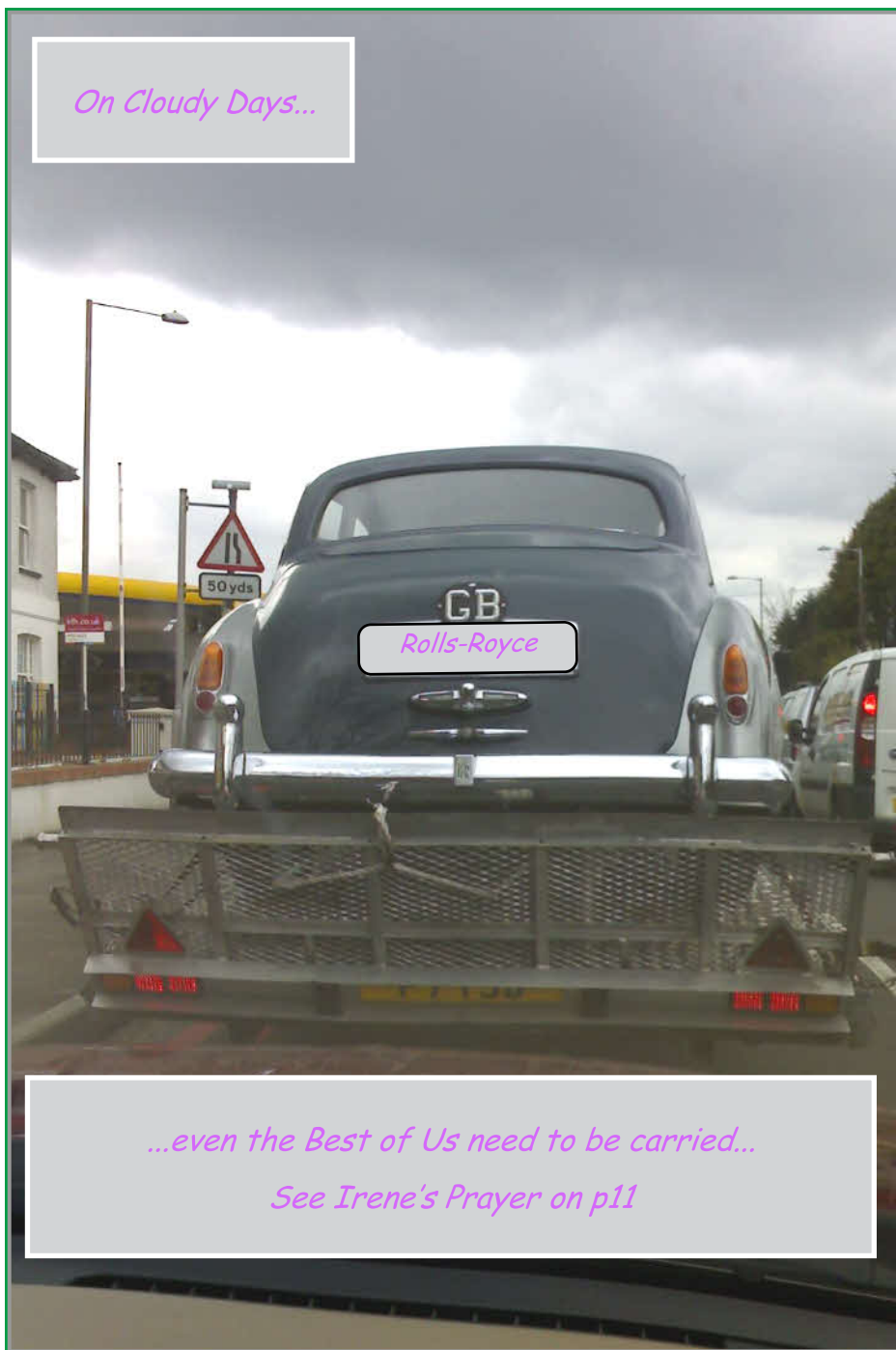


*On Cloudy Days...*



*...even the Best of Us need to be carried...  
See Irene's Prayer on p11*

the Bi-Monthly Newsletter of the  
**Association for Pastoral Care  
in Mental Health**

*July - Aug 2008*

Confused? Who  
wouldn't be - from this  
angle...

But from another angle it  
makes perfect sense...

EXIT  
→



*Being  
Alongside*

## The Barnabas Drop-In Sessions

*'Joseph, a Levite from Cyprus, whom the apostles called Barnabas (which means Son of Encouragement)' Acts 4:36*

St. Paul's Community Project in partnership with APCMH

**Mondays 2pm - 5pm**

November First Aid

Plus various activities: Table tennis, dominoes, scrabble, art / craft, poetry reading, tea / sandwiches / cakes and chat.

**Wednesday 10am - 12pm**

A more reflective discussion time with tea and biscuits, an opportunity to all share concerns or to receive one-to-one support (by appointment).

Free. All Welcome.

Venue: St Paul's Church Centre, 3 Rossmore Rd, NW1  
(5 mins walk from Marylebone Station; buses 139 & 189 stop outside)

call: Captain Mark Dadds, or Sister Theresa: 0207 724 8517

*'When he arrived and saw the wonderful things God was doing, he was filled with excitement & joy, and encouraged the believers to stay close to The Lord whatever the cost. Barnabas was a kindly person, full of the Holy Spirit & strong in faith. As a result large numbers of people were added to the Lord. (Acts 11:19-24)*

## Mental Health Support Group

*(The Dymphna Group)*

St Andrew's, Frognal, United Reformed Church NW3

2<sup>nd</sup> and 4<sup>th</sup> Friday of each month

**10.15am-12noon**

*Aiming to provide friendship and mutual support for those living with mental health concerns, both sufferers and carers, where matters may be explored and discussion encouraged.*

contact: The Rev'd Jonathan Dean: 0207 435 5725  
or Jean Marsham: 0208 455 1240

Junction of Frognal Lane / West End Lane / Finchley Road.

near Finchley Rd Met / Jub;  
113, 82, 13, 46, 268, 328, 139, C11 (West End Green);  
Finchley Rd / Frognal (NL Metro),  
Hampstead (Northern);  
West Hampstead (First Capital Direct)



## The Who and What of APCMH

Patron	Bishop Stephen Sykes	
Patron	Professor Andrew Sims	
Chair	Stephan Ball	0844 800 9744
Secretary	John Vallat	01483 428131
Co-ordinator	Pam Freeman	02086 473678
Web Master	Lionel Perkin	<a href="mailto:webman@pastoral.org.uk">webman@pastoral.org.uk</a>
Newsletter Editor	Steve Press	01303 277399
Printer	PrintInc	<a href="mailto:printinc2@btconnect.com">printinc2@btconnect.com</a>

*APCMH is a Christian based, voluntary association of individual members and affiliated groups who recognise the importance of spiritual values and support in mental health. It has a network of supporters throughout the United Kingdom and it welcomes and encourages people whatever their own faith or belief system.*

*Governed by its National Committee, APCMH is primarily concerned to promote and encourage "being alongside" people experiencing mental or emotional distress.*

*For Specific Contacts, see above; for General Enquiries reach us:*

c/o St Paul's Church Centre, 5 Rossmore Road,  
Marylebone, London NW1 6NJ

tel: 0844 800 9744 calls 5p / minute / net: [www.pastoral.org.uk](http://www.pastoral.org.uk)

registered charity: 1081642

limited company: 3957730

*All submissions welcomed by the Editor.*

e-mail: [steve.press@pastoral.org.uk](mailto:steve.press@pastoral.org.uk)

post: 9 St George's Road, Folkestone, Kent. CT19 4BE

The views expressed in *Being Alongside* are  
not necessarily those of the Association.

Origination by APCMH; printed by **PrintInc**: 020 8255 2110

If someone in your family is developing, or has, a serious mental health problem such as schizophrenia or bi-polar disorder, do contact this friendly self-help group. For further information please make contact via the details below.

The group also runs a group for service users, the Wimbledon Wednesday Group, which meets every Wednesday from 5-8pm at the Wimbledon Guild, 30-32 Worple Road, Wimbledon. This group is user led and provides mutual support and friendship. All service users are very welcome. For more information about the Wednesday Group, contact Jim Mitchell on 07896 989218.

**Rethink:**  
28 Castle Street, Kingston upon Thames KT1 1SS  
www.rethink.org

Rethink Advice Service: 02089746814  
Mon, Wed & Fri 10am-3pm,  
Tues & Thurs 10am - 1pm

## Poem: A Day in May

*... and she wrote this poem delighting in summer's early days...*

*Oh! What a sunny day in May  
With all the birds singing all the day.  
When we see the flowers blooming again  
And all's quiet in the glen.  
For it's here I can take rest and realise God's Gifts are  
best  
For he is there in all creation -  
He who comes to every nation.*

*Irene Stubbs  
see also p11*

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## Front Page

I would like to share something about a training I have just done called Capacitar (Spanish for "enable") which was started by Dr Patricia Cane, an American who was working in Latin America with people who were victims of trauma and who did not have access to any kind of therapeutic help. Patricia wanted to offer people tools for health and well being that they could practise on their own and in groups, and she drew from a variety of sources. The movement has now spread to many countries, from Rwanda to Northern Ireland and England.

One of the techniques used for well being and health is one which people may already know. It is called the "safe and sacred place".

You are invited to be still, relax and close your eyes, and then visualize a place where you feel safe, relaxed and at peace. It might be a church, a garden, the seaside, a mountain or lake.....anywhere you feel at home. It may be a place you know or a place you imagine.

You are invited to spend some time in this place, noticing all the details, listening to any sounds, feeling what it is like. After a few minutes, you open your eyes and come back to the place where you are.

This experience can put us in touch with our inner resources and strengths. I have used it with asylum seekers and people found it helpful and relaxing. This safe and sacred space is one we can return to at any time, and it can help us to find strength and peace.

More can be learned of Capacitar from: [www.capacitar.org](http://www.capacitar.org)

*Lorna Brockett*

### Mental Health Training Conference

for Pastoral Carers / Church Leaders

to help churches respond to Mental Health needs in their communities:

**24th October 2008**

Diocesan House, 36 Causton St SW1P 4AU

Jack Maple: Community Ministry Advisor: Tel:0207 932 1122

Email: [jack.maple@london.anglican.org](mailto:jack.maple@london.anglican.org)

## Rethink Merton's AGM

The keynote speaker at the Merton AGM was Laura Johnson who is one of the Volunteer Co-ordinators of the Merton - Sutton Branch of Rethink. She spoke about her personal experiences which had led her to the organisation Rethink.

It works to help everyone affected by severe mental illness recover a better quality of life providing hope and empowerment through effective services and support and campaign for change through greater awareness and understanding.

Laure is a very dedicated and sensitive campaigner who has devoted herself to helping others who suffer - both carers and those who have the illness. She and John run a group where comfort and help are provided as well as feeling of belonging.

Laura was at school with me and 50 years down the line we have met up again through APCMH!

*Pam Freeman*

## A Plug for Merton/Sutton Rethink

The Merton & Sutton branch of *Rethink* meets at the Evangelical Church, 37 Worple Road, Wimbledon at 7.30pm on the last Monday of every month.

The group offers advice, information and support for carers of people with severe mental illness, and for service users, both at meetings and on the telephone.

Speakers include psychiatrists and other mental health professionals, pharmacists and benefits advisors. The group also circulates a monthly newsletter and organises regular social events.



Our volunteers come from all walks of life; from every age group and many communities. Many have had their own personal experience of mental distress and many of them care for a person dear to them who is distressed. They bring a variety of skills and abilities to the work some stay for six months before they move on, often to take up paid work or take qualifications for which volunteering with the Association has been valuable experience, and others have been with us for many years.

On the journey through the 20 years since its foundation The Croydon APCMH has changed its name first from APCMI to APCMH - a change from 'illness' to 'health' representing an important change in the way mental health is viewed. It says firmly that mental health affects us all. The second change was from the Croydon branch to the Croydon APCMH in 2002 reflected the growing independence of the work in Croydon.

In 2008 the Croydon APCMH stands at a crossroads; changes in the wider context of Croydon mental health services may bring opportunities and challenges. The Association was founded to meet the spiritual needs of people living with mental health issues and whatever it does it must stay true to this founding ethos.

*Sue Albery*

020 8665 6718 // [www.croydon-apcmh.co.uk](http://www.croydon-apcmh.co.uk)

## *Help is at Hand*

Samaritans: 08457 909090

Saneline: 08457 678000

Rethink Advisory Service: 02089 746814

[www.rethink.org](http://www.rethink.org)

Young Minds Parents' Information Service: 08000 182138

Carers: [www.carersinthecommunity.org.uk](http://www.carersinthecommunity.org.uk)

MIND: [www.mind.org.uk](http://www.mind.org.uk)

[www.everybodyswelcome.org.uk/mentalhealth.html](http://www.everybodyswelcome.org.uk/mentalhealth.html)

## *APCMH: AGM*

### *SAT 17<sup>th</sup> May 2008*

Chi Gong - 'An ancient Chinese form of movement exercise that promotes the flow of the 'chi' to bring harmony to the mind and body, comprising of slow exercises for stretching and mobilizing the body and joints, breathing techniques, static postures, special walking methods and meditation'.

It was a refreshing and wholesome start to the day. Trisha Teahan delicately guided us through the morning with some gentle yet surprisingly stimulating meditative exercises. Roughly translated – Chi = (vital energy) Gong = (Skill) combined = the skill of attracting vital energy – an essential prerequisite for the AGM to get off to a lively start. Chi Gong might be better thought of as exercises which enhance the immune system and claims to have many therapeutic benefits, especially in relation to the body's vital organs.

In the afternoon we were joined by APCMH representatives from far and near. We heard an inspiring account of the achievements at Merton – who now boast 40 befriending relationships under and an increasing number of NHS referrals extending to the neighboring Sutton under the guidance of Richard Allen and Helen and Richard Trout updated us on their more recent endeavour to start a similar group in Wandsworth / Battersea which would be a separate affiliated APCMH Group. Slow but steady progress was reported as a steering group of 6 people meet monthly, including Pam Freeman. Richard thanked APCMH for our starter donation and hopes to have more definite news to report next year.

Richard Allen who has been a major driving force in the progress at the Merton Branch and with the training sent his thanks to APCMH for its starter donation and hopes to have more definite news to report next year.

We heard equally encouraging news from our affiliated groups. At Marylebone – Sister Theresa reported on the growth of the St Barnabus Group St Paul's Rossmore Rd. who continue to meet on Monday afternoons 2-5pm and Wednesday mornings 10-12pm all welcome.

Jean Marsham continues to co-facilitate the St. Dymphna Group – St Andrew's Frognal Finchley Road a MH discussion and sharing group on the 2<sup>nd</sup> and 4<sup>th</sup> Friday mornings of every month between 10.30-12pm – again all welcome.

We have been very blessed this year financially through various gifts and legacies – Those acknowledged and thanked included, Pauline Ashdown whose husband George who had long term MH difficulties, died recently, Mary Macarthy and of course The Young Friends General Appeal whose constant fundraising achievements have far surpassed anything that we might have envisaged. There is much to consider concerning the best way of utilizing the funds which as John Vallat so rightly said 'Needs to balance the needs of the National and the needs of the groups'. Our intention is to lay down criteria by which the various branches and groups may request financial or other support whilst ensuring that we retain a healthy bank balance so that we can ensure the future of our existing services such as awareness and training conferences.

Also to be considered is the successful continuation of the newsletter which we regard as an essential tool for APCMH and an invaluable means of communication to provide a sense of cohesion between all members both nationally and locally and to provide for the away weekends where members have an opportunity to share and consider the current and future works of the Association and of course the progress of the website.

Captain Mark Dadds recently agreed to come on board with us as Membership Secretary – thus relieving John Vallat and Pam Freeman of some very essential tasks. We welcomed him personally today as he took the opportunity to thank everyone for what he perceived as honesty, determination and vision and made the suggestion that we might make available to readers the means by which they may consider APCMH in their own future legacies.

The venue for the 2009 AGM was discussed and Sister Theresa thought perhaps it might be a good idea to hold the day in a fresh location. It has been wonderful to have St Paul's in Marylebone for the past few years but the danger is that many members tend to then associate the National with the local Marylebone groups of which there is an overlap of members and then wires can get crossed and an atmosphere of confusion may ensue.

We feel that the National Association needs to be recognized for its uniqueness so that each individual Group / Branch can be considered

development workers, for almost all its twenty year history. The Association has increasingly become an arm of the Chaplaincy in the community, with our spiritual home in the beautiful chapel at the Bethlem Hospital.

The first Drop-In started in the URC church hall in South Croydon but moved quite quickly to the South Croydon Centre at the back of St Peter's Church Hall. This Drop-In, known as the Rainbow club, is still open every Monday evening welcoming between 25-30 people each week. There are two members who come each week who have been coming from the beginning and our Drop-In worker was one of the original steering group members. Some volunteers have been coming almost as long. In these days of constant change and innovation people value continuity and reliability, especially when life is difficult and confusing.

The Association has grown since those early days. In 1995 APCMH was able to appoint its first development worker, Mary Hillier, when a successful application was made to Croydon Social Services for money from Joint Finance - a pot of money which enabled many small voluntary organisations to grow.

With the acceptance of financial support from Social Services came a tension. The organisation needed to show that it was open to all people whatever their faith and also to those whose world view is secular. There was a need to be true to the underlying Christian ethos of the organisation as well as being open to all.

The Drop-Ins have never been a place for overt religious practice although always places where Christ's instruction to 'love thy neighbour' has been the guiding ethos. APCMH tries in all it does to reflect the love of Christ in a way that includes all people, whatever spiritual path they are on.

Now, twenty years after the founding of the Association, there are three Drop-Ins and a women's Drop-In. In addition there is a programme of Healing and Creativity with workshops in relaxation, writing and art. These have been made possible by a bequest from Margaret Baylis, a dear friend and benefactor of the Association. Also there is the New Horizons project, where volunteers support residents in a rehabilitation unit to visit a local cafe and many workshops and training activities. All this work is only possible because of the work of our many volunteers.

## Happy Birthday APCMH Croydon!

In June 1989 the Croydon branch of APCMH held its first AGM following a year in which the original steering group had become a fully operational Branch of APCMH. The organisation itself came into being in June 1988.

Dennis Murray who was then the Development Officer of APCMH had identified Croydon as potentially fruitful ground for a new branch of APCMH and so it has proved to be.

Contact was made with the local churches with varied success. Some churches at that time honestly believed that there were no mental health issues in their congregations but others came forward with volunteers and some financial support.

The early intention of the Association was to provide a befriending service. Befriending is of course essentially pastoral care for the individual in which the befriender comes alongside a person in distress and walks with them along the road. The image of the road is still used by The Croydon APCMH because as we say in our leaflet "the road is long with many a winding turn"----- Let's walk together".

In the end, or rather at the beginning, the model of pastoral care adopted by Croydon was the Drop-In; a place where people can meet without formality and stigma, where they can be supported and offer support to each other.

A significant event which was key to the development of the organisation was the appointment of Andrew Wilson as Chaplain to Warlingham Park Hospital. Croydon is famous for developing the role of the Community Psychiatric Nurse; it should also be famous for the first Community Mental Health Chaplain. Andrew's work from the start included working in the community. Andrew became a key member of the Association and has provided support, love, and practical and spiritual leadership to all involved with organisation, and especially to its

equally and we are not likely to become too heavily associated with any one particular Branch or Group to the detriment of the others.

All this considered Pam proposed that All Saints Battersea might be an alternative venue to hold the 2009 AGM when perhaps the proposed new group via Richard and Helen (Merton) may have come into fruition – this proposal was welcomed.

Our Chairman Stephan Ball thanked several of our Members for their dedication throughout the year – especially our Webmaster Lionel Perkin and Editor Steve Press, as well as Pam Freeman and John Vallat whose level of commitment and quality of work are a credit to the National Branch.

We say goodbye once again to Lorna Brockett who has recently moved to Brussels and wish her all the very best in her ministry abroad.

Finally, I might take this opportunity to thank our current Chairman Stephen Ball for his dedication and devotion to the Association over the years and especially now as his commitments both with work as a MH nurse and as voluntary Chairman for APCMH are pretty full on, without mentioning all the other Quaker involvements which he is so devoted to. John proposed that he should be re-elected for another year. There were no objections as Stephan agreed!

Finally, as Pat interjected earlier on in the day – 'We don't hear much about God these days!' a strange silence ensued. Its healthy to be reminded that without the empowering vision and work of the Holy Spirit to guide and inspire us and provide hope and vision, we would be lost. Sister Theresa appropriately closed with thankful prayer.

On behalf of the National Committee we say many congratulations to Croydon APCMH who celebrate their 20<sup>th</sup> Anniversary this May. *See p12*

Eph. 2:8-10:

*"For by grace you have been saved through faith; and that not of yourselves, it is the gift of God; not as a result of works, that no one should boast. For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we*

from Edna Hunnysett:

## 1 July: Day for Life 2008

The Irish and Scottish Bishops and Bishops of England and Wales decided the theme to be on mental health issues for the **Day For Life** this year which is the **first Sunday in July**.

The Catholic Communications Network always include a few podcasts to go on the **Day For Life** website to highlight the issue and this year are doing 4 interviews, 2 from England and Wales and one each from Scotland and Ireland. I've been asked by Maggie Doherty, senior media officer of the Catholic Communications Network, to be interviewed as one of the two from England and Wales.

Edna Hunnysett

Here is a summary of **Day for Life** this year:

Mental Ill

-Health can happen to anyone - 1 in 4 people will experience a mental health problem at some stage in their life. Millions of people across Britain and Ireland are either living with or know someone close to them who has been affected by depression, schizophrenia, suicide, self-harm, bereavement, substance misuse or mental health difficulties at some stage in their lives.

**Day for Life** – the day in the Church's year dedicated to celebrating the sacredness of life – will focus this year on the theme of mental health.

It will help raise awareness of the needs of those affected by mental ill-health, their friends, their family and their carers, and the support that the parish community can bring.

[www.pastoral.org.uk](http://www.pastoral.org.uk)

## A Prayer

*Irene Stubbs wrote this prayer at that 'gloomy time of year' when feeling the need for a bit of help. You might recognise it from last issue, but it offered again here with the line (**bold**) that was missed! Sorry Irene!*

Dear Lord,

Let me not be so sore  
about this illness, for I'm sure  
There are other folks worse off than me.  
**I see them all around, you see.**

It's no use saying what might have been  
For it's You who plans our life it seems.

And let me not say 'Why me?'  
As Father Gerry says, "Saints say 'Why Not Me?'"

So though we get angry and full of hate,  
Let us be calm and meditate  
on how, Dear Lord, You died for us  
- and stop making such a fuss!

Irene Stubbs

See also p16

Many thanks to all our contributors whose offerings are always so appreciated. I always hoped that material for *Being Alongside* would come from the readership.

Steve



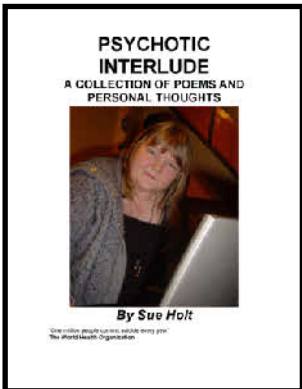
## Sue Holt

'Psychotic Interlude' £5

from: [www.chipmunkpublishing.co.uk](http://www.chipmunkpublishing.co.uk)

ISBN: 978-1-84747-635-7

Published: 2008 Pages: 113



"'Psychotic Interlude' may come over as less polished than Sue Holt's previous work but there is a rawness and honesty that shines through. The combination of poetry and insights into Sue's mind-set at the time she was writing are very powerful. There is a real sense of the struggle, the search for identity and a sense of self. 'Psychotic Interlude' is not just about a

person's struggle with their mental health status but a more profound statement about humanity."

*Paul Andrews, fellow bi-polar traveller, occasional writer and friend*

**Description:** 'Psychotic Interlude' is a woman's quest for answers.

Sue Holt has bipolar disorder and struggles with religious delusions. Her analytical mind tries to make sense of faith and her delusional beliefs.

'Psychotic Interlude' enables the reader to become intimately involved in Sue Holt's life as her mind begins to unravel leaving her emotionally unable to deal with day to day life, leading to a subsequent admission to a psychiatric hospital.

Through poetry and personal memoirs Sue reveals her confusion and mounting doubts. However, her faith in God shimmers as a thread of gold throughout.

'Psychotic Interlude' follows on from Sue's previous books 'Poems of Survival' and 'Depression Ate My Soul' and reflects her growth of character, strength and courage.

Many readers of 'Psychotic Interlude' will question their own beliefs and experiences of complex and misunderstood issues.

Links to her poetry sites:

*A Poetic Testament Of Life Inspired By Jesus* [www.manicpoet.shorturl.com](http://www.manicpoet.shorturl.com)

*Poetry reflecting life's journey:* [www.freewebs.com/manicpoet](http://www.freewebs.com/manicpoet)

## Roz Reflects

*Roz Graham worships at St Mary of Charity, Faversham. She was a junior manager in a 100 place day centre for adults with learning disabilities. She also worked on a project which enabled people with mental health problems to explore their vocational and training needs and to experience supported work placements. She has also run the Sheppey Drop In for the same client group. Since giving up work she has become more involved with Church Activities acting as a Verger. She leads a house group, is the Parish Secretary, and more recently has become a day chaplain at Cautley House Christian Centre, Hythe, Kent. . She is married, with one cat as a dependant and is a member of Campaign for Real Ale (CAMRA). She is a Franciscan in the Third Order.*

*"Do not be afraid, for I have redeemed you, I have called you by name, you are mine. When you pass through the waters I will be with you, and through the rivers, they shall not overwhelm you."*  
*Isaiah 43*

I have a Teddy Bear. His name is Isaiah (because one eye's 'igher than the other.) I've decided that he's always 43 because Isaiah 43 is a very special passage of scripture to me.

It cropped up a lot before I had a major breakdown in 1991. I suffered a brainstorm. I was under an inordinate amount of stress at the time – particularly emotional stress. But I hung on to those words of Scripture. They were my lifeline. I was not afraid and I was acutely aware of God's presence with me throughout the experience of hell that I was going through. The hell didn't stop there. I was bi-polar, later to be diagnosed as bi-polar schizoid affective disorder.

I went back to work after six months, but kept having long periods of sick leave. I went to part-time but was still taking time off sick and was having difficulty keeping stable. I worked for Social Services in the field of Learning Disability and later in Mental Health for ten years. Too much emotional stress. Eventually I left work on medical grounds.

I was in the pit. The illness meant I had had to consider the agonizing decision to not have children. It meant that I had lost a promising career in Social Services. It meant that I had lost the opportunity to serve God as a priest. (I had been recommended for training just before my breakdown.)

So is there any healing through all of this? Well my glass is half full. Through the support of Prayer, I have been given some gifts. I cope with my illness day to day by having good self awareness. I have had the opportunity to understand myself better, and in so doing becoming more of a whole person despite my illness. I have the gift of being able to be detached when I am having a psychotic episode. I am not in bondage to my illness. I live a full life.

A friend who is a Mental Health Social Worker says that she is able to do her job better because of what she has learnt from me and that there is hope. My support worker says she has learnt a lot from me too which has enabled her to help others. It has given me the opportunity to live a simpler life. I need to live a life in the slow lane and take time to smell the roses. (something we all ought to take the opportunity to do) My lifestyle gives me something valuable – the time to pray.

I carry my cross in the knowledge that through the grace of God I lead life in all its fullness. I may not be cured, but my healing is ongoing. I really don't think I would have coped if it had all been at once. My love and commitment to the Lord is deeper. I try not to live in the fast lane any more. When I do, I get ill. God knows what is possible, he doesn't expect the impossible of us. I've learnt that in serving the Lord we are free of the tyranny of time, for if we are doing what He wants we have plenty of time. A misguided sense of duty can spoil our vocation. With God there is no wasted time. If you are doing too much, you're probably doing more than the Lord intended. I learnt that the hard way.

So what has Isaiah got to say about this?

*"You are mine, O my child. I am your Father, and I love you with a perfect love."*

The love of God touches, changes and challenges all the levels of our being.

*ROZ Graham*

## Members' New Books

**Roger Grainger**

### LAYING THE GHOST PATIENTS INTO USERS



**By Roger Grainger**

'One million people commit suicide every year'  
The World Health Organization

*Laying the Ghost: Patients Into Users*  
by Roger Grainger £5.00

ISBN: 978-1-84747-651-7

Published: 2008 Pages: 100

from:

**[www.chipmunkapublishing.co.uk](http://www.chipmunkapublishing.co.uk)**

This book is about the way in which the idea of madness still haunts people's imagination, and the way in which this is reflected in the experience of those diagnosed as psychiatrically ill.

It is also about the difference between the old system of psychiatric containment and the present 'community' approach which deals with 'users of the psychiatric

services' – in other words, User Groups – as this is seen from the perspective of those involved in both of these approaches. The result is a book which has much to say about social exclusion and the experience of stigma. It sets out to examine how this important social change, from 'patient' to 'user' affects those most intimately concerned. It puts the 'user' point of view in a positive way, allowing those within the community to speak for themselves. It also has something to say about the similarity which exists between incarceration within an institution and confinement to a special section of society as a whole.

**About the Author:** Roger Grainger has been a psychiatric in-patient and member of several user groups. He worked for 18 years as a whole-time Chaplain of a large psychiatric hospital, and is now in private practice as a Chartered Counselling Psychologist and Senior Practitioner in Psychotherapy. He believes himself to be in a privileged position to write on this subject, and '*Laying the Ghost*' follows two other books in the area, '*Watching for Wings*' (1979) and '*Strangers in the Pews*' (1993)