



HEADS UP

Donation £1

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SUMMER 2016

SPECIAL POINTS OF INTEREST:

- Changes to your Council Tax Reduction Scheme
- RECOVERY Fun Dog Walk
- Solicitors help survivors to have a fair trial
- Boris the RECOVERY Assistance Dog

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Boris Writes Thank You Letter to his Sponsor



Solicitors help survivors to have a fair trial

Representation at Mental Health
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Advice under the Legal Aid Scheme

Clients detained under civil provisions

Hospital orders

Transfer provisions

Community treatment orders

"Speaking up for those without the strongest voice..."

Testimonials
about Thaliwal
& Co Solicitor

"They had
empathy and
appropriate
knowledge and
skills in the
mental health
field"

'Ranjits style of
teaching is
creative and
enabling'

As a specialist Mental Health Law Solicitor who provides representation on a day-to-day basis to those detained under the Mental Health Act it is always excellent to have the opportunity to try to raise awareness of this area and the impact that it can have upon people in their lives.

"All I really want to do is kill myself" was a comment that I recently heard from a client that I recently attended and demonstrates the level of despair, stress, hopelessness, and anxiety that can be felt by those experiencing Mental Health issues. Quite simply wanting to end your life, encapsulates just how difficult a place a person must be in, and their state of mind.

The party here was making attempts to ligature themselves and even a simple enjoyment such as listening to music was affected by health and safety issues as they were not allowed leads

or cords in their room to safeguard against this risk. Even CDs had a risk of being snapped and used to cut themselves.

Therefore it leads to a scenario where the person finds themselves in difficult circumstances but of course the team will continue to work to try to help them overcome this situation by way of ongoing support and medication. Therefore hope remains and ultimately the issue of support is a key factor in this area.

Mental Health remains an area filled with uncertainty, ignorance, misinformation, and stigma. I have always thought of it as a 'Cinderella' area as it does not get the attention deserving to such an important issue. More recently this has started to alter.

In broad terms one in four people are said to suffer from Mental Health difficulties in some form and

therefore that is a very far ranging and significant statistic.

Recent figures indicate that Dementia is on the rise and with an ageing population, again this particular sector of people will increase, thus leading to more individuals in the community with Mental Health difficulties and the requirement for bespoke support.

The reality is that Mental Health issues are much more widespread than individuals believe with the one in four figure being quoted regularly in terms of people suffering from Mental Health issues at some time.

Specialist Mental Health Advice
Award Winning, Qualified Legal Representatives

Ranjit Thaliwal
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Other recent figures indicate that 50,408 people (source: The Mental Health Network NHS Confederation) are detained under the Mental Health Act and 1.6 Million people were in contact with specialist Mental Health services. Recent figures also indicate that the total number of outpatients in the community where contacts and visits were completed was over 21.7 Million in the year 2013/14. This shows the level of interaction with the Mental Health services that continues. Likewise the newer innovation of Community Treatment Orders which came into place a few years ago has been used regularly with Orders totaling in the region of 4600.

The extent and range of the above figures shows how significant Mental Health issues are within the mainstream community. Support and resources should obviously be at a proportionate and appropriate level.

The struggle with Mental Health difficulties is a difficult one and ultimately some lose the battle in the most significant way namely by the loss of life.

Recent figures indicate that there were 6708 suicides in the UK and Ireland (Source: suicide statistics report 2015 – Samaritans). The figure indeed is significant and does not take into account those who attempt to take their lives and are unsuccessful.

The statistical information regarding Mental Health is clearly available extensively but one of the most stunning figures which has come forward indicates that within the male age group of twenty to forty-nine, the biggest killer of men is not road traffic accidents, Cancer or Coronary Heart Disease, but in fact is suicide. This is clearly a jaw dropping statistic and puts matters into context, showing how Mental Health Issues can have such a devastating and huge impact on individuals and their families.

In relation to those suffering from Mental Health issues early diagnosis would obviously be beneficial and the way to overcome the problems are multilayered. It is a myth to say that having Mental Health issues has to be a lifelong condition and is untreatable in all cases. There are many other myths which permeate through including the idea that Mental Health problems are 'uncommon', that they are purely biological or genetic in nature; and even that those with Mental Health problems should be able to handle and resolve matters themselves as otherwise they are weak! The latter is clearly both unfair and inaccurate.

The treatment can include medication, input from support team members including approved Mental Health Act professionals, Social Workers, CPNs, Assertive Outreach members, GPs and community based recreational groups. It can be seen that the support is potentially very extensive and can act as a wrap around to buffer, protect and help those overcome the Mental Health problems that they are encountering.

The Thaliwal & Co Team



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Mental health support is a holistic responsibility of all

"Speaking up for those without the strongest voice..."

Testimonials
about Thaliwal &
Co Solicitor

'...Highly
recommend their
valuable
contribution to the
life of the city and
county'

'...In awe of the
amount of time
and effort he
devotes to
charitable work'

Resources of course are always an issue in the NHS and statutory sector but hopefully this does not act as a blockage for those to get the support that they truly need.

Awareness is ultimately the key and there has been a lot more proactive information available including the Time to Change campaign which has done some fantastic work in raising the profile and helping to break stigma.

(www.time-to-change.org.uk.)

Local charities continue to do some fantastic work providing important support including the team at RECOVERY Assistance Dogs for Mental Health in Leicester led by Lizzie Maitland.



The area of Mental Health ultimately remains challenging and difficult and the needs of those suffering these difficulties cannot be emphasized strongly enough. Together we can break down the issue of stigma and do our bit to provide support as ultimately support is a holistic responsibility of all, not just the statutory sector or specialist Mental Health charities.

Some of the things that would be valuable include the following:-

- Spending some time in trying to support a National Mental Health charity by becoming a member, supporting fundraising activities etc. e.g. MIND (www.mind.org.uk), Rethink (www.rethink.org), Alzheimer's Society (www.alzheimers.org), The Samaritans (www.samaritans.org). There are of course many other fantastic Mental Health charities.
- Local Mental Health support groups such as RECOVERY Assistance Dogs do some amazing work and again the opportunity to get involved here remains open to all by volunteering, fundraising and raising awareness of the work that they do locally.
- The Time to Change campaign has done some good work and supporting their efforts on social media and events which take place nationally would be invaluable (www.time-to-change.org.uk/).
- Look at supporting somebody with Mental Health difficulties that you may know personally or through local voluntary services as opportunities no doubt will be available. Helping somebody at this time of need can make an amazing difference.

The above are suggestions but clearly there are other ways that help can be provided in this area. There is no doubt that Mental Health issues are going to remain a significant factor going forward within our community nationally and I would reiterate that awareness and support will remain key issues. Lets see if we can all continue to breakdown the barriers and stigma which exist in the area of Mental Health.

ALL SPONSORS RECEIVE A THANK YOU LETTER FROM THEIR RECOVERY DOG

Hello ,
(Boris **waves paw**)



I'm writing to thank you for your most generous offer of sponsoring me through my training as a RECOVERY Assistance Dog. Your support and donation is very much appreciated.

So I'd better tell you a little more about myself. My name is Boris and I'm a Working Cocker Spaniel, I'm not your usual Cocker Spaniel though, because as a RECOVERY Assistance Dog I'm helping my mum recover from and overcome her mental health illness and to live a more independent life. Until I came along mum used to really struggle with leaving the house because of debilitating Obsessive Compulsive Disorder, Social Phobia and Panic Attacks. I've lived with mum since I was 9 weeks old, she chose me especially to help her and at only 18 months old I passed my Level One Public Access training in January 2016.

One of my jobs is to keep a close eye on mum making sure that she's not feeling panicky about anything, if she is I can sense it and I've been taught to paw at her leg to attract her attention and let her know that everything is OK as I'm there, this also reminds her to slow her breathing. I've also been taught to sit in front of her if she's talking to strangers as it makes her feel safer that they can't intrude into her personal space. I've recently started learning how to find an exit to a building so that I can lead mum away from any situation that is causing her to have a panic attack and very soon I'm going to learn how to do Deep Pressure Therapy.

Because of this I get to wear a very special jacket as we get to go to lots of different places and some of these places dogs aren't normally allowed to go into but because of my jacket people can see that I'm a special dog and I'm allowed to go in. Whenever mum gets my jacket out of the drawer I get very excited as it means we get to spend some very special time together and I have to keep all of my focus on mum.

Once I have my jacket on I know to be on my bestest behaviour, to only focus on mum, ignoring other dogs, food and people and to do everything that mum asks me to do. As my training has progressed, mum no longer has to ask me to sit when she stops or lay down when we are in a queue, as I now do it automatically without being asked.

I really love my job, especially learning new tasks that will help mum, she calls me her Furry Angel as she's now doing things with my help that she hasn't been able to do in years. Thank you again for sponsoring me, I've enclosed a picture for you and look forward to sending you regular updates of my progress.

Lots of love and licks,
Boris





**Fundraising in
Loughborough**



**Award
winning
RECOVERY
Assistance
Dogs**

RECOVERY Rendezvous Dates

Friday 05 August - Fundraising pack & Planning
Friday 12 August - Use of Campervan Planning
Friday 19 August - 4PI Statement of Intent Planning
Friday 26 August - Interview Internship Candidates
Friday 02 September - Parallel London Planning

Fundraising Dates

Saturday 06 August - Stratford City, London
Saturday 13 August - Evington Fete /
Melton Mowbray
Saturday 20 August - Saffron Fete
Saturday 27 August - Solihull
Saturday 03 September - York
Saturday 09 September - Tesco, Brentcross, London

Events

Fleetwood Jac Tribute Concert - Wednesday 28 September
RECOVERY Dog walk - Saturday 17 September
RECOVERY Assistance Dogs AGM - Thursday, 6 October



**Fundraising in
Guildford**

Changes to your Council Tax Reduction Scheme: Have Your Say

People who have a low income may receive a reduction in their council tax – currently up to a maximum of 80% of the total. So every working age household has to pay at least 20% towards their bill. Pensioner awards continue to be protected.

Due to continued cuts in central government grants, Leicester City Council has to save a further £55m by 2020. The council are consulting with city residents to see whether the current scheme should be changed to make the savings.

Currently, 20,000 working age households in Leicester with a low income receive a

reduction in their council tax. These groups include lone parents with young children, those with disabilities or illness, jobseekers, single people, and carers.

Working-age people who receive this help may have to pay a greater amount towards their council tax from 2017/18.

The Council will continue to offer a discretionary fund to fully support those who are most vulnerable, such as households that are home to people with a long-term disability.

From 4th August to 28th September 2016 the council will consult with you on whether, and if so how the current scheme could be changed.

We are consulting on the following options:

- No change at all to the current scheme;
- Change the maximum reduction to 75% so every one would pay at least 25% towards their bill; or
- Change the maximum reduction to 70% so that everyone would pay at least 30% towards bill.

Changes to the scheme may affect you or someone you know. It is important that you give Leicester City Council your views to help shape their Council Tax Reduction scheme for 2017/18.

You can respond at consultations.leicester.gov.uk or email SDIO@leicester.gov.uk to request a paper questionnaire.

RECOVERY Day-to-Day Activities

Monday	Therapeutic Art workshop 2pm-4pm Puppy Plan Training 4:15pm - 5:15 pm
Tuesday	STRAD Training 3pm - 4pm
Wednesday	Client Visits Day
Thursday	Inductions 1 1am-1pm 2nd Thursday Management meeting 3:30pm – 5:30 pm
Friday	RECOVERY RENDEZVOUS 11am-1pm
Saturday	Fundraising street collection & market stall 10am-4pm

Walk Yourself Happy with RECOVERY's Fun Dog Walk on September 17, 2016



We are walking from Abbey Park Cafe, Leicester, around the lake and back to Abbey Park Cafe.

There will be a raffle and Prizes for Top Fundraiser, Youngest Fundraiser and the Cutest Dog.

Fun Dog walk, anyone who turns up on the day and gives a £5 donation, will get a RECOVERY Assistance Dog Rosette

10 am Open to public for Refreshments and sign in.

11am Leave for walk

4pm Arrive back in Abbey Park Cafe for refreshments, Raffle and Prizes

5pm Finish.

Come see the Band and stalls

All Dogs and owners are welcome to join in.

HAVE YOU GOT A DOG OR DO YOU AGREE THAT DOGS ARE WONDERFUL FOR WELLBEING?



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RECOVERY4Wellbeing.org
RECOVERY4Wellbeing@gmail.com
Charity Number: 1125395

RECOVERY is a charity for Wellbeing that spreads the word about how people can recover from Mental Health needs with the healing of memories through Creative Therapies.

RECOVERY Dogs for Mental Health assist Survivors emotionally and help them to find Wellbeing. We campaign against compulsion and for freedom of choice



RECOVERY Dogs for Mental Health

RECOVERY DOGS TRAINING



RECOVERY Dogs give emotional assistance and help people to recover their wellbeing. They are registered assistance dogs and have an intensive training that helps to protect their owner from:

Anxiety
Loneliness
Panic Attacks

The RECOVERY dogs help with:

Social Inclusion
Exercise
Protection

RECOVERY DOGS HELP INDIVIDUALS TO REGAIN INDEPENDENCE AND WELLBEING

We train dogs to 3 Levels and each level takes 6 months. In total training each RECOVERY Dog takes 1½ years:

Level 1 BASIC ACCESS TRAINING

Dogs are trained to be well behaved with access to all Supermarkets, shops, malls, theatres, buses and aeroplanes wearing a RECOVERY Dog Coat.

Level 2 SKILLED ASSISTANCE

The RECOVERY Dogs are trained to support Survivors' particular symptoms:

Panic attacks – alerting the Survivor.

Epileptic fits – letting the Survivor know when a fit is coming.

Agrophobia – being protective in crowds or helping to get out of the house.

Anxiety – trained to bark on command and to cuddle or distract the Survivor.

Social Inclusion – a way of meeting people.



Level 3 INDIVIDUAL EMOTIONAL ASSISTANCE

The RECOVERY Dogs encourage the Survivor to be centred and stable by:

Creating a still and peaceful atmosphere.

Reminding Survivors to do quiet time or Centering Therapy.

Encouraging rest for the Survivor (The dogs encourage rest by not chatting endlessly as human support can do).

If you want your dog trained or want to have a RECOVERY Dog please contact:
Liz at RECOVERY 07581 282899 / 0116 253 2073 or recovery4wellbeing@gmail.com



Finding Ways to Mental Health

RECOVERY,

UNIT 36, Vulcan House, Vulcan Road, Leicester, LE5 3EF

Phone: 0116 253 2073

E-Mail: RECOVERY4Wellbeing@gmail.com

Web: RECOVERY4Wellbeing.org

Charity Number: 1125395

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