

FRONTLINE NEWS



The Newsletter of Lifecraft

For people who use or have used mental health services

Winter 2010



We would like to say A Big Thank You to The Co-operative Community Fund Award for funding this edition on the Frontline News.

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Frontline News welcomes creative writing contributions, as well as art in black and white. Electronic format is preferred. Please email to: amanda@lifecraft.org.uk

If you would like Frontline News in larger print please contact us.

The views expressed in Frontline News are those of the author and not of Lifecraft as an organisation.

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Winter Diary 2010

Saturday December 4th, 10.30am to 4.30pm

The Mill Road Winter Fair. Don't miss this fabulous day that celebrates the vibrancy and diversity of Mill Road. Our doors will be open throughout for people to enjoy our art and mental health awareness-raising exhibitions, homemade hot food and drinks, our World Famous Compliment Booth and other fundraisers. If you can help out on the day please let us know!

Tuesday December 7th, 10.30 am to 7pm/8pm

Day trip to Birmingham Christmas Market. Limited number of seats on mini bus – book now to avoid disappointment. £10 deposit, £5 returned on the day.

Friday December 17th, 1pm

Lifecraft Christmas Lunch at the Deveonshire Arms. Delicious 3 course Christmas meal for only £5 (subsidised by Lifecraft). You must book your place by Friday 10th December. Including open mic sessions – please bring your instruments, songs, poems, short stories and jokes! We hope you can join us for this special festive celebration.

Members Meetings

Members' Meetings take place in the mail hall from 5pm to 6pm on the first Monday of every month, except when that is a Bank Holiday, and then they are rescheduled for the second Monday. These meetings are a forum for sharing ideas, debating issues that effect members, suggesting innovations, even for airing complaints. They are an opportunity for Lifecraft to truly demonstrate the user-led ethos which makes us a unique and special organisation. Come along and join in; we'd welcome your contribution.

Upcoming meetings in 2010/2011:

- Monday December 6th
- Monday January 10th
- Monday February 7th
- Monday March 7th

Executive Committee Meetings

The Lifecraft Executive Committee is made up of an elected Board of Trustees, over half of which are active members of Lifecraft. It is in these meetings that policy changes are discussed and voted on. The Board of Trustees are voted for at the yearly Annual General Meeting held in October.

South Cambs Users Forum (SCUF) Meetings

SCUF is the voice for people in Cambridge and South Cambridgeshire who have accessed mental health services. You can find out more about SCUF and upcoming meetings by visiting the website

www.scuf.org.uk

Membership of SCUF is free. You can become a member via the website, via the email scuf@lifecraft.org.uk or by contacting Ruth at Lifecraft. SCUF holds quarterly meetings addressing specific topics of interest for local mental health service users and carries out campaign and awareness raising work on behalf of its members.

If you are aware of issues that you think SCUF should be addressing please get in touch!

Frontline News submission deadline for Spring 2011

Friday 25th February

Hello

"Hello to all Lifecraft members. For those of you who have not had an opportunity to meet us, we are social work students from Anglia Ruskin University. We are doing a placement here at Lifecraft, and will be around till the end of May 2011. Please feel free to approach either of us with any questions you may have, or if you feel we can help in any way. Anne would like to help anyone who has problems with benefits, even if it is just for advice or a simple question you may have. She also is available to help with any personal problems with bills or budgeting. Carolyn, will be helping out in the Woman's group, and running her own group every Tuesday at 12.30 about Seasonal Affective Disorder (SAD) and what can help with the symptoms. This will be starting Tuesday 9th November so please feel free to come along and see what it's about. Together we are arranging this year's Christmas trip and working with some members to generate ideas. Hugh is helping us to plan the trip and Siggy has helped us to raise the funds. Both have done excellent jobs. We will be doing other things in the future together and separately, which we will make sure are well advertised. We will both be at Lifecraft 3 days a week, so if there is anything we can help you with just ask!"

News

New START Group continuing in to 2011

We no longer have a Social Club on Thursday evenings but, instead, run a new group: Support to Achieve Realistic Targets (START), 4.15pm to 6.15pm in the hall. The aim of this group is to support you to achieve those day-to-day targets which always seem just out of reach.

**Another Chance
to Experience
this Exciting Group**

Support To Achieve Realistic Targets (START)

**Beginning Thursday 13 January 2011
for 8 weeks
4.15pm — 6.15pm**

*Looks
Interesting!*

A group for Lifecraft members
In the Bath House Hall
Gwydir Street, Cambridge CB1 2LW

Would you like to learn skills enabling you to
achieve those day-to-day targets which
always seem just out of reach.

**To book a place, become a Lifecraft member
or for further information contact:**
Kathleen or Carole, Tel: 01223 566957,
counselling@lifecraft.org.uk

*.. think
I will go
along*



The Bath House, Gwydir Street, Cambridge CB1 2LW.
Tel: 01223 566957, email: information@lifecraft.org.uk

Join us at the Mill Road Winter Fair, Saturday 4th December, 10.30am to 4.30pm

"The whole length of Mill Road – from the swimming pool to Romsey Mill, ART from local and regional artists, MUSIC from all over the world, great British and world FOOD, CHILDREN's entertainment and other family-friendly activities, SHOPPING at the many stalls selling everything from handmade jewellery to Christmas cards, and MORE, including performances by stilt-walkers and the Arco Iris Samba Band." For further information visit: www.mill-road.com

We will be opening our doors throughout the day for people to enjoy our art and mental health awareness-raising exhibitions, as well as homemade hot food and drinks that we will be serving café style in the main hall. Outside we will be warming hearts and inspiring minds with our World Famous Compliment Booth and holding a tombola to raise funds for events over Christmas.

We need enthusiastic volunteers to help us make a success of this day – if you would like to help please do get in touch!

Lifecraft Christmas Meal

1pm Friday 17th December, Devonshire Arms, Devonshire Road, Cambridge

We hope that you can join us for this special festive celebration, which includes a delicious 3 course Christmas meal (catering for carnivores, vegetarians and vegans) and open mic sessions around the fire - please bring your instruments, songs, poems, short stories and jokes! All for only £5 (the Devonshire Arms is offering this especially for Lifecraft and we are subsidising the full £10 cost). **You must book your place by Friday 10th December.** Please drop in to the Information Office (open 1pm to 4pm Monday to Friday) to purchase your ticket.

Christmas lunch menu...

~ **Starter** ~

Smoked salmon pate or spiced parsnip soup (v/vegan)

~ **Main** ~

Roast turkey with all the trimmings or cashew & hazelnut roast (v/vegan)

~ **Pudding** ~

Christmas pudding or chocolate brownies (v/vegan)

The Lifecraft Christmas Lunch

1pm, Friday 17th December
@ The Devonshire Arms
1 Devonshire Road
Cambridge, CB1 2BH



Including...

OPEN MIC SESSIONS

Please join in by bringing
your instruments,
songs, poetry,
short stories
& jokes!

Menu

Starter

Smoked salmon pate

or

Spiced parsnip soup (v/vegan)

Main

Roast turkey with all the trimmings

or

Cashew & hazelnut roast (v/vegan)

Pudding

Christmas pudding

or

Chocolate brownies (v/vegan)

To reserve your place please purchase
your £5 ticket from the Information
Office before Friday 10th December

Day trip to Birmingham Frankfurt Christmas Market and Craft Fair

Tuesday 7th December, 10.30pm to 8pm

There are a limited number of spaces on the mini-bus for this fun-filled festive day that you will be able to enjoy with others in a supportive way. A packed lunch will be provide. We hope you can join us.

To book you need to put down a £10 deposit and we will return £5 to you on the day. Book now to avoid disappointment.

Birmingham's Frankfurt Christmas Market..

Celebrating its 10th anniversary, Birmingham's Frankfurt Christmas Market has become a huge favourite with both residents and visitors to the city from all over the UK and Europe. Combined with the city's own Christmas Craft Fair of local traders, it offers a total of over 180 stalls to browse and enjoy. It is the largest authentic German market outside of Germany and Austria and is arguably one of the most popular Christmas markets in the UK.

Enjoy the feel of a small village within the heart of the bustling city centre, with picturesque wooden chalets offering traditional handcrafted gifts, including jewellery, wooden toys, dolls and candles. Tantalise your taste buds with the Glühwein (German mulled wine), German beers, traditional sausages, meats, sweets, marzipans, breads and pastries.

A truly continental atmosphere is conjured up by the lights, sounds and smells of this unique spectacle that is imported in its entirety and then installed in the beautiful setting of Birmingham's Victoria Square. The whole experience will be enhanced with live music every lunchtime and evening from a traditional bandstand.

Members' Day Trip to the magical Birmingham Christmas market!

Tuesday 7th December

Mini bus leaves at 10am and will return around 7pm.

£10 deposit to book with £5 refunded on the day.

Book early to avoid disappointment as places are limited.

Please book your place through the Lifecraft Information Office -
Tel: 01223 566957



New Tai Chi class

We have a new Tai Chi class running on Monday evenings, 6.30pm to 7.00pm. Tai Chi is a Chinese system of slow meditative physical exercise designed for relaxation and balance and health. All members are welcome.

Smoking Cessation?

Do you want help with quitting? We could arrange for one-to-one or group sessions to help those who want to try and reduce or stop smoking. Let us know and we will do our best to make this happen for you.

NLP – Neuro-Linguistic Programming?

A member has asked about this. If there is enough interest, this is a new therapy that we would like to explore in 2011.

Please contact: andrew@lifecraft.org.uk and we'll set up a meeting of interested members to explore possibilities.

Monday evening chill-out time...

The Lifecraft Executive Committee have been keen for Lifecraft to offer a different 'experience' to the Social Club by including activities and groups that support relaxation and wellbeing.

Following our successful Wellbeing Day on Saturday 9th October, when many alternative therapies were on offer free of charge, our intention is to offer three or four 'alternative' activities running on a Monday from 4pm onwards, with short breaks and nutritious food inbetween. The most likely activities, according to popularity are: meditation; relaxation and visualisation; head massage and yoga. If these are things that you would like to see running please send us your details as we need to be able to demonstrate that we have enough demand to begin. Please email andrew@lifecraft.org.uk or amanda@lifecraft.org.uk - or speak to us over the phone on: 01223 566957.

Relaxation and visualisation group?

A member has offered to set up this group and we are looking at Monday late afternoon/evening as a possible time. Please contact us if you are interest and if we have sufficient interest we will start this group.

Head massage?

A therapist who kindly offered head massage on our Wellbeing Day may be able to offer free head massage sessions on Monday evenings. If this is something you would like please let us know and we will do our best to put arrangements in place.

Something extra nutritious on a Monday evening – can you help?

We'd like to be able to offer an alternative to our current 'menu' on a Monday evening – is there a budding Jamie Oliver out there with any suggestions? Would you be interested in preparing the food? Please do let us know!

CAMBRIDGE MDF BIPOLAR SELF-HELP GROUP

For details of our friendly self-help group and other support, ring 020 7793 2600 or email: mdf@mdfcambridge.org.uk

Free personal health trainer sessions for patients at Nuffield Road, Arbury and East Barnwell Health Centres.

Ellen Green, Personal Health Trainer, can offer six free one to one personal health sessions to patients at Nuffield Road, Arbury and East Barnwell Health Centres. The one to one sessions offer guidance, support and motivation in areas such as healthy eating, physical activity, smoking and alcohol.

You can contact Ellen on: 07540 703629 or email her: ellengreen@nhs.net

www.makingmentalnotes.org.uk

About

Making Mental Notes first began as a radio programme in 2008 by a group of mental health service and ex service users living in Cambridge. It has now evolved into a multi-media project focussed on mental and emotional health issues.

We have built a website to host the podcast of our programme as well as news, real stories, poetry and videos, and we are broadcasting our radio programme every two months on Cambridge 105FM.

Our main objective is to end discrimination towards people with mental and emotional health issues, to stop mental health being a taboo subject and to get people talking honestly about difficult subjects. We hope to show people that having mental health problems isn't always a burden, it can breed inspiration, insight and recovery is possible.

Get involved

The Making Mental Notes team is currently looking for people with experience of mental health issues to join us. You could be a service user, ex-service user, a carer or mental health professional. We have a variety of positions available including: Engineer, Researcher, Script Writer, Presenter, Technician and Audio editor. You don't need any experience as training is provided in a supportive and friendly environment. We are also looking for creative people to submit content for our programme. Have you got some poetry you want to put out there? Are you in a band that can provide us with music? Then get in contact with us. We are also able to feature video on our website and if you would like to tell your real story about your personal mental health experiences then send it to us to be published on the website. You can also submit your 'day in the life of me' - a diary in the form of text, audio or video.

Get in contact

If you would like to contact us and get involved then log on to our website: www.makingmentalnotes.org.uk and fill in the contact form. We also welcome suggestions and comments.

Radio programmes

Our next radio programme will be broadcast on Sunday 19th December, 3pm on Cambridge 105FM. It will feature an interview with a Peer Support Worker and the trainer of the scheme all the way from Arizona, USA. Peer Support is a new initiative being rolled out in Cambridge which has proved successful in the USA.

We will also have a discussion on Seasonal Affective Disorder, reviews, news, poetry and music.



SING FOR HEALTH WITH THE 'MICHAELHOUSE CHORALE'

A small, friendly choir for anybody with a mental health condition,
whatever their age,
together with their
informal and professional carers
and friends.

Fridays, 2.30 to 3.30 pm at Michaelhouse,
Trinity Street, Cambridge
A collaboration between
'Arts and Minds' and Michaelhouse.

The choir is led with enthusiasm and humour
by Sam Hayes,
Director of Music at Great St Mary's Church

The repertoire reflects the taste of the members
and the purpose is enjoyment.

No ability or experience is required.
Just come along and enjoy yourself !

For further information ring

Christina Rowland-Jones - 01223 881267
Richard Taylor - 01799 541522 or Peter Hilken - 01223 709769

Zumba is in the city

Zumba Fitness was created in the mid-90s by Colombian native Alberto "Beto" Perez, a celebrity fitness trainer and choreographer for International pop superstars.

Inspired by the traditional cumbia, salsa, samba and merengue music the new fitness dance style up with, Beto paired his favourite pulsating Latin rhythms with the red-hot international dance steps.

For the last three years Zumba has become very popular in Cambridge. This Latin fitness class combines dynamic music with easy-to-follow dance choreography. The combination makes Zumba unique. What is more important, you can lose even more than 500 calories having a great fun at the same time. You can get much more benefits from attending the Zumba classes. It's a fantastic opportunity to get fit, gain confidence and even to fight mild depression.

East of England Polish Community Organisation (EEPCO) has offered free Zumba fitness classes to those who are unemployed or on income support. There also crèche activities available for mums who want to attend the classes.

The fantastic project is funded by Grassroots Grants Programme for Cambridgeshire. The Zumba classes offered by EEPCO are held on Mondays in Orchard Park Community Centre, Wednesdays in Arbury Community and on Saturdays in St Paul's Community Centre. The classes are open to all who like dancing and want to have a great fun.

For further information and apply for free Zumba classes please contact Marta Maj on 07914 493352 or email: marta.maj@eepco.co.uk

Discovery Sunday

Today Laura took me to Fulbourn grounds and we went to places we hadn't seen before. It was good to see the berries after the summer flowers. The hues of autumn colours are much stronger this year.

We saw mistletoe berries, and picked some light cerise and white for my room. And we saw the autumn leaves as carpets which will mulch down and feed the foliage and soil.

We saw a bell way up high which was probably used to announce dinner time; it was still intact, and there were turrets and multicoloured bricks and we thought part of the buildings were like Cherry Hinton Hall.

We saw a group of squirrels and a merry-go-round of rabbits. And we were so quiet, so as not to disturb them.

I was told about the seagulls that visit Cherry Hinton Hall and we both agreed that we are so kind that we feed the hungry birds with bread and the rabbits with lettuce.

All was peaceful.

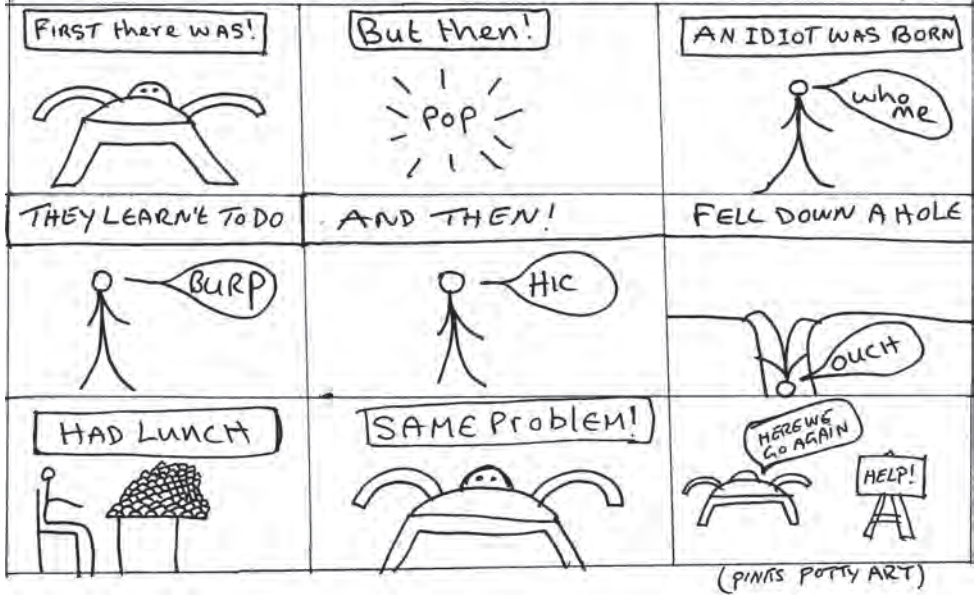
We saw chaffinches and blue-tits in a tree in their home territory, there was a nest made of twigs, straw and dried grasses. They were flying under the building gutter too; cheep-cheep – in discussion with each other. Magical colours.

I sometimes hear the dawn chorus. The birds must roost in the garden before individuals descend upon the tranquil environment.

Margaret Garnet

TIME WASTER

(INVENTOR TO THE NOTHING!)



SILHETTES

by PINK



THINGS WITH NO NAME!



Lifecraft Christmas and Bank Holiday opening hours:

Please note that, although most groups aren't running, we will be open for any counselling appointments booked over the Christmas period.

Christmas Eve, Friday 24th December, Art Group 12pm to 3pm and Social Club 3pm to 4pm with mince pies and Christmas cake. We close early at 4pm.

Christmas Day, Saturday 25th December, closed.

Boxing Day, Sunday 26th December, closed.

Bank Holiday, Monday 27th December. No groups. Social Club open 4pm to 7pm.

Bank Holiday, Tuesday 28th December. No groups. Social Club open 4pm to 7pm.

Wednesday 29th December. No groups, closed.

Thursday 30th December. No groups, closed.

New Year's Eve, Friday 31st December, Art Group 12pm to 3pm and Social Club 3pm to 7pm.

Bank Holiday, Monday 3rd January. No groups. Social Club open 4pm to 7pm.

Otherwise we will be running our regular opening hours...

Social Club: Monday, Tuesday and Friday 4pm to 7pm. This includes access to the IT suite in the quiet room. Unfortunately, we cannot always guarantee these Social club opening hours due to staffing. If we do occasionally need to make changes we will endeavour to give as much advanced notice as possible via notices that are put up in the Lifecraft building.

MONDAY Creative Group: 2pm to 4pm

MONDAY Tai Chi: 6.30pm to 7.00pm

TUESDAY Music Group: 2pm to 4pm

WEDNESDAY Singing Group: 12pm to 1.30pm

WEDNESDAY Meditation Group: 2pm to 2.30pm

WEDNESDAY Creative Writing Group: 2.30pm to 4pm

THURSDAY Women's Group: 2pm to 4pm (women only)

THURSDAY START Group: 4.15pm to 6.15pm

FRIDAY Art Group: 12pm to 3pm

FRIDAY Computer Skills in Quiet Room: 2pm to 4pm

Information Centre: Monday to Friday 1pm to 4pm

Counselling Service: our free counselling service operates Monday to Friday. Please contact our Counselling Coordinator, Kathleen Reeves, for more information.

Lifeline: Cambridgeshire's mental health helpline is open every day of the year from 7pm to 11pm. Freephone: 0808 808 21 21

Please call us or visit our website for more details:
www.lifecraft.org.uk

A
POEM
FOR CLAIRE XXXXX
ALL FOR THE LOVE OF THEE
AS AUTUMN WINDS DO TOUCH
THE THOUGHTS THAT I ONCE BELIEVED.
BECOME COLOURS,
SLOW CHANGE FROM GREEN TO BRONZE.
NATURE'S VOICE ECHOS SOFT SOUNDS.
MY THOUGHTS OF HER.
AND THOSE WORDS THAT NIGHT.
MCB 11/11/10

II
II
JJ

Women's Group

Thursday afternoons, 2pm to 4pm. Women only.

December	
2	Cake making for the Mill Road Winter Fair
9	Card making led by Wendy
16	Discuss festive traditions
23	Christmas Party – Dodie will be playing music

No group in the week following Christmas.

The New Year Women's Group schedule will be available from the Information Office.

Monday Creative Group

Monday afternoons 2pm – 4pm

1st Monday of every month: Art and the Internet

2nd Monday of every month: Art with Alan

3rd Monday of every month: Philosophy with Tom

4th Monday of every month: Comedy Club with Vicky

5th Monday of every month: open group

Fancy producing Frontline News yourself?

Is there a member out there looking for some interesting part-time voluntary work – probably about 3/4 hours a week - to oversee the production of Frontline News? If you are interested please contact Amanda.

CPN Awards 2010

The award was won this year by Berni Thompson who is attached to the Rehabilitation and Recovery Team in Cambridge and works at the clozapine clinic every Tuesday. The trophy was presented just before Lifecraft's AGM on 1st October. Thanks to Berni for attending to receive her prize.

We canvassed at Friends Ward, Adrian House, The Cedars, Cobwebs and the clozapine clinic. Lifecraft members were approached and had the chance to vote using the ballot forms sent out with the summer edition of Frontline News. Altogether we collected a respectable ninety-nine votes.

Seasonal Affective Disorder

More commonly known as S.A.D or the Winter Blues, it affects most people in winter months when it is cold, dark and dreary. I am running weekly discussions on S.A.D, to explain what it is, what symptoms it may produce and how you can cope with it. If you are interested in joining me for a discussion on S.A.D, please either come see me in person as I am in the building most Tuesday's, Thursday's and Friday's, or ring and ask for Carolyn, if you cannot get through leave me a message and I will get back to you and find out what time is best for you! Would like to start as soon as possible.

Hope to hear from you soon!

Carolyn, Social Work Student

Frontline News welcomes creative writing contributions, as well as art in black and white. Electronic format is preferred. Please email to: amanda@lifecraft.org.uk

Poetry Pages

DON'T BOTHER ME

I have a little problem,
In everything I do,
It looks alright to me,
But is rubbish to you.

What is wrong I say,
Who are you to judge,
I don't care anyway,
Even what you say.

Then how should I do it,
You think you know better,
Or shut up and leave me alone,
You can show me later.

About time I have peace,
I will try again,
Where was I anyway,
It won't come out the same.

Now I forget what I was going
to do,

Why don't they leave me be,
I don't understand what they
want,
I can't be good as you can see.

Me and Myself

How do I live with myself,
No thoughts of mine are good,
Negative in anything I try,
Don't want to help no-one,
Always have to judge,
Who is ever perfect like me,
As I think I should be,
I am only number one you know,
You should all obey me,
Sorry I was only dreaming,
It would never happen,
I was only thinking about me,
No-one else matters do they?

S Pink

In My Mind

I have a special plan,
To make myself a king,
Have everything I ever wanted,
When I click my fingers,
My servants will instantly appear,
What do you want they will say,
My dinner and a newspaper,
Hurry up I can't wait all day,
Then one hundred years later,
My dinner and newspaper arrive,
When the servants see me,
And find I didn't survive.

S Pink

Letter to Laura S

I have loved your poems and all their truths,
gazed at the madness but I feel all are true.
Being a traveller, an angel and one of the crew I welcome you to something new.

A union of like minds like you say we are
growing as we spin our chakras and wake the robots and vampires, easing them back into our social harmony.

You see too many broken minds and like me with empathy you cry, but don't fear, all positive emotion and actions lead us closer to a world free of fear and full of love.

Fear is the only thing I could not really understand so I broke myself to understand and it's horrible, what a bad trip, but with kindness, a smile and love it can be slain.

So thanks for your poems that made me feel not so alone as we have to remind ourselves we are never truly alone. Peace.

Sean Fitzgerald

Opening "A can of worms"

While strolling down the isle one day
I happened to see rows and rows
Of tin cans
Illustrated and defined by cover
A description in colour
Short hand chemical, horticultural show
Of sausage and corn
Wholemeal and maize
Frozen and dried all stocked in layers
Of shelves and bays
Like a library say
To which reads a display
Of chemicals per say

Arranged alphabetical in
Percentage and quantitative botanicals
The E's and the A's
Pop up in foray
To spell the notion
That earth is only a potion
And life is more arranged
Without dastardly, worming, toiling, soiling

I hope to see a worm jack-up
– just to be perverse!!
And out of his box!
(like so many, and me, the mentals, without the credentials)

Lilley Peeved

Mystery of Ages

After the four broken states of mind had corrupted and enslaved the humans, came the four seasons which changed the face of the planet.

In the beginning the world's temperature was a constant 22 degrees, which is the optimum temperature for life forms and brain function.

When the mind was quartered so were the weather systems of the planet. Which reflect our broken emotions in the form of summer, spring, winter and autumn?

As the madness of the planets tenants grows so the weather systems mirror the madness with destructive force, making life very difficult, leading us to an end.

So the question, can we fix the human mind, body and soul and watch on as the planet flows back to harmony?

Sean Fitzgerald

A letter to Louisa

So much time wasted, spending a week in intensive care. It kind of changes you, makes you feel. And they say you have to experience the bad 2 appreciate the good.

I guess the first thing I learnt was it is good to communicate even when fear tells you not to as the fear is false and normally unreal.

But I liked what you said about the 'negative been given to the universe and positive returns'. Very spiritual and that's what I remember about you, all good.

But I have found the more you worry the more likely you are to bring negative events in to your circle, your life as energy draws the players of the four negative states.

Keep up with the spiritual, all exercise promotes good well being and have fun, remembering laughter is a tonic best drunk in energised company. Music is healing and it's good to hug.

Sean Fitzgerald

I can't spell

I want to write a letter,
But I haven't got a pen,
No paper to put it on,
So where do I begin,
My brain has stopped thinking,
My hands are full of pain,
The seat is so uncomfortable,
So what is there to gain.
But there is one more problem,
As far as I can tell,
I want to write a letter,
But I can't spell.

S Pink

BEING YOURSELF

I am waiting for the right time,
Don't like waiting in a bus cue,
The bus is late again,
On top of that it is raining,
This is going to make me late,
Why don't I get mad.

Getting home is the worst,
Still raining very hard,
My jacket is not waterproof,
I have to walk to the bus stop,
Just to make it worse
I am wearing a pretty skirt.

Look at me if you wish,
I have nothing to hide,
Do you have a problem,
Not used to seeing this in the
street,
Then get used to it,
Because I don't care what you
say.

S Pink

If God is so

If God is so
Then I don't want to go
To Heaven, that is

Pardon me
But I can't see
What he's going on about

If we neglect to find
Through use of our precious
mind
Him?

Then, I'm right to say
That he'll turn us all away?
To hell!

But if God created us
Why does he make such a fuss?
He built me to work the way I
did

I think I'll make sure he gets the
hunch
And ask the devil out to lunch!

Anon

Monday night @ Phil's Place

Join us for food, music, poetry
and friendship. 6pm on the 2nd
Monday of every month at The
Lounge, St Philips Church, Mill
Road, Cambridge. Cost: £2.

Was It you?

Was it you
Who held me in your arms?
And brought me the joy of a
child?

Was it you,
Who sheltered me from the rain?
Who brought me in from the
dark?
Was it you?
You held me close and tight
Away from fear of night?

Was it your mind?
Where I hoped to find
Understanding?
And my skin
That welcomed you in;
Brought your life's ship to a
strange landing
Of limpid limbs arranged by
times branding?

Was it you who lay
Skin against skin that day?
And seeded in me
Something that could not be
stopped
Once begun...
The life of my son?

Was it you, that night
Who slept against, and in, me?
Who fulfilled the forever dream?
And left me someone
Who would always be mine?

Was it you?
Is it your smooth skin entwined
with mine?
That I remember?
The cuddles kisses and caresses

Each with a warning
That you could not stay...
Must leave before the day's
dawning?

I slept
And woke alone
Like a lonely stone
Thrown
Into a sea I did not understand.

But our son is grown
And you have returned to what
is my home.

Was it you?
Will you stay... beyond today?
Or, taking my son
Leave for far away?
As lonely, I would have to stay
Was It You?

The decision was yours, is yours.
What can I do?

I can't change the dream
And, it would seem,
Nor can you.

Anna Hayruni

Is this wisdom?

He who says wise things is wiser than he who does not say wise things

Unless he who does not say wise things does not say wise things because he knows he is not wise to do so.

If he who says things which are not wise then he who is not wise seems wiser if he said nothing, know one can tell if they are wise or unwise because nothing has been said.

He that said wise things in the past may no longer say wise things in the future. He who had nothing to say in the past may have wise things to say in the future.

Future wisdom may have seemed unwise in the past and vice versa.

He who appears wise may be socially inept and he who appears socially inept may be very wise.

Fergus Feeheny

What am I

I am not doing anything wrong
am I,
Being human is that a problem,
Who am I working for? Not you
I hope.
That would be a nightmare,
I seem to be in the wrong place,
So where should I be,
If I don't know the answer who
does,
Doe sit matter that much,
I am always being used anyway,
By someone somewhere I fear,
With no control of my life,
I can't change a thing.

S Pink

WHAT AM I?

You are always right,
I am always wrong,
I shouldn't dress like that,
Because I show you up,
Dress like a man at all times,
What I think doesn't matter.

Do you pay my bills?
Do you look after me?
But you don't even care,
Every time I go out,
All you do is stare.
So why should I change.

S. Pink

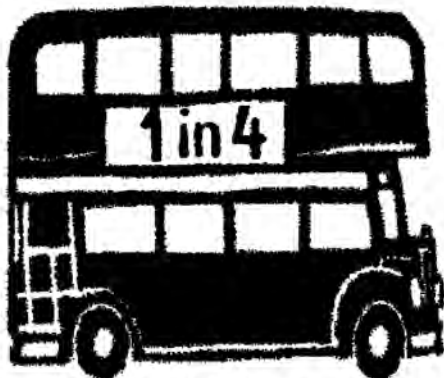
www.lifecraft.org.uk

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