



Guideposts

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Connecting you to
your community

ISSUE 2

SW HERTS NEWSLETTER

April/May/June 2020



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DEAR ALL

It has been a very difficult and worrying start to the year for all of us. Obviously we have restrictions on movement, businesses are temporarily closed down and we are spending most or all of our time at home. For some this can be quite a challenge, for others, it can be an opportunity to catch up on one of our hobbies. Staff have been offering support by phone and through email/online. We have shared advice, listened, offered help and tried collectively to get everyone through this current situation.

There has only been one member-led trip this year. We hope to resume them again when things are back to normal and we can freely go out again.

Volunteer and Carer's Weeks are in June so we hope to have an event/gathering. Though it may be later than June. We will appreciate any social gatherings, seeing friends and family even more, when we can get together again. We also hope to have some events at Henry Smith House, when we are able to, such as a BBQ, Film Night or Open Day.

The Allotment Group should have been back in April. It welcomes all clients, even if you are not a gardener and just want to socialise in the fresh air. We also welcome new members to a variety of our groups including Relaxation, playing Pool or Bowling, Discussion, Walking and Current Affairs. Please enquire if you would like to join our services or if you already come to our services and might be interested in joining other groups, then speak to a member of staff/your link worker. Groups will resume as soon as restrictions are lifted.

NOT EVERYTHING
IS CANCELLED

sunshine is not cancelled
spring is not cancelled
love is not cancelled
relationships are not cancelled
reading is not cancelled
naps are not cancelled
devotion is not cancelled
music is not cancelled
dancing is not cancelled
imagination is not cancelled
kindness is not cancelled
conversations are not cancelled
hope is not cancelled



#keeplookingup
SimpleStencils.com



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keep warm
or reduce
energy bills?**

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0300 123 4044
(local rate) or email info@hertshelp.net




Herfordshire Warmer Homes

In partnership with the ten district & borough councils of Hertfordshire and Hertfordshire County Council

FREE things to keep you entertained while in self-isolation

By now, many of us will have been self-isolating at home for weeks, shielding ourselves from the coronavirus outbreak in the UK. Right now, more than ever, we need things to keep us busy and entertained at home.

Happily, through the power of technology, many companies, organisations and charities have responded quickly, opening up their services to everyone from the comfort of their own home. Many places of interest, from museums, art galleries, houses, zoos and natural wonders are opening their doors to everyone to enjoy from the comfort of their own home.

Virtual tours are not only a great way to fill a couple of hours, but also make a wide range of locations that would normally be off-limits to disabled people accessible. It's one thing that we really hope stays in place after this pandemic.

A few different TV channels and subscription services are offering free and additional TV shows to help us through self-isolation.

Since Covid-19 came to the UK, established choirs have been moving online to enable their singers to continue to meet, albeit virtually. Not only that, but new choirs are also springing up in all shapes and sizes. Here are a couple of options if you'd like to lift your spirits through the power of singing: Great British Home Chorus with Gareth Malone and the Rock Choir online.

Like audiobooks, listening to a podcast or radio show is a great way to pass the time or add background ambience while completing tasks. And there are lots available for free. While schools, libraries and book stores are closed, a number of online book services are offering eBooks for free during the outbreak. Or you may have a stock of books waiting to be read at home. Alternatively, you could buy some books from online retailers or bookshops that have an online presence.

While we might not be able to physically go to the theatre at the moment, you can still enjoy breath-taking shows from home, some of which would never have been accessible to you before. This includes the National Theatre, Andrew Lloyd Webber Musicals, the Royal Opera House and others. You would need to look at their websites for what is on offer and when.

While we're in lockdown, it's great to be able to have fun with others, even when you're not in the same house. This includes online versions of games, which you can play against someone else, hosting your own virtual house party or taking part in online quizzes. People are also putting up rainbows and teddy bears in their windows for children to spot and help distract them from the current situation.

Or you may have some games at home you can play on your own or with people you live with. Jigsaws have become popular again, crosswords or patience card games! Now patience, we all need a bit of that to help us through. (More useful tips and advice for us all at this time and for many aspects of our lives from www.moneysavingexpert.com)

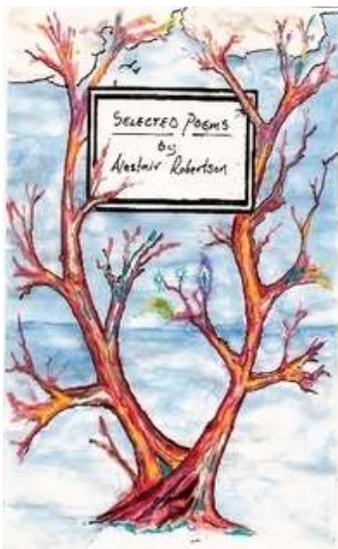


Under The Cosh

Life can be wonderful,
Life can be great,
It can earn you a fortune,
It can earn you a mate,
But take care when you're losing -
"Oh golly! Oh gosh!" -
'Cause your nerves will be trembling
When you're under the cosh!

When all seems to be pleasant
And you find peace of mind,
Watch out for the pitfalls
Of a different kind,
And don't worry about losing
At cricket or squash,
'Cause this won't concern you
When you're under the cosh!

If the path that you're treading
Is steadfast and true,
Just keep right on trucking
For, between me and you,
Life's not too much fun
When you've run out of dosh,
But it's a bloody sight worse
When you're under the cosh!



Poetry by Alastair R

A Novel and two
Poetry Books by
Alastair are available
through:-
www.lulu.com

Doris The Loris

Doris the Loris
Was sad as can be -
Her home in the forest
She could no longer see!

The men and machines
Had now chopped it right down
And what once was jungle
Was now a small town!

What's worse was that Doris
Right now had a child
And it would be much harder
To live in the wild!

With a meandering gait
And heavy of heart
She left her sweet young one
On the back of a cart!

What more could she do
Than to give him the chance
Of a happier life
And maybe romance!

As the cart disappeared
In the dust of the road,
Doris felt some relief
Though her sadness still showed!

With incredible speed
She now sped through the trees
And lived for a while
With the birds and the bees!

What nobody knows
Is her ultimate fate,
But we must save the planet
Before it's too late.....

...And give some protection
To all of life's forms
And help them survive
Both the fires and the storms!

SCHIZOPHRENIA – LET’S STOP THE STIGMA by Carole Buckingham

I have suffered from schizophrenia since I was 27 and I am now 63 years old and no longer fear the label ‘schizophrenic’. Why? Because I have taken steps to understand my condition in spite of the wall of silence I met with from the medical profession. Ignorance is not bliss and medication is only part of the answer to managing the condition.

It is now well established medically that schizophrenia is a disease related to the structure and function of the human brain and recent research points to genetic factors being involved. How can I describe schizophrenia? Imagine you have awakened from a frightening nightmare. But then relief. It was just a dream. But what if you were not asleep and you are fully conscious and that nightmare is your reality. You hear voices. They taunt you. You fear for yourself and perhaps all humanity. You see things that are not there. You are bombarded with thoughts and you believe you have no privacy of mind. Your senses become more acute and the sound of a car or the babble of voices is intolerable. People misunderstand you. They cannot reach you because they do not understand the road that you are travelling. Yes, it is a nightmare but there is no release with the morning.

Voices that arise in our dreams are considered natural and normal. If they cross over into our conscious world they are viewed with fear and the person labelled ‘deranged’. Surely, it is more constructive and progressive for the medical profession and patients to work sympathetically with these transmissions in co-operative partnership. But first the medical profession need to gain our confidence if we are to confide in them. I am not a doctor but common sense and fairness tells me this is the way ahead. Often there is no investigation of the contents of psychosis for fear of giving credence to delusions or provoking another attack. I think analysis would lead to the finding of common grounds between patients. There is often a strange logic to hallucinations. A schizophrenic’s behaviour is more intelligible than what most of the medical establishment suppose. Unless you can confront your unconscious world you cannot understand the true nature of your condition and the drugs you are prescribed will only suppress your symptoms. There is a need to make sense of the experience. How else can you find healing? But doctors are disinclined to chat with patients and prefer to remain aloof much to the disillusion of the patient.

I try to analyse the surreal world of my psychoses and I hope with discernment and this has given me a greater awareness of myself and the world in which we live. I may in many respects be a slave to my condition but it is my attitude towards my illness that has changed. This has enabled me to grow and move forward. I am better able to manage my symptoms and lead a productive life. I find I need time and space to myself but try to balance that by social activity so I don’t get too introverted. I try to dispel some of the stigma surrounding schizophrenia by being open about it.

Actually schizophrenia did not drive me insane: it drove me to delve deeper into my mind. The multitudes of thoughts that bombard my mind during an attack go from the very personal to my fear for all humanity. In many ways my illness has given me a philosophical insight into life which I otherwise would not have made.

(continued)



Happiness comes from within and my change in perception has led me to a greater freedom of mind and imagination. My religious beliefs would be seen as heretical but they come from my experience. There was much in me that had to be shed and there has emerged a more enlightened person.

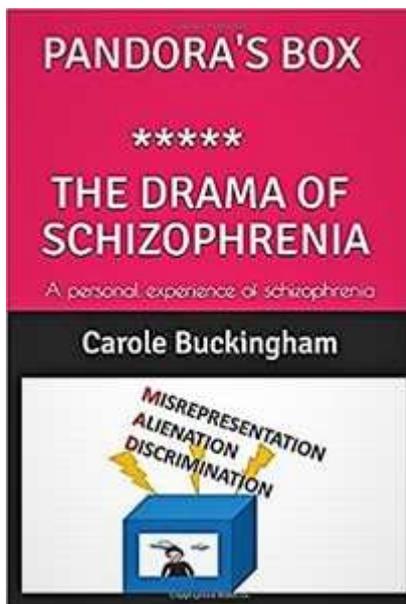
Schizophrenia is both a biological and a social disease. There is the illness itself and the way we as a society view it. The stigma of mental illness left me with feelings of guilt and shame that took me years to overcome. It is only once you are free from the pressure of what others and society think that you can be more relaxed with yourself.

Schizophrenia destroys your ego: you have to find it again in order to get well.

There is no cure for schizophrenia. It is a way of life. A gradual process of recovery and rehabilitation often marked by setbacks. Recovery is not getting rid of the symptoms but being able to face what has happened to you. With appropriate care and treatment we can live meaningful and stable lives in the community. We are not all unpredictable and dangerous.

There are many minds in torment in our society, many of whom are treated as outsiders or at worst criminals. It is inexcusable that people who are mentally ill should be in jail or living on the street. It is indefensible that people who are mentally ill should be treated less sympathetically than those with a physical illness. Accidents can happen to the mind as well as the body. There is indeed a great need for education in all matters relating to mental health and doctors need to be trained to give sufferers insight into their condition.

Mental illness does not discriminate. It strikes across the divides of race, age, class and sexuality. Nowadays most people have been touched by mental illness. If they have not suffered themselves, they at least know someone who has. Society must learn to be more sympathetic.



(Carole's book is available from Amazon www.amazon.co.uk)

Clic

Clic is a new online support community that anyone in the UK can access 24/7 for free mental health support. It includes an online forum where you can chat about how you're feeling and connect with others, as well as accessing mental health information tools, tips and resources. To ensure everyone's safety and security the site is moderated 24 hours a day.

<https://clic-uk.org/>



Seven tips for staying happy and healthy during a lockdown

In Radio 4's podcast GrownUpLand, they have been speaking to special guest Dr Beth Healey who spent nine months in Antarctica at the Concordia Station (otherwise known as "White Mars") with the European Space Agency, researching the effects of physical and psychological isolation on crew members. Here are her top tips for staying happy and healthy in isolation.

- 1. Take it one day at a time:** None of us know how long lockdown will last, and it can be daunting to consider that it may be months. "It's really useful to break it down," says Beth. Rather than thinking about the period as a whole, stretching ahead, try to think about each day or each week as it comes.
- 2. Set some goals:** Within that, it's important to create some "tick features" – some goals to work towards – says the isolation expert. "And try and have a bit of variety as well," she says. Make your aims wide-ranging and eclectic.
- 3. Have things in the diary to look forward to:** Beth's Antarctic research showed that a lot of people found the third quarter of the mission the most challenging.

When we find our social calendar wiped clean, we need to create our own highlights in the road ahead. "At the beginning it's a lot like New Year's resolutions," she says. "Everyone's super motivated, setting themselves all of these goals that they want to do and taking up new things like yoga. But as time goes on it can get really challenging to maintain that level of motivation."

- 4. Seek out a private space:** "Another important thing is to think about who you're isolating with," says the scientist.

Not having privacy can be really claustrophobic. "One of the biggest challenges in Antarctica wasn't being lonely, it was actually living and working together in close proximity, and that's one of the big challenges that you might also have during this isolation period."

- 5. Be aware that stress affects everyone differently:** Finding it hard being cooped up with a certain flatmate or family member? The doctor has some words of wisdom. "It's also really important to think about how different people react when they're under stress and under pressure. Some people can become really loud and angry and aggressive, whereas other people might retreat into themselves," she says. So, stay aware and keep those arguments to a minimum!

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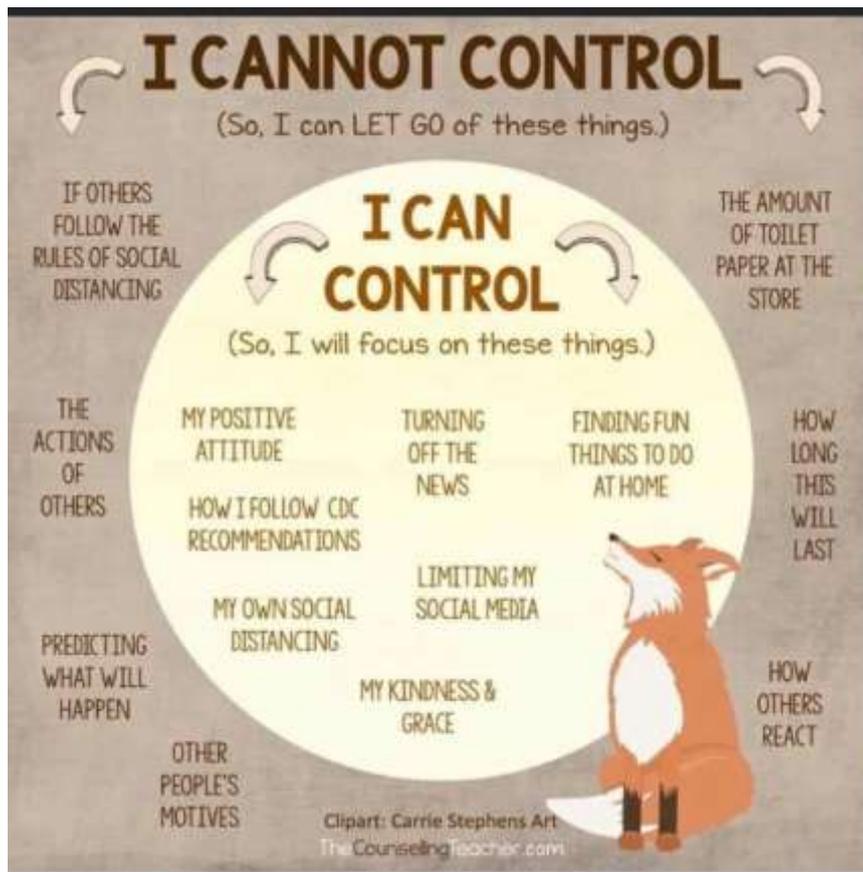


6. Keep to a routine: “Try to keep to a routine as well,” says Beth. “I think this can be really useful.” We can’t change our situation, but we can try and control the controllable. Try to keep a routine. It takes about ten days for something to become normal, says the doctor, but a routine can really help to normalise things a lot more quickly.

7. Step back and re-evaluate: One thing we all have a lot more of is time, and with it comes opportunities. “One of the key things that I found from my overwinter in Antarctica was I found it really positive to have a bit of time to step back and re-evaluate what it was that I was doing with my life,” says Beth. “Getting out of that normal routine can also be a positive thing.”

Considering a career change, house move or a new hobby? Now’s the time to give it some proper thought.

(www.bbc.co.uk/programmes/articles/seven-tips-for-staying-happy-and-healthy-during-a-lockdown)





“ Look how much you've already managed to adapt to. Look how resilient you've already been. There's no "right" way to respond to this because it's never, ever happened before. Give yourself some credit. ☆ There's no one in the whole world who has this figured out yet. So it's absolutely okay if you don't either ♥

mellow doodles ”

pillow workout

repeat 5 times | 10 to 2 minute rest between sets
<http://weighteasylloss.com>

20 pillow presses 10 pillow squats 10 pillow high knees

20 pillow strikes 20 pillow lunges

<http://weighteasylloss.com> choices

Spine



Hips



& legs



Shoulders



Feeling inactive?
 Maybe try some of these exercises! A Pillow Workout or Chair Yoga!
 Be careful though. Don't over stretch or over exert yourself. Do them gently. It is more about keeping yourself a bit active but not pulling a muscle!!





Henry Smith House A Supportive Space in Watford



Enabling people with mental health problems to transform their lives, achieve greater wellbeing and build supportive connections in their community is intrinsic to all that we do.

The support of the #GuidepostsCommunity makes it possible.

Established 26 years ago, Guideposts Henry Smith House is a supportive space that enables people with mental health problems to achieve greater wellbeing by helping them gain skills, confidence and opportunities. **Henry Smith House** is located in Watford, Hertfordshire and works with over 250 people each year through a combination of group activities and one-to-one support. **Lee, Mary Lou and Ben explain how Guideposts Henry Smith House has helped change their lives:**

“

“I would recommend Guideposts to people because it builds up their confidence, helps them make new friends and have the time of their life really. Guideposts is brilliant, cheerful and astonishing.”

Lee, 2018

“I went to my doctor feeling absolute “beep”. They told me about some groups and then my friend James mentioned Guideposts Henry Smith House and I thought I’d join. It’s such a great place. Everyone is so helpful. I am much happier now”

Mary-Lou, 2018

“I have been coming to Henry Smith House for a while. I made lots of new friends here. It is my new social group really. If I didn’t have guideposts I wouldn’t have anything to go to. Friends I have here are amazing. I am going to the under 30s, go for meals out, or bowling, the cinema. Before I came here I was an introvert, but since coming here I have come out of my shell. The staff, the friends...Guideposts has basically been a lifeline for me. It keeps my mental health stable. If I didn’t have that I would be all over the place. Makes your day!

Changes everything completely...”

Ben, 2018

**You can hear Ben's story
over on our Youtube Channel**

@GuidepostsUK

To use the QR code with an iphone **open your camera over the code (right) / Android users please look at a QR scanning app >>**



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OUR SERVICES 2020

Personal Budgets apply or self-fund.
Referrals are from health or social care staff, or self-refer.

For further details please contact us on 01923 223 554 or email: hsh@guideposts.org.uk

1:1 MENTAL HEALTH SUPPORT Crisis Support Recovery Star

Peer 2 Peer Community Support and Connect Service

- + 1:1 Volunteer support
- + Telephone / Email Volunteer support
- Social Groups:
 - + Borehamwood / Potters Bar
 - + South Oxhey / Watford
 - + Allotment Project
 - + Pool/Bowling Group
 - + Volunteering opportunities

OUTREACH GROUPS

Borehamwood
Garston
Rickmansworth

COURSES AND PROJECTS

- + Anxiety Management Course
- + Asperger's Socialising Course & Group
- + "Art and Start" Course
- + Photography Course
- + Dancing Course

HENRY SMITH HOUSE GROUP ACTIVITIES

- + Art
- + Women's Group
- + Book Club (User Led)
- + Craft
- + Member Reps
- + Current Affairs
- + Film Club (User Led)
- + Gym sessions
- + Happiness Group (User Led)
- + Hearing Voices (User Led)
- + Men's Group
- + Mini Trips (User Led)
- + Monthly Carer's Support
- + Music Appreciation
- + Open Socials (Wed, Fri & Sat)
- + Over 30s
- + Relaxation
- + Seated Exercise Group
- + Under 30s
- + Walking Group
- + Yoga Techniques

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You are the #GuidepostsCommunity

With your continued support, our community will continue to grow



1. Tell a friend about Guideposts and the difference your support makes.

2. Give As You Live – shop online through their search or through Amazon Smile and raise money for Guideposts.

4. Take part in an event, or encourage a family or friend to do so in support of Guideposts.

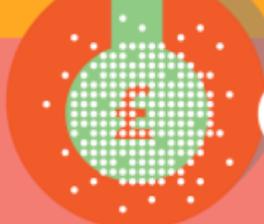
3. Give a gift in celebration, for example, ask for donations to Guideposts in place of presents or create a Facebook Fundraiser.

5. Give as you work through Payroll Giving or a variety of fundraising events – why not 'Dress Down Friday', hold a bake sale, take part in a sponsored walk, hold a charity ball?

6. Sign up to take part in our Unity Lottery and raise 50p per play.

7. Give in memory – celebrate the life of someone special, make a donation to mark a meaningful date.

8. Go online – visit our website, follow us on socials @GuidepostsUK and share what we do, visit our Youtube channel and hear stories from the people you help support, or donate goods to us to sell on our eBay store.

**Guideposts**
Here for You

We couldn't do it without you.
THANK YOU