



Members of



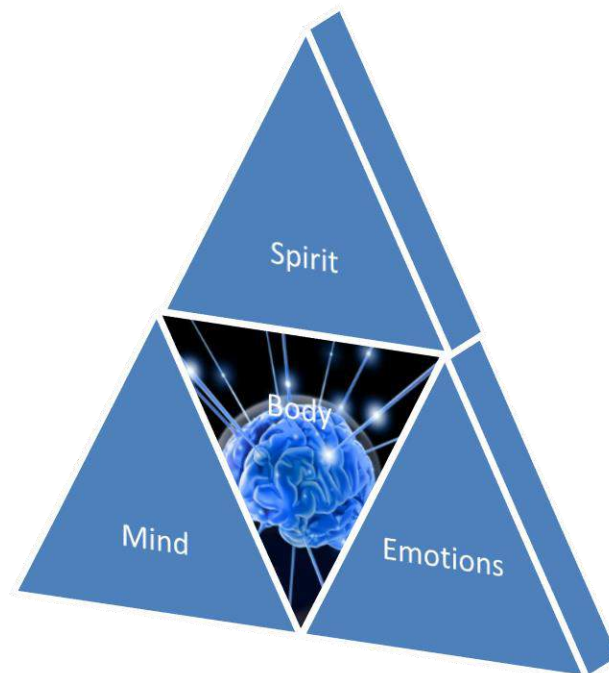
One in Four

Holistic Mental Health and Well Being

Summer 2016: Edition 6

£2.50

Focus on Addictions



"We are addicted to our thoughts. We cannot change anything if we cannot change our thinking"

Santosh Kalwar, Quote Me Everyday

Editor's Letter

Members have again excelled themselves with articles about their addictions and how they relate to Mental Health. These range from alcohol, drugs, exercise, coffee, smoking, computer use, and food. Not all addictions are negative as highlighted in JackH's article on exercise.



Peas growing in the Allotment

I would like to thank Kaleidoscope for writing an article about the organisation and the role they play in addictions. They are referred to in some of the enclosed articles.

Brecon Outdoor Group (BOG) now has its own web site which is www.breconoutdoorgroup.com It has a comprehensive programme of events - Everyone is welcome to join in the fun!

As always the Hay Festival (see "Festival Fever" pages 19 to 21) had a diverse range of presentations. I heard three talks: One talk targeted Mental Health and the successful development of outdoor activities in North Wales over the past ten years. BOG in BOG in comparison is only one year old and we hope to keep in contact with "Wales Outdoor Industry" as we also develop. Ruby Wax gave a humorous self- interview about stress and mindfulness which was also very informative.

The last talk I saw was a scientific presentation about Bipolar Disorder from Worcester University. The Scientists reviewed the large sample size of clients they have to assess people with Bipolar Disorder. They did highlight that they were involved with "Eastenders" story line on Bipolar Disorder that was of a religious nature, however they did not discuss their view on spirituality when prompted in question time.

Initially, "One in Four" was produced by and for "Members" of Brecon and District Mind, however it is now distributed to hospitals, doctor's surgeries, local libraries and other organisations. The booklet is still mainly produced by Brecon and District Mind "Members" but our focus has now changed to encompass these professional bodies. I would be interested in members views on "One in Four" and the future direction it might take and we shall be arranging a meeting to discuss this shortly. Please contact me on ppandyhall@yhahoo.com with your views. **Andy H. - Editor**

DISCLAIMER: Please note that the views and opinions expressed in this booklet do not necessarily reflect the opinion of every member of Mind and whilst freedom of expression is encouraged it is suggested that each person takes responsibility for their own research and information gathering.

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Lizzie's Story about Her Alcohol Addiction

Hi my name is Lizzie and this is my journey through my alcoholic years. It was at times very lonely but I have still done some crazy things like take over a café which was my husband's idea – well ex now) it was good at first but to put a long story short it ended in disaster with me owing a lot of money and in the middle of all this my father died; I was devastated and also I had a fifteen year old daughter “Holly” stuck in the middle of all this crazy mess - I ended up going bankrupt.

My drinking was getting worse than ever I went in and out of hospital for five months not drinking then back on the drink; this went on and on in and out of hospital again then when I came out it was a Monday /Tuesday morning. I was leaving my daughter sitting on the kitchen table crying but I had to get out. By this time she was 24 and had a supporting boyfriend whom she is still with. My relationship with my husband was finished as I had no support from him and he became more abusive.

I came to Brecon with my bin liner full of clothes and also a holder and went to [Kaleidoscope](#) and with help managed to get a place in the refuge in Brecon. I was there for about 9 months then managed to get a flat in Brecon,; the drinking started again and the last visit to hospital which was a year ago now I turned a funny colour yellow which was jaundice all I needed was a blue wig and I would or looked like Marg Simpson! Joking aside I was told by the doctor I had only one year to live. I didn't tell anyone I just let it sink in but the worst thing was when my daughter dropped me home from hospital. She turned and looked at me and said “last chance mum I can't do this anymore”. I couldn't stand the thought of losing my daughter I love her so much and of course I didn't want to die I have too much to lose. So now I have a new journey ahead of me and I look forward to having grandchildren someday.

So you see if I don't have sobriety I have nothing.

"But I'm not a saint yet. I'm an alcoholic. I'm a drug addict. I'm homosexual. I'm a genius"
Truman Capote, Music for Chameleons

"If you are an approval addict, your behaviour is as easy to control as that of any other junkie. All a manipulator need do is a simple two-step process: give you what you crave, and then threaten to take it away. Every drug dealer in the world plays this game" **Harriet B. Braiker, Who's Pulling Your Strings? How to Break the Cycle of Manipulation and Regain Control of Your Life**

"Whether you sniff it smoke it eat it or shove it up your ass the result is the same: ADDICTION"
William S. Burroughs

My Journey to Recovery from Drug Addiction

I am writing about the impact of creating art on recovery from heroin addiction, and the invaluable support provided by a number of organisations, including Brecon & District Mind.

I am 50 years young and about 4 - 5 years ago I tried heroin. I had never done any kind of drugs until then and because of circumstances I got hooked on heroin. It is all true what they say about it, it's so addictive you would not believe. I would not want my worst enemy to try it.

My recovery can be described as being on a journey from drug addiction.

It all started about a year ago. I was told by a friend to "go to [Kaleidoscope](#), "they can help you", so I did. When opening the door of Kaleidoscope I did not know what to expect. I was shocked, it was friendly and had a good feel about the place, not what I thought it would be like.

At my first meeting I discussed my addiction and how best to deal with it. After that I had an appointment to see a doctor. We had a chat and I was told how much methadone to take. I started with 50mg which took away any kind of cravings for heroin, gear, brown, smack, whatever you want to call it.

Then I went back to Kaleidoscope to arrange courses and other things that I was interested in. At the first meeting there were about nine people all with different addictions. A few people I knew, which was good. It did not make me feel as nervous as I may have been. The course had a varied amount of topics. By the end of the course I felt good and more to the point looked good (LOL). And life was starting to look good too.

While on this journey to recovery, I was living in sheltered accommodation through [Gwalia](#). They have helped me with items for the flat, trips away for the day and just a chat. I was told about a place in town that would be good for me. So I went, it is called Mind, and that is where I met two painting artists. They got me painting and now I have won competitions and other things with my art work. I do watercolours mainly, I like working with this medium.

So it is thanks to everyone from Gwalia and Kaleidoscope for getting me involved with these activities. Otherwise I would never have known that I had a raw talent for painting, which was a shock to me because I could not even draw before let alone paint. So, just goes to prove that it is worth going to activities and things with Kaleidoscope, Gwalia and Mind.

Even though I was taking my medication there were a few times that I was tempted to have a smoke as they say. Then I think back to how it was when I was on heroin. The sleepless nights, the stomach cramps, sweating and feeling like shit. So you could say that sometimes I do struggle with my addiction. Sobriety can seem like an impossible goal. But with the treatment and support given me and by addressing the root cause of my addiction although the road to recovery often involves bumps, set backs - but by examining the problem and thinking about change I was already on my way. Drug addiction affects your whole life, relationships, health, work and psychological wellbeing. I had to learn how to handle stressful situations.

Another thing I thought about was the cost and how I looked when I was taking the drug. And believe me I could not believe what I looked like and when people found out I was on drugs, they would not talk to me or give me the time of day. That felt bad.

The other good thing about my recovery is that I was taking a small amount of gear. Because the longer and more intense the heroin use, the longer and more intense the treatment. But

regardless of the length in weeks, months or even years, the follow up care is crucial to the recovery. Another thing I did was not to bother with anybody who was on drugs. I stayed away from some of the boys I used to smoke with. I do not drink any more. That was down to heroin. It made me sick if I had a drink, so good in a way. I don't even like the smell of beer at all.

One of the main things that has helped me is my art. I paint every day without fail because I love it. Never knew how painting can bring back and raise so many emotions. So I look at life differently now.

After discovering this talent for drawing and painting I have not stopped. I am always out walking to see what catches my eye to paint. I can't describe the feeling I get when painting but it's a good one, and I get lost in my artwork. I spend a lot of my time at my painting table. Well happy.

Also I would like to say that the staff at Kaleidoscope have been an invaluable asset in my recovery. I was very reluctant to turn to my family for help, because I felt I let them down before, so it can be hard. But remember, there is help out there no matter how you feel – even if you think that the whole world is against you. All you've got to do is believe. Who knows, maybe you will find you have a raw talent. There are some of my mates that are helping me get back to some kind of life. Some of them know what it's like to be where I've been, so that can be a great help.

Back to my journey to recovery, like I said before, I was with Gwalia who helped me get off the streets. You would not believe the help and commitment these people have doing their job. They helped me no end. That is why I have got where I am today. Because of the staff there and other bodies that have helped me.

Without Mind and the staff there, I would never have been able to get where I am today. The staff at Ty Croeso (Brecon & District Mind) are brilliant and friendly. You just feel welcome, safe and at home there. Everybody is great. So thanks to the staff at Mind.

My recovery journey to now over. The transformation from me being a smack head to now an Artist I owe a lot of it to Kaleidoscope for getting me where I am today with the art and recovery. And also the staff of Gwalia who helped get me off the streets.

Once again thank you all for helping me, on my journey to recovery from drug addiction. I hope your recovery journey is as eventful as mine. All of you will never know how much you have done for me.

Anon

"Every form of addiction is bad. No matter whether the narcotic be alcohol, morphine or idealism"

C.G.Jung

"We are addicted to our thoughts. We cannot change anything if we cannot change our thinking"

Santosh Kalwar, Quote Me Everyday

Social Networking Sites – An Addiction or Not?



Addiction Definition: *"a reliance on a substance or behaviour that the individual has little power to resist"*

Is it time to raise questions about a perfectly acceptable modern day form of communication? Am I about to raise uncomfortable perspectives that many would prefer not to consider?

In the days when we would put pen to paper the very fact of this action caused a presence of mind to dominate. We approached the act of communication with deliberation and focus that pressing the send button does not require. In these days of instant communication there are not many of us who can say with hand on heart *"I have never sent an e-mail that I regretted."* I am the first to admit I am guilty of such thoughtless behaviour resulting in alienating those with whom I had previously shared a good relationship.

Whilst e-mail communication differs from Social Networking the principles still apply. If we have not developed a strong sense of identity and are subject to low self-esteem or depression, reading about the successes, pleasures, friendships and happiness of others on social media, can compound our problems. Equally, communicating our problems to others may bring understanding and compassion and help us see a different perspective that begins a healing process. Nevertheless, when we cannot see and "feel" the energy of the person to whom we are communicating there is a tendency to merely project our own mind-set with complete disregard of another's state of being.

It is unfortunate that in this fast paced world of instant communication the superficial aspect of the human personality is often projected onto the perceived reader. Sometimes, caring too much or not enough about how we may be "read" by others may lead to dishonest or **too** brutally honest, hurtful communication. On the other hand unresolved personal history may drive or influence our communication skills.

Hours of research into addictions and behaviours resulted in a monumental amount of information on the brain disease theory, together with a swathe of personality traits evidence which confused and within these multi-faceted perspectives there clearly is ***no one answer fits all*** paradigm. We are after all unique individuals all with our own unique story. The question to ask ourselves is "***how comfortable would I be in my own skin if I abstain from Social Media Networking or unnecessary texting for one month?***" Like Food Fasting, when the body may cleanse and heal, then abstinence from our possible "*addiction*" to social media may prove life enhancing after some tolerable discomfort leading to clearer insights. AvrilM

Jack's Positive Addiction

"Running is something which really helps to release feelings of anxiety and depression in me. It gives me a focus as simple as it may be to put one foot in front of the other. It started with just running for a short time of up to 20-30 mins and naturally progressed over time.

My first event as an adult was a 10k in 2012 which I ran in 49 mins. From this I discovered that I wasn't a bad runner and had quite a good engine. This momentum inspired me to enter a few more 10ks before I decided to step it up on a pretty big scale!

The Christmas period of 2012 I became very low and anxious and was really struggling to get through. I was staring at my computer screen with feelings of hopelessness until I started looking at running events. Somehow I came across one might say a rather long jog called the Barcelona marathon! I took the plunge, got my debit card out and registered for the Barcelona marathon 2013. How, why, when, were all questions going through my mind but I blocked them out as much as possible. I had 3 months to get myself in shape. Regular runners would not suggest this but I was determined.

I completed the Barcelona Marathon on March 16th 2013 in 4 hours and haven't really looked back since. Since then I've completed 5 half marathons and recently another marathon.

My next challenge is a 50 mile route over the Brecon Beacons on June 4th.

The positives of this addiction are: releasing endorphins, increased fitness, I can eat more, social, supportive communities.

If this isn't a positive addiction then I don't know what is 😊."

JackH

Food has replaced sex in my life, now I can't even get into my own pants. Lynda Montgomery

My Addictions

Addictions can be a difficult and personal thing to discuss. I have struggled with many addictions in my life, some minor and some serious.

I suppose that, as someone once wisely said, even something as pure as water can become an addiction if taken to extremes.

My addiction, such as they are, has been running, internet addictions and mysticism. When my chronic pain started to develop when I was eighteen years old I would try to stamp out the pain by going for regular runs which I took to the extreme. I was running many miles every day, one day running over twenty miles, constantly on a treadmill trying to attain that endorphin rush that would wash away the pain for a short while.

Mysticism is another thing which I have had something of an obsession for throughout my life. I would pour over occult symbols and religious texts, partly in the hope that it would cure me of my physical pain. Whilst there is nothing wrong with such a fascination as such my attempt to flee from pain through spirituality eventually left me losing my grip on reality.

Finally the internet has been and continues to be a source on inane distraction. With a pain condition it is easy to travel the "path of least resistance" and rather than reading books I find myself lost in the digital world, which is all-too-often an overload of banal information which can fry one's brain and deaden one's spirit.

This is why I'm so glad of Mind's projects such as the tree identification course and the storytelling session, which provide me a sense of grounded wellbeing through connecting with nature and through human contact, rather than wasting away in front of a computer screen. I believe that if I engage myself with such things in the future I can finally close the book on my addictions for good.

Anon

"I admire addicts. In a world where everybody is waiting for some blind, random disaster or some sudden disease, the addict has the comfort of knowing what will most likely wait for him down the road. He's taken some control over his ultimate fate, and his addiction keeps the cause of his death from being a total surprise". **Chuck Palahniuk, Choke**



Food Addictions - Is there such a thing or a need for Emotional Healing?

This graphic image illustrates how in one generation we have swung from a World Wide Focus on the starvation crisis in Ethiopia as demonstrated by Live

Aid and Bob Geldolf's demands to end poverty and death by starvation in 1985, to a World Wide focus on the obesity crisis. It is clear that comfortable living and improved lifestyle choices has not necessarily enhanced our understanding of ourselves and it is this lack of self-knowledge and approaching our health and needs holistically that has led to obesity; quote from WHO (World Health Organisation)

Controlling the global obesity epidemic

The challenge

At the other end of the malnutrition scale, obesity is one of today's most blatantly visible – yet most neglected – public health problems. Paradoxically coexisting with under nutrition, an escalating global epidemic of overweight and obesity – “globesity” – is taking over many parts of the world. If immediate action is not taken, millions will suffer from an array of serious health disorders.

I am attending a nutrition course, not necessary, because there are daily articles in every newspaper on healthy eating and nutrition and the world wide web is awash with such, but merely to understand why despite all the information we still eat more than we need leading to a health crisis? I have a theory; born of my own experience, over eating or an eating addiction, and let's not ignore the other end of the scale, anorexia and bulimia, has more to do with the need for deep inner emotional healing than simply a need for information overload on diets, nutrition and healthy lifestyles. What is the emptiness inside we are trying to fill with food?

During a stressful 7 year period my weight fluctuated between 7 stone and 10 stone, that is extreme by anyone's measure. During this period I was unable to attain and maintain any kind of stability, swinging between highs and lows, which I believe is now known as “Bi-Polar Disorder” until I acknowledged that my inner emotional self was in a chaotic unmanageable state and if I was ever to heal and recover I needed to take stock of my life, addressing my work, relationships and lifestyle. Because I was already a Holistical Practitioner with a plethora of diplomas and other qualifications, it was not lack of “information” that led me down such a dubious path but a lack of acknowledgement that there was an “*inner child*” that was traumatised and needed to be understood and listened to desperately. Whilst the term “*inner child*” is associated with New Age philosophy which is sometimes viewed by mainstream commentators as dubious; it is an apt description of what happens to the **emotions** which are tangible sentient beings with a consciousness of their own, that can, when ignored or abused, become alienated from the **will** of a person and seek its comfort or need for attention through cravings.

It takes a skilled person to negotiate with this “*inner child*” and wisdom with discipline to heal and bring this alienated part of ourselves into full awareness. Can you imagine if everyone who is

currently suffering from obesity decides to do this inner work how the food industry would be aghast? No traumatised people to manipulate, no suppressed emotions to control with food. No need for GM Crops, drop in cancer rates, millions saved in dubious research work, an on ad infinitum. It augurs well to know whether one's eating habits are a result of needing food to maintain a healthy body, satisfy a bored mind, or is something deeper, perversely causing health problems due to unresolved emotional trauma. AvrilM

The Addictions affecting my Mental Health

Since 1992, I have battled with several addictions, all of them being hard ones, and to date I am still battling with some.

I have always battled with my diet and keeping up with exercise. I have also experienced a battle with smoking and wine, and coffee, all of which are depressants, therefore making me more depressed, or more tired and consequently more anxious or depressed. Although, at the time I thought the opposite – that it was making me feel better.

After attending High School, I spent a long time – making sure I didn't put on weight and trying to convince myself I looked ok, and bordering on being paranoid and anxious and depressed if I was overweight.

Before I got admitted to hospital in 2005 for hearing voices, I started smoking. Then whilst in hospital I became a serious smoker and couldn't stop – in other words, by then I was addicted to it.

At the same time, I was eating lots of food and drinking coffee as well, with sugar and milk and my weight had escalated to size 20 in clothes size, which traumatized me in later years.

In 2008 the smoking and coffee drinking began to make the voices worse.

In 2010, I went on holiday to France and I was still hearing voices, and began to drink alcohol. But I looked in the mirror one day and thought I have put on weight so I stopped, and I have never touched a drop since.

Over time until 2013, as I was admitted and discharged from hospital on a regular basis, I couldn't stop smoking and the lowest size I got to clothes wise was size 14.

However despite the year being 2013 – and indicating a very unlucky time, I actually managed to pack in smoking thanks to the doctor putting me on section 3. As I was on section 3 in hospital I couldn't go anywhere to buy tobacco, and I was too unwell to do so, so, consequently, I managed to slowly stop smoking.

At the same time that I packed in smoking, I packed in drinking coffee. Instead of drinking coffee – which I realised was making me nervous and distressed, I started to drink fruit or herbal tea. One of which was Rooibos tea which I began to notice relaxed me and helped me stay calm.

In 2013, I was also prescribed a new epileptic tablet and suddenly began to think clearer. As I had packed in smoking as well I began to suddenly feel better and began losing weight.

The more I lost weight, the more I felt better and people began noticing which helped motivate me to continue with losing weight, try harder and feel better.

So by 2014/2015 I was naturally going through a positive/ progressive cycle instead of the usual viscous cycle which would be drink coffee and smoke , lose sleep, drink and smoke more and so on.

Now, in 2016, not only am I working, and not smoking or drinking coffee, I am a size 10, and I am learning to drive.

Giving up smoking and coffee, was the best achievement EVER, to date. Anon

Addictions to . . .

Chocolate and Sweets

Chocolate and Sweets

Sugary treats

Very nice at a price!

Don't eat them too often

Don't indulge every day

The result will be ever lasting

End product - tooth decay!

PhilP

Drink

I knew a girl called Mandy

Who had an addiction to Brandy

To her it was like taking drugs

She met with people, some thugs

The association produced tension and Stress

She really was in a terrible mess

The drink made her unwell

She felt Vulgar, and Vile

Unable to laugh, Not to smile!

JohnB

Drugs

Rolling then smoking cigarettes

Down the School Lane

Progressing to Cannabis, (WEED)

Then onto Crack Cocaine

As time goes by others wonder why!

There's a Chemical Imbalance in the Brain

So much to lose, nothing to gain

Filtering in and out of Reality

Insanity overpowers normality

PhilP



Kaleidoscope in Powys provides a wide range of support for adults affected by alcohol or other drug problems. We understand that alcohol and other drug problems affect people differently. The support we provide is structured, focused, and aims to help people make positive changes to their situation.

Some people may not want to stop use and may just want advice on how much they are drinking or talk about the drugs they are using. We provide a range of information on safer drinking and on reducing the harm surrounding drug use.

Others may want more support. At Kaleidoscope we can speak to people about improving their motivation to make changes to the way they use alcohol or drugs and decreasing or stopping this use. We also help people to identify their high risk situations and problems that contribute to substance use. We can then look for other ways to deal with those situations. Kaleidoscope offers a variety of structured group sessions. These include a 12 week 'Pathways to Recovery' group programme which is aimed at helping drug and alcohol users with mild to moderate mental health problems such as, depression, anxiety, panic and low self-esteem. We also run a 12 week 'Moving on in my Recovery' group which provides an opportunity for people in alcohol or drug treatment services to build on the changes they have made and to think about moving on from services.

We can also refer you to inpatient detoxification (detox) or rehabilitation (rehab) units depending on suitability. Both of these are safe environments away from your local area to give you the space and safety you may need to help stop substance use.

If you feel you need support you can telephone 01686 207111 or drop into the project at 9 Castle Street, Brecon, LD3 9DD to make a referral.

At Kaleidoscope we take referrals from anybody who feels that they need support to make changes to the way they use alcohol or other drugs. Once a referral form has been completed you will be allocated a keyworker who will contact you to arrange an appointment to complete an assessment which will last approximately one hour. At this appointment your keyworker will ask you questions to gain an understanding of your needs. Your keyworker will then be able to discuss your treatment options and plan with you how to best address these needs.

For further information please feel free to contact us on the above telephone number or call in to see us at the above address.

Contact Information



St Davids House,

**48 Free Street,
Brecon,
Powys.
LD3 7BP**

Tel: 01874 611529

Samaritans crisis call

Tel: 0845 7909090

Community advice and listening line:

Mental Health Help Line:

Tel: 0800 132 737



Brecon

Tel: 01874 622333

Gwalia Housing

Brecon

Tel: 01874 622617



Newport

Tel: 01633 244244

Brecon Outdoor Group (BOG)

BOG is a social group which aims to bring people together to benefit their health, fitness and well-being.

We have a variety of events from [cinema](#), [theatre](#) and [meals](#) to [outings](#) and many [walks](#) of distances from 2 miles (new members) to 7 miles.

For further information call:

Alan 01874 611628 or 07969986154

Rachel 07790594485

BOG Spring Events Report

With Andy moving house and myself working away, much of the March/April programme was rather disrupted. However things slowly improved and new member Dick Walker who joined us on the 5 mile walk at Aberyscir has introduced some new walks for our June-Aug programme as well as suggesting some shorter walks to attract more members.

Some noteworthy events were the visit to Cardiff's National Museum where a Rembrandt painting of a lady in a black dress was thought to be worth £35 million. We managed a team of 5 for the Clarence pub quiz but we did finish bottom. Roll on the Three Horse Shoes in June. The tree identification evening was well attended and hopefully people learnt something from the event. We had a wonderful day out at Glanusk Garden Fayre where a heavy downpour at lunch time had many scampering for shelter, plates in hand. The gardens are well established with many varieties of trees and shrubs and apparently they have hundreds of oak species to see. An event well worth another visit.



Finally eight of us were at my house for the June-August programme planning meeting and so we have in stall many interested and varied events. Furthermore we now have a website to see our programme at <http://www.breconoutdoorgroup.com/> and we can also be found at [WhereCanWeGo Home Page](#) and in the local Beacon magazine.

WhereCanWeGo Home Page

Events, Days Out and Things to Do. Search for things to do by date, postcode and type of event. Organisers can publicise their events up to a year ahead.

View on www.wherecanwego.com

Preview by Yahoo

June Programme

Sat 4	8pm	Folk and Irish music at the Harp Inn, Glasbury
Tues 7	6-8pm	Easy going 3 mile walk from Bwlch on decent tracks in lovely surroundings.
Wed 8	9-6pm	All day trip to the National Botanical Gardens of Wales Approx. £8 entrance.
Sat 11	2-5pm	A visit to Crickhowell Open Gardens (over 20 different gardens). Refreshments, cream teas available. Entrance £5.
Tues 14	2-5pm	Walk from Brecon to Held Wood to see the woodland and the amazing lost gardens.
Thurs 16	10.30-3pm	Wildflowers for pollinators. Learn how to identify different pollinating insects. Llandrindod Wells with Phil Ward. This event is free but booking is essential
Thurs 16	6.30pm	Meal at the Bridge Inn, Talgarth
Fri 17	9.30-midnight	Moth trapping with the moth group and Brecknockshire Wildlife Woodlands Trust
Sat 18	10-3pm	Celebrate 15 years of the Biodiversity Information Service at Theatre Brycheiniog. A great event full of exciting activities for wildlife enthusiasts or those wanting to learn more.
Tues 21	6-7.30pm	New Members walk. Easy 2 mile walk along the canal from Theatre Brycheiniog.
Thurs 23	6-8pm	2 mile walk around Cradoc.
Sat 25	2-5pm	Lovely 4.5 mile walk from Talgarth. One short steep in places.
Weds 29	4.30-9pm	Walk from Llanfrynach to eat at the Oak Inn Pencelli and return to Llanfrynach. Walk 3 miles in total..

www.breconoutdoorgroup.com

July Programme

Sat 2	7.30pm	Illustrated talk on upland flowers by Paul Hanson at Llaneglwys Village Hall. £3 to include light refreshments.
Tues 5	2-5pm	Visit to Ashford House Gardens, Talybont. £3. Refreshments extra.
Weds 6	9.15-5.45pm	Brecon Mountain Railway - £13 for a scenic journey on a steam train. Includes 3 hour walk.
Sat 16	2-5pm	6 mile circular walk from Bronllys to Llyswen.
Sun 17	2-4pm	Forest walk at Llaneglwys followed at 4.30 by light classical music by the 'Windbags' at the Village Hall. Cost £6 to include a buffet.
Tues 19	2-5pm	Visit to Gliffaes garden and tea rooms.
Thurs 21	6-7.30pm	New members 2 mile walk along the Promenade.
Sat 23	2-5pm	4 mile walk around Trallong.
Tues 26	6-8pm	3 mile walk skirting Llanfaes and Christ College.
Weds 27	3-6pm or late	5 mile walk from Bronllys ending with a meal at the Honey Café.
Fri 29	7.30pm	Quiz at the Three Horseshoes, Llanfaes.
Sun 31	11-4pm	All day walk at Penwyllt.

August Programme

Weds 3	2-5pm	Easy 3 mile walk and Mountain Centre Tea stop.
Sat 6	1-4.30pm	2 mile walk and whortleberry picking in a delightful valley near Builth Wells. Good footpath but a little hilly. Bring a container. Leave Brecon at 12.15pm and back by 5.30pm
Weds 10	All day	Trip to Machynlleth for a 4 hour walk along the Dovey Estuary to Dyfi and return by steam train. Travelling arrangements TBA nearer the time.
11-14 Thurs-Sun		Fringe Music Festival. Many of us will attend throughout so please feel free to contact us to see where we are going.
Weds 17	2-4pm	Learn how to look after ponds with Steph Coates, Conservation Manager with BWT. Also bring wellies for some pond dipping fun. Optional 1 mile walk either side of pond event.
Fri 19	6-8pm	New Members short and interesting walk around Bronllys Hospital Grounds.
Tues 23	2-5pm	Visit to see the red kites at Llandeusant with a short walk if time allows.
Fri 26	7.30pm	Quiz at the Three Horse Shoes.
Sat 27	2-5pm	5.5 mile circular walk from Brecon to Groesfford.
Tues 30	2-5pm	Walk at Park Wood in Talgarth. Chance for early fungi.

www.breconoutdoorgroup.com

Brecon Outdoor Group Details

1.0 CONTACTING ORGANISERS:

- For all events please let the organisers know that you are attending.
- The organisers can confirm meeting place and hopefully arrange transport if required. They will advise the difficulty of the walks etc.
- An event will only be cancelled if no one contacts the organiser or if the weather conditions are considered to be hazardous.

2.0 CAR SHARING & COST:

- The recommended cost when car sharing has been agreed as 20p a mile. This cost is divided between all occupants of the car including the driver.

3.0 MEMBERSHIP:

- Anyone who receives a programme is permitted to attend events, guests are also welcome.

4.0 WALKS:

- Walking boots, waterproofs etc are necessary for your safety as well as clothing suitable for the weather conditions. You are advised to carry your own basic first aid, whistle, adequate water, snacks and packed lunch if necessary

5.0 DOGS:

- BOG has a NO DOGS ALLOWED policy

6.0 DISCLAIMER:

Everyone taking part in the activities of the group does so at their own risk. BOG will not be held responsible for any accident, injury or loss occurring on or as a result of any group, or in connection with travel to or from any such event, however caused. Any transport sharing arrangements are deemed to be made between passengers and drivers and it is the responsibility of the passenger to satisfy him or her that the driver has appropriate insurance cover.

Puzzle page

2. Sudoku

1. Anagrams

LGITEP – Young animal

TURMADS – Yellow sauce

				2	5			
9					6	1		
7	6	3		8				
	2	8				4	9	
						6		
						8	3	
5	3	9		6				
8					4	9		
				1	3			

3. Maths Puzzle

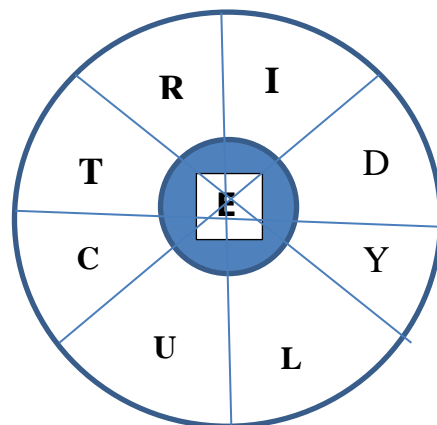
Fill the empty squares with numbers that will make the across and down calculations produce the results shown in the grey squares. Each numeral from 1 to 9 must only appear once. The calculations should be performed from left to right and top to bottom, rather than in strict mathematical order.

	-		-		-10
-		+		+	
3	-		X	9	18
-		+		+	
	-		+		6
-5		11		24	

Answers on page 27

4. Word Wheel

This is an open-ended puzzle. How many words of three or more letters, each including the letter at the centre of the wheel can you make from this diagram? We've found 94 including one nine letter word. Can you do better?





Festival Fever

It is with a big thank you to Anne Woods who worked tirelessly and under considerable pressure that some members were able to freely enjoy this year's Hay Festival. The *fever* came from the excitement generated as opportunities abounded for us to open our minds and look at the bigger picture.

There was a fantastic choice of events that covered not only mental health, but other diverse topics ranging from Wildlife, Politics, Neuroscience, Sexual Gender, Medical Science, Computer Science etc. Whilst all the events were informative and interesting in their own unique way there is a few that stands out that have particular relevance for members who attended. I will give a brief overview of some I attended.

1. **“Adventures in Health.” Tracey Evans, Warren Fauvel, Andy Middleton.**

“The costs of preventable physical and mental health challenges in Wales are already unmanageable and getting worse. The gross cost to the NHS of treating mental health is £7.2bn a year. There are multiple, proven links between the benefits of active time outdoors, increased wellbeing and reductions in the social cost of health solutions. Wales’ outdoor industry is poised to become a Natural Health Service that improves health with active time in nature. Evans is the CEO of The Outdoor Partnership. Fauvel is co-founder of Nudged, which works with public health bodies aiming to effect change. Chaired by entrepreneur and adventurer Andy Middleton.” This event was of particular interest to BOG and MIND Members as it related to issues of how outdoor activities are proven to help mental health.

2. Ruby Wax. *“500 years ago no one died of stress; we invented this concept and now we let it rule us. We might have evolved to be able to miraculously balance on seven-inch heels, but as far as our emotional development is concerned we’re still swimming with the pond scum. If we don’t advance our more human qualities then we’re doomed, evolution-wise, to become cyborgs, with an imprint of an Apple where our hearts used to be.”*

What a refreshing change to have Mental Health and Mindfulness given such a humorous take as only Ruby Wax can do.

3. Jay Griffiths talks to Rosie Boycott. Tristimania; *“A raw and poetic account of a mind lost in madness, and how the author found her way back from the wilderness. In 2013, while completing work on her book Kith, Jay suffered a devastating, year-long episode of hypomania. She gives a lyrical and painfully honest account of that year. Lost in the depths of her illness, she eventually decided to walk the Camino de Santiago. Undertaking this ancient pilgrimage in her fragile condition against medical advice, she was determined to find a cure for her torment.”* Jay read extracts from her book which whilst unique to her, must have resonated much with other MIND and audience members. It certainly left me feeling a need to spend time in reflection.

4. Lisa Jones, Ian Jones and Clare Dolman; exploring the poles: in search of a deeper understanding of bipolar disorder; *“Our ability to treat bipolar disorder is hampered by the limits of our understanding of its causes. In conversation with Clare Dolman of Bipolar U. The Professors of Psychological Medicine and Psychiatry who lead the Bipolar Disorder Research Network explore the highs and lows of bipolar disorder. They consider factors that can lead to both mania and depression, and examines recent and future advances in the treatment of this mental illness.”* The professors spoke at length about the symptoms, signs and treatment of Bi-Polar and

they questioned one of their patients who had been hospitalised and who had demonstrated severe signs of mania, the *poles* of the condition. I raised the following question to the team when questions were invited:

“It seems that unknown to me I have been suffering with some symptoms of Bi-Polar for 25 years, according to the chart you have presented. However I have encountered others who have undergone the highs and lows as described, as a metaphysical phenomena and some of them have since gone on to become Spiritual Leaders and Gurus, renowned for their insight and clear thinking and who present lectures on spirituality to thousands around the world. My question is ‘Has your research encompassed a spiritual and metaphysical perspective?’ My question was not answered and referred to the patient who responded by dismissal. Three members of the audience, and my own colleagues spoke to me after and said “They did not answer your question.” This invites a further question. ‘Is this a perspective worthy of research in relation to aspects of Bi-Polar, a disorder which was unknown or rather not labelled as far back as the 18th century when it manifested in great musicians, painters and other highly creative people and still does in many celebrities?’

5. Samer Nashef talks to Anita Anand the naked surgeon: the power and peril of transparency in medicine;

“The consultant cardiac surgeon at Papworth looks at the development of tools to measure how well surgeons and hospitals are performing. He addresses the crucial decisions faced by anyone contemplating a medical intervention: should I keep taking the tablets? Should I have an operation? Which surgeon should I choose? He reveals why requesting a surgeon with the lowest patient mortality rate could be a mistake; how anaesthetists seem to make no difference to the outcome of an operation, but surgeons do; and why patients operated on the day before a surgeon goes on holiday are twice as likely to die as those operated on during that surgeon’s first day back.” A fascinating insight behind the facade of surgical operations and giving many good reasons for potential patients to ask some deep and searching questions of their consultant prior to any operation.

6. Jason RC Nurse social media: the good, the bad and the ugly;

“The impact of social media on society today is undeniable - sites such as Facebook, Twitter, Instagram and LinkedIn have millions and even billions of users. Nurse, an academic at Oxford’s Department of Computer Science, considers the positive uses of social-media information, while also explaining the various security and privacy risks associated with having a digital footprint. Shedding light on what social media is, as well as how it works, he will show how to understand what you are telling the world when you join in with social media, and how to recognise good information from bad, as a reader.”

The Festival was a thoroughly enjoyable event and gave a unique opportunity for members to learn about the “bigger picture” and maybe even triggered some thought provoking perspectives. Once again without Anne’s hard work and impressive organising skills this event would not have been possible. It is certainly something to consider for next year maybe as a project MIND management together with members would be prepared to undertake for the benefit of others. AvrilM.

Friends Summer Edition

Last year ended with a bang with our Christmas ceilidh, a “Friends” event which proved very popular and enjoyed by all, as colourfully described by Pat Evans in the last issue.

This year started with Paul Hartley's February talk on de-cluttering, a sort of mental and physical spring cleaning! This was held in the Muse, due to the closure of the George and lack of time to find a replacement venue with drinks and food. Paul acknowledged the problems we all face letting things go of things, especially when they have emotional connections and memories. We all had our say about what is easy and what is difficult to part with, memorably the woman who said it was easy to part with her husbands stuff but not her own. Paul advocated “ chuck out Tuesday” establishing a routine of regularly sorting through our belongings and developing the practice of giving unwanted items to charity, keeping what gives us joy. Other things, not used or thought about for a while can be passed on to be enjoyed by someone else. Paul regularly donates to Charity shops and told us how much they can achieve with donated items. This will clearly be a work in progress for most of us!!

The March event was on story telling, presented by Jan Shivel, experienced story teller and librarian at Talgarth. She spoke about the messages in stories and how finding the right stories can strengthen and sustain us, sometimes even stories from childhood can travel with us through life. Jan entertained us with several stories, with great characterisation and reminded us how interesting and enjoyable it is to engaged by story telling. This event was held in the Castle Hotel, which currently seems a good venue to host our evenings.

April's event , at the Castle, was psychologist, Dr Emily Lovegrove, who talked about Bullying. This included how to recognise it even when it's insidious, some insight into why people do bully others – often to boost their own self confidence by lessening that of others and thus feeling more powerful.. Emily has worked intensively with school children and has published a book on her strategy to counteract bullying. This includes ways to defuse the situation by distraction rather than exacerbating it by further confrontation. These strategies are applicable to people of all ages and situations, and the session could have continued longer, had time permitted, as most people have experienced some form of bullying and were eager to learn more, especially relating to adult life.

May featured both our Spring Fair, which was held in the Guild Hall, Brecon on Saturday, May 14th, 10am -2pm, with refreshments, stalls and raffle, and The Hay Festival, where we have a bucket collection following a presentation relating to mental health.

On June 15th, 7pm in the Castle, Gez and Sue Richards told us about their recent voyage on a Tall Ship, which featured half the crew with mental or physical health problems or disability. The trip lasted several weeks, leaving Southampton and going via Portugal and the Canary Islands to Antigua, in the Caribbean.

That brings us to Sunday July 31st and the annual event “Tea on Top”. This is a walk from the Cathedral car park, meeting @ 2pm, up the Crug, where afternoon tea- cakes sandwiches, tea and coffee and music welcomes the walker. Last year we were rained off, except for a few stalwarts, who faced the elements while the rest of us took the food to Ty Croeso, where we enjoyed it in comfort and saved some for the intrepid folk who had managed not to get blown off the hill. We hope for better luck this year

[.friends@brecon.mind.org.uk](mailto:friends@brecon.mind.org.uk) for more information. Cynthia Bradshaw

Friends Spring Fair is a Success

Our annual Spring Fair was held on 14th May in Brecon Guild Hall. We had a lot of good quality donations so all our stalls were well stocked, including books, bric- a-brac, plants and crafts, some made by our own members. It started off quite slow but as time went by the footfall increased and people found bargains, enjoyed the soup, tea/coffee and cakes and the atmosphere was good.



The final total of money taken from the refreshments, raffle and stall sales, less expenses is still being calculated as late donations are still coming in, but will be in the region of £400. This is largely due to Anna Knox and the sterling work she puts in twice a year, obtaining, storing and sorting boxes of donations, arranging refreshments, and galvanising other volunteers plus the physical demands of the day. Well done all who took part.



I went into the Doctors one day and said to him "I can see your *philtrum*". He said "what's that?". I said "It's the groove going from your nose to the top of your lip!"

How many doctors does it take to screw in a light bulb? "I don't know". I can never find one when I want one!

Always laugh when you can - It's cheap medicine!

Outreach Centres

Hay Outreach As part of our activities for "Mental health Awareness Week" Thomasin came and did an art workshop with us.

1. Firstly, we sat in the sun just outside the Bowling Club, sketching the view of the landscape.
2. Secondly we transferred the drawing on to a larger piece of paper.
3. Thirdly we started painting with a water colour technique -
 - Grey under the clouds
 - Green for the trees
 - Brown for the tree trunks

It was an excellent and enjoyable way to spend the day.

Hay Brecon and District Mind is open on a Tuesday at 9.30 to 1.30pm at the "Bowling Club"- all are welcome.

Talgarth Outreach Is open from 9am to 12noon at the "Church Hall" Talgarth. Breakfast such as cheese burgers, continental breakfast, pancakes and more besides is served every morning and this is followed by games. The group go out for a meal/trip three times a year.

Sennybridge Outreach meets currently once month on the third Wednesday of the month and takes part in a number of activities from coffee mornings and talks to brickbrac stalls and art and history days. It is a good place to meet people and chat about anything. If you are interested in joining us, please come along to the next Sennybridge outreach at Maes Y Car Hall on the **15th June** or the **20th July** where we will be having cake and coffee stalls and art for sale plus local goods.

Crickhowell Outreach meets up for pottery on Friday between 9.30 and 1.30pm at "Arts Alive", The Old School House, Brecon Road, Crickhowell. There's a nice atmosphere and the tutor is very "hands on". There are plenty of materials and many examples of class made work.

The Eco Project

The BRECON MIND eco project has been meeting regularly.

Eco volunteers at the mountain centre have met for the last few months and are starting to get lot of different things done.

The group have joined the wildlife trust project that is hoping to plant bee friendly plants all over Brecon and have already started taking part in this project by finding three locations in Brecon that we can use. The Morrison's car park garden and the library pots, we will be putting in plants that encourage BEES and help them to thrive. This is a highly important conservation project and is part of an international scheme to help prevent the decline of BEES. If you would like to know more about the BEE conservation, please look up



Eco volunteers at the mountain centre

The bumblebee trust

The eco volunteers have also been hard at work in the national park wildlife garden. They are working with clearing and tidying and getting the compost bins in order by building three new bins and beginning a compost cycle system to recycle the café food waste we have also managed to clean the wildlife insect hotel and begin organising the seating area. The volunteers have also made some interpretation boards to put around the wildlife area to teach people about the wildlife they can look out for. We have also done a number of walks and talks in the local area and taken part in some tree ID courses run by the national park also the park staff asked the volunteers to help build a set of benches for the mountain centre and its café which they did with the local grounds keeper and national park volunteer coordinator Jackie Thomas

Please email Matthew for any more information about the eco project works



Our compost bins

matthew@breconmind.org.uk

The Allotment Garden

We began our new season in the allotment on Wednesday March 30th and the sun shone. Everything had been left very tidy over the winter, but the weeds were already growing fast! So we cleared them all within an hour or so. The plan for this year was to grow some new types of vegetables and flowers, in addition to the old favourites.

Graham had already started raising plants from seed in the warmth of his greenhouse, and so our first priority was to sow some carrots, direct into the soil. The problem with this as always, will the slugs eat all the new shoots as they come up or will they leave some for us? We soon found out that the slugs had indeed eaten all the carrots and left none for ourselves!



Graham tying up wigwam for runner beans

We also planted some violas. Which are like small pansies as the ones we grew last year flowered for months. Last October we planted up two large tubs of three different varieties of bulbs. The plan was that they were due to flower in different months, April, May and June, so that the display on the steps of the poly tunnel would last a long time. Nature sometimes decides differently and by early April, all the bulbs were flowering together. They looked lovely but by the middle of May they had finished flowering. It just shows that nothing in nature is completely predictable but that is one of the things that make growing flowers and vegetables a different and interesting experience each year.



Frame for sweet peas

Usually by the end of April the really cold weather is over and more tender plants can be brought out of the greenhouse and planted in the raised beds. On the 27th April however, our visit to the garden was limited to drinking hot tea in the poly tunnel as the rain, hail and wind lashed the outside.

In May we planted out our peas and sowed the runner beans and French climbing beans, and soon after planted out the Fennel, sweetcorn and courgettes. By the end of May the tomato plants were planted in the poly tunnel and we hope for similar success to last year, when we sold 200 bags of tomatoes that raised the money for this year's seeds and fertiliser.

The allotment takes place every Wednesday afternoon at around 2 O'clock and is open to members of Brecon and District Mind. As well as gardening the day is also a social event and we relax with a cup of tea. So why not come and see if you enjoy it as well. It would be nice if we could also repeat the success of last year's Bar-b-cue when over 20 people attended. Any volunteers to help this year?

Green Fingers

Laughter is the Best Medicine

Doctor Doctor I think I'm a moth.
So why did you come around then?
Well, I saw this light at the window...!

Laughter is the best medicine
unless you are a diabetic then it's insulin!

Doctor Doctor I feel like a window
Well, open up then!

Doctor, Doctor I feel like a pair of curtains
Well, pull yourself together!

Doctor Doctor I've swallowed a bone.
Are you choking?
No, I really did!

Doctor, Doctor I think I need glasses
You certainly do, Sir, this is a fish and chip shop!

Doctor, Doctor I think I'm a bell?
Take these and if it doesn't help give me a ring!

Doctor, how do I stop my nose from running?!
Stick your foot out and trip it up!

MikeJ

Puzzle Page Answers

2. SUDUKO

4	8	1	7	2	5	3	6	9
9	5	2	4	3	6	1	7	8
7	6	3	1	8	9	2	5	4
6	2	8	3	5	1	4	9	7
3	9	5	8	4	7	6	1	2
1	7	4	6	9	2	8	3	5
5	3	9	2	6	8	7	4	1
8	1	6	5	7	4	9	2	3
2	4	7	9	1	3	5	8	6

1. ANAGRAMS

LGITEP	PIGLET
TURMADS	MUSTARD

3. MATHS PUZZLE

2	-	5	-	7	-10
-		+		+	
3	-	1	x	9	18
-		+		+	
4	-	6	+	8	6
-5		11		24	