetic pattern, and so combine together creating a complete Aura surrounding the body as multiple layers of colour.

These patterns of energy have been mapped over many thousands of years practice to provide a picture of what a healthy body should be, and now modern practitioners can use these maps to help remove energy blockages when performing complementary therapies.

All the above-mentioned complementary therapies can be given fully clothed (i.e. in loose clothing), on a soft padded surface, and some 'taster sessions' are available through PAMH on the last Thursday of each month.

To book a session please telephone Doug or Elaine on 01738 639657



On your bike

Written by George E

15 Bicycles have been so far diverted from landfill. Through an article in the Local Press, a further 25 bicycles have been taken directly from the general public and thus also diverted from eventual landfill. These bikes will be used in the forthcoming Bike Summer.

Contact has been made with the Perth and Kinross Council Reintegration Unit and the Scottish Prison Service regarding the employment of volunteers for the refurbishment of bicycles.

Plans are in place for a low cost bike rental scheme, an affordable second-hand bike outlet, and a free workshop where members of the public will be able to bring their bikes to have them repaired or learn how to repair the bikes themselves.

The project has won in-kind support from Enterprise car rental, who provide discount vans for the collection of bikes from outside Perth.

7 Points have been put forward as goals for the coming year:

1. Programmes related to cycling, health, sustainable transport, recreation, "green" tourism and, in a wider sense, how a community can move away from a car based economy
2. The training of ten volunteers up to NVQ level 1 in Bicycle Mechanics
3. The refurbishment of 120 bicycles diverted from landfill
4. The start of a low-cost bike hire scheme running at weekends in a local park that stands next to the River Tay
5. The piloting of a free bike courier service running in Perth City
6. The piloting of a Saturday morning "Build a Bike" session for children to come to the workshop and build their own bicycle from spare parts under the supervision of mechanics.
7. The expansion to 5 schools of outreach work in Perth and Kinross, where the Perth Bike Project will provide bike maintenance training and cycling promotion activities as part of schools' healthy living and ride-to-school programmes.



Perth Aquarist

By George and Marcia

How long has the Aquarist Society been running in Perth ?

18 years in total with the last nine years at the PAMH Caladh Centre

Do you still hold groups here ?

Yes, every second Thursday at the Caladh Centre. People from P.A.M.H. are welcome to come to the group meetings at night, phone PAMH to check.

How many types of fish do you keep in the aquarium at the Caladh Centre ?

Depends on the size of the fish, small fish take more looking after, big fish generally need less looking after.

How do you control the number of fish ?

99% of breeding fish will be eaten ! Aquarists take the young fish away from parents to help more survive.

What fish are currently in the P.A.M.H. tank ?

We have Cichlids and Catfish Tetras. Different fish have different families, some families will live together some wont and they will live in different sized groups. The Catfish Tetras live in small groups. Cichlids make it hard to keep plants as they eat them, using artificial plants solves that problem.

The aquarists advised us that bright daylight causes algae (green stuff) in the tank and for this reason we have moved it under a window sill, away from direct sunlight. Paint fumes can be harmful to fish and the aquarists recommended that fish tanks are protected during redecorating by covering the aquarium with a sheet.

Thanks John and Susan from Fair City Aquarists, Marcia and George for the article

Story about bowling

You will find that bowling is for all ages if you want more information you can get it from leaflets or by going to any bowling club. You may find that when you enter outside bowling competitions that you have to dress in a different way .

You will find indoor bowls is faster than outdoor bowls is and this is because the carpet is smoother than playing on grass.



Diet and Exercise

Written by Catherine McKenzie

This is one subject that is on every ones' mind, how to lose weight and exercise more. This is not just important for physical well being, but also for mental well-being. One way of doing this is to see what changes can be made in your eating habits Here are some suggestions

- ❖ Start a food diary and write down what you eat (Breakfast is the most important meal of the day).
- ❖ Choose low-fat products, such as skimmed milk, low-fat cheese, yoghurt and margarine.
- ❖ Drink plenty of water.
- ❖ Eat more fruit and vegetables.
- ❖ Try low-fat snacks e.g. breadsticks, biscuits.
- ❖ Drink low-calorie beverages.
- ❖ Buy lean cuts of meat, eat more fish, skinless chicken and turkey instead of beef.



Why is exercise good for me ? Combined with a healthy diet, exercise can speed up weight loss

And it is also the best way to maintain weight loss. Regular exercise helps you burn calories faster, even when you're sitting still. Suggestions for ways of getting more exercise include:

- ❖ Walk everywhere.
- ❖ Take the stairs instead of the lift.
- ❖ Do housework at a quicker pace and more often (for example, vacuuming every day).
- ❖ Swimming.
- ❖ Take up knitting.
- ❖ Dancing adds some fun to your exercise.
- ❖ Rake leaves. Push the lawn mower or do other garden work.
- ❖ Any Aerobic exercise burns calories. Examples include Jogging, running and bicycling



Murder is still On The Menu

By Marcia Geddes

Last year the "Winter Workshops" Drama group performed a 30 min play called "Murder on the Menu".

This Year, the gang are back, but are now an actual Amateur Dramatic Company called "Perth Extraordinaires". Together, they have re-vamped "Murder on the Menu" to a 1 hour 20 min play, to be performed at the Perth Theatre Studio Theatre.

The main plot remains the same – a comical whodunit. The main difference is the addition of a new scene, making the play 3 scenes in length. The extra scene adds some very humorous sketches, so has been welcomed by the performers.

The group originally started as a way to build confidence and self-esteem for persons with a Mental Health Issue. As it has changed to become Perth Extraordinaires, it has kept its original goals, whilst also becoming more fun and helping socialising skills. Hopefully the company will keep going after the first play, and go on to performances of more new material. So, if you feel like a whodunit, join us on 13th, 14th and 15th July. See you there!!

Film Review

Reviews by Catherine McKenzie

Dr Dolittle 3!

This film is based on the older daughter Maya, as Eddie Murphy does not star in it.

She is sent to a ranch by her mother.

While Maya is trying to fit in with the other girls and boys, she finds out that the people who own the ranch will have to close down.

With the help of the animals they enter a rodeo and win.

This DVD is worth buying ☆☆☆



Music Review

Recently I bought the new Mark Knopfler CD, which is called All the Road running.

Country star Emmylou Harris also sings along with him This music has a sort of country feel to it.

There is a mixture of up beat and ballad songs

Mark Knopfler is known for rock music, so fans of rock and country will enjoy this CD ☆☆☆☆



Barbecue for May

Written by Catherine McKenzie

On the 17th of May PAMH had a barbecue and karaoke party.

It started at 6.00pm and finished at 9.00pm.

During that time we did a lot of eating, singing and Dancing.

Everyone was enjoying themselves.

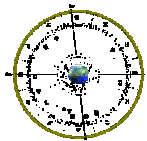
The attendance was quite good although I had to do a bit of persuading, for those who wouldn't participate in singing.

Apart from that, the evening went down really well.

We have no problems with people who buy the tickets as they only cost £2.

Money that they get goes towards their funds, which I think is brilliant.

When we have these barbecues they're usually a big hit with everyone.



THE SOLARIST

By Bob Sloan

Y'know, I've often wondered, and I suppose you have too, what makes people round the world appear the way they do? Their language is all so different although the words are all the same, while some dress up in fancy clothes and others still hunt wild game. Many people living their life, large and small, black and white, strong and weak, all the same until they speak. Their life is all so different although their future is all the same, while some just live for the moment and others just trying to lay the blame.

Some say GOD created the world with all creatures great and small, and all things bright and beautiful bouncing like a well-aired ball. Their life is tied to religion believing in a thousand year old book, and so these people live their life afraid to take a closer look. Some say Life evolved on Earth and so they live by words of science, exploring their natural world within living a life of religious defiance. Living their life tied to technology believing that all is well, and so these people live their life often thought to be in Hell.

So here I stand upon the Earth looking for answers to questions about life, trying to live with all the above leading to nothing but strife. Asking myself in search for the truth, just what makes people round the world appear the way they do?

Unspoken Secret

By Vickie Thompson

Self-harm is an unspoken subject, so many people keep it a secret but I feel it should not be kept secret or be anything to be ashamed of. For most people who self harm it can feel like a way to express their feelings, which may include emotional pain, self-hatred, anger or frustration, or a sense of unreality. The hardest thing to deal with is the feeling of being judged and this can often cause people to self-harm more. There are some coping strategies to try. One example is using an elastic band on the wrist which you ping to cause pain. Others include using coloured dye in ice, (when held tight its like blood running down your hand), food colouring in the bath water, making it look like blood. For some people these strategies can often help. People who self harm have to be careful that it does not become a habit, this is when they get no release from the cutting but continue by doing it more often and deeper.

There are some agencies that can be contacted for help these include:-

- Shout-c/o P.O. box 654, Bristol B599 1XH a bi-monthly newsletter for women who self harm, and supporters.
- Breathing-space 6pm-2am daily tel. 0800 83 85 87
- The Samaritans 24hr-service tel., 08457 90 90 90
- NHS 24- contact to out of hours Psychiatric service 08454 24 24 24.

Visit to DAMH 26th March 06

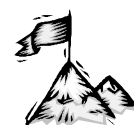
Today we went to Dundee with Kenny in his car to see how

the people in Dundee used their group. Kenny is near completing his course in Social Work and this visit would be beneficial to him as well as us. After parking the car near DAMH we climbed several flights of stairs and entered a large room just like being in a flat, we were welcomed by a lady who showed us craft work the clients do. There were many articles made from clay, a model made of match sticks, knitted garments and various paintings decorated the walls. I particularly liked a WELCOME sign at the entrance which was made from buttons sewn on to material and hung by the door. We were made welcome, being asked to sit on one of the lovely dark grey leather sofas which were placed cosily throughout the room. We were offered tea, coffee and biscuits, later we sat round a table with the clients and had soup and chatted with the friendly people of Dundee.



Walking in Galloway and the Community at Inverie

By Janet Sandilands



We recently went walking in Galloway. We based ourselves on the outskirts of Wigtown in a self-catering cottage.

Wigtown is well known for its bookshops. The guide to bookshops listed 17 shops. The one I found most interesting was called, "The Bookshop", Scotland's largest second-hand bookshop. There are nine well-organised rooms with floor to ceiling shelves full of books, nearly a mile of shelving. There is also free percolated coffee with a donation box, proceeds going to a local charity.

We were in Galloway to walk for the week. On Wednesday 22nd March we set off on a walk that was to last just under 9 hours covering 13 miles. We climbed 3 snow-covered peaks.

The first peak, Mullwharchar was 692 metres high. The second peak, Dungeon Hill was 610 metres high. The third peak, Craig Naw was 645 metres high. The last peak was the hardest because there was ice as well as snow. We had to put crampons on our boots to do the last peak. It was a slow slog to the top with a slow, careful walk down. Near the end of the walk I knew I was getting tired because I stumbled over a rock and fell to the ground. We made it back to the car and drove to the cottage. It had been a good days walking and once we had had our tea and rested that night, we were ready for the next day and a short walk.

Walking is very good for people who have mental health problems. I think it helps to be out in the hills in the fresh air and being with other people.

I just want to add that I am very proud of our son, David, who completed all 284 Munro Mountains by the age of 19. Last year, when he was 21 years old, he found out he has diabetes. He still walks the mountains with us. Recently I had a fright because on one walk I hadn't made enough sandwiches. Since then I now make a good picnic. There is plenty of laughter on the walks now as I bring out different bags of goodies from my rucksack. I do feel happier having too much food rather than too little

Ta

Neil Snellgrove, Kenny Hunter and Lorraine Dott recently completed their social work/care placements at PAMH. They would like to thank everyone at PAMH for all their help and support. Kenny takes this opportunity to apologise to everyone for his rendition of "Nothing Compares 2 U" at the barbecue.

I want to talk about a community at Inverie. We went walking in the hills there but I am interested in the community itself. To reach Inverie you have to come in by ferry from Mallaig. There are 118 people resident. We stayed with a lady, Cara, who runs a bed and breakfast. She had worked in tourism on the mainland for 22 years. She visited Inverie for 10 years before deciding to live there. Cara and her husband had a house purpose built for her Bed and Breakfast. Her twins were 6 weeks old when we visited her so she is kept very busy. Her husband works in Mallaig, Monday to Friday on a landing boat so Cara has her guests for company.

She told us that only 4 houses in the community were owned by Scottish people. The rest were owned by Americans, Austrians, English and others. There is no television reception at Inverie so people rely on DVDs and videos. Cara also told us that it costs £4 to bring a box of groceries over from Mallaig on the ferry. Even the household rubbish has to be taken away by boat.

There is a pub/restaurant, The Old Forge and it is the remotest pub in Britain. We had a very good dinner there. My husband ordered prawns but was told he couldn't have them because the boat they were on was late in leaving Mallaig. There are two bunk houses for walkers. There is a post office and post van but no shop. Inverie has a nursery and primary school. I think Cara said there were 4 children at the nursery and 5 children at the school. After primary school, children have to go to Mallaig secondary school, staying there Monday to Friday. At the moment contractors are building a new pier for Inverie which will be good for the community. The old pier is a small wooden one.

Cara told us one of her guests was 86 years old and he had come to climb the Munro mountains there. He had only started climbing when he retired at 65 years old and intended to climb all the Munros. We were impressed. We enjoyed our stay there but I don't think I could live there as you do have to enjoy the solitude.

Ta Ta

Neil would like to thank everyone for making him feel so welcome at PAMH. His placement gave him opportunities to meet lots of interesting people who, without exception, were kind, helpful, and supportive. Whilst I will return to a busy life at Ochil Tower School working with children with additional support needs, I feel sure my thoughts will occasionally reflect on all the very many learning experiences which I encountered. Once more, a big thank you to you all!

EXPLORING THE EVOLUTION OF RELIGION

By Bob Sloan

Imagine yourself living in pre-historic times without any knowledge or understanding of the environment, and you begin to wonder why the sky changes from light to dark, why it rains with thunder and lightning amidst the violent storms of nature. You are afraid of the volcanic eruptions, earthquakes, tidal waves, and the odd meteor shower every now and then, and you start to imagine all sorts of reasons why so many of your friends had to die during these outbursts of nature.

The first thing you learn is how to grow crops and farm the land as a means to feed your family, and soon realise that the cycle of seasons are important for your survival and future generations. You start to live with other people forming a small community providing better security and protection for your family, constructing simple enclosures and buildings as shelter from the surrounding environment and stormy weather.

You begin to communicate with other people in a simple language, asking questions about the environment looking to the sky for answers with the hope of solving basic problems that could make life much easier. After many years of study you are aware of the relationship between the Sun, Moon, and the cycle of seasons, gathering knowledge about the environment and the passing of each day, week, month and year of your life on Earth.

Still without any real understanding as to how things happen, you begin to imagine that there must be some sort of force causing these changes to the local environment. As more people come together and the community grows larger, different ideas are suggested and a common theme emerges to conclude that there must exist some kind of God living in the sky looking down on the Earth. Living in fear of the stormy weather created by this God, you start to worship God giving some of your crops as sacrifice in the hope of pleasing the God for a good crop next year.

You then develop a basic knowledge of geometry based on observation of the motion of Stars and planets in the sky, and use this to construct symbolic buildings that represent your belief about this God controlling the forces within the environment on Earth. This knowledge becomes important to your way of life and the development of technology, combined with your imagination to create idols of your God, places of worship, creative art and jewellery as a means to show your religious belief.

However, you soon realise that people are giving more and more wealth as sacrifice to God, and the priests in the temple no longer need to work as they can now live off the people who bring goods to worship God. These priests use this to their advantage and begin building a religious empire, eventually becoming wealthy rulers of the land demanding that the people continue to give sacrifice to God during worship.

These rulers of the world became the chosen few that imposed their religion upon others, creating kings, queens, emperors and political governments living off the fat of the land. Soon there are many different religions based on alternative ideas that evolved through Imagination of people, creating some confusion about the true answer to the question of what life is and where it came from. This in turn became the focus of many conflicts between different religions, and before long there is greed for wealth and power as rulers wanted more and more from other nations.

As each nation was conquered by the strongest at the time, like the Roman Empire that spread out across the continent enforcing their will on others acquiring wealth and Religious Power, there was widespread development of technology to improve defences and attack methods. Castles became the ideal defence structure from invading armies, and weapons were developed to improve success of attack against castle defences. Throughout history technology gradually advanced often as a result of war against another nation, as new weapons of war were created with technology for defence.

Christians essentially evolved after the fall of the Roman Empire, and were inspired by the crucifixion of Jesus Christ on the cross and the supposed resurrection in the Afterlife with God. Religious art and the symbolic representation of the Holy Cross, sweeping over what was left of the mighty Roman Empire covering most of the Western world, enhanced this along with the idea of Democracy. Perhaps the Roman Empire would have survived had it not been for Jesus spreading the word of his God, and the world would not be like it is today with the constant battle in maintaining Religious power in different civilisations. Most of Western Society follows a Faith like Catholic, Christian, Protestant, Pagan, etc., whilst much of the East, are Muslim, Hindi, Buddhist etc., living in completely different cultures with very different understandings about life.

CALADH CHRONICLE page 8

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

Find these words in the Wordsquare

Heartbeat
Pulse
Breathing
Hearing
Eyesight
Feet
Food
Teeth
Kidney
Skin
Bone
Nerves
Healing

Wordsearch By Alistair Traini

WHAT WE USE BUS AND RAIL CARDS FOR AND WHY

(John Hector Murray)

I use a bus and rail card for getting places, not just because I have epilepsy (in the Perth & Kinross Council's books I have been entered as disabled because of my recurrent epileptic seizures), but also so that I can use train and bus transport to my races without breaking the bank. I get a third off the price of my train tickets which are usually return tickets and I hope to be getting the new Scotland-wide free bus pass so that I can go anywhere in Scotland to visit, or for going to a race in Scotland free.

My rail card helps me to go to many bits of Great Britain that I would not be able to see if I didn't have my rail and bus cards, because I am unemployed so never have much to spend. People have bus and rail cards because they are either an old age pensioner, or have a certain illness that stops them from being able to get a job such as being blind, can't walk because of being physically disabled, have mental health problems, asthma, epilepsy and many more diseases that you can catch or are born with.

I use a concession bus pass for getting a bus in Perth & Kinross area just now and a disability saver rail card for train journeys. I get a new rail card every year and my bus pass whatever date and year the Council have printed on it when it expires. The doctor says that I, or someone else, is unfit for work and pronounces us disabled or medically unfit for work (maybe through an accident or illness in the family). I am allowed to use a bus or rail card pass because of my illness and I have just received my new Epilepsy Scotland membership card for this year. When I manage to get a passport photo I will send my claim away and hope to get my new bus pass in time before my old one expires.

Thanks to all who made this newsletter possible:

Editor. Marcia Geddes

Layout. Bob Sloan

Helpdesk. Marcia Geddes

The views expressed in this newsletter are those of the individual author, and not those of the organisation at PAMH.



Perth Association for Mental Health, Caladh Centre, 6 Milne Street, Perth, PH1 5QL. Tel: 01738 639657

Company Limited by Guarantee No 180643:

Registered in Scotland

Registered Charity number: SC002072