

V *Hafal Swansea Newsletter* oices of positive people

Say goodbye to the winter blues

Winter time can be a difficult for some people, but this edition of the newsletter is there to help people get in the spirit of Spring and Summer. I hope you enjoy reading it and find some happiness from it.

Happy Reading



A Students Perspective

By Kaura Leigh Stevens

My name is Kaura and I am a Health and Social care student from Gower College Swansea, and I have recently been on placement in Hafal Swansea. I really enjoyed the two weeks that I spent at Hafal, the staff and service users all made me feel very welcome! I was apprehensive about going to Hafal at first because I knew that it catered for people with severe mental illnesses, so I did not know what to expect. I think that I felt like that because of the of the negative stigma which can all so often be linked under the label of mental health, however the most important thing that I



Kaura Leigh Stevens

learned whilst on placement is that people with mental illnesses are all unique, and deserve to be treated as individuals, always offering them equality and respect. Being on placement has been beneficial to me in many ways; I have gained knowledge and understanding concerning

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Any news

If you have any news, poems, stories or pictures that you would like to share with us, then send your info into the project.

Film Club

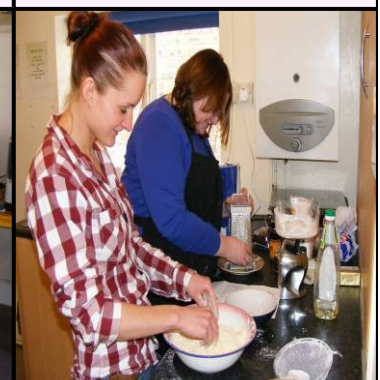
Every Wednesday at Hafal Come and Join in and watch a movie with a choice of over 50 movies and popcorn



Creative Projects and IT Support



Cooking



Members Page

As it has come to the New Year we have decided it would be good to see how Hafal has helped people over the past year, we asked the members and service users, "How has Hafal helped you?" and the following comments were the responses received.

"Coming to Hafal gets me out and about so I can meet new people and talk to other carers."
(Caroline - Carer)

"Hafal helped with my addiction to drugs and alcohol. I've made new friends and coming to Hafal gives me a chance to have fun and learn new things." (Dennis)

"I get Support with forms when I don't understand them" (Phil)

"The staff at Hafal talk some sense into me and have persuaded me to help myself with my illness"
(Kyle)

"Staff and members at Hafal helped me to cope with the loss of my husband Richard, having friends nearby was a great support."
(Angela)

"Hafal has made me more sociable"
(Dave)

Hafal has helped me in many ways. It has given me a place to go to help me move forward in this life. That staff are very helpful and it is a pleasure to meet other clients with a similar situation to me. Every time I come to Hafal there is always a happy face there to greet me" (Peter B.)

"I get advice from Hafal, the staff care, are sensitive and they help me a lot."
(Vance)

"Hafal is a place I can go to where I feel free to be myself without being judged or criticised"
(Sarah)

"Hafal gives me somewhere to go in the day-time so I'm not bored in the house all the time. It helps me stay out of trouble"
(Peter J.)

Members' Forum Partnership meeting

The Members Forum is a partnership meeting between users, carers, volunteers and staff. The meeting looks at all aspects of the running of the project so it is the very place to get involved and have your say. The meetings are on the 2nd Tuesday of every month at 12:30pm at the project.

volunteering

Are you interested becoming a volunteer?

Contact the project for more information

Health & Wellbeing.

Healthy Takeaways

Pizza

Always choose a pizza with a thin base. Deep pan is packed with fat. Go for vegetable, chicken or fish (eg tuna) toppings as these are less fatty, and avoid pepperoni and extra cheese.

Worst choice: large deep pan, crust stuffed with cheese, triple cheese with pepperoni.

Best choice: small/medium pizza with a thin base and vegetable/lean meat topping.

Fish & Chips

We all love a trip to the chippy. But too many could give you a substantial gut before you know it. Remember the thicker the chips the better, as they absorb less fat.

Worst choice: thin chips, cheese and onion pie, steak and kidney pie, jumbo sausage.

Best choice: cod, haddock or plaice (peel off the batter), mushy peas. Smaller portions of thicker cut chips and without salt (or add it yourself!).

Kebab & Burgers

A doner is basically cheap meat blasted off a stripped carcass and glued together with loads of fat. That might be enough to put you off for life. If you're having a kebab or burger you can still have a healthier option.

Worst choice: large doner with no salad, burgers with cheese and mayo.

Best choice: chicken shish with pitta bread and salad, grilled burgers made from lean fish or meat and without cheese and mayo.

Chinese

Avoid anything that's battered or 'crispy' as that means it's deep fried. Steamed dishes are the best option, but stir-fries are fine. Watch out for starters such as prawn crackers and spring rolls because these are generally deep fried.

Worst choice: sweet and sour battered pork balls with special or egg fried rice, prawn toast and

spring rolls.

Best choice: crab and corn soup, beef in oyster sauce or chicken in black bean sauce, steamed vegetables and plain boiled rice.

Indian

Avoid anything that's creamy or deep fried. The best options are vegetable curry, tandoori chicken, chicken or prawn madras or bhuna. Have them with boiled rice, dhal or chapattis. If you do have a balti, spoon off the excess oil.

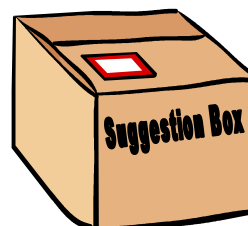
Worst choice: any korma or masala with fried rice, bhajis, pakoras and poppadoms.

Best choice: chicken madras, tandoori or bhuna with boiled rice and dhal.



You don't have to give up takeaways completely, as long as you make the right menu choices and don't have them too often.

**The Hafal Swansea Carers' Group
meet on 3rd Monday of the month at
the project**



If you want to drop your ideas or suggestions into the box at the project they will be discussed at the next members meeting. You do not have to put your name on your suggestions.

Source: <http://www.nhs.uk/Livewell/men1839/Pages/Dodgytakeaways.asp>

At Hafal we have several resources available including books on the benefits of healthy eating. These include *Food & Mood* - Elizabeth Somer, M.A, R.D. and *Mental Illness, The Nutrition Connection* - Dr Carl Pfeiffer.

Health & Wellbeing.

Advice Support and Guidance at Hafal - with Your Recovery Plan

0202 954 300



Exploring Options

Personal Care and Physical Well-being

Healthy eating assessment

- Find out if your diet is healthy

5 a Day meal planner

- Recipes to make healthy eating simple

Supermarket health checker

- Make your weekly shopping healthier

Are you a healthy weight?

- Check your BMI and get tailored advice

<http://www.nhs.uk/Tools/Pages/HealthyEating.aspx>

Timetable of Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cooking 11am - 1pm Arts and Crafts 11-1pm	Ty Arian Solicitors 2.00 - 5.00	One to One Support 9-12 Group Work 12-1pm	Rambling 10.30 - 3pm	Interactive Informal Group Workshop 9-11.30	Cooking 12pm - 2pm
Walking Group 1pm - 4pm	Gym 2.30-4.00 pm Cost £2.50 (Contact Hafal for Details)	Newsletter Meeting 11-130 Cycling 1.30 - 4pm	Healthy Eating 12-1.30pm One to One Support 1.30-5pm	IT Support 10.30-12.30	One to One Support & Group Work` 2-3.45 pm
3rd Monday of the month Carers Support Group 2pm	2nd Tuesday of the month Members Forum 2.30 - 5pm	Film Club 1.30-4.30	3rd Thursday of the month Social Trip 10.30 - 4pm	Photography 1pm - 3.30pm	3rd Saturday of the Month Member lead Social Event

The table above shows some of the activities running the project at the time of print.

The activities are liable to change and I would therefore suggest that you contact staff to find out what is taking place at the project to avoid disappointment. Please note that one to one support is by appointment only unless the matter is urgent and a member of staff is available.

Health & Wellbeing.

8 Tips for Healthy Eating

Base your meals on starchy foods.

Starchy foods include potatoes, cereals, pasta, rice and bread. Choose wholegrain varieties when you can because they contain more fibre, and can make you feel full for longer. Starchy foods should make up around one third of the foods you eat..

Eat more fish.

Fish is a good source of protein and contains many vitamins and minerals. Aim for at least two portions a week, including at least one portion of oily fish. Oily fish is high in omega-3 fats, which may help prevent heart disease. Oily fish include salmon, herring, fresh tuna, mackerel, sardines and pilchards.

Drink enough water.

Try to drink about six to eight glasses of water, or other fluids, a day to prevent dehydration. When the weather is warm or when we get active, we may need more. But avoid soft and fizzy drinks that are high in added sugars.

Don't skip breakfast.

Some people skip breakfast because they think it will help them lose weight. In fact, research shows that eating breakfast can help people control their weight. A healthy breakfast is an important part of a balanced diet, and provides some of the vitamins and minerals we need for good health. Wholemeal cereal, with fruit sliced over the top is a tasty and nutritious breakfast.

Eat less salt.

Even if you don't add salt to your food, you may still be eating too much. About three-quarters of the salt we eat is already in the food we buy, such as breakfast cereals, soups, breads and sauces. Eating too much salt can raise your blood pressure, and people with high blood pressure are more likely to develop heart disease or have a stroke. Use food labels to help you cut down. More than 1.5g of salt per 100g means the food is high in salt. Adults should eat no more than 6g of salt a day.

Eat lots of fruit and veg.

It's recommended that we eat at least five portions of different types of fruit and veg a day. It's easier than it sounds. A glass of 100% unsweetened fruit juice can count as one portion, and vegetables cooked into dishes also count. Why not chop a banana over your breakfast cereal, or swap your usual mid-morning snack for some dried fruit?

Cut down on saturated fat.

Too much saturated fat can increase the amount of cholesterol in the blood, which increases your risk of developing heart disease. Saturated fat is found in many foods such as cakes, pies, biscuits, sausages, cream, butter, lard and hard cheese. Most of us eat too much saturated fat. Try to cut down, and choose foods that contain unsaturated fat such as vegetable oils, oily fish and avocados.

Cut down on sugar.

Sugary foods and drinks are often high in calories, and could contribute to weight gain. They can also cause tooth decay, especially if eaten between meals. Cut down on fizzy drinks, cakes, biscuits and pastries, which contain added sugars. This is the kind of sugar we should try to cut down on, rather than sugars that are found naturally in foods such as fruit and milk. Check food labels to see how much sugar foods contain. More than 15g of sugar per 100g means the food is high in sugar.

Spring Time Fun

Spot the difference



A Students Perspective

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many aspects of mental health, identifying and highlighting many issues and troubles that are linked to certain illnesses within mental health; such as Schizophrenia.

My invaluable experience gained through the opportunity to volunteer at Hafal has most definitely changed me. I have changed as an individual; changing my views, which has helped me to become more open minded; which I consider to be of great importance in the Health and Social Care setting. I have also learned how to interact with the service users properly, for example using open questions such as, "What did you do yesterday?", as the service users can not say, "yes" or "no", which gives them the opportunity to talk and build their confidence- which is essential, and one of the projects mains goals.

The work that Hafal does for it's Service Users is incredible, which can only have a positive impact on service users. Throughout my time here, I've lost count how may individuals have told me that without day services such as Hafal that they would still be ill. All the service users and Steve and Emily have all educated and helped me in various different ways, and without them my experience would not have been possible, they have provided me with knowledge which

I will carry throughout life and knowledge and experience that will help me with my career path, so I just want to say a big thank-you to you all for giving me the opportunity to do this!

Opportunities for Student Placements

Social Work

Undergraduates and
Health & Social Care

Gaining valuable work experience can be vital towards achieving a career within a care profession.

Summer campaign, Thursday
29th September, contact the
project for further details.

Hafal Swansea

is open at the following times

Mon 9:00 am to 5:00pm

Tue - Wed 9:00am to 7:30pm

Thu - Fri 9:00am to 5:00pm

Sat 10:00am to 3:45pm

Member Lead Social Events Group

For more details please
contact Events

Organizer Eric Ware on:
Swansea 466990



Poetry

Its only the beginning now
 ... a pathway yet unknown
 At times the sound of other steps
 ...sometimes we walk alone

The best beginnings of our lives
 May sometimes end in sorrow
 But even the darkest days
 The sun will shine tomorrow.

So we must do our very best whatever life may
 bring and look beyond the winter chill to smell
 the breath of spring.

Into each life will always come
 A time to start a new

A new beginning for each heart as fresh as morn-
 ing dew. Although the cares of life are great our
 hands are bowed so low the storms of life will
 leave behind a rainbow.

The years will never take away our chance to
 start anew

Its only the beginning now so dreams can still
 come true

by Gertrude B. McClain

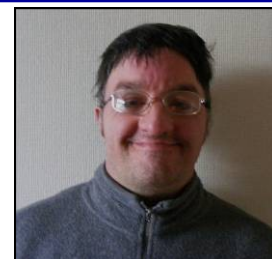
Accessed: <http://www.lifeisapoem314.blogspot.com/>

Hobbies and Interests

Vance's Collections.

What do you collect?

"I collect lots of things: Cups, Mugs, WWII fighter planes, Tanks, James Bond cars, Doctor Who memorabilia , Star Wars space craft, DVDs annuals and paper back books. My house is full of things I collect."



Why do you collect things?

"Because in years to come my collections could be worth a lot of money I like to admire the collec- tions and I feel proud of what I've got together over the years, collecting things keeps me out of trouble."

What is your favourite collection?

"My DVDs of course. It's a collection that keeps on growing.

How many DVDs do you own?

"Between 4 and 5 thousand."

What would you say to encourage people to start a collection?

"Start where you want to start, find something you like and in time your collection will really grow."

Hafal Swansea contact details:

Hafal Swansea

33 - 34 Mansel Street, Swansea. SA1 1EB

Tel: 01792 466990, E-mail: swansea@hafal.org

Joke Time

What did the talking
 hat say to the scarf?
 "You can hang around.
 I'll just go on ahead."

How do you make a
 group of lawyers to
 smile for a photo?
 Just say, "Fees."

How come oysters never do-
 nate to charity?
 Because they are shellfish

What do you call a
 fish with no eyes?
 A fsh

PATIENT: Doc I keep on
 forgetting things.
 DOCTOR: Since when did you
 have these problems?
 PATIENT: What problems?

Swansea's Library, information & resource service

Taking back control of your life!



Overcoming Social Anxiety & Shyness G Butler. Also, available from our library with added support if required 😊

This self help manual explains why anxiety occurs and sets out practical methods for resolving it. Everyone sometimes feels foolish, embarrassed, judged or criticized, but these feelings become a problem when they undermine our confidence and prevent us from doing what we want to do. This easy to use guide, highlighting real life examples, is an ideal manual for those who suffer from all degrees

Overcoming Social Anxiety

Strategy 1 Changing thinking patterns

This part comes first because it explains how to think again about the dangers and risks involved in social situations.

Strategy 2 Changing behaviours

This part explains what to do to challenge the assumption that you need to keep yourself free from the embarrassments and humiliations that you fear.

Strategy 3 Reducing self-consciousness

This helps you to forget yourself, so that you can behave more naturally and spontaneously when with other people.

Strategy 4 Building up confidence

This is a way of putting the changes that you have made onto a sure foundation.

Source: Gillian Butler. (2006). *Overcoming Social Anxiety*. Oxford. Page 11.

Video



Psychiatrist Lynne Drummond talks about the symptoms of anxiety disorder and the types of treatment that are known to be effective in reducing feelings of anxiety.

Available from:
www.nhs.uk/Conditions/Anxiety/Pages/Introduction.aspx

Self management and self help resources

Courses in Swansea

- Stress Control
- Confidence Building Workshops
- Meditation
- People Skills
- Interview Skills
- Hearing Voices Support Group
- Self awareness

Websites

- livinglifetothefull.co.uk
- www.mentalhelp.net
- NHS your health, your choices live well

Stress control is designed to:

- Understand the causes behind stress, anxiety and worry
- Learn about vicious circles in these areas and how to break them
- Learn techniques to tackle stressful thoughts and stressful feelings
- Practice stress reducing techniques in your life
- Learn how to tackle other problems that often accompany stress, such as low mood, panic attacks and poor sleep
- Meet other people with similar experiences

New Day Sessions for Women Every Thursday

Session at Hafal contact branch for details . Designed to assist women in confidence and self esteem building, developing skills and accessing training and education. Such as CV, Basic Skills, IT, individual action plans , in addition to Job Search Support

If you require more information, support, advice or guidance in any of these areas contact your local project

Membership

If you would like to become a member of Hafal and support the work of the charity and at the same time keep up to date with the latest developments in mental health, then contact your local project 01792 466990