



# Dundee Mental Health Cairn Fowk



## Another Successful Year



*(Right to left Katrina Saunders, Treasurer; Cathy Hamilton MBE, Chairperson; Linda Hutton, Vice Chairperson; Sandra Marshall Secretary, Back Row right to left Mary Welsh, Jean Reekie, Robert Hutton, Nancy Sawers, Wilma Gallacher, Mohrag Mitchell, Allan Brown, Rosalind Butcher, Maureen Croll.*

Behind every successful organisation is a team of very dedicated people. The above picture is of the volunteer committee who are responsible for organizing and running everything that Dundee Mental Health Cairn Fowk does. This includes all fund raising events, arranging outings, booking venues, running the twice weekly Drop Ins, as well as both the monthly Afternoon and Evening Friendship groups. They also undertake awareness raising in the community about mental health issues and take part in giving talks and having stalls at various local events. We must also mention the very successful Conference organized for carers in May 2015.

They deal with all aspects of the necessary paperwork required by OSCR (Office Scottish Charity Regulator) as well as all routine paperwork including all finance.

There is a huge amount of work goes on behind the scenes in order to ensure the smooth running of the charity.

Without the committee putting in their time and effort on a 100% voluntary basis which is unpaid Dundee Mental Health Cairn Fowk would not exist.

We therefore take this opportunity to recognize them all as individuals and express grateful thanks to them for their tireless efforts on behalf of all the mental health carers who benefit from our services.

## AGM Chairperson's Report

Our 2015 AGM was held in the Dundee Voluntary Action Building on the evening of the 14th December to which all members were cordially invited to attend. Cathy Hamilton MBE Chairperson gave the following report.



*"Firstly I would like to thank all of our trustees for all their hard work this past year.*

*In particular the office bearers who have worked hard to keep our charity going in a professional way.*

*We must not forget also our carer membership who come along to attend our various friendship groups and drop ins and fundraising events. Many thanks.*

*The numbers attending the groups and drop ins have steadily increased and are sustainable. We have an 8% increase since last year.*

*Our message has to be clear that if any family member/friend feels that someone's mental illness is affecting their life then we could offer support through our groups and other activities.*

*Our primary purpose is Wellbeing and Recovery. As our logo suggests Unity, Strength and Hope which is passed on to each person who becomes part of our Cairn Fowk through sharing with others in a similar situation.*

*Our plans for the future are as always to increase our fundraising efforts. This would be in addition to the fundraising we already do. We listen and consult with our members for ideas of different ways to do this.*

*Networking with other agencies is also very purposeful as we learn about different avenues of funding that we can apply for to fund our wellbeing activities. We feel that all our awareness raising efforts are starting to pay off as we are "getting known" in the wider community.*

*We also hope to develop our services to include being involved in awareness raising with professionals/students.*

*We feel that our membership has a great deal to offer and are experts by their own experiences. Reducing stigma, and isolation is also an important part of what we do, through our carers example of getting out their and passing their message on to others. Word of mouth is a wonderful tool.*

*To round up, our main aim is to help families get their life back, and support them to feel hope that they can lead fulfilling lives.*

## Awareness Raising



On the 5th October 2015, I was invited along to Strathmartine Church, Downfield, Dundee, Womens Guild to give a talk about mental health and how this affects the family.

Katrina and Jean came along to offer their support and the audience which consisted of around 20 men and women (although the women outnumbered the men) said they enjoyed the talk very much.

It was also gratifying at the end of the talk when they participated by asking numerous questions about mental health.

They seemed genuinely interested in finding out more about mental health services.

The evening finished with the usual cup of tea and a blether.

They also gave us a very kind donation of £35 to help with our funds.

This is very much appreciated and we wish to thank them for this and for their kind hospitality.

Cathy Hamilton MBE

## A Carer's Story—The Tunnel

My first experience of mental illness was 18 years ago. My son was 21 at the time, like most young people his age, he was out with friends at the week-end, coming home in the early hours of the morning and sleeping all day. He came home in the early hours of a Sunday morning one week-end, he was distressed, screaming that he was seeing dead bodies and that the radiators were talking to him. He told us he was taking drugs and needed help. We took him to Wallacetown Health Centre. The doctor made arrangements to admit him to Liff Hospital. He was there for 6 weeks. During this time he had no access to street drugs, but he was still unwell. He was discharged, and he was tried on different medications. He was treated as an outpatient and saw a psychiatrist. My daughter thought he had all the symptoms of schizophrenia. The doctors said no, it was drug induced psychosis. However he wasn't taking street drugs at this time. His psychiatrist was changed and my son was taken off all medication. He had volunteered for drug tests to prove he wasn't taking drugs. Within four to five days off all medication his mental health deteriorated rapidly and he was seeing and hearing things that weren't there.

We had a meeting as a family with the psychiatrist. My daughter told the doctor we were in limbo not knowing what was wrong with my son. He diagnosed him as having schizophrenia. This was devastating news to us. We knew nothing about the illness, our son was at the peak of his young adult life, and we didn't know where to turn. We were given a number to phone a support group. A lady called Cathy Hamilton made arrangements to visit us the next day. From that first week we felt like we were not alone. Cathy let us talk about our feelings and we felt she understood and we had support. My wife and I joined the carers group. I was a bit embarrassed as it was all women at that time, but they made us feel welcome and we became regular attenders to the meetings.

My son was having periods of being well then becoming ill. When he was ill he would walk up and down the hall for hours on end mumbling. This was difficult for us as we felt we could not help our son. My wife became increasingly upset about the situation but we carried on. My son got his own flat but after 6 months we realised he wasn't able to cope and he came back to live with us. It was still a trial and error with his medication. He was given a medication in the form of a depot and this helped a lot.

My wife had been the strongest out of the two of us but 8 years after our son had been diagnosed the stress had taken its toll and my wife had a breakdown. She was admitted to the Carsview Centre and was in and out four times over a period of 3 years. No anti depressants were working and eventually she was given ECT. This worked in a way, although my wife was much changed. With the help of family, friends and carers we are coping a lot better. I would say to anyone going through this that there is help out there, and light at the end of the tunnel.

18 years later I am still part of the carers group and feel able to help new carers. They have become friends and we have fun days raising funds and give each other support

Allan Brown

## Evening Friendship Group



For our September evening friendship group we invited along the "Fiddlin Freends" to entertain us.

One of the group is very well known to us as she is also a member of Cairn Fowk.

They played a variety of Scottish music to which the group tapped their feet and sang along with.

One of the group told us funny stories which were thoroughly enjoyed by all.

The buzz on the night was very uplifting and just for this short time the carers were given the opportunity to put their worries and cares to one side and enjoy the evening.

Cathy Hamilton MBE



## Christmas Night Out Invercarse Hotel

We again held our Christmas Night out in the Invercarse Hotel, Perth Road, Dundee on the 12th December 2015.

We are delighted that thirty two members were able to attend this gathering for a three course meal followed by tea or coffee and a mince pie. The committees fund raising efforts throughout the year means that the charity provides the meal for the carers.

This is a great night where everyone gets together to share in the festivities of Christmas.

Christmas can be a sad time for a lot of people and so it was heart warming to see so many people gathered together and looking forward to getting a bit of respite from their caring role.



*Christmas Night Out  
raises  
£156  
12th December 2015*



There is a lot of laughter and fun and as the photos depict a lot of sparkly glamour. Thanks must go to all the committee members and group members who fund raise all year round.

Special thanks goes to Katrina Saunders as she always puts together three different baskets of goodies to be raffled on the night. This year we raised £126 plus another £30 of donations.



## Fund Raising Event Charleston Gala Day



This year at the Charleston Gala Day the weather held better for us than at the Douglas Gala day earlier in the year.

We have now purchased a lovely big gazebo to shelter us if it did rain.

We are getting very sensible which is a worry as we normally go forth with our usual enthusiasm regardless of what the weather brings.

The usual buzz of the Charleston Gala Day was there and we had a maximum of 15 helpers on the tombola stall, each taking a turn to call out

*Gala Day Raises  
£371*

and attract our potential buyers of tickets.

All in all we raised £371 on the day.

Our usual cake and candy stall was also doing well. Thanks to all the lovely bakers for their

efforts.

The helpers thoroughly enjoying their day going home satisfied with what they had raised as well as a very enjoyable day full of fun and laughter.

Cathy Hamilton MBE



## Fund Raising Event Quiz Night



We had our second quiz night of the year in September in the Fort Bar, Broughty Ferry, Dundee.

The evening was again very well attended.

We are so grateful to all the people who come along and make this a great night out.

We raised **£644** on the night and our thanks go to everyone who donated all the lovely raffle prizes and

to all the committee members who helped out on the night.

Many Thanks to you all

Cathy Hamilton MBE

## Fun Activity Nibbles Night

The evening friendship group held their nibbles night on Tuesday the 16th December in Dundee Voluntary Action, 10 Constitution road, Dundee.

Twenty carers came along bearing lots of good things to eat.

We were joined by the Bob & Mike Trio who played and sang for us on their Ukuleles.

The group sang along with them and it was explained that the reason they called themselves a trio when their was only two of them, was that they expected us to be their trio.



It was a great night and a lot of fun and laughter, and again a bit of respite for all the carers who attended.

It was a beautiful buffet and well done and thanks to all who donated to the table.



## Evening Friendship Group Cooking Without Heat

### Red Pepper and Tomato Salsa

#### Ingredients:

- 100g cherry tomatoes quartered
- 1 garlic clove
- 1 fat green chilli deseeded and chopped
- 200g roasted red peppers from a jar
- 1 crustless slice bread torn up
- 1 tbsp red wine vinegar

#### Method:

Tip the tomatoes, garlic and chilli into a food processor with the peppers bread vinegar salt and pepper. Pulse to make a rough puree. Turn into a small bowl cover with cling film and chill until ready to serve.



### Chunky Guacamole:

#### Ingredients

- 1 large ripe tomato
- 3 Avocados, very ripe but not bruised
- Handful of coriander leaves and stalks chopped plus a few leaves roughly chopped to serve
- 1 small red onion finely chopped
- 1 chilli red or green deseeded and finely chopped

#### Method

Use a large knife to pulverise the tomato to a pulp on a board then tip into a bowl. Halve and stone The avocados (saving the stone) and use a spoon to scoop out the flesh into the bowl with the tomato.

Tip all the other ingredients into the bowl then season with salt & pepper. Use a whisk to roughly

mash everything together.

If not serving straight away, sit a stone in the guacamole (this helps to stop it going brown), cover with cling film and chill until needed.

Scatter with coriander, if using, then serve with tortilla chips or spicy wedges and sour cream.



## Carseview Festive Night

On Sunday the 13th December 2015 we visited the Carseview Centre to sing some festive songs and carols for the patients.

We were very fortunate to have the "Fiddlin Freends" to accompany us.

We encouraged the patients to sing with us and gave out copies of the singing programme.

A good night followed, and Val Johnson the head of Mental Health Services put on a lovely

Buffet for all who attended.

This always goes down well and it was quickly demolished.

It has been many years that the carers group have been asked to sing at Carseview and everyone really enjoys the night.



## Friday Afternoon Weekly Drop-In



Our Friday Drop-In is at Chalmers Ardler Church, Turnberry Avenue, Dundee between 2.00-4.00pm each week apart from local holidays.

This Drop In offers a warm welcome to all the carers/supporters who go along and has been constant with between 8-12 carers coming along on a regular basis, and offers the opportunity to discuss any of their concerns as well as passing on positive events in their lives.

There is always a lovely selection of home baking to enjoy with your cup of tea or coffee. Carers like to come along as it is easy to pop in for just a quick cuppa or to stay for the full two hours. The choice is yours.

Please feel free to come along and join us as Linda and Robert are always on hand to make everyone very welcome.

There is a £1 fee at each group to cover costs.

## Monday Weekly Drop-In

Our Monday Drop-In at the Brooksbank Centre in Pitairlie Road Dundee is going well with anything up to seven carers attending.

This Drop-In also gives a warm welcome to any carer/supporter who pops in. The focus is very much looking at the carer/supporter's own recovery and concentrates on ways to keep themselves well in their caring role.

It is very much a sharing time

where carers can come along and share their experiences and if in any difficulties get the help and support of the other members.

As the name Drop-In suggests it is entirely up to carers when they come or how long they stay. This meets from 10.00am-12noon every Monday apart from local holidays.

Please feel free to come along and join us for a cup of tea/coffee as well

as some caring & sharing and a wee break from your caring role.

Sandra, looks forward to welcoming you.

There is a £1 fee at each group meeting to cover costs.



## Dates for Evening Friendship Group Last Tuesday of every month

Meetings are held in Dundee Voluntary Action, 10 Constitution Road, Dundee between 7-9pm

The dates for 2016 are noted below:

26th January	7.00pm-9.00pm	Burns Night
23rd February	7.00pm-9.00pm	Beetle Drive
29th March	7.00pm-9.00pm	Quiz Night
26th April	7.00pm-9.00pm	Craft Night (Making Vases)
31st May	7.00pm-9.00pm	Music Interlude
28th June	7.00pm-9.00pm	Liz Drum- Com. Mental Health Dev. Manager
19th July	7.00pm-9.00pm	No Bake Night
30th August	7.00pm-9.00pm	Arts Night (Colouring for Adults)
27th September	7.00pm-9.00pm	Craft Night
25th October	7.00pm-9.00pm	Forensic Services—Talk
29th November	7.00pm-9.00pm	Christmas Decorations
20th December	7.00pm-9.00pm	Nibbles Night



## Dates for Afternoon Friendship Group First Wednesday of every month

Meetings are held in Dundee Voluntary Action, 10 Constitution Road, Dundee.

Dates for 2016 are noted below

6th January	2.00pm-4.00pm	6th July	2.00pm-4.00pm
3rd February	2.00pm-4.00pm	3rd August	2.00pm-4.00pm
2nd March	2.00pm-4.00pm	7th September	2.00pm-4.00pm
6th April	2.00pm-4.00pm	5th October	2.00pm-4.00pm
4th May	2.00pm-4.00pm	2nd November	2.00pm-4.00pm
1st June	2.00pm-4.00pm	7th December	2.00pm-4.00pm



FOR FURTHER INFORMATION ABOUT ANY OF OUR GROUPS PLEASE CONTACT US EITHER BY

TEL: 07704514103

Email : [info@dmhcairnflowk.org](mailto:info@dmhcairnflowk.org)

Website: [www.dmhcairnflowk.org](http://www.dmhcairnflowk.org)

*Mission Statement*

*Our aim is to support the wellbeing of mental health carers and to engage with the wider community to promote awareness of mental health issues*



**WE ARE ON THE WEB  
WWW.DMHCAIRNFOWK.ORG**

**Dundee Mental Health  
Cairn Fowk**

Scottish Charitable Incorporated Organisation  
(SCIO) SC 044807

**Contact:**  
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## Dates for your Diary

- 16th February 2016**      **Quiz Night in the Fort Bar, Broughty Ferry, Dundee, All Welcome**  
**Tickets are £5 each and the start time is 8pm**
- 14th-19th march 2016**      **Pop Up Charity Shop in Lochee, Dundee.**  
**If anyone has any spare time and would like to help out in the**  
**shop please get in touch and we will provide further information.**
- 20-23rd May 2016**      **Respite Break to the Lowport Centre, Linlithgow**

**If you would like further information about any of the above events please contact us at [info@dmhcairnflowk.org](mailto:info@dmhcairnflowk.org) or telephone our general number 07704514103**

## Collection Cans

We have been given a permit from Dundee City Council giving permission to us to collect money for the charity in the centre of Dundee on Saturday 11th June 2016 and also on the 3rd December 2016.

If you are free on either of these dates and would like to help us with this then please get in touch. Your help would be greatly appreciated.

