YOUR VOICE

Rethink Mental Illness.

THE MAGAZINE FOR MEMBERS OF RETHINK MENTAL ILLNESS

SUMMER 2018



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CHRISTMAS CARDS 2018



We know it's still only summer, but we're too excited about our plans for our Christmas cards to keep it to ourselves!

This year we are selling cards designed by our Braintree Art Group. There will be two designs in one pack, created by two different artists from the Group, and I'm sure you'll agree they look fantastic! One pack will cost £4 plus postage and packaging, with 100% of profits going towards supporting our work.

If you'd like to pre-order a pack now email shop@rethink.org or call our supporter care team on 0121 522 7007.



Welcome

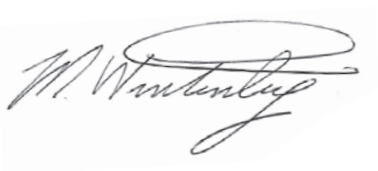
As many of you are aware, our charity's heritage is built on supporting carers. I am extremely proud of all our services and groups and the invaluable support they offer many of you.

With Carers Week on 11-17 June, we have used this issue to shine a spotlight on our Bristol Carers Service, and share how they teamed up with a local wellbeing centre to gift a massage to carers. Many carers are rarely able to take time for themselves, which makes this gift particularly valuable. Read about this work on page 14.

Thank you to everyone who completed the members survey in the last issue. While we are still collating the responses and will share our findings with you in the next issue, the survey confirmed that many of you are keen for *Your Voice* to include articles about the latest research and discoveries in the treatment of severe mental illness. Our feature article, which begins on page 6, shares details about a study funded by the Medical Research Council which looked at dopamine levels in people diagnosed with schizophrenia and bipolar and what this could mean for how they are treated.

I'm delighted to share details of our annual member awards, the Pringles, which are now open for nominations for this year. As a membership organisation we value hugely the contribution and commitment of our members and these awards are our way of celebrating this, so please do take the time to nominate a member, group or service that always goes that 'extra mile'! We have also made some changes to our art and poetry awards this year, with non-members now also able to take part, photography accepted for the art award, and a first prize of £50 for the winners. A nomination form is included with this magazine, so do get involved.

With very best wishes for the summer ahead,



Mark Winstanley
Chief Executive



SUMMER 2018

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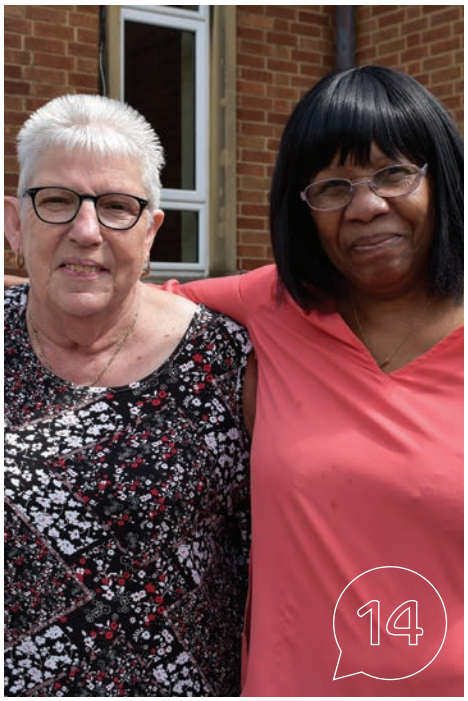
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OUR NEWS



THANK YOU!

In our last issue we asked you to complete our short member survey, so you could tell us about which membership benefits you access, and what you would like to see us do more of.

We have had a fantastic response, so thank you to everyone who took the time to reply. We are currently sifting through your responses and will use what you've told us to develop our membership offer further, to make sure it is still fresh and relevant.

We plan to share some top line figures from the survey in the Autumn issue of *Your Voice*.

Walky Talky

We're delighted to share details of our newest involvement fundraising event, Walky Talky. This is a 5 kilometre (just over 3 miles) walking event in Regent's Park, London on Sunday 23 September.

Come along and meet friendly, like-minded people, get some exercise and have a natter about mental health! We'd love to see you there. If you're not based in London we've put together a free info pack with details about how to organise your own Walky Talky.

For more information email events@rethink.org or call Jemima on 020 7587 1693.

IF WE DON'T, WHO WILL?

You may have seen us featured in national newspapers recently, sharing the simple message "Because of those we've lost. Because of those we've saved. It's down to us. If we don't, who will?".

Our legacy campaign encourages people to think about how making a gift in their will can help others affected by mental illness. Thank you to everyone who has responded so far.

If you are interested in finding out more about how you can leave a gift in your will, please contact Dan Walshe Legacy Manager on 020 7840 3032.



MENTAL HEALTH AND MONEY ADVICE SERVICE IN NUMBERS:

70,000 visitors to website

685 people supported via the Advice Line

Mental Health & Money Advice

Have you visited our Mental Health & Money Advice website yet?

It is the first UK-wide money advice service dedicated to supporting people affected by mental health and money issues, including carers, friends, families and professionals.

The website offers practical advice and support on welfare benefits, managing money and debt, and mental health care and treatment.



mentalhealthandmoneyadvice.org

THE NHS IS 70

On 5 July the NHS turns 70. To mark the occasion *The Guardian* ran a feature in its Society pages that considered how mental health care has been transformed in this time.

Mark Winstanley Chief Executive was quoted, saying:

"People were afraid of going into asylums, which became NHS long-stay hospitals, because you could be completely institutionalised and never get out. The fact that we see people as individuals now with the possibility of recovery is a huge advance."

To read the article in full visit theguardian.com/healthcare-network/2018/may/30/mental-health-care-transformed



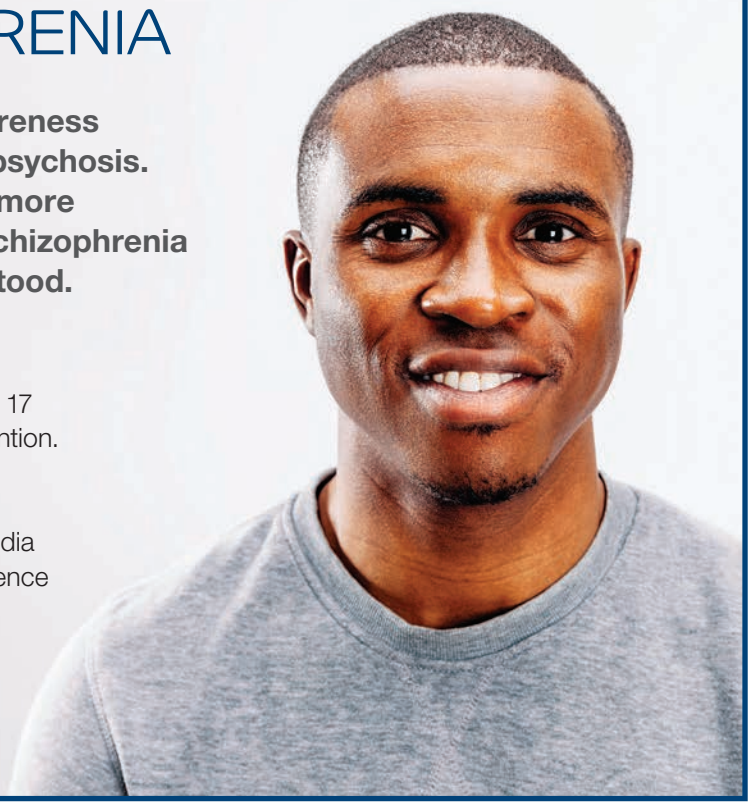
RETHINK SCHIZOPHRENIA

Rethink Schizophrenia is our annual awareness raising campaign for schizophrenia and psychosis. We believe that despite there being a lot more awareness of mental health in general, schizophrenia and psychosis are still deeply misunderstood.

This year's campaign will focus on spotting signs and early intervention. We'll be launching in the week of the 17 September, and this year's theme will be around prevention.

We'll be carrying out research, publishing the results in the media and there will be lots of digital and social media activity going on, all involving people with direct experience of schizophrenia and psychosis, and their carers.

Look out for more updates on our social media channels!



£9,000 reclaimed by individuals in additional benefits

£90,000 saved by people who used the service

New research influencing the treatment of psychosis

How brain imaging can influence the diagnosis and treatment of bipolar disorder and schizophrenia. **By Allie Anderson**

Similarities between different presentations of psychosis were first observed as far back as the late 19th century. German psychiatrist Emil Kraepelin, who researched the link between mental illness and the biology of the brain, came up with a way of categorising two main types of psychosis. He called them 'manic-depressive psychosis' and 'dementia praecox'.

Kraepelin noted the former, tended to occur at regular intervals and patients' personalities were not permanently affected, while the latter tended to present in early adulthood and last for the rest of the patient's life. These two conditions are what we now know as bipolar disorder and schizophrenia respectively.

But Kraepelin realised that these two conditions, though often quite distinct, also shared certain characteristics, especially the experiences of psychotic symptoms. He stated that "there is an alarmingly large number of cases in which it seems impossible, in spite of the most careful observation, to make a firm diagnosis."

A look inside the brain

A century later, Dr Sameer Jauhar and Professor Oliver Howes, psychiatrists and researchers at King's College, London and South London and Maudsley NHS Foundation Trust, decided to examine the extent to which we can compare the brain biology of psychosis in people with schizophrenia with that of people with bipolar disorder, by using PET (positron emission tomography) scans to look at a brain chemical called dopamine. See box **'What is dopamine?'**.

> "The study's findings give us biological evidence to support (drug) treatment"

"The dopamine system has been looked at through PET imaging in people predominantly with schizophrenia, and analyses of the results have shown that the abnormal function happens in the pre-synaptic system, which is one part of the dopamine system," Dr Jauhar explains. "More than half of people with bipolar illness will experience psychotic symptoms, but no one has ever looked directly at the pre-synaptic system in people with bipolar illness and psychosis."

Along with a team of colleagues, Dr Jauhar conducted a study to explore the neurobiological nature of psychosis in people with bipolar disorder. They recruited 60 participants – 22 with bipolar psychosis, 16 with schizophrenia, and 22 healthy controls with no psychotic illness – who all had PET scans to examine their brain's ability to produce dopamine, known as dopamine synthesis capacity.

"It's impossible to measure dopamine levels in the brain directly, so dopamine synthesis capacity is the best measure we have of dopamine function," Dr Jauhar says.

What is dopamine?

The brain is a fascinating organ, made up of billions of nerve cells called neurons that send messages between one another in a carefully orchestrated set of processes that govern how we feel, behave and move.

To relay information through the brain, a neuron releases a chemical called a neurotransmitter, which carries a specific piece of information. The neurotransmitter travels to another neuron and attaches itself to that neuron by binding to a part of the cell called a receptor. The piece of information carried by the neurotransmitter is then successfully passed on.

One of the most important of the brain's neurotransmitters is dopamine. It is well-known as being responsible for feelings of pleasure, motivation and reward. But for several decades it has also been implicated as a key chemical involved in schizophrenia.



The independent study, funded by the Medical Research Council, ran from March 2013 to November 2016. It's aim was to answer three main questions:

1. **Do people with bipolar who experience psychosis have increased dopamine production, compared with the control group?**
2. **Is increased dopamine production in bipolar psychosis comparable to that in schizophrenia psychosis?**
3. **Does the degree to which dopamine production increases correlate with how severe the psychotic symptoms are, irrespective of diagnosis?**

All of the participants in the schizophrenia group, and 16 of the 22 bipolar participants, were experiencing a psychotic episode at the time of the PET scan, and the remaining six individuals with bipolar had experienced psychosis in the previous two years.

The severity of participants' psychosis was assessed by a clinician on the same day as the scan, based on two widely used measures: the Positive and Negative Syndrome Scale (PANSS), which quantifies psychotic symptom severity; and the Global Assessment of Functioning (GAF), which rates how well people with mental illness are able to function.

Bipolar participants were also assessed against the Young Mania Rating Scale (YMRS), which measures manic symptoms.

Dopamine in psychosis

Scientists first suggested a relationship between schizophrenia and dopamine back in the 1960s. Researchers had observed that the stimulant amphetamine increased dopamine production, and could cause psychosis-like experiences very similar to the 'positive symptoms' associated with schizophrenia.

At the same time, doctors were treating schizophrenia patients with chlorpromazine, an antipsychotic drug that helped control their positive symptoms. This drug worked by blocking some of the receptors that dopamine binds to, preventing dopamine from becoming overactive.

Putting the pieces together, it seemed as though increased dopamine production correlated with increased psychosis, while suppressed dopamine production was associated with reduced psychosis. This became known as the dopamine hypothesis of schizophrenia.

Unravelling the dopamine link in bipolar disorder

The study was published in *JAMA Psychiatry* in December 2017. Dr Jauhar and his colleagues found that there was a statistically significant increase in dopamine synthesis capacity in the participants with bipolar psychosis, compared with the control group. The difference was similar to that seen in the participants with schizophrenia. Moreover, across both groups of participants with psychosis, the higher the dopamine synthesis capacity the more severe the psychosis.

"We can't break that down to an individual level, such that if a person's dopamine synthesis capacity is above a certain threshold, they have a specific diagnosis or particular symptoms," says Dr Jauhar. "What we can say is that we found a relationship between positive symptoms – i.e., delusions and hallucinations – and dopamine synthesis capacity, irrespective of diagnosis," Dr Jauhar says.

> "The study points doctors to prescribe according to a patient's positive symptoms"

In other words, increased dopamine production in the brain corresponds with the presence and severity of psychotic symptoms, and not necessarily with a specific diagnosis.

> The term psychosis is often used interchangeably with the term 'positive symptoms' in schizophrenia, and describes experiences in addition to or outside of reality, such as hallucinations, delusions and disorganised thinking.



Dr Sameer Jauhar is cautiously optimistic about the findings.

Evidence-based treatment

Antipsychotic drugs that work by blocking dopamine receptors in the brain have been successfully used to improve bipolar psychosis for some time. Doctors knew the drugs worked, but they didn't know why. "We had no neurobiological explanation for what was happening," says Dr Jauhar. "The study's findings give us biological evidence to support this treatment and give credence to what psychiatrists do and how they do it."

But more than that, Dr Jauhar adds, it reinforces the notion that in medicine, the person and their symptoms are more important than their diagnosis.

"In psychiatry, people tend to be wedded to a diagnosis. If a patient was diagnosed with bipolar disorder, they might be offered a drug like lithium on that basis," explains Dr Jauhar. "But Mother Nature doesn't always conform to diagnostic criteria, and although lithium works very well as a mood stabiliser, it doesn't work for psychotic symptoms."

The study instead points doctors to prescribe according to a patient's positive symptoms. This could mean more people with bipolar psychosis are offered effective, evidence-based treatment than have been in the past.

Moreover, treating symptoms effectively as they present gives patients the opportunity to experience longer periods of recovery, free from medication they don't need and, ultimately, improving their quality of life.



Professor Oliver Howes, Professor of Molecular Imaging at the Institute of Psychiatry, Psychology and Neuroscience, King's College London and Group Head, Psychiatry Imaging at the MRC London Institute of Medical Sciences, Imperial College, obtained the funding for the study and is the paper's senior author.

Ref: The study was reported in the paper '*A Test of the Transdiagnostic Dopamine Hypothesis of Psychosis Using Positron Emission Tomographic Imaging in Bipolar Affective Disorder and Schizophrenia*', and published in JAMA Psychiatry, December 2017 Volume 74, Number 12.

Dr Adrianne Reveley

Just over a year has passed since Dr Adrianne Reveley, Consultant Psychiatrist and Trustee, valued friend and advisor for Rethink Mental Illness died of Myeloma cancer. We remember the invaluable contribution she made to the charity and the understanding of schizophrenia.

Adrianne was born Adrianne Moore in 1948. She read medicine at Trinity College, Dublin, then upon qualifying went to the USA to train in psychiatry. She returned to England and started her long and successful career at the Maudsley hospital where she did ground-breaking research into schizophrenia and pioneered innovative services as a Consultant Psychiatrist. She also became involved with Rethink Mental Illness, becoming a much-valued adviser, life-long supporter and friend for our charity. Philippa Lowe, our Chair of Trustees, leads our tribute:

"Adrianne joined our Board of Trustees in 2009 and was an invaluable asset. She had a notable career as a Consultant Psychiatrist and a long history of using her expertise to the benefit of our charity. Her background meant she could advise on the origins and treatment of mental illness and give professional guidance on our services, research and campaigns.

I found that I could always ask her questions, big and small, on matters relating to mental illness so that I could better help my son with his condition, and without fail I would get a friendly, attentive and well-informed ear."

Adrianne had two sons, Colin and Tom, and in 1993 she met her husband Terence O'Sullivan. Her commitment to the work of our charity brought them together as they met in Westminster, queueing to get into Parliament to lobby on behalf of Rethink Mental Illness on Community Care, with Adrianne due to make the keynote speech.

Philippa continues "When asked to reminisce about Adrianne people described her warm, positive,

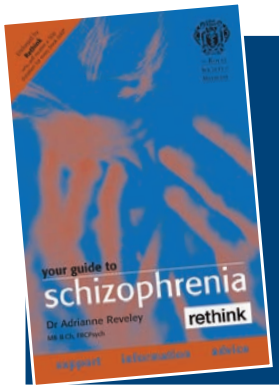
> "People described her warm, positive, impressive intellect and zest for living."

impressive intellect and zest for living. One colleague described how 'life made her heart sing and I shared some of that joy with her. We shared recipes as well'." Cooking was a passion for Adrianne, with her husband, Terence, describing how she said when she read a recipe she could taste it 'much like a musician who could hear the music from a score'. Adrianne could also draw beautifully, had a pitch perfect singing voice and was a dab hand at writing punchy limericks.

"Adrianne is irreplaceable at Rethink Mental Illness, and that is meant quite literally. Instead of finding another psychiatrist to become a co-opted Trustee, we have set up a Clinical Advisory Group with several members of different specialities so that we can continue to get expert advice and guidance on a range of topics. One person cannot provide what she gave us so generously. We miss Adrianne very much, as a Trustee, supporter but most importantly as a friend."



5 April 1948 to 4 May 2017.



Dispelling ignorance and inspiring hope were her strong aims and she achieved this for some years by travelling the country with the educational Maudsley Roadshow. She also wrote the book, sponsored by us, entitled '*Your guide to schizophrenia*' which provided clear information and challenged myths and stigma.

Adrianne is survived by her husband Terence O'Sullivan, her two sons Tom and Colin and two granddaughters.

#ActForMentalHealth

Help improve the rights of people detained under the Mental Health Act

The Mental Health Act is now 35 years old and in desperate need of reform. Here we explain what it is, why it needs to change, and how you can help make a difference.



The Mental Health Act 1983 sets out when a person can be detained and treated in hospital against their wishes, sometimes known as being 'sectioned'.

While there are circumstances when involuntary treatment in hospital may be necessary, the Mental Health Act is badly out of date and we believe it should be reformed. Many of our supporters have shared how it's failing to keep them safe when they, or a loved one, are very unwell.

Last year, following research and campaigning by Rethink Mental Illness and others, the Prime Minister announced an Independent Review of the Mental Health Act, to look at how it is used and how it can work better for everyone it affects.

This ongoing review is a rare opportunity to reform a piece of legislation that has a huge impact on people living with mental illness. Recently, the Independent Review team published its first report which confirmed serious problems with the Act. Many of the 2,000 people who have been detained under the Mental Health Act told the Review that the law fails to protect their rights and dignity.

Some of our concerns around the Act are that it is the only piece of



Anne's story

"I have been sectioned 11 times but so much of that could have been avoided. The last time it happened, for four weeks in 2013, I had asked to see a psychiatrist months before but I was told I couldn't get an appointment. As I became more unwell I went to the hospital numerous times but was turned away because there wasn't a bed for me. Eventually three psychiatrists came to my house and later on the police came carrying a battering ram – which was completely unnecessary – and I was taken to hospital.

When I was sectioned I was never consulted about the medication I was going to be given. Shortly after, I had a grand mal seizure – I could have died. It was caused by the cocktail of medication I was receiving, but they refused to change my medication. I was then terrified every time I had an injection that it might happen again, but there was always a threat that if I didn't agree to the injections that it would be done by force.

The worst thing was that I shouldn't have been taking the medication in the first place because I had been misdiagnosed, which I had told doctors but wasn't believed.

I have found the mental health system to be very brutal and felt completely powerless in the process. Often it feels like detaining people is a way for staff to do things quicker. With more staff time and a different approach, nurses and doctors could spend time understanding what your needs are to help you get well and recover."

healthcare legislation which assumes that people cannot make meaningful choices about their care and treatment. For example, anyone detained under the Act can be given treatment even if they don't want it. Yet evidence shows that being involved in the care and treatment you receive can lead to a faster recovery and discharge from hospital, which can help people to lead an independent life back in their community.

Many of the 2,000 people who have been detained under the Mental Health Act told the Review that the law fails to protect their rights and dignity.

The way that the Act involves carers, family and friends in supporting their loved ones also needs to change. Currently the "Nearest Relative", who has some rights to be informed and involved, is selected from a hierarchical list of relatives.

As family relationships can be complicated, this often results in inappropriate people being given control over the treatment and care of the person detained. Both those who have been detained and carers tell us that the way families are involved could be vastly improved.

Act for Mental Health Campaign

We have recently launched a new campaign to improve the rights of people like Anne, when they are detained in hospital under the Mental Health Act.

We want to see the Act putting the person front and centre to ensure they're informed, treated with dignity and respect, and able to make meaningful choices about what happens to them.

We are working hard to make sure that the Independent Review reflects the concerns and needs of everyone severely affected by mental illness, and that the Government commits to change this crucial legislation.

We need you to email your MP to commit to reforming the Mental Health Act. Make your voice heard today about this outdated but important law.

Email your MP by visiting:
rethink.org/actformentalhealth

Awarding excellence

Help us celebrate the commitment and dedication of our Services, Groups and Members by making a nomination for our 2018 Pringle awards.

We are delighted to open nominations for our annual member awards, the Pringles. Named after our founder John Pringle, there are three awards which celebrate the outstanding effort, commitment and dedication of our Services, Groups and Members, and the difference they've made to the lives of those severely affected by mental illness.

There are also two creative awards the Bill Pringle award for Poetry and the Bill Pringle award for Art, which celebrate the creativity of our supporters.

Service of the year

Celebrate the invaluable and wide-reaching impact a Rethink Mental Illness service has on the lives of those affected by mental illness and the local community by nominating them for Service of the Year.

Group of the year

Are you part of a cohesive support group that offers invaluable support and inclusion to those affected by mental illness? Show your appreciation by nominating them for Group of the Year.

Member of the year

Do you know a member who always goes that extra mile, dedicating time and commitment to the charity? Celebrate their contribution by nominating them as Member of the Year.

We welcome nominations from across our Services and Groups and by all members, so get involved.

Even if you have entered before it is worth entering again – last year's Group of the Year winners had been nominated three times before finally winning!



Celebrating creativity

We also celebrate creativity with our Bill Pringle awards for Art and Poetry. These two awards are named after John Pringle's son, Bill Pringle, who lived with schizophrenia. He was very creative and a published poet.

We understand that art and poetry can be very personal, so to encourage more entries this year we have opened up the award beyond members to anyone with lived experience and to carers.

We are also delighted to be able to offer, for the first time, a prize of £50 to the winner of both the art and poetry award, to support them with their work.

We will also be accepting photography entries for the art award for the first time.

> "This year there is a prize of £50 for the winner of both the art and poetry awards"

This year we would like all entries for the art and poetry awards to follow the theme of 'hope', which is also one of our organisation values.

If you enjoy drawing, painting or sculpture, or have a passion for poetry, or know someone who does, then enter for a Bill Pringle award.

For further details visit rethink.org/get-involved/pringle-awards

"Being made member of the year was a great honour, I was delighted – in fact I'm still smiling!"

Paul Marsh is our current member of the year. He won for the work he did developing a new cycling event in his local community. 'Cloisters to Oysters' is now an annual fundraising event, which also raises awareness of Rethink Mental Illness locally in Kent.

"I was so surprised when I heard I'd won Member of the Year. It's a great honour so I was absolutely delighted – in fact I'm still smiling! Cloisters to Oysters is now an annual sponsored cycle event, during Mental Health Awareness Week.

"I'm really proud of what we've achieved – a massive thank you goes to Chris and Cheryl Ives, our local joint coordinators of the Canterbury & Coastal Rethink Carers support group who hosted and jointly organised the event with me".



Paul Marsh receives his award from our Chair of Trustees, Philippa Lowe.

Pringle awards – get involved!

- The winner in each category will be invited, with a friend, as special guest to Members' Day in November in Sheffield, when their achievements will be celebrated and they will receive their award
- All other nominees will receive a letter of commendation after judging has taken place from our Chair of Trustees, Phillippa Lowe, thanking them for their hard work and achievements.
- Nominators will also be contacted in October to thank them for taking part and to let them know the outcome of their nomination.
- A nomination form is enclosed with your magazine.



Janey Antoniou

Janey Antoniou award for campaigners

Open to all mental health campaigners with lived experience, this award celebrates the extraordinary achievements of an individual in fighting stigma and discrimination and bringing about change.

Janey Antoniou was a dear friend of Rethink Mental Illness and an inspirational colleague. During her 15 year career in mental health she worked tirelessly to improve the care of people living with mental health problems.

Throughout all her achievements she lived with debilitating depression, anxiety and schizophrenia. This award, now in its sixth year, celebrates her legacy by highlighting the achievements of mental health campaigners around the country. There is a first prize of £1000 and two runner-up prizes of £100 each.

If you know someone campaigning tirelessly to bring about change in mental health, while managing their own illness, then nominate them today.

Entries close at 9am on Monday 17 September, and the winner will be invited to Members' Day in November in Sheffield to receive their award.

Visit **rethink.org/get-involved/janey-antoniou-awards** for details.

Entries for all awards close at 9am on Monday 17 September.

A hands-on approach to caring for carers

The Rethink Carers Service in Bristol provides a wide range of information and support to people who care for someone with a mental illness. This year, this has included the service teaming up with a local therapy centre to offer free massages to carers.

"Our service works right across Bristol and links in with mental health teams, GPs, all types of social services, as well as psychiatric wards and secure services," says Margaret Price, the Carer Coordinator of the Rethink Carers Service in Bristol. "One of our main aims is to raise awareness of carers' needs amongst professionals so they can refer carers to us.

"When people get in touch, our support varies from anything from a single phone conversation to ongoing one-to-one meetings. We also run carer support groups and an education course called Caring and Coping in partnership with staff who work in local inpatient units and community mental health teams. On top of this, we're always looking out for opportunities to help carers recover their quality of life, which is why it was so nice to be approached by Nealey from the Wellbeing Rooms at Hamilton House in Bristol."



Nealey Conquest

Nealey Conquest, the Wellbeing Rooms Manager, says she first got in touch with the Rethink Carers Service in Bristol in 2014. "I've always wanted complementary therapies to be more widely available to people because of the difference they can make to their physical and mental health. But as a private service they're often not available to people who have less money or are in a culture that doesn't support that way of working.

"This situation is what inspired me a few years ago to set up the outreach aspect of Wellbeing Rooms. I called around different organisations to see if they wanted to work with me to get our service to their clients. In the case of Rethink Mental Illness, this saw us offer taster sessions at events like the ones it holds for Carers Week. Then, in December last year and this January, we ran a crowdfunding campaign which appealed to the public to gift a massage to an unpaid carer. The target was to raise £1,600 to give 40 one-hour treatments to carers linked to the Rethink Bristol service – a total we managed to raise."

One person who has already benefited from the Gift a Massage campaign is Cornelia Shiimi. She's cared for her son since 2001, after he started to show signs of psychosis and paranoia. Cornelia says she previously



Margaret Price, Carer Coordinator (centre) with carers Cornelia Shiimi (left) and Margaret Laing (right).

enjoyed two taster sessions before she booked a free whole body massage. "When I went down to Wellbeing I felt a little down; but when I came out I had a smiley face, because the therapist was so good. She had this background music which was so soothing. I was carried away, closing my eyes in my own world, forgetting about all my problems. It was a really, really positive experience."

Margaret Laing, whose daughter has bipolar and has a borderline personality disorder, says she also benefited significantly from the free massage she received: "I had a head massage about five weeks ago. I felt quite tense before I went in, but afterwards I felt very relaxed. It was a really relaxing atmosphere, where you can float off where you want to be. The massage did make me feel better within myself, and I will go back, because it's good to find somewhere that you feel comfortable going to."

As well as helping carers feel relaxed and happier, Carer Coordinator Margaret Price says another key aspect of the Gift a Massage campaign is that it encourages carers to do something for themselves. This is particularly important because too often the needs of carers are overlooked, as everyone's focus is so much on the person who is mentally ill. Someone who can relate to this is Mary Heyes. She has cared for her 28-year-old daughter all of her life, but it is only recently that she was referred to Bristol's Rethink Carers Service and started to receive personalised support.

> "As a carer you don't do much for yourself. You're never your first priority"

"After I first visited the service I cried buckets, because it was the first time ever that I'd been told that there were people who could help me. To hear there was help out there was a revelation, let alone they could offer things just for me, such as a massage. I was a bit anxious before mine, because as a carer you don't do much for yourself. It's a hard thing to be selfish, which I don't mean in a negative way; but you're never your first priority.

"I had a hot stone massage for an hour. I spent a week looking forward to it. It was nice having something to look forward to, and my family was pleased I was doing something for myself. After I came out I felt very relaxed; now, I feel like I should have one every week, or every couple of days.

To find out more about the support we offer carers see rethink.org/carers-family-friends

Putting the fun into fundraising!

Fundraising is integral to the successful running of our support groups, advice and information service and other services. We look at simple ways you can get involved, raise some money AND enjoy yourself at the same time!

There are lots of ways to get involved with raising money for Rethink Mental Illness, that doesn't involve jumping out of a plane or running a marathon (but if you'd like to do that we're here to support you all the way!).

You could host a coffee morning or tea party with your friends, family or neighbours, which is a great excuse for everyone to get together, have a natter and also raise some money. Our fundraiser Charlotte took this idea one step further and organised a street party for her friends and neighbours. She asked for donations for cakes and played party games, raising £566.20 in the process.

She told us 'It was a really lovely day and a great turn out. We raised loads of money for Rethink Mental Illness but it also got everyone together and strengthened our community. We live in a really nice street and it helped us get to know each other better."

There are loads of ways you could raise money, from sponsored pyjama walks to selling jam, and our events team, Jemima, Chris and Miles, are here to support you with advice, materials and information so get in touch on events@rethink.org or 020 7840 3040 and find out how you can get involved!



Charlotte organised a street party for her friends and neighbours



Miles, Chris and Jemima are here to help you with your fundraising ideas.

We want to say a HUGE thank you to all of you who have fundraised for us since the start of this year. We really value your efforts, and every penny makes such a difference to our work.

For example, £100 can help us fund the opening of more support groups around the country which can stop those experiencing mental illness, either themselves or as a carer, from feeling isolated and alone.

Bristol Siblings Group

Bristol Siblings Group provides support to anyone aged 18 or over with a brother or sister affected by mental health problems.

The group's primary aim is to provide a place where siblings can come together and share what's going on in a safe, supportive environment.

Jo Marshall, one of the Group Coordinator's explains "When someone has a mental illness in your family, it affects everyone. We recognise that siblings need support, too."

The group meets once a month on a Thursday evening. As well as sharing sessions, they organise guest speakers such as local wellbeing services and siblings-based research – and place an emphasis on sharing practical coping strategies.

All the people who attend are siblings themselves, including the volunteer coordinators.



"Since I've been running the group my own relationship with my brother has improved"



An outlet for feelings

"I have a brother with schizophrenia and we also have members with siblings affected by bipolar disorder, personality disorder and autism," explains Kayleigh Toyra, one of the other group coordinators.

Irrespective of the illness, the issues from the sibling's perspective are usually quite similar. They can feel angry, sad or resentful. and often feel they don't want to burden their parents. We can all relate to those feelings and it helps to know they're not the only ones who feel that way.

Building up a solid member base

The group is well established, with a mailing list of over 75 siblings. Many people come every month, while others drop in as and when they need to.

As the group has become more established, they have got involved in other activities alongside their meetings. They've taken part in local events, such as Bristol Pride, to promote the group and attract new members.

Getting the siblings message out there

"We also have connections in the local mental health community, "explains Jo. "We're working with organisations such as UWE Bristol, and have been in several times to talk to their trainee mental health nurses. Their lecturers have also come to talk to us about a range of mental health topics –it's a two-way relationship."

Jo is keen to emphasise the value of siblings support and hopes that other siblings will come together to set up groups in other cities.

"Since I've been running the group, my own relationship with my brother has improved. I now have a group of people I know I can turn to in a similar situation to me."

To find out more about our groups, including starting a support group in your area, visit rethink.org/services-groups

CREATIVE VOICE

Welcome to Summer's *Creative Voice*!

I have placed as many wonderful art and poetry pieces as possible on here for you all to see.

I am really impressed by the talent and creativity out there and love showing your beautiful work, so please do continue to send it in to me using the email address creativevoice@rethink.org.

I also thoroughly recommend that many of you seriously consider entering your art or poetry for a Bill Pringle award, as I think many of you deserve to be commended for your creativity!

Trina x



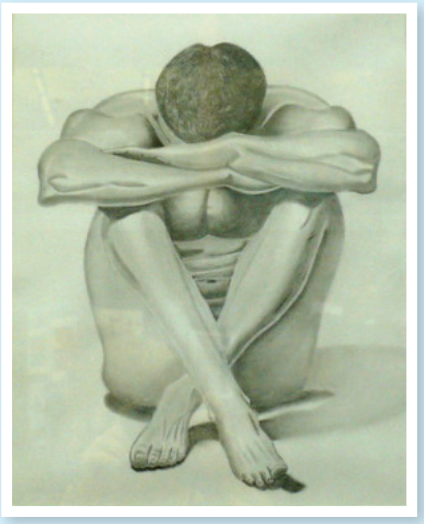


'Untitled' By Mark



'Eye See Your True Colours' By Dawn

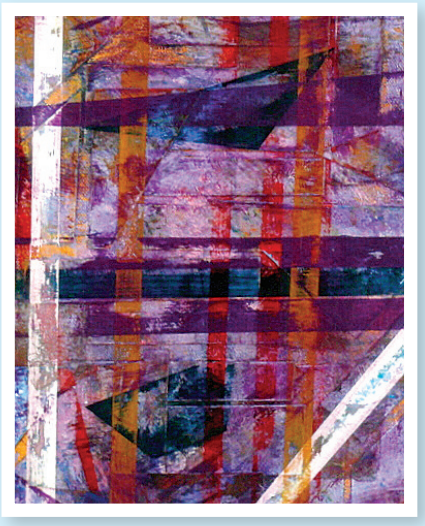
The Bill Pringle Awards for Art and Poetry are now open. We welco



'Nude' by Michael



'The Crow' by David



Art from 'Well Arty' Womens Group

Weak I am not

I'm bruised
But not broken
A thousand faces
I've worn
I'm just a woman
Who has travelled
Every damn storm

They tried to take all that I am
But
Once I found my strength
I realised
Nobody can

They opened me wide
Left my lips with no sound
But still
I stood
Tiny feet on the ground

Barriers I've built
To let nobody in
What am I?
Not merely
Just the skin I'm within

No! .. More!!!

I stand here still
Where I'm shaking
And I'm breaking
And yet
Remaining

So I say to the horror
"Is that all you've got?"
"You have to try harder...
..because weak, I am not"

By Claire Delaney 'Chasey'



Art from 'Well Arty' Womens Group



'Blue Mind' By Toby

me your entries on the theme of 'Hope'. See pages 12&13 for details!

Saturday 10 November

Members' Day 2018

Novotel Hotel, Sheffield

A very short walk from the mainline train station.

Keynote speaker

Dr Marta Di Forta, psychiatrist and Medical Research Council Clinician. She will be sharing her research on the link between cannabis use and psychosis.

Also

- Meet other members and share experiences
- Marketplace exhibition
- Presentation to award winners
- Opportunity to attend two out of four workshops in afternoon
- Annual General Meeting
- Lunch & refreshments



Rethink Mental Illness.

Free entry to all members. Book your place now:

www.rethink.org/nmdbookaplace