



# Caladh Chronicle

PAMH

August Issue

## Update on the Visor Group

by Ronnie

Inside this issue:

I have now been joining in with Visor Group activities for three years and thought people might be interested to hear how the group is going this year.

A few new members have joined the group during 2007 and we now have around 30 people attending the different activities. Activities can happen within Perth but we have had a few outings to other places. The Perth events usually happen during the week and outings to further away places mainly happen at weekends. Perth based events can involve a meal out, either at lunchtime or in the evening. Any meetings for members, or the committee, to discuss the group always take place in Perth and are usually held on an afternoon. Meals out have been to The Salutation Hotel, The Royal George & The Waverley.

We have started fairly regular evening outings to folk music clubs. Most of these are Monday evening visits to The Terrace in Glenfarg but we have also visited Kinross Rugby Club Bar and enjoyed music by Gaberlunzie. The folk club outings usually involve around twelve of us going by mini bus. Outings further away from Perth can mean that we need a larger coach with

more than twenty people regularly joining in on such trips.

Trips away have included all day visits to Aberdeen, Edinburgh, Rothesay and The Union Canal at Ratho. We also make regular evening trips to the Ten Pin Bowling in Dundee. This summer the majority of group members went on holiday together to Llandudno in North Wales. We left early on a Friday for a long weekend returning the next Monday evening. While staying in Wales we had day trips around that area. On the Saturday our day trip was to the city of Chester to do some sightseeing, shopping and having a meal out. On the Sunday we did some sightseeing near Llandudno and went up the Great Orme on a chairlift which it's said will give us amazing views of the surrounding countryside. The Great Orme rises from what is known as The Happy Valley Park. The Great Orme is also famous for copper mines which are thought to be 3000 years old and we may also see round the visitor centre all about the mines and their history.

I still really enjoy Visor Group activities and like the fact that we have a few new members this year all

of whom are good people. The membership fee has gone up but by only £2 and is still very good value at a year's subscription for £12. Trips out can involve some extra cost and folk club evenings usually cost £7 which covers transport and admission. Day trips such as those to Edinburgh and Aberdeen cost £10 & £15 including transport and a meal.

If you are interested in finding out about joining the Visor Group you can contact David Miller (Chair of the Visor Group) on 07745 421437 or the Secretary, Moira Thomson on 01738 630433.

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## My Day at the Flora London Full Marathon 2007

by Hector

When I was given a gold bond place in the flora London full marathon 2007 by the charity called the psp association (who I had pledged to raise £1000 if I was given a gold bond place in the marathon on Sunday 22<sup>nd</sup> april 2007.)

When I received word that I had been accepted by the charity to do the flora London full marathon for the PSP association I was very pleased and I went down to the flora London full marathon pasta parties on Friday 20<sup>th</sup> April 2007 and stayed three nights.

I collected my number - 44025 - from the registration at the Isle of Dogs on Saturday then I went to my guesthouse where I am staying the three nights while I am down at London doing the Flora London full marathon for the PSP association charity.

On Saturday evening I went to the PSP association charity pasta party at Notting hill gate at seven thirty pm to meet my PSP association team runners before they all ran the Flora London full marathon on Sunday 22<sup>nd</sup> April 2007 to help brain diseased people.

On Sunday 22<sup>nd</sup> April 2007 I did the Marathon in twelve hours and twenty-five minutes but sadly I was not sent my marathon medal and tee shirt by post as a London marathon person who was clearing away had told me.

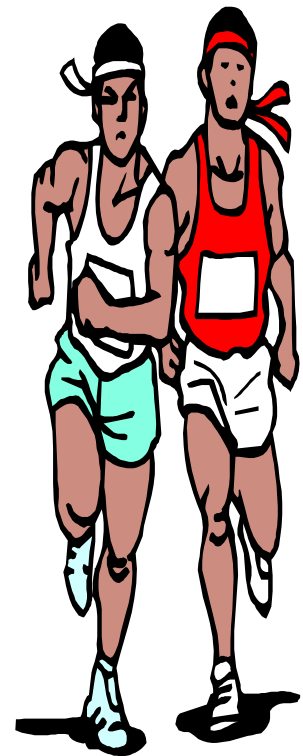
I rang the organisers to ask why I had not been sent my Flora London full marathon tee shirt and marathon medal only to be told that the time limit for the Marathon was eight hours thirty minutes. On a very hot day for marathon runners or walkers should to my mind be made longer so that people who are in the marathon are able to collect their finishing medals and tee shirts instead of them travelling a long way to stay three nights to try to raise £1000 for the Progressive Supranuclear Palsy Association only to find that it might not have been worth it because of a stupid time limit that stopped him getting what he should have been given when runner 44025 finished the full marathon.

I am wondering whether it is worth getting the rest of the £1000 pledge since I have not been

sent what I should have been sent to me by post from the marathon organisers since I finished the race before the persons who took much longer and more days to finish the Flora London full marathon which was on the 22/4/07.

I feel that if the persons who took longer and more days than I but still got a London marathon 2007 medal and tee shirt I should be sent what I think I earned at the marathon that I finished in twelve hours and twenty five minutes for the charity called the PSP Association for brain disease who I was walking for at the Flora London full marathon as number 44025 on Sunday 22<sup>nd</sup> APRIL 2007 which would have been my seventh time I had walked and finished that marathon of 26 miles 385 yards.

I think that I might never do the marathon in London again because of the time limit.





## Walking

by Janet Sandilands

Walking is one of my favourite hobbies. It helps to be in the fresh air if I am feeling depressed.

Walking in the countryside is a pastime lots of people enjoy. We meet young and old people. I think there are more people walking than ever before and more women are taking it up.

I have done several walks abroad. Climbing mountains abroad is good fun. We take a packed lunch of sandwiches, apples and cereal bars with us. We walk all day.

It is important to have boots that fit properly because walking through bogs and clumpy grass is difficult on the feet. I have been on walks abroad with other people. Some times as many as 12 people will be on a trek. We have never met before, so it is important to try to get on with each other. We are with each other all the time except for when we are sleeping. We have had times when someone has been difficult and it is up to the guide to calm things

down.

When we were on a trek with 12 people in Bulgaria two of the party were difficult. One lady said the walks weren't challenging enough. She said we were too slow and she wanted her money back. She said this in front of all of us and it made it uncomfortable for everyone. Some people walk slower than others but it is up to the guides to keep us all together. I took most of his clothes off and jumped in.

The guides told him not to do that again because the water can be very cold. They were concerned for his safety.

On another trek we had one couple that kept drinking too much at night. They became difficult and spoilt the evenings for the rest of us. Most of our treks have been really good fun and we have met some really interesting people.

## Walking in Ireland

I recently went walking in Ireland. We were staying in a house at Westport which is on the West Coast of Ireland near Galway. The house had three bedrooms which was helpful because we could lay out our walking gear.

Westport has a population of 6000. It is a busy town. There is a market day on a Monday. One Saturday while we were there Westport had a folk music festival and people were dancing in the street. There was a good atmosphere.

One of the mountains we climbed was Croagh Patrick. It is named after St. Patrick and it is 2,506 feet high. On the top of

this mountain there is a chapel. Three times a year the priest holds a service at the chapel. Lots of people climb the mountain, some climb bare foot. On the way up there are Cairns where pilgrims can pray. There was a group of school children climbing the mountain when we were there. They were managing to climb quite fast compared to us. When we came back down we went to the restaurant at the bottom and had a coffee and a nice piece of cake.

After we had climbed the mountains we would go to the supermarket and buy a 99 soft ice-cream cone. They are the biggest I have ever seen.

We had them most days as a treat.

We walked most days and sometimes I was quite stiff afterwards. I rubbed deep heat cream onto my legs at night.

When we had rest days we would go to a traditional Irish pub and have lunch with a beer. It was lovely. We also went to visit Westport house. This is a very large house kept in its' original setting. It has dungeons which are dark and creepy. The house is set in acres of well-kept gardens with a lake. The lake has boats on it. There is also a shop and an animal enclosure. We enjoyed that day. We found the people very friendly and helpful

It is a lovely place to visit!

## Leading a healthy lifestyle with a long term condition

Over the past six weeks I have been attending a course at the Gateway Centre in Perth. The course was run in conjunction with the Multiple Sclerosis Society titled "How to lead a healthy lifestyle with a long term condition." It was basically run for people who have long- term conditions such as Osteoarthritis, Multiple Sclerosis, Rheumatoid Arthritis and other such conditions. The course was held on Tuesday mornings from 10a.m. to 12.30pm/

During this time I have learned such things as pain control, Dietary requirements, better breathing techniques, relaxation exercises, and how to gain more confidence when talking to other people especially my doctor, nurse, or health visitor. During the course we were asked to keep a record of achievement that we could easily do. This could be anything from relaxing, cleaning, walking, reading, writing anything that you could find easy to do. The confidence level should

be about seven. The reason for this is that if your confidence level is fairly high it is probable that you are going to achieve your target, whereas if it was low then the goal that you have set yourself may not be easily achievable.

Other things we learned as the course progressed were to always discuss with your doctor the medication you are on and any side effects you have of it. If you are not confident about this then one of the things suggested is that perhaps you may want to write a list of what you want to discuss with your doctor. We were taught special breathing exercises to help us to relax. The team are hoping to be able to produce a C-D ROM, which will have relaxation exercises on it.

I have suffered with Osteoarthritis for over 10 years now and have been on medication for this. An anti-inflammatory tablet called Meloxicam and the cold weather both help to keep the

swelling down. I am also on soluble Co- Codamol which helps to relieve some of the pain throughout the day. I need half as much physiotherapy in the winter as I do in the summer. I am also trying some Hydrotherapy to help with this condition.

Hydrotherapy is done in a heated pool along with a physiotherapist. It is a way of helping people deal with pain and perhaps helping them to relax. The physiotherapist will help you to do some exercises in the pool. This helps to strengthen your muscles. In my case it only helps for as long as I am in the pool, the minute I step back out all the pain returns, so I don't really get much pain relief from this. In the meantime I have now been referred to the Orthopaedic department. Unfortunately there is a twenty-six week waiting list, personally I think that this is quite a long period of time to wait, but at least it is a step in the right direction.

By Moira

## Springwatch!

By Moira

I have been watching Springwatch on B.B.C.2 from 8pm to 9pm. For the past three weeks. I really enjoyed it. Bill Oddie, Kate Humble and Simon King present the programme. Also featured on the programme was Gordon Buchanan from Glasgow who did an article about Foxes In and around the city. Other animals and birds featured were Kingfishers, Otters, The Golden Eagle, Sparrows, Buz-

zards, House Martins and loads of others.

I am going to write as a follow up to Springwatch some small articles on some of the animals and birds featured.

The Golden Eagle is a large and powerful bird whose head projects well out in front of its wings during strong and purposeful flight. It is usually found

on mountaintops and high sea cliffs. It is capable of great speeds when the occasion arises. The Golden Eagle feeds chiefly on hares, rabbits and grouse. Its wingspan is about seven feet. The male and female pair for life and in the early spring set about repairing the nest ready for the female to lay her eggs. The nest itself is quite bulky built of sticks, bracken and heather.

## Reviews!

By Catherine

### Sophie Ellis Bextor:

If you're a fan or anyone who likes Sophie Ellis Bextor, her new album Trip the Light Fantastic is a must.

It's very catchy and has a disco beat to the music. This is a CD that will have you up on the dance floor within minutes.

If you like Bon Jovi his new album is worth listening to. This will appeal to anyone who likes country music. It's the sort of CD that will have in, your car

with the window rolled down.

### DVD Reviews:

#### Hannibal Rising :

If you're a follower of Hannibal Lecter, then this DVD is for you! Hannibal Rising lets us see how, why and what made him turn into the man he became. Not one for the faint hearted!

#### Rocky Balboa:

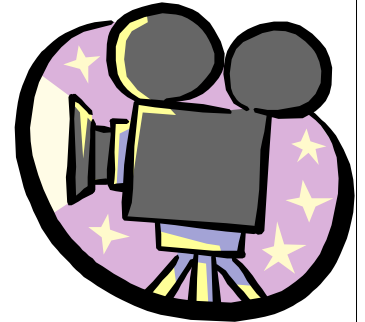
This film is the final chapter of Rocky Balboa.

We find that his wife – Adrian – had died of cancer, and he also has a restaurant in the memory of her name.

Since retiring Rocky reminisces about his glory days.

Later on he comes up against the reigning champion "Mason, the Line Dixon" (Antonio Tarver), who challenges Rocky to the fight of his life.

It's well worth a look.



## Interview with Karoliina (Finnish Social Worker on Exchange trip)

.Can you tell us about yourself?

I am a 32 year old Social Worker from Helsinki who is visiting PAMH as part of an exchange program. 4 people are on exchange: from Spain, Turkey, Estonia and Finland.

How long does the exchange last?

6 weeks

What made you want to

be a Social Worker?

At about 20 years old I went to Helsinki University to study Educational Science.

I also got a qualification in Social Work. Social Work interested me, so I started to study it. Graduated in 2003 and became a social worker, working with clients 18 – 30 years old.

I want to help people and I like doing this job as it is so interesting.

Tell us about the ex-

change program?

Been in Perth for 6 weeks. I have visited alcoholic clinic, learning disabilities, adult care & child protection, Mental Health Team, elderly, Wellbank and the Walled Garden.

What do you like most about Scotland?

Scenery – I like the hills.

Do you get homesick?

Of Text messages!

Your English is very good! Where did you learn?

3 Week international language school, starting at 19 years old.

Interview by George



# The Walled Garden

by Patrick

My name is Patrick and I attend the Walled Garden. This is situated in the grounds of Murray Royal Hospital, It is a charitable project which is run by PKAVS. The Walled Garden provides work, activities and social integration for those people who are recovering from Mental

Health Issues. It has been on the go for just over 15 years. They sell and grow plants , vegetables herbs and fruit to the general public. Other resources available at the Garden are a joinery workshop and an arts and crafts studio where they make

paintings which are also on sale. I go to the Walled Garden as it is a way of meeting new people as well as giving me an opportunity to do something. I help with the cleaning, washing the dishes etc. The Walled Garden has a splendid café which

sells hot and cold food, tea and coffee. It is open to the general public Mon—Fri 10am til 4pm. In the Summer Months May til August it is also open Saturdays.

# George's Gems

By George E

I have put some humorous sentences which I have said in the last week. Here are some:

A member and I were taking about cars. She said “ do you drive?” I said “No, but I drive everyone round the bend!”

Another member and I were standing outside the club. A Volkswagen Beetle was driving in a parking space. I said to her – “I wouldn't like to be knocked down by a Beetle!”

I was at the supermarket at the checkouts the checkout lady said “it's a lovely day today” and I

replied “I have my bike – at least I don't have to worry about air conditioner!”

I was given two tins of China Tea. I thought I would take them in to the Caladh Centre. A member said “can I have a look?”. A couple of minutes later a member said, “I don't like the

Idea of leaf tea”. I said “not your cup of tea then!”

One day someone said to me – tomorrow is the longest day – 21<sup>st</sup> June! I replied “I'll get a lot done then!” and the person laughed!

# Wordsearch

By Vicki

r e d x a m b e r k l y  
u p i n d e g o i j o e  
b l u e g a m p e r h l  
y u s g r e e n g b j l  
t v p n n e h f a p p o  
p t u a r e x e t i h w  
u a c r o l e f o n u r  
r z g o l d e a d k p y  
p s d g i o m w o c n d  
l w i e l l d n a t a y  
e q r s i l v e r a b s  
u s i l c s z q u v n p

Words to Find:

- Amber
- Fawn
- Green
- Gold
- Tan
- Ruby
- Blue
- Purple
- Pink
- Red
- Silver
- White
- Orange

Editor: Marcia

Thanks to all staff involved for their help!!