

A free magazine written, edited and run by Service Users of St. Mark's Family Centre Mental Health Project.

Chit-Chat

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Winter 2010 -2011

Anxiety !!!

Anxiety is different from fear in that it lacks an object or adequate cause. People are anxious because they are uncertain about a specific outcome or they don't know what is going to happen. Tomorrow it is perfectly normal to be concerned about those things which we value, which is why we need to distinguish between temporary anxiety and an anxious trait that persists.

A state of anxiety exists when concern is shown before a specific event. One can be anxious about an examination that is yet to be taken, or the attendance at a planned function, or the threat of an incoming storm. Such concern is normal and moves a person to responsible action. But we also need to remember that the vast majority of our fears and anxieties are never realised.

In a generalised anxiety disorder an individual exhibits an anxious trait over a long period of time. To be diagnosed as such, the obsessive worrying must occur more days than not for at least a six month period Those who struggle with a generalised anxiety disorder experience persistent anxiety and worry. They fret over two or more stressful life circumstances such as finances, relationships, health, or ability to perform. Usually they struggle with a large number of worries and spend a lot of time and energy doing it. The intensity and frequency of the worry is always (out of proportion) to the actual problem. The worrying is usually more detrimental than the negative consequences the people were initially concerned about.

Someone once said that every decision made is an attempt to reduce further anxiety. People don't like to live in an anxious state and will do almost anything to relieve it. Some adopt driven lifestyles because their minds are never at peace. Sitting silently by themselves is agonising. Keeping busy may temporarily focus the mind but it doesn't resolve the problem. It may actually contribute to it and create other problems including burnout. Others alter their anxious minds with tranquilisers, alcohol, drugs, or food.

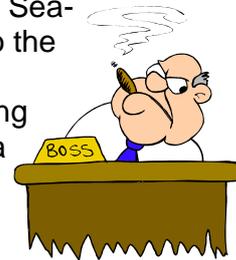
Dr Neil. T. Anderson & Rich Miller.

Compiled by Bob McCoy.



Do You Find these Things Annoying

1. Bus-drivers in a rush (No consideration for standing passengers).
2. Dog-owners who let their pets foul the streets at random.
3. Loud music blaring out from cars-----owners showing off!
4. Annoying seconds spent waiting for Bus and Train doors to open.
5. Leaflet-givers in the street.
6. People who still say-----“Have a nice day”.
7. People on the phone who you hardly ever meet saying “See you later”.
8. Background music on phones ---while you're kept waiting.
9. Ladies who make sure you can hear their heels.
10. BBC Interval-fillers of (lads on Skateboards) or (twirling ladies on high ropes) or (couples dancing in pairs) **GET SOME NEW ONES!**
11. Kids who ignore Bus-stop queues and crowd and push to get on.
12. Getting gum on your shoe.
13. Footballers or Rugby players who think they can intimidate people by having their hair shaved.
14. The noise made by Suitcase-wheels over pavements.
15. Toddlers who already” rule the roost” and behave so badly in public that you feel like shouting “Shut up “,to get some peace.
16. Graffiti—Graffiti—Graffiti—Graffiti.
17. People on Buses or Trains who disturb all the other passengers
18. By talking so loudly on their Mobiles you almost become part of the conversation (whatever language they are speaking).
19. Ladies who carry pampered pet-dogs.
20. The lack of different varieties of bird around London’s inner areas. (all you get are Pigeons Starlings Magpies Sparrows Sea-gulls and Crows.) the rest have the sense to move to the Suburbs!)
21. Supermarket till-operators who virtually insist on giving you a till-receipt even though you have only bought a couple of things.



Don't Confuse Colds and Flu

If your symptoms are above the neck—congestion, sore throat, sneezing, coughing—you probably have a cold, caused by any of 200 viruses that other people's sneezes or coughs have placed in the air, or on something you have touched.



If you have all those symptoms plus a fever of 38.5C (102F) or more, headache, muscle aches, extreme fatigue, diarrhoea, nausea or vomiting, you're more likely to have flu.

It usually lasts for a week or more and can leave you feeling weak and down-in-the-dumps for days or even weeks afterwards.





At: St. Mark's Family Centre — a Mitcham & Merton local community organisation.

If you think you may be interested please phone: Ray on 020 8640 9595 or contact info@stmarkscentre.co.uk. Other details are at www.stmarkscentre.co.uk

CHIT CHAT MAGAZINE

Chit Chat is a small quarterly magazine produced by people positively managing their mental health and for anyone who wants to read it.

PROJECT AIMS

- Introduction to IT and other new skills
- Practice new skills
- Develop and use your creative talents
- Improve your confidence
- A forum for your experiences in Mental Health to be expressed
- Develop your group work skills, be encouraged and encourage others

New Church Hall, 28 St. Mark's Road, Mitcham, Surrey, CR4 2LF

- **CHIT CHAT** runs on Tuesday afternoons 1 to 2.30pm.
- It is run entirely by service users for those interested in the area of Mental Health.
- It produces four small magazines a year for a limited circulation.
- Members contribute articles, stories, puzzles and anything else they think readers may be interested in.
- Chit Chat is a fun production.



WHAT CAN I BRING TO

CHIT CHAT?

If you are wondering what you can contribute, the answer is you, your experiences and your interests. Everybody is given the opportunity to contribute, research, type, scan and become a full member of the group — at your pace.

**CROYDON WOMEN'S AID HELPING WOMEN AND CHILDREN STAY SAFE
FROM VIOLENCE OUTREACH SERVICE**

This is a free confidential service.

Did you know that 1 in 4 women have experienced domestic violence in their Lives?

WHAT IS DOMESTIC VIOLENCE?

Domestic violence is physical, emotional, sexual, financial or mental abuse by one person (usually a man) against another person (usually a woman) with whom they have had a close personal relationship. This can also apply to a close family member.

- + Do you suffer from Domestic Violence?
- + Are you in your property or Temporary accommodation?
- + Are you unsure of what to do now?
- + Do you have difficulties leaving your area?

Then we may be able to help you

WHO WE ARE? Croydon Women's Aid is a registered charity, whose main aim is to provide access to emergency accommodation for women and children escaping domestic violence.

WHAT CAN WE OFFER? An Outreach Officer, if safe to do so, will arrange home visit or at a mutually agreed safe location.

- + Telephone support will also be offered or surgery appointments.
- Your needs will be assessed individually and a support Plan will be agreed.
-]All your information will be kept confidential.

OUR SUPPORT MAY INCLUDE:

Housing Options Benefits advice Education issues Health issues
Children's Issues Emotional Support Safety Planning Access to Legal Advice

- If English is not your first language we will attempt to find an interpreter for you
- Other support issues relevant to your needs.

HOW TO CONTACT US

Outreach Officer-Telephone no: 020 8679 8848 Or 07966 767 336



You are warmly invited to the
St. Mark's Family Centre

Annual General Meeting

Tuesday 8th March
1.30– 3:30pm

Refreshments provided

Find out what has been
happening over the past
year.

Telephone: 0208 640 9595 or E-mail: admin-team@stmarkscentre.co.uk to let us know if you will be attending or if you require any further information



INVESTOR IN PEOPLE

St. Mark's Family Centre, 28 St. Mark's Road, Mitcham, Surrey, CR4 2LF,
is a voluntary sector organisation working with the local community.
Registered Charity Number 1000148

‘Cuddle Hormone May Offer a Cure for Shyness?’

A NATURAL ‘love drug’ released in the brain during sex could be turned into a cure for shyness, scientists say. The feel-good chemical, called Oxytocin, could also be used to treat autism, depression and anxiety.

Oxytocin – also known as the ‘cuddle Hormone’ – has long been used by

Doctors to induce labour and stimulate milk production in new mothers.

A chemical messenger that is released by the brain during social interactions , it promotes romantic feelings, helps mothers bond with babies and makes people more sociable.

However, researchers believe it could also be turned into a ‘wonder drug’ to treat a range of personality disorders. Dr Eric Hollander, a leading autism expert, has shown that giving oxytocin to autistic adults improves their ability to recognise emotions such as happiness or anger in a person’s tone of voice –something they usually struggle to do.

Experiments by Dr Hollander at Mount Sinal School Of Medicine, New York, found a single intravenous infusion of the chemical triggered improvements that lasted for two weeks. Previous research has revealed autistic children have lower than usual levels of exytocin in their blood. Autism researcher Dr Markus Heinrichs, of the University of Zurich, told New Scientist: ‘I’m absolutely convinced that we should study administering oxytocin When there is an early diagnosis of autism, but it is difficult to get permission to administer to children.’

The chemical could also be useful for extremely shy and awkward people. Dr Heinrichs is studying oxytocin as a therapy for social phobia, an anxiety disorder characterised by crippling self-consciousness.



Did You Know?

What happens to a cow if you don't milk it ?----- If you don't milk a cow, pressure builds up which simply stops the cow producing any more milk. Any milk still in her udder would be taken up by her body. This is what happens naturally when a calf stops feeding. But when you've got a high-yield dairy cow, she's going to need milking or she'll be in a lot of pain and might contract an infection like mastitis or septicaemia. Potentially, it could be life-threatening.

Why do Australians say "**chunder**" ?---- This comes from the convict ships that were sent to Australia in the 19th century. When seasick convicts were about to throw up, they would shout "Watch under" as a warning to anyone unfortunate enough to be below them at the time. It's not hard to see how " watch under" became " chunder".

Why, when someone is dismissed, are they **given the sack**?----- Ever since medieval times, workers would carry all their tools around with them in a sack. Wherever they worked, they would leave the empty sack at their employer's premises. If at any time, the employer decided to dispense with their services, he would then hand them their sack so they could pack up their tools and leave, taking their sacks with them.!

Which came first----- **the chicken or the egg** ?----- Apparently, reptiles were laying eggs thousands of years before chickens ever appeared. What happened next was that, one day (millions of years ago) an egg that wasn't quite a chicken's egg was laid by a bird that wasn't quite a chicken. Evolution then took over from there!

Why do we never see baby pigeons?----- Because, according to an ornithologist, their parents keep them tucked away. Apparently, 'ickle pigeons are looked after and fed by their parents until they're fully feathered and only then do they leave the nest (which anyway is well hidden). By this time, their plumage and size is the same as an adult. Therefore, we can't tell the difference!

On a football pitch, **what's the point of the D-shaped area** outside the penalty box ?----- It's there for one specific purpose: penalty kicks. When a penalty kick is awarded, only the penalty taker and the goalkeeper are allowed to be in the penalty area. Every other player must be at least 10 yards from the ball. The penalty area serves as an appropriate exclusion zone for the most part, but it doesn't cover the area immediately behind the ball. Consequently, the D or, as it's more properly known, the penalty arc, marks that area of the pitch closer to the penalty spot than ten yards.

The Exercising Experiences Of a Couch Potato



I started an exercise group a while ago. Its exercise for the over 40's, so I only just met the requirements. The others are all at least 20 years older than me, but they're a great bunch. I've only been twice but so far I'm enjoying it. Unfortunately Bank holidays and trips with St Marks stopped me going for a few weeks. But with all the walking we did on the days out I guess it didn't matter that I missed the classes.

The exercise consisted mainly of stretching with a little marching and movement thrown in to get the heart rate going and to work up a bit of a sweat. I don't find it easy as I haven't done any exercise for years, and am, in fact, a total couch potato, spending most of my time on the sofa or at the computer. Most of the others, mainly ladies, put me to shame. But the good thing about being part of this group is that there is no sense of competition, as is often found in a gym. We all just get on with it, and when we need to we sit down. If everyone else is marching round the room, or doing the YMCA, if you're sitting down you just keep moving your legs or doing the arm actions.

I did find it difficult to get the motivation to go to the group. One can't change from being a couch potato to really enjoying exercising overnight. The thoughts of those few extra hours in bed, or on the sofa, are still there. But luckily the community centre is only 5 minutes away from me, and I must admit that I do always feel much better afterwards. Even if I'm hurting a bit I feel that little bit more alive, and the sense that I am doing myself some good, and maybe, even, getting a little bit fitter.

I know that, for myself, I start something like this all enthusiastically and then after a few weeks I give it up as I just can't be bothered. But this time I'm going to put a bit more of an effort to keep it going. I'm always being told by the doctors to lose weight etc, and so maybe this time I can show them that I can do it. If I can keep that in mind it might keep the motivation going. I sure hope so.



Jude Willett

My Old Pear Tree

Step outside what do you see?
Chances are it will be a tree
The Silver Birch, Oak, the Ash
To some just wood that represents cash.

Oak trees were used to build tall ships
Naval vessels that got blown to bits,
When Britannia used to rule the waves
So Britons never would be slaves.

Beautiful furniture from wood was made
For kings and Queens and the rich who paid,
Rubber trees could be tapped for rubber
A raw material like no other.

The car came along and tyres was born
When they realised that tyres got worn,
Rubber was like a pot of gold
Even the rubber wood could be sold.

When I thought my old Pear tree had died
If I'd had to cut it down I would have cried,
It didn't die and still bears fruit for me
Oh how I love my old Pear tree.

So do the birds that like to nest
Little blue tits they are the best,
Starlings eat the ripe fruit they see
But they always leave enough fruit for me.



Nursery Rhymes for our Times

Little Jack Horner sat in the corner with hamburger
Cola and chips,
Then ice cream and jelly, in front of the telly,
Fresh fruit never passes his lips.



To school in the car, although it's not far,
Then home at the end of the day,
A snack before tea, in front of TV,
Though friends call and him to play.

But Mother's afraid, in the park if he played
He may be approached by a stranger,
And kicking a ball, he might trip and fall,
And riding a bike's fraught with danger.

So safe in his chair, no fun or fresh air,
Each day he grows fatter and fatter,
His peers taunt and tease, because he's
obese,
But his mum says that size doesn't matter.

But this is untrue, and as the lad grew
Young Jack wished that he could be thinner,
Girls seldom go out with boys who are stout
Well, only to let them buy dinner.

Jack wanted a date, so planned to loose weight
With exercise, will power and diet,
And 18 months on, with blubber all gone
At social events he's a riot.

A bonus it's true, and he feels better too,
His health has improved without a doubt,
But if mothers were wise, would this problem
Arise? Be sensible – let them play out.

Protecting Vulnerable Adults from Abuse

In today's society the term 'abuse' is often associated with child abuse. However, it is not just children and young people who are vulnerable – adults too are victims of abuse and it happens more than many of us realise.

WHO ARE VULNERABLE ADULTS?

A vulnerable adult is anyone aged 18 or over who is, or may be, unable to protect themselves from significant harm or exploitation. This may be because they have:

- A physical illness or disability
- A learning disability
- Mental health problems
- Or because they are frail due to old age

No adult should be forced to do something against their will.

WHAT IS ABUSE?

Abuse can be neglect or behaviour that causes physical harm and suffering, or by treating someone with disrespect that may seriously affect their quality of life.

It may be due to sexual abuse, such as rape, sexual assault or acts that a vulnerable adult has not or could not have agreed to. It may be financial abuse, such as valuables going missing or unexplained changes to someone's financial circumstances.

It may happen in a person's own home, at a day centre, Residential home, at work, in the street or public place.

How Do You Recognise Abuse?

Physical abuse can cause bruising, scratching or burns, or the misuse of medication that can cause drowsiness or change in behaviour.

Neglect may result in a vulnerable person not having their basic needs met (such as help with personal hygiene or having enough to eat or drink) which can lead to a deterioration in a person's behaviour or appearance.

Psychological abuse such as threats of harm, intimidation. Verbal or racial abuse can cause fear and confusion or a change in behaviour.

WHO MIGHT ABUSE SOMEONE WHO NEEDS HELP?

The person responsible for abusing a vulnerable adult could be known to them such as:

- Family, friends or neighbours, or a paid or volunteer carer
- A health or social care worker such as doctors, nurses, police, Social workers, supported housing staff or those working in Day Centres and care homes.
- Another resident or tenant who may live in the same property.

EVERY ADULT HAS A RIGHT TO A LIFE FREE OF FEAR

If you think a criminal act has taken place, contact the police.

- Make a note of your actions.
- Try not to move or touch any possible evidence.

WHAT WILL HAPPEN NEXT?

Any form of abuse is taken extremely seriously. Once an allegation of abuse has been reported it will be fully investigated by the most appropriate agency such as the police or community services who work closely together to protect Vulnerable adults from abuse.

HOW TO GET IN TOUCH

If you are being abused or you suspect abuse is taking place please contact First Contact who will refer you to one of the care management teams.

FIRST CONTACT Tel: 020 8770 4377 or 020 8770 4337

Rethinks Trip to the New Forest

On 7th May, 24 Rethink members embarked on a trip to the New Forest. We took over what was once a privately owned 5 bed family home which was about 10 minutes walk from the little quaint village of Burley.

Burley has an interesting history of witches and smugglers. Many tunnels have been discovered and in a hidden cellar of one of the pubs, guns and gold coins were uncovered.

Moving on to the golf course it was very amusing watching a round with ponies and cattle wandering down the fairway.

Three of the group opted to bed down in the very modern tents pitched in the very large garden surrounding the house which is now a hostel accommodating up to 36 guests.

On Saturday we had an adventure in Bournemouth and Sunday some of us went for an 8 mile walk, finishing at the local pub for a well deserved drink and a cream tea.

Monday came all too soon and before we knew it we were back home again, still recovering from the party held the night before.



Sleep Helps Memory

A good night's sleep boosts the memory by strengthening connections between brain nerve cells, a study has found.

Volunteers taught a new skill remembered it far better next day if they got to have eight hours solid kip.

Study leader Dr. Sophie Schwartz, of the University of Geneva, Switzerland, said "Sleep helped the brain consolidate learned experiences and reinforce weak memories."



How Can I Help Wildlife In Merton?

- Join a practical conservation day
- Contact 020 8288 0453
- Visit the Mill House Ecology Centre (020 8288 0453) and Snuff Mill Environment Centre (020 8542 4232)
- Attend the Environment and Safety Forum. Contact 020 8545 3457
- Get advice from Going Green Contact 020 8648 6950
- Join a local wildlife group Contact 020 8288 0453



WILDLIFE: Celebrating
biodiversity –the variety of life on
Earth

The Tao of Homer

Feeling lost and adrift?

Gain inner peace from reading Homer. No, not the Greek guy but Homer Simpson. Here are some of his jewels to live by.

“The answers to life’s problems aren’t at the bottom of a bottle, they’re on TV.”

“What’s the point of going out? we’re just going to end up back here anyway.”

“You can’t keep blaming yourself, just blame yourself once and move on.”

“Doughnuts, are there anything they can’t do?”

“The three little sentences that will get you through life are
No. 1: Cover for me.
No. 2: Oh, good idea boss.
No. 3: It was like that when I got here.”

From the excellent Readers Digest
Magazine.



THE UNIVERSE (What is life)



A moment in time
A mountain to climb
To see it all, to tell the tale.
Thus our destiny that is to be.

Impregnated, looking for the facts,
Then the answers and the reality.

Reaching for the constellation of stars
But they are so far:
The space in between seem serene
However, segments encircled with volatile gases
Menacing to the extreme.

The relativity, the motion, acting and reacting,
Action and reaction.
The colours perpendicular to each other;
Infra-red lights searing to spectacular sights.

Could you ever envisage to see them on a beam
Drifting over with clouds high above
The superlatives, the majesty, the heavens:
Whatever we see here and up there is Divine.

Yet it is difficult for us to perceive
All that which we have to conceive
The source of life that is such:
The ever expanding universe.

By Mervyn De Mendonca (May 2010)

THURSDAY CLUB DROP-IN

St. Mark's
Family Centre
Mitcham

For those managing their mental health

Thursday Club is for people experiencing and managing their mental health towards improving their life quality and future opportunities.

It is a place where members can discuss issues, take part in range of activities or get support, advice or to just be listened to.

It is a place to talk and plan the future, a gateway for a range of opportunities and place to meet friends, make new friends and find mutual support. It is a place that cares.

Thursday Club is by referral only. For a Referral please see your support worker, GP or CMHT contact.

If you want to be referred and are not sure about the process please make an appointment at the office.

Forms and other information are on our website.



TIME: 2 — 4.30

ACTIVITIES INCLUDE:

Art s& Craft
Group games
Table Games
Pool
Darts
Puzzles
Outings

ACCESS TO:

Training
Adult Learning
Volunteering
Chit Chat Magazine

HELP:

CAB
Family / Housing Legal
Advice

**St. Mark's Family Centre, New Church Hall,
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020 8640 9595**

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