

Service User Newsletter

Volume 1, Issue 8, April 2019



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Story of a Client Recently Completing CBT

What prompted you to contact the service?

I have been on and off depressed for the past 24 years, becoming worst as time progresses. I was full of hate and I was always angry. I felt used all the time and there were so many times when I just wanted to end my life. Then in July 2017, my husband tried to commit suicide because of the feeling of guilt for not being with his dad when he passed away. I tried to deal with our situation on my own and supported my husband when he had his therapy. But one day, I just broke down and I could not stop crying and just really felt so sad and lonely that I just finally wanted to 'rest' so as not to feel this melancholy. My husband encouraged me to get medical help. It's that time when I fully realised that I needed help so I went to my GP and they advised me what to do.

What did you need help with?

Insomnia, anxiety, trauma and anger rooted in my childhood and early adult life. I was sexually abused, abandoned by my ex-husband for another woman (while I had our two babies to tend to), I had a step father who was abusive and I saw him physically hurt my mother, I felt that nobody cared for me and that I felt angry at my mom for not being able to protect me, my family back home made me feel bad whenever I couldn't help them financially. I was afraid of sleeping in the dark without my husband with me as I always felt that somebody was going to grab me.

What things were you struggling with before you came to the service?

I easily got angry and felt people took advantage of me and that they just wanted to speak to me because they needed something from me. I dissociated myself from long time friends and even stopped talking to my mother and siblings. I didn't trust my husband and I always felt panicky whenever he was away from me. I had dreams about the abuse and the people who did it to me.

What worries did you have about starting therapy?

I was worried that I would not be understood and that nobody would care to listen to me.

What were the sessions like? It was very helpful and I felt very comfortable with Louise Aaron. She didn't judge me.

What did you learn?

I've learned to understand my feelings and adopt the skills of managing my emotions. Most especially, I have learned to 'find' my happy place which really helped me a lot.

Do you still do things that you covered in the sessions? Or do you not need to?

Not anymore. Louise has done her part, it's up to me now to use the skills she taught me.

What do you think has changed for you since before seeing your therapist?

My relationship with my husband and kids has improved. I am not as angry as I was before. I re-connected with my estranged friends. I am in a place now where I don't feel anger to anybody. I also don't have 'bad' dreams anymore. A lot of people also commented that I've been smiling more than before.

What would you say to someone who was coming to the service for the first time? What would you reassure them about?

I've said this to Louise – had I known I would feel this kind of happiness, peace and contentment that I feel now, I would have done the therapy before,

It was a second life for me – I felt reborn.

Anything else that you would like to add?

I owe my second life to Louise who helped me to turn my life around.

Vegan Lemon cake

Ingredients:

Cake

275g self raising flour

200g caster sugar

1teaspoon baking powder

Zest of two lemons

100ml vegetable oil

150ml cold water

Juice of one lemon

Icing

150g icing sugar (sieved)

Juice of approximately half a lemon depending on consistency.

Method

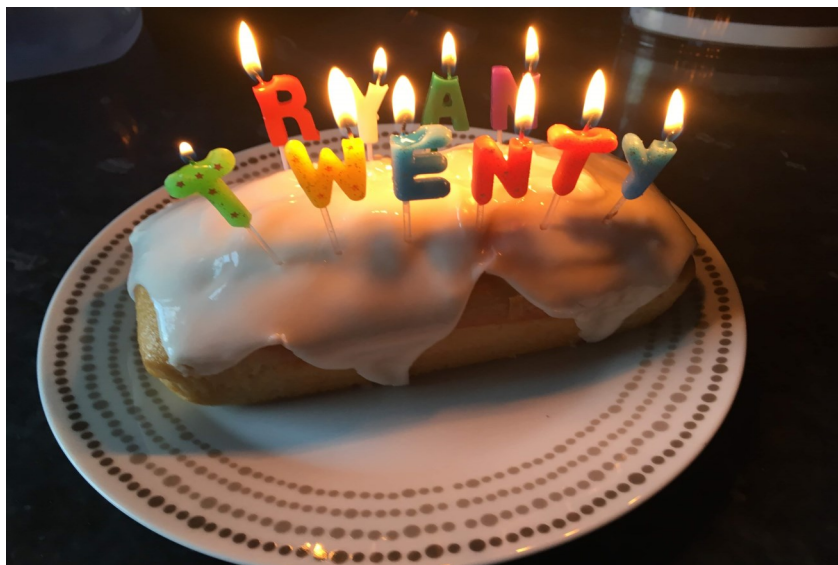
1 pre-heat oven to 200°C (180°C fan) gas 6

Grease and line a 1lb loaf tin.

2 Mix together flour, sugar, baking powder and zest in a large bowl. Add juice, oil and water. Mix thoroughly until smooth.

3 Pour in to lined loaf tin and bake for approximately 30 -50 minutes or until a skewer comes out clean. Leave to cool in tin for ten minutes and then remove.

4 When completely cool make icing by sieving icing sugar and adding just enough lemon juice until it is a thick icing to pour over the cake, you don't want it too thin or it will run off.



FAQ – Touchstone New Service YOUR SPACE

Who:

Touchstone (Lead), Womens Health Matters, Holbeck Elderly Aid and evaluation partner Leeds Beckett University Centre for Health Promotion Research.

Commissioned by Leeds City Council Public Health.

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Outline:

We are really excited to announce the launch of a new service in Leeds; the Wellbeing Space and Support Service, which will start on the 1st April 2019. The service hours are yet to be defined, but there will be activities taking place during the day, evenings and at weekends.

The new service will deliver and promote a range of activities, awareness campaigns and signposting for people who live in LS8, 9, 10 and 11. It will provide individuals and communities with the tools, skills and know how to live happy, healthy lives, and to maintain their physical, emotional and mental well-being. This will be part of the wider Touchstone Health Development Team.

This is a partnership project between Touchstone, Holbeck Elderly Aid and Women's Health Matters, along with an external evaluation team from Leeds Beckett University Centre for Health Promotion Research, and is funded by Leeds City Council.

Results

Many of us are dreamers, in 2018 become doers. Make your thoughts actions and become pursuers. Don't make resolutions without an action plan. The secret to success is right in your hands. Thomas Edison discovered more than 1000 ways, to not in-vent a bulb of light, But eventually, through perspiration, he found the solution to get it just right. If he had stopped at nine hundred ninety-nine, You'd be reading in the dark, and might miss a line. Take the first step, do something outrageous, The act of doing, will become quite contagious. Accomplishments will come closer each day, Don't just wish, but act and pray! Don't let pride ever cause you to stumble, Baby steps are still progress and keep us humble. It's better to move slowly then to turn or hide, Keep your eyes focused, let God be your guide. At the end of the year, you'll discover you've been moving, Much closer to the goals, you have always been pursuing. It won't all happen on January one, But with faith, hope, and action, you will get the job done.

By Anonymous

SERVICE USER AWAY DAY– THURSDAY 1st August 2019

Touchstone	0113 2718277	NHS Direct	111
Connect Helpline	0808 800 1212	Samaritans	0845 790 9090
Social Services (out of hours)	0113 398 4702 0113 240 9536	Non emergency Police	101
DIAL House	0113 260 9328		