

SMALL GROUP PROJECT'S TAILORED TRAINING

When I get my act together
 People see me happy and smiling
 helpful and polite and say she's got
 her
 act together. Little do they know
 What is getting my act together?
 Is it doing what people want me to
 Is it what is expected of you
 I used to say that when I get my act
 together I will be happy, married
 and
 have children
 that, I almost have now but it still
 feels wrong
 I have pulled myself together that
 many
 times that I am now stuck and have
 neither way to go
 One day when I get my act to-
 gether.....



On a normal day I wake
 I wash, cook, clean and shop
 Walk, sit, stand and be
 I start and won't stop

On a normal day I wake
 I listen, see, talk and fall silent
 Love, hate, laugh and cry
 I dream and I do

On a normal day I wake
 I try, fail, pretend and be
 Eat, drink, live and die
 I win and lose

On a normal day I sleep
 I've got the dreamer's disease
 Work done, no nightmares to come
 I've beaten the fear that brings you
 to your knees

Anne Limer

I don't normally do this
 As Saturdays are a bit of bliss
 When I get my act together
 I'm going to be insane forever
 I'm alright, just leave me alone
 To talk with my friend on the phone
 I'll bet you think I'm mad, don't you
 And if you were me you'd agree too
 On a normal day
 I would politely say
 Are you looking at me
 As I'm as one as one can be

Rob Hanley

I have been given an interview for a job and have reached a stage when I realise that I can reveal I am a manic-depressive. I am not ashamed of the fact and am usually quite open about my condition to most people in most situations I face but I know prejudice exists. Also it could later be used against me and I could be dismissed or sued if I do not declare it and it is discovered at a later stage. (because my medical records will be checked)

I tell him I was first ill when I was 19 and have been in hospital three times. There has never been a time when I have been unemployed through illness and have always responded to treatment. I have good qualifications and work record. The illness I give myself is bi-polar affective disorder (it sounds better than manic depression) I shall say that many able and creative people including Winston Churchill, Abraham Lincoln and Tchaicowsky have been bi-polar.

I have rehearsed this speech many times before and have never found it hard to explain myself. If my employer questions it, I can say people have time off work for flu, MS, AIDS and more days are lost off work for back problems than mental illness. My illness is not contagious and I have never been a danger to society or other people. I do not feel like going into an explanation but mental illness is beatable these days.

I should remain polite and hope my polished performance leads to an immediate offer of a job.

A Project Participant

The training consisted of a creative workshop which had a number of objectives

- * Improving the format of the group
- * Exploring ways to overcome the health.
- * Building confidence in performing
- * Considering ways to promote the

The Training provided and arranged facilitated by local community poet learning Skills Council.

The day long event was considered productive by the participants. These are the group produced on the day.



On a normal day
 I would like to say
 things that I don't normally do
 and make them sound perfectly
 true
 Smile at people I hate
 splash out on a dinner date
 Not have any worries or whittles
 And shoot
 A day when everything was free
 To a dreamer, someone like me
 So you asked me what I'd say
 Is there such a thing as a normal
 day

Rob Hanley

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ING EVENT for the HIGH PEAK WRITERS

writing and performance activities. These included: -up's future sessions. stigma attached to mental

g work. work of the group

by the Small Group Project .isa Maud. Funded through

extremely enjoyable and pro- some of the writings that

alright, just leave me alone. I've r sitting on this step outside the vol. My classmates have been calling schizo. The voices are singing in my d, going on and on, ' On the day you were born the angels got to-er and decided to create a dream ie true'. I need to go home , it's get-cold. What will my parents say ? I scratching my name in my desk. I n't aware of anyone around

The teacher and the kids were hing. They had been chucking gs at me in the class. My head's in a s. How can I face tomorrow ? It's me; it's the people around me who i't normal. How can I face tomor- ? I'm getting lousy grades. The hers are bullying me. I've still get 4 s before I leave school. I'll take a r blade to school tomorrow.

Louise Glasscoe



Are you looking at me?
Well you are today because I'm stand-
ing
Right in front of you speaking to you
You can't avoid it can you
I can see it in your eyes
T he way you look at me, that look
I've seen it so many times before
I know what you are thinking
You don't need to say anything
I can read your contempt
Your dismissive attitude
Your lack of respect
I am so beneath you
But not today
T oday you have to listen
T o what I am saying
You can't shush me away
I want to tell you

I have to tell you
You have to hear me
You have to know
T hat I am flesh
I feel pain, I have vision, I have needs
A nd longings and passion
I can hurt, I can laugh, I listen
I respond, I enjoy, I taste, I cry, I
breathe,
I bleed, I know, I am confused
I get lost, I follow, I direct
I contribute, I act, I work, I play
I value, I judge, I am real, I am alive I live
I am a human being- just like you

Lisa Maud

On a normal day in a history that no one
cares
to remember
Normal children came into
This normal world
And before they have lived
They have died
Threats uttered
Curses muttered
Blows felt
A cruel hand dealt by fate
Is this normal world,
Is there no safety? No trust?
Haunted eyes
Fearful hearts
A normal life. A living death
A mothers caresses rained down upon your
Frail form,
Delivered by fists clenched
Until a part of you died
Your lullabies left stinging pain
Cursed you
For the stupid, careless, disgusting crea-
ture
You are not
Until a part of you died
But there were gentle times
When they told you, you were pretty
Bought you ice cream
Stroked your angel curls
Those were the gentle times
Before the dark and secret groping
The pain
And you died again
Live or die? Live or die?
Live and die

Annie Lord

When I get my act together
I'll be the person I want to be
For although I am all these faces
The one I most admire
Is the one that
Combines them all

It finds a solution for all my headspaces
In one thought
In one feeling
But I know its me.

I don't know whom I will be when I am there
But I know it will be a place where I am
My most compassionate and I become one
With other people.

Rachael Wood





Noticeboard



Hear Hear Club's New Venture



The Hear Hear Club has been providing a valuable service to deaf and hearing-impaired people in the Hope Valley for many years through a varied programme of social activities. The Committee were keen to address some of the problems that their members face in the community. One of the biggest difficulties they experience is being able to communicate their needs and understand information that is given to them. Such problems can arise in shops, banks, tourist attractions, pubs, medical centres and many other places. Often people try very hard but are simply unaware of the best way to help.



HEAR HEAR CLUB'S COMMITTEE

The Hear Hear Club has now successfully secured funding to enable them to provide deaf awareness training to a limited number of outlets and facilities in the Hope Valley. Sessions are to be offered, completely free of charge, by qualified professionals at a location and time to suit. This is particularly important as business proprietors and service providers have many demands upon their time.

Volunteers from the Club will be accompanying the trainers, so that they will be able to learn how to help people communicate and continue the service when the funding comes to an end.

The funding to carry out the project has been granted from the North Derbyshire Voluntary Sector Development Fund. Raising awareness of the needs of deaf and hearing-impaired people in the Hope Valley will have many benefits. Often people with hearing difficulties feel very isolated. This isolation can be experienced to a greater extent in the more rural areas with fewer facilities. The Hope Valley is also a popular tourist area and visitors with hearing problems will also benefit from the project.

If you know of an outlet where the staff would like benefit from this free service contact



WHAT'S NEW AT THE HIGH PEAK CVS

High Peak CVS have been busy since the last "View from the Peak". We are pleased to announce that our offices at Bingswood Estate, Whaley Bridge, are now officially ours.



We completed the purchase of Community Space at the end of April, thanks to a loan from the Charity Bank and grant from the Rural Development Programme. The purchase will provide High Peak CVS with stability and will be the launch pad for our work across the High Peak. We are working to make sure the building will be fully wheelchair accessible as soon as possible.

FREE USE OF COMPUTERS

The Greenhouse area in the building is fully fitted out and open. Voluntary and community groups throughout the borough can come in and use the facilities, free of charge. There is a small computer suite, with Fundfinder, Microsoft Office & Publisher software, for groups to use—whether it be to create a poster or to write up meeting minutes, or just to get familiar with using a computer. We have also ordered over £600 of books, videos and other resources for the library area. Subjects include



funding, management of voluntary organisations and roles and responsibilities of trustees and a number of research papers.

RESOURCE LIBRARY

The resources are available to "browse" on site (we have some nice comfy chairs!) or can be loaned for up to three weeks. Ideally, we would like people to collect the books from us, but will get them to you if you can't get to Whaley



Bridge! All of the books should be in place by the time you read this, and we'll shortly be sending out a full list of what we have available – or look on the website www.highpeakcvcs.org.uk

BENEFITS OF MEMBERSHIP



Don't forget, we are a member organisation, and now have over 90 member organisations in the High Peak and Hope Valley. Members receive preferential rates on equipment and room hire, and have a vital role in saying how High Peak CVS should develop as an organisation—don't forget, we are here to work with and for you! Membership is currently free—and it would be great to reach 100 members before the summer. For a membership pack, contact Gina on 01663 735350

