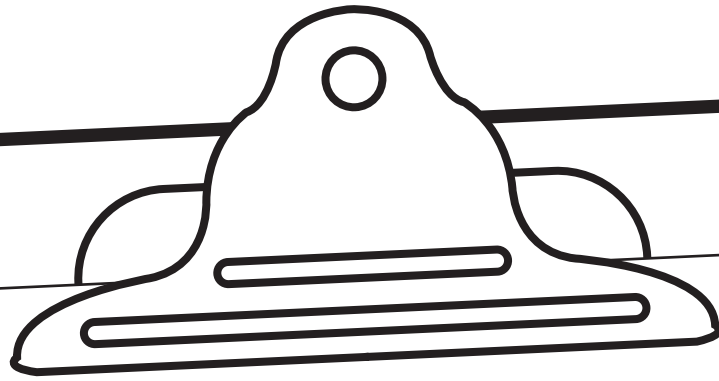


# ShUSH newsletter and record of monthly members meeting

13/05/2006

- Nine members present.
  - Chaired by Andrew.
  
  - Womens group.
    - A complaint was made by a member
    - about being propositioned in the kitchen
    - to work skills staff.
    - Reminder to use the coordinators and
    - follow guidelines that we have all signed!
    - Also suggestion made for a womens
    - group to compliment the mens group.
    - Date set for Saturday 10/06/06 at 1600pm
    - for all women discussion of options.
  
  - Art group run by Stuart met on Thursday
  - and is planned to meet monthly and do
  - art projects linked to individual issues/
  - happiness project and wellness project.
  
  - Petition for back garden retention
  - completed and will be distributed next
  - month.
  
  - Also allotment needs to be actioned or
  - abandoned to this end meeting proposed
  - for two o clock Sunday the 28th of may.
  
  - Andrew and Stuart have obtained training
  - places for wellness and recovery action
  - planning and will be offering it as part of
  - the proposed practical problem solving
  - group.
  
  - On Saturday we were offered a
  - demonstration by a lace maker at shush
  - and we provisionally booked them for july
  - for anyone who is interested.
- Two reminders:**
    - Jim offered a computer for anyone who is
    - interested. ( David is ready)
    - Cat , Teresa and chris are interested.
  
    - Coordinater/ keyholder training Kate,
    - David and Chris
  
  - Dates for diary:**
    - Thursday 18/05/06
    - 17.30 till 19.30 - Mens Group.
  
    - Thursday 25/05/06
    - 17.00 onwards - Games Night.
  
    - Sunday 28/05/06
    - 14.00 - Garden and Allotment Meeting.
  
    - Thursday 01/06/06
    - 17.30 - Stuarts Art Group.
  
    - Saturday 3/06/06
    - 1300 - Bipolar Group.
  
    - Thursday 08/06/06
    - 16.30 - Wellness Center Project Meeting.
  
    - Saturday 10/06/06
    - 15.00 - Shush Members Meeting.
    - 16.00 - Women only Meeting.



## **THE 12 WARNING SIGNS OF GOOD HEALTH**

(If several or more appear, you may rarely need to visit a doctor.)

1. Regular flare-ups of a supportive network of friends and family.
2. Chronic positive expectations.
3. Repeated episodes of gratitude and generosity.
4. Increased appetite for physical activity.
5. Marked tendency to identify and express feelings.
6. Compulsion to contribute to society.
7. Lingering sensitivity to the feelings of others.
8. Habitual behavior related to seeking new challenges.
9. Craving for peak experiences.
10. Tendency to adapt to changing conditions.
11. Feelings of spiritual involvement.
12. Persistent sense of humor.

\*Adapted from a posting on a computer bulletin board in Waldport, Oregon, author unidentified. Reprinted in Whole Earth Review (Winter 1994), a compendium of brash thinking and lofty ideas.

