

ShUSH newsletter and record of monthly members meeting

12/3/2006

- 9 Members present. 4 Apologies.
 - Andrew chaired.
- Review of ShUSH at Mint lane scheduled
 - with LPT building managers for 5/4/06 at
 - 10am at Mint lane. All welcome. To discuss
 - access to meeting room on a as needed
 - basis?
- Building project formal launch, 6/4/06.
 - Mint lane 1630. All welcome!
 - Poster design. Discussion of content and
 - colours. Stuart to do one more pre-print for
 - Men's group before Andrew and him
 - commit to printers next Saturday.
- Monies obtained for Garden equipment
 - @ £150 and support for ShUSH garden
 - allotment project and possible future
 - City farm idea.
- Happiness project Pay it forward book
 - giveaway and bookmark (designed by
 - Stuart) to be discussed next Sunday at
 - monthly meeting! (Every 3rd Sunday of
 - month 1-2pm).
- Light boxes purchased with donation from
 - Lincoln MAN. Available for weekly loans.
- Request for anyone interested in Mental
 - health research about Crisis team...
 - 3 responses to pass on.
 - Anyone else speak to Andrew.
- Next Men's group scheduled for
 - Thursday 16th 1730-1930 at Mint lane.
 - Women's group needs to get act
 - together.
- Extra games night scheduled for 23rd to
 - compliment 30th meeting. All members
 - welcome 1730 onwards at Mint lane.
- Hardship fund voted in after member
 - needed urgent money for gas in cold
 - weather conditions. Maximun £5 and
 - needs to be paid back before anymore
 - lent out!
- Discussion about how to pull MIND back
 - intro synch with other mental health groups
 - in Lincoln. Especially with planned
 - departure of current workers?
- Discussion about Direct payments and
 - changes to NHS service provision around
 - Acute, home and Day services. Need to
 - make all aware of impending report from
 - Acute care review due at West Lincs voice
 - meeting in April or May?
- Request for permission to put members art
 - work on walls of Mint lane and to be
 - involved on plans for building changes to
 - ensure sustainability of use...especially
 - considering the last time major alterations
 - were made the service was subsequently
 - ended!
- Interest in using Newsletter to share ideas
 - and swap or recycle goods or services.
 - Initially Geoff is interested to part with his
 - DAB radio and CD player.

Welcome to the Psychiatric Hotline

- If you have amnesia, press 8 and state your name, address,
 phone number, date of birth and mother's maiden name
- If you are anal retentive, please hold.
- If you are anxious, just start pressing numbers at random.
- If you have bipolar disorder, please leave message after
 the beep, or before the beep, or after the beep.
 Please wait for the beep.
- If you are co-dependent, please ask someone to press 2.
- If you are delusional, press 7 and your call will be transferred
 to the Mother Ship.
- If you are dyslexic, press 9696969696969696.
- If you have low self esteem, please hang up now.
 All our operators are too busy to talk to you.
- If you are depressed, it doesn't matter which number you press.
 No one will answer.
- If you have multiple personalities, please press 3, 4, 5, and 6.
- If you have a nervous disorder, please fiddle with the * key until
 a representative comes on the line.
- If you are obsessive-compulsive, please press 1 repeatedly.
- If you are paranoid-delusional, we know who you are and what
 you want. Just stay on the line so we can trace the call.
- If you are phobic, don't press anything.
- If you have post traumatic stress disorder, slowly and carefully press 000
- If you are schizophrenic, listen carefully and a little voice will tell you
 which number to press.
- If you have short term memory loss, press 9. If you have short term
 memory loss, press 9. If you have short term memory loss, press 9.