



Caladh Chronicle

Perth Association for
Mental Health

Autumn
2007

One Leaf One Link

A group of us from PAMH went to one of the One Leaf One Link workshops. There were a series of workshops in different venues for people to come together and make leaves or poems to hang on a tree sculpture which was to feature in the foyer of Horsecross during this year's Mental Wellbeing Week.

We went to the Tilt Room in Horsecross where the artist Jackie Proctor had provided a wide range of materials that could be used

to create our leaves. After all the workshops Jackie arranged for everything to be put together for the exhibition opening. Provost Hulbert opened the exhibition on Monday October 8th and I was very pleased at how it all came together. The picture shows Jackie & Provost Hulbert at the opening and my leaf is in the bottom right hand corner of the picture.



Provost Hulbert, artist, Jackie Proctor, Susan Scott, PLUS & children from Ruthvenfield P.S. open the exhibition

Caladh Centre

In 1999 I drew a picture of the PAMH Caladh Centre premises. You can see it on the PAMH website. Once it was drawn, a staff member liked the picture and asked if I would draw him a picture of the Caladh Centre as he was leaving Perth to live in

Canada. He said he was going to hang the picture up in his office.

The centre has recently been decorated with double glazed windows at the front of the building. The plan for the front of the centre is that it is to

be repainted. Once the centre and the front of the building have been freshened up I will draw a new version of the picture to bring it into the 21st century, and it will be displayed in the new look centre.

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Featuring

- Travel
- Entertainment
- Food
- Advice
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- Fundraising



PARANORMAL CORNER.

Paranormal :- what does it mean? It has lots of definitions, for instance something that is not normal, that cannot be explained by conventional means, that can't be explained by Science or logic.

I hope I will be able to write something on this subject.

My experience of the paranormal started when I was six years old and since then I have encountered various experiences of different situations over the years. I've been told that I have Psychic ability, but not understanding it fully I am able to suppress it or keep it at bay. Occasionally it gets through.

Here is an account of a recent experience I had at Mary Kings Close in Edinburgh in 2006. I managed to get onto the 2.20 pm tour which takes about an hour to get round. I waited with another nine people and before we went in the guide explained what we were about to see. We dropped down a few stairs and ramps and were down under the city. It was fairly well lit up in the areas that you could walk, but other corridors were pitch black and I felt uneasy looking into these places.

We moved around rooms where people and animals once lived. The smells of the people and animals still present. A strange icy atmosphere descended and

people began to shiver. As we entered the room, which was full of toys that had been, previously left by tourists for the supposed spirit of a little girl who lived and died in this close. A large box full of money was also in the room, which was a collection for the sick children of Edinburgh. I saw this from the door and just as I was about to enter the fire alarm went off. The guide ushered us out and we waited outside. After it was checked out we were taken back in, but just as I entered it's threshold off went the alarm and again we had to go outside. This went on for quite a while. The guide said that everything was all right now and once again we entered the room. As I entered the room and I left some money I suddenly felt sad and upset, then as soon as I left the room I was fine. We carried on with the tour and some of the people felt they were being prodded and were scared. We got to the last bit of the tour and the guide talked about the last house to be occupied, I looked up into the ceiling area. I was at the back of the crowd slightly elevated. As I looked about I saw what I thought was a head protruding out of the brick work. I kept on looking and suddenly a small person came out of the bricks and onto a ledge. My first thoughts were :-how could a parent let her child run about the place, but then I noticed that

the child was wearing old fashioned clothes. She wore a blue dress with frills on it, she wore a white cap which came down over her ears. Her shoes were dark but seemed rough. Her face was unusually faded but her eyes stood out, they were dark and piercing. As I kept looking she stood right at the edge and I could hear the guide talking but it was getting fainter and fainter until I could hear nothing and I felt a strange sensation running through my body as if I was being charged with some sort of electricity. Suddenly my ears popped and my hearing returned and the young girl skipped off right into the wall. Suddenly a huge wind came through and a huge tarpaulin was flapping in the wind. A member of staff ran out on that level and grabbed it and got it under control. She put her hands in the air to another member of staff- how could this be as we are under the ground with hardly any air. There was no sign of the little girl but I felt strangely happy and privileged. I used to be scared when this happened in the past but after this experience I am able to accept what is happening with no fear...until next time!

Anon, Ghost Writer



Mary King's Close
Royal Mile
Edinburgh

Late deliveries of my running numbers because of postal strikes.

Because of all these postal strikes I have sometimes not received my running numbers for the race that I hope to be doing at the weekend for a charity in time to know whether I have been accepted or not into the race. Sometimes, I have to ring the organisers to find out if I have or have not been accepted so that I don't go to the race only to find that I wasn't accepted and waste money on travelling to the race and accommodation.

Also because of the postal strikes my entry forms might not reach the place where I had posted them to for entering the race I had hoped to be going to which might be a marathon, half marathon or ten miles or less.

I hope the postal strike is sorted out as soon as possible so that my race running numbers and information whether I have been accepted or not can get to me

so that my race running numbers and information whether I have been accepted or not can get to me and vice versa get to the race organisers before the race day so that I will know early enough for me to ring for to book a room near to where the race start is before I go to the race this month or in the next couple of months coming up which I have entered to help charities.



A number that arrived on time !

Bargain Hunt



I go to charity shops everyday. Today I got two pairs of designer jeans for £4 each. I go to the charity shops in Perth and Dundee. I like rummaging around in them and seeing what clothes, CDs and tapes I can buy.

there I have to get the bus at 8.30 am., so if I miss it then I can always go to McDiar-mid Park in Perth. I get a good rummage around for clothes and I meet lots of people. I also like having a burger when I am there.

By Patrick

On a Sunday I usually go to Errol Car Boot Sale. To get

Food and Nutrition

I have recently joined the food and nutrition group which is being run by P.A.M.H. This group runs for approximately six weeks. It is held on a Wednesday afternoon.

As well as looking at all different types of food and its values we are doing some cooking as well.

The first week we set some ground rules. On the second week we split up into two groups and

while one was making Roasted Vegetables with Couscous, the other group were making Carrot Cake. This is the team I was in and I must admit I thoroughly enjoyed it The cake itself turned out quite well, but unfortunately the frosting was a bit of a disaster. All in all it was quite nice tasted, despite everything. The Roasted vegetables along with the Couscous was very nice.

I had too miss the following week which was unfortunate, This week we made

Lentil Soup served with fresh crusty rolls.

It was really good and very filling. Next week we are making a basic mince recipe and looking at different serving suggestions. Then we are making Baked potatoes with several different fillings.

I would definitely like this group to run again, as I have learned a lot from it.



Trip to Tanzania

We recently went on a trip to Tanzania. We met our ranger, who carried a rifle, and our guide and set off to climb Mount Meru. Our first night on the mountain was spent at Mirakamba huts. There were dormitories with 4 bunk beds to a room. There was one flushing toilet for the ladies but a hole in the ground for the men.

The next day we set off for the saddle huts and stayed there the night. From there we climbed Little Mount Meru which is 12,000 feet. We received a certificate for this.

At 1 a.m. on Saturday morning we set off to climb the rest of big Mount Meru which is just under 15,000 feet high. We had our head torches on and walked over soft ash and scrambled over rocks. We walked for three and a half hours and then I became distressed and started to gasp for breath. I think it was part not being acclimatised and part being anxious. The decision was made for us to turn back. We arrived at

the bottom of the mountain and were met by Sampson who was to be our driver for the next two days.

We stayed in lodges over the next two days. Sampson took us in the jeep to Tarangire National Park. It is well known for its' elephants. At one point I counted 19 elephants walking in a line. They are always lead by an elderly female elephant.

The next day we were taken to Ngorongoro Crater which is home to 30,000 animals. We were lucky to see lions as they rest during the day hunting in the morning or at night.

We passed through land where the Maasai tribe live. They have circular mud huts. They can have four or five wives and each wife has her own mud hut. The men have old fashioned bicycles which they use to get to town to bring back provisions. The women walk some distance to get water and carry it back on their heads. The Maasai tribe have herds of cattle and

goats.

In the towns we saw ladies in bright pretty dresses. Some of them sat near the road selling bananas, sweet potatoes and tomatoes. The butcher's shop was a small room with no windows and the door just opened onto the street. The meat was hanging up inside.

There was so much to see in Tanzania and it was a great adventure.



Inside Story Headline

Self Harm

I am a self harmer and the attitude of people can be quite hurtful, especially hospital staff but I try to stop as my arms and legs are a mess with scars and I have to wear long sleeved tops and trousers even in the summer. I have been given other things to try like ice on my skin, food colouring in my bath, elastic bands to ping on my skin for the pain, the food colouring for the blood in the bath but I still find using a blade gives the best result when I am on a bad day.



Vickie

Animals

We have a mature garden with lots of trees and shrubs. In the spring birds nest in the trees. We have sparrows, blackbirds, thrush, blue tits, great tits and a robin. My neighbour, Sheelagh, and I have always fed the birds. Sheelagh has stopped now because a sparrowhawk came and took some birds. I have a special place to feed the birds. It is outside my kitchen window and it is low down underneath some branches so the sparrowhawk can't

get at the birds. I have one feeder with nuts in and another with bird seed. I love watching the birds while I am doing the washing up.

There is another animal who comes into our garden. It is a wild rabbit. I sometimes see it on our front grass while it sits in the sunshine. I think it lives in our garden but it doesn't eat our plants. Margaret next door has young plants in her garden and the rabbit has been eating those. She is quite upset

about it but I'm not sure what we can do to stop the rabbit eating her plants. I have adopted an orang-utang through the World Wildlife Fund. His name is Erin. He is looked after in a nature reserve. I have received a letter and a photograph about Erin.

I am very fond of animals and like to think I am looking after them in some small way.

Bipolar disorder

Bipolar disorder is a new name 1992 it was changed. The illness was called Manic Depression.

The mood swings are caused by Serotonin and Nor Adrenaline which causes lack of communication in the brain which causes mood swings.

Enjoying the Radio

For the last fifteen years I have preferred listening to the radio than watching television. Two years ago I stopped watching television altogether. I felt that TV had just become too repetitive and it was feeling as if there was no variety to the programmes.

There was one particular programme on radio, presented by Ken McLeod, that I enjoyed. The programme called "It's Country" was on Radio Tay AM and I enjoyed the approach of the presenter which encouraged me to think of listening to more radio. The show is still broadcast on Saturday and Wednesday evenings at 7.30pm and 8pm respectively. Some of the programme is a phone-in for listeners to make requests and enter competitions. Listeners can

also write in with requests or competition answers. Listening to the radio just generally felt more relaxing and the range of programmes felt completely different than the repetitive TV programmes.

One problem in listening to the radio can be the quality of the signal. I recently heard of digital radio and the difference in sound quality is superb. I have two digital radios at home, one for the kitchen & the other for the living room. This new system automatically finds radio stations and shows the name of them. My favourite station is still Tay AM and can be listened to on digital radio.

I find that listening to the radio means I can still get on with things I need to do such as cleaning, cooking, general housework and

helps the time pass quicker when ironing. TV would maybe mean I would get less done as I would sit around and have to concentrate more.

When I watched television I watched sport, news, current affairs and drama programmes. I now find that I can get all that on radio and more. Radio just feels that bit more personal and friendly than television.



Ward McLaughlin of Tay Am — one of my favourite radio presenters

Interview with a Student Psychiatric Nurse

Hi! My name is Moira and I am going to be doing an interview with a trainee Psychiatric Nurse namely Dougie Stewart who is going to be working at Murray Royal Hospital.

I asked Dougie why he chose this profession and he said that he had went to college to originally do an Access Course. After spending some time with the lecturers there he decided that he wanted to do a Mental Health Course. The training will be for three years.

The first year is for general adult nursing and mental health, The second year is learning all about the different types of mental illnesses there are and on the third year you have to do a management module. Dougie will spend an initial 12 weeks at university and another 12 weeks on placement. You must get a diploma to register and getting the degree is optional.

I asked Dougie if he had enjoyed his placement with P.A.M.H. He said that he had and it gave him a opportunity to see how people cope in the community, and also to see what activities were on offer.

I then went on to ask him what bits of his training were difficult and what he had found to be relatively easy. Dougie told me that some parts of his training he had found to be very difficult especially his exams and essays. Placements can be more enjoyable than the university, plus the fact that I can meet other people and have a chance to socialise.

Dougie has now managed to get a job in the Glenelg Ward at Murray Royal Hospital. He hopes to go on to do other training with C.B.T. which stands for Cognitive Behavioural Therapy. This training would be for another 2 years.

Sweet and sour chicken with rice

1 onion finely chopped
1 red pepper
1 green pepper
1 chicken breast (cubed)
Small tin of chopped tomatoes
Jar of sweet and sour sauce
1 tablespoon vegetable oil
1 boil in the bag rice

Method

Place 1 tble spoon vegetable oil in pan
Lightly cook onion until golden brown
Add chicken, chopped peppers and tomatoes
Pour sauce and simmer
Cook rice for 10mins then serve



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Helping people to help themselves



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CD Review!

There's only one king of Rock' N 'Roll and that's Elvis Presley
His new re-released album in my opinion is that everyone should have in his or her collection
It's one of these CD'S you would play over and over again
Few of the songs have been sung live
They are My Way, Are you Lonesome tonight, also Moody blue
Other favourites include Jailhouse Rock, Suspicious Minds, Return to Sender etc

Well worth buying.

Written by Catherine McKenzie



Raising Funds for PAMH

My half marathon at Aviemore in Invernesshire and Caithness.

On Friday afternoon I rang the organisers of the Aviemore Highland half marathon which is on Sunday morning at eleven o'clock on the 14th October 2007 but I was only able to leave a message for them on their answer phone and hope that they rang back.

When I got no answer at all on Friday evening I got a bit worried but I thought I would see what the Saturday morning postman brought and hoped that I got some good news in the form of a sae with my acceptance letter and running number in it.

In the morning, when the postman came a bit late because of the postal strikes I was pleased to find that I had been sent an acceptance form and a running number of 954 for the half marathon at Aviemore on Sunday 14th October 2007 so I got ready to go by train to Aviemore station but

instead of taking the 09 55 am train I had to take the 12 58 pm train to Aviemore station because I missed the 11 19 am train to that town.

When I got to Aviemore I first went to the tourist information centre near the train station to see if they could get me a place to stay for the Saturday night while I am here doing the aviator highland half marathon for the Perth association for mental health to help them carry on helping others who need cheering up or help.

At first I was not sure what place I could get near to the registration at the McDonald academy resort and osprey arena but thankfully I was able to get a bunk bed at the Aviemore youth hostel for just £14 a night .

On Sunday morning I got up at 07 40 am for my breakfast which was self service so I just had a bowl of

cornflakes then I got my dry washing before I headed off with all my baggage to the registration point at the osprey arena where I was able to leave my baggage until after I had finished my half marathon for PAMH.

At first the race started a bit late after eleven am but when it started it was a dry sunny morning but when I got to the Glenmore forest it started to drizzle then it came on as heavy rain so I had to stop and give up the race. When I was picked up by a marshal near the eight miles point because of the rain coming on quite heavy I was taken to near where I had stayed the night at the Aviemore youth hostel then allowed to finish the last half a mile to the finish line which went past the hostel then went and finished at the osprey arena near to the McDonald academy resort who had sponsored the race.