

Access all areas

incorporating **You Care, We Care**

Giving a voice to the disabled: dailyecho.co.uk

NOTICE BOARD

■ Fleming Park Leisure Centre in Eastleigh holds aqua therapy sessions on Wednesdays and Fridays at 11.45am. These totally non-impact classes are ideal for those suffering from back problems or arthritis or recovering from injury. The Speedo Deepwater Aqua class costs £2.65.

■ REMAP is a charity which designs and makes equipment for the disabled which is not available commercially. Telephone Richard Bavier on 01590 616330.

■ MODCATS (Members of the Disabled Community Aiding Themselves Successfully) meets at St John's Hall, Hythe 10.30am-12.30pm every Friday. MODCATS is a self-help group for people with physical disability, providing a pop-in centre. Monthly speakers, outings and social activities are also arranged. Telephone: 023 8084 2525.

■ Wheelchair Basketball - Hampshire Harriers, Chamberlayne Sports Centre, Weston Lane, Southampton, 1pm-3pm. Meet every Sunday.

■ Southampton Football Coaching (disabilities) - Oaklands School, Lordshill, 9am-10am every Sunday. Telephone Ian Juryeff on 08702 200164.

■ CLASSES of yoga-based techniques in posture, breathing, flexibility and relaxation are held at Southampton General Hospital. The classes run on Mondays from 5.30pm to 6.30pm and 7.15pm to 8.15pm and also on Tuesdays in Shirley from 1.15pm to 2.15pm.

There is also one-to-one help available in the city. Classes are ideal for sufferers of chronic ailments or as a support for carers of the disabled. Contact Sue Batley on 023-8022 0789 or 07759325859.

■ The Southampton branch of the Multiple Sclerosis Society hold a weekly drop-in centre with physiotherapy, talks, and other activities including refreshments at the Mencap Centre, 179 Portswood Road, Southampton (rear of NatWest Bank), from 10am every Wednesday. All welcome.

■ The Striking Back Club, a social club for people who have had a stroke meets on Thursdays from 10am-noon at Peartree Church Hall, Peartree Road. Ring 023-8039 8345 for details.

■ Eastleigh & District Sports Association for the Disabled (EDSAD) have a swimming club that meets on Tuesdays in the main pool at Fleming Park Leisure Centre, Eastleigh between 8.00 and 9.00pm. We have exclusive use of the pool, with a hoist and pool-side steps available and the cost is £2.00 per session. For more details contact Veronica on 023 8026 3503 or Paul on 01794 515172.

If you have got any items to include on the noticeboard - regular meetings, one-off events or fundraisers - or want to contribute to Access All Areas then contact newsdesk on 023 8042 4522 or e-mail newsdesk@dailyecho.co.uk.

Lottery winners

WINNING numbers in Friday's lottery draw in aid of Countess Mountbatten House hospice in West End: £1,000 - 34698. £250 - 25267. £100 - 72197. £25 - 04022, 19354, 25624. £10 - 44146, 66157, 69993, 92035. £5, 07489, 10567, 11140, 46802, 91013, 91024, 93013.

■ Winning numbers in Friday's draw for Southampton Hospital lottery: £166 - 00131 Southampton. £16.60 - 00199 Southampton. £8.30 - 00025 Southampton, 00178 Southampton. £1.66 - 00026 Eastleigh, 00179 Southampton, 05935 Southampton, 23401 Southampton, 47523 Gosport.

■ Winning numbers in the July 17 draw for Hampshire and Isle of Wight Air Ambulance: £500 - Waterlooville F0910. £150 - Southampton F4486. £100 - Andover E4899. £25 - B2374, C3136, B3402, E8512. £10 - G9969, C2094, D2911, E9123, E3708, C6032, F5931, D7543, D7552, G0501.

TODAY the *Daily Echo* lends its support to the Time To Change campaign, calling for an end to mental health discrimination.

One in four people will experience a mental health condition at some point in their lives.

But still the subject remains surrounded by ignorance, fear and prejudice.

Research by mental health charity Rethink shows that nearly nine out of ten people with mental health problems have been affected by stigma and

discrimination. During the coming months we will highlight different events designed to breakdown barriers as well as featuring those who have had first hand experience of mental health conditions.

We would also like to hear your stories about your own personal experience of mental health conditions, whether you have suffered discrimination and how you have been helped.

Contact Clare Kennedy on 023 8042 4500 or e-mail clare.kennedy@dailyecho.co.uk.

Take a seat for a better future

AN inviting sofa, comfortable cushions and a colourful lampshade - you wouldn't normally expect to see a makeshift living room by Southampton's Bargate.

Members of Solent Mind organised the event designed to get people talking about one of society's last taboos - mental illness.

It is part of the lottery funded mental health anti-stigma Time to Change campaign, supported by the *Daily Echo*.

Throughout the day the public had a chance to sit on the sofa and talk to people who had experienced mental illness.

Visitors also had an opportunity to have a go at a myth and fact quiz to discover how much they knew about mental health.

Solent Mind's community wellbeing manager Sheelagh Kreft said: "A generation ago people found it difficult to talk about cancer and many wouldn't admit to being affected by it. Thankfully that's changed.

Stigma

"Now it's time to break down the stigma surrounding mental health by being open and raising awareness of the facts.

"With one in four people experiencing mental ill health at some point in their lives, we have to recognise that this is an issue that affects us all.

"The sooner we do this, the sooner people with mental illness can get on with leading their normal lives."

Hampshire Partnership NHS Foundation Trust, responsible for running the county's mental health services, is supporting the Time To Change campaign too.

Disabilities

The organisation said the campaign would help people with mental health needs and learning disabilities achieve the best quality of life possible.

Trust chief executive Nick Yeo said: "Being discriminated against on the basis of a mental illness can make a person feel isolated and excluded from day-to-day activities.

"It can prevent people from getting and keeping jobs, and prevent them from seeking help.

"The effects of stigma and discrimination can negatively impact

Case studies



KAREN Brown, 34, of Southampton, pictured left, works as a vocational adviser for Solent Mind and had a mental health breakdown aged 22.

"I had a mental health breakdown after graduating in German from Southampton University. "There were multiple causes including childhood factors. I had just finished my course and lots of my friends had gone to live in other places.

"I just woke up and had really severe anxiety. I thought it would stop after a month but it didn't. For four years I was not in paid work. Instead I worked in charity shops, did youth work and computing and mental health care courses.

"This all helped to improve my self esteem, confidence and social contact. I was also on medication and had psychological therapies, such as cognitive behaviour therapy.

"Just as there are multiple factors causing mental health illness there are also multiple factors that help recovery.

"You have to be very strong but you develop a lot of perseverance, determination and strength of character."

HELEN Trevorrow, 41, of Southampton, right, has carried out voluntary work at charity shops. She has memory loss.

She said: "I have suffered memory loss since undergoing a brain operation when I was 15. Mental health conditions can be difficult for people to deal with because there are no visible signs.

"Too many people think it will happen to someone else, not them.

"Often people think of depression as affecting older and middle aged people but it can affect anyone, for example youngsters coming up to school exams.

"I enjoy reading, writing poetry and rambling. I also attend art classes run by Solent Mind at the Art House in Bedford Place."



physical health and, ultimately, they can delay and impair treatment and recovery."

He added that everyone can play their part.

"By knowing someone with a mental health issue, you can simply be a friend, talk, and listen. Do not avoid or ignore the issues, as this can make things much worse."



Martin Ball.

Kilimanjaro climb help c

A HAMPSHIRE boss is taking into his own hands a charity trek up world's tallest

Martin Ball, director of Waterbury, is leading a small band of listeners up Mount Kilimanjaro in Tanzania to raise money for the station's charity Cash For Kids.

Money will also go to the Jenna's Dream Campaign which is in memory of

tured, who died of spinal cancer.

Martin said: "I cannot begin to imagine the ordeal the families of our listeners go through. Their families' circumstances make a real difference to the result of climbing in Africa, and

want to make friendships with our listeners and local businesses across the south coast. Their support will help us to

ly make a real difference. The 13-day ascent starts on August 1st and will end on August 14th. They will then spend seven days climbing to the summit of Mount Kilimanjaro which is about 20,000 feet above sea level.

■ To sponsor wave105.com

Shopmobility needs

SOUTHAMPTON Shopmobility has a new volunteer office assistant. The role involves a wheelchair and scooter hire service.

Vehicles are available to anyone with a permanent mental health condition.

Volunteers, work half a day a week. You would be a first contact for customers, providing information and advice, booking a scooter, and providing instructions on how to use it.

For more details contact Lilah Turtle on 023 8042 4500.