

RECOVERY, INC.

The Association of Nervous and Former Mental Patients
IRELAND AREA
c/o 34 Grafton St.,
(postal queries only)
Dublin 2.

Phone 972170



Recovery, Inc.

- THE IRISH NEWSLETTER -

Vol. I

February 1979

No. 1

Since we lost access to facilities for printing our magazine "The Helping Hand" nearly a year ago, we have had no means of internal communication. It was felt that an increasing number of people are taking out full Recovery membership (at approximately £4 per year) and receiving 6 copies of "The Recovery Reporter" direct from Chicago, so it was decided to produce a newsletter. We hope it will serve to give encouragement, share examples and communicate news. So here goes with our first issue!

Our location list has been up-dated this month, February 1979, and is given overleaf. John B. opened a new Recovery group at the end of April 1978 in Finglas. Mid-July saw Betty taking on Group Leadership and starting a group in Dun Laoire. Recently we were delighted to discover the Tullamore group, although officially leaderless, functioning with 3/4 members practising the method. As the Area is growing larger a Steering Committee has been set up in response to a felt need. Its purpose is to consult with the Area leader on Area administration, and it will meet quarterly.

Group Leaders, Assistant Leaders, Prospective Leaders take note. Our meeting on the first Wednesday of March will take place as usual in "Marianella", Rathgar. Then on the first Wednesday in April, 4th April 1979, and in future, the venue will be the library of Abbey Presbyterian Church, Parnell Square (on the corner of Parnell Square N. and N. Frederick Street). Please note the changed time of 7.45 p.m. sharp. Our new location has facilities for making tea, and we hope this will encourage leaders to stay for mutual aid.

Panel Example

The time was 2.30 p.m. Monday afternoon. My son was home from school sick. I began to make a cup of tea, when I realised I was worked up.

The symptoms I had were: head pressure, palpitations, trembling, sick in stomach, and racing thoughts in form of "My God, how am I going to get through the rest of this day feeling this way. I think I will go up to bed for a few hours!"

Then I thought of Recovery and I began to spot that the symptoms I had were distressing but not dangerous. I could function in spite of my symptoms. So I decided to go over to my son who was watching television. I forced myself to talk to him. Then I got up, cleaned the floor and peeled potatoes, and for each thing I did I endorsed myself all the way. I also spotted that I would not get total comfort. I took everything in part acts. After one hour all my symptoms were gone.

Before Recovery I would have got into a panic. I would go to bed for hours and work myself up even more. Also I would think that my husband would never come home to tell him how awful I felt. I would have my symptoms for days and end up going to the doctor.

Patricia (Fairview).

Dates for the Future

The (8th) Annual Anniversary Dance will be held on Friday, 4th May, in the Hollybrook Hotel. John B., would like approximate numbers for each group from Group Leaders at the March leaders' meeting.

Our Group Leaders' Training Conference (for leaders and assistants) is scheduled for 9th June in the Burlington Hotel. It will be led by Bill Heimann and Nancy Downes, both from the Leader Training Committee in the U.S.A. All leaders please note the date and keep free.

Recovery, Inc., THE ASSOCIATION OF NERVOUS AND FORMER MENTAL PATIENTS

NATIONAL HEADQUARTERS • 116 SOUTH MICHIGAN AVENUE • CHICAGO, ILLINOIS 60603

RECOVERY GROUP LOCATIONS

				<u>LEADER</u>
<u>MONDAY</u>	<u>FAIRVIEW</u>	8 p.m.	CANA HOUSE, 9 MELROSE AVENUE, OFF PHILIPSBURGH AVE., FAIRVIEW.	ANN
	<u>CLONTARF</u>	8 p.m.	1 CASTLE AVENUE, CLONTARF.	JOHN B.
	<u>CO. CAVAN</u>	8.30 p.m.	KILNACROTT ABBEY, BALLYJAMESDUFF, CO. CAVAN.	GRETTA
	<u>CO. WEXFORD</u>	8.30 p.m.	ATHANEUM HALL, CASTLE STREET, ENNISCORTHY, CO. WEXFORD.	MARIE K.
<u>TUESDAY</u>	<u>RATHGAR</u>	8 p.m.	RATHGAR PARISH CENTRE, 52 GROSVENOR ROAD, RATHGAR.	FRANCES
	<u>CLONDALKIN</u>	8 p.m.	MOUNT ST. JOSEPH, MONASTERY ROAD, CLONDALKIN.	RUTH
	<u>BELFAST</u>	7.30 p.m.	LITTLE SISTERS OF THE ASSUMPTION, 442 FALLS ROAD, BELFAST.	JOHN C.
<u>WEDNESDAY</u>	<u>KILMACUD</u>	8 p.m.	PAROCHIAL HALL, BESIDE } <i>Temporarily</i> ST. LAURENCE'S CHURCH, } <i>closed due</i> LR. KILMACUD. } <i>to vandals</i>	ENA
	<u>KILLESTER</u>	8 p.m.	ST. BRIGID'S BOYS N.S., HOWTH ROAD, KILLESTER.	MARIE D.
	<u>CORK</u>	8.15 p.m.	MIDDLE PARISH COMMUNITY CENTRE, COMMUNITY COUNCIL OFFICE, TOP FLOOR, GRATTAN STREET, CORK.	KIERAN
<u>THURSDAY</u>	<u>CO. KILDARE</u>	8.30 p.m.	HOLY FAMILY POST PRIMARY SCHOOL, NEWBRIDGE, CO. KILDARE.	NOREEN
	<u>MONAGHAN</u>	8.30 p.m.	MONTFORT FATHER'S HOUSE, MONAGHAN.	PADDY
	<u>GARDINER ST.</u>	7.45 p.m.	38 UPPER GARDINER STREET.	TOM
	<u>BALLYMUN</u>	8 p.m.	THE HEALTH CENTRE, BALLYMUN SHOPPING CENTRE.	VIOLET
	<u>DUN LAOIRE</u>	8 p.m.	4 EBLANA AVENUE, DUN LAOIRE.	BETTY
<u>FRIDAY</u>	<u>FAIRVIEW</u>	8 p.m.	CANA HOUSE, 9 MELROSE AVENUE OFF PHILIPSBURGH AVE., FAIRVIEW.	GERRY
	<u>TALLAGHT</u>	8.30 p.m.	THE RENT OFFICE, 186 KILLINARDEN ESTATE, TALLAGHT.	ENA
	<u>FINGLAS</u>	8 p.m.	FINGLAS COUNCIL OF SOCIAL SERVICE, WELLMOUNT ROAD, FINGLAS. (BESIDE THE SPANISH CONVENT).	JOHN B.

For times and locations of the groups in:-

BRAY, PORT TALBOT (WALES) AND LLANELLI (WALES),
TULLAMORE AND LUTON, BEDFORDSHIRE (ENGLAND)

please 'phone DUBLIN 972170.



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Vol. I.

May 1979

No. 2

Since the first Irish Newsletter in February there have been several changes on our list of locations. Please note that the Killester meeting starts at 8.15 p.m. Since mid-April Kilmacud has got under way again - the night is now Tuesday instead of Wednesday - and we hear that the group is in the cosier setting of the Guide and Scout Centre, beside St. Laurence's Church, Lr. Kilmacud Road. Monaghan group has closed for the time being, but our Area Leader, Gerry B., reports that on a recent trip to Cavan he met and chatted with Gretta (Group Leader Ballyjamesduff), Paddy (Group Leader Monaghan) and several of the Ballyjamesduff group.

In the three months to date Recovery Inc. in Ireland has never had so many Panel Demonstrations to report; and for the effort that went into organising each one we hope Betty Whelan, Demonstration Panel Co-ordinator, has endorsed herself.

16th March A demonstration of the Recovery Method was put on for a group of 25/30 final year medical students, and other staff of the Psychiatric Unit of Elm Park Hospital. The panel included Pat and Maureen (Rathgar), Mary (Tallaght) and Judith and Janet (Dun Laoire). Betty led the dem. Very much interest was expressed at question time.

4th April At the request of Mr. Patrick O'Sullivan, Chief Nursing Officer, a demonstration was held in St. Brendan's School of Nursing. Again Betty led the panel which consisted of Pauline and May (Clontarf), Janet (Dun Laoire), Ruth (Clondalkin), Ann (Fairview) and Ena (Tallaght). Attendance numbered 75 and was made up mostly of nurses, several doctors and medical students and some patients.

23rd April Our Assistant Area Leader, Frances, led a dem. in Tolco Ltd., (a Rehabilitation Workshop run by the Eastern Health Board in Finglas Industrial Estate). It was attended by approx. 75 patients and medical staff, including Miss Mary O'Mahony, Secretary of the Irish Mental Health Association, who is also a member of the board. The panel consisted of Betty, Ann, Ruth, Ena, Marie D. and Janet.

28th April Recovery members were very pleased to take part in a one-day Seminar entitled "Action for Mental Health" held in Trinity College and run by the Irish Council for Civil Liberties. Gerry, Frances, Betty, John and Ruth formed a Panel which was led by Noreen. The audience was very receptive and question time was lively!

In connection with this seminar Michael Kelly, Chairman of the I.C.C.L. Mental Health committee, was interviewed the previous day on the R.T.E. radio programme "Here and Now" and very kindly invited along with him Ruth Brown, Public Relations Officer, to speak about Recovery's self-help programme.

1st-3rd May An exhibition of community services was held in the Boylan Community Centre, Dun Laoire, and an exhibit booth was manned by Recovery volunteers from Tuesday evening to Thursday evening. Visitors were invited to see the Method demonstrated at Betty's meeting nearby at 8 p.m. on the Thursday. This (thanks to Betty) is the first break-through of this kind in Ireland.

9th May Betty (Dun Laoire), Rose (Clondalkin), Brid and Sean (Newbridge) and Ruth (Clondalkin) drove down to Tullamore to give encouragement to our Tullamore group. An unofficial demonstration, leader Ruth, was

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given to approx. 40 people. Phyllis Lea (Acting Leader Tullamore) and Phyllis (her assistant) joined the panel along with Paddy, the other member of the group. The demonstration was well supported by the local Mental Health Association as well as several social workers and a doctor, who is also chairman of the local Mental Health Association. We hope Phyllis L. endorsed herself for the tremendous effort at publicising this event in a country town where we realise the stigma is very strong. 30th May St. Patrick's Hospital was the scene of our last Panel Dem. this month. John B. led the panel which consisted of Mary (Tallaght), Carmel (Clontarf), Ann (Fairview), Janet (Dun Laoire) and Gerry and Esmond (Fairview). The attendance numbered approx. 100 and included many nursing staff, some patients and Professor Meehan himself. The latter spoke of referring many patients to the self-help aftercare method of Recovery Inc. where the patient is expected to co-operate with his doctor.

Examples of Recovery Practice

The time was 5 p.m. Monday at home when this event took place. The persons involved were my brother and family indirectly and myself. My younger brother arrived home enthusiastic about a very good promotion he received in his job and the family and myself acclaimed him for it.

However, my feelings about it were jealousy and regret that I was not as successful (though I did not show them outwardly). Because of this I worked myself up into a frenzy of racing thoughts and I felt head pressure. Overall - great discomfort.

I immediately thought of Recovery Training. I quickly spotted my racing thoughts. First I convinced myself I was a valid person and that it was ridiculous to be jealous and regretful. Then, to help further, I decided to move my muscles by going for a spin on my motor bike to forget the event. I felt much, much better.

Before Recovery I would have indulged in depressive racing thoughts. I would have been irritable and unfriendly to my family. Brief History - When I was 17 I went into St. Patrick's for 1 month - I received no follow up treatment. When 19 I was admitted to St. Brendan's for 2 months - I now receive outpatient treatment.

David (Fairview).

A few weeks ago together with my wife, little boy and my sister-in-law I ventured into a supermarket on a busy Saturday afternoon.

As we moved about I became aware of symptoms which I had expected. I felt weak all over, very tense and thought I would panic. The discomfort produced was highlighted by a feeling of hopelessness.

I spotted my temper and rather than get worked up I stayed with my family and by not running away I felt a degree of success and relief.

Before I had my Recovery training I would not have exercised control and probably would have become enraged, giving out about everything.

John (Clondalkin)

Dates Past and Future

On 4th May the 8th Anniversary Dinner Dance was held in the Hollybrook Hotel. A good time was had by those present and John B., our Chairman of this special event, has much for which to endorse himself.

Very nearly upon us, is our Group Leaders' Training Conference on Saturday, 9th June, in the Burlington Hotel. Bill Heimann of Oregon and Nancy Downes of Washington, both members of the Board of Recovery Inc., will lead the Conference. Group Leaders are asked to be at the hotel no later than 9.45 a.m. The conference will last until 7 p.m. after which there will be an informal get-together of all members, not only leaders, and this will take place from 8 p.m. to 10 p.m.



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August 1979

No. 3

AREA LEADER

Gerry Burgess has decided to resign as Area Leader from the end of this year. He will still lead a group every week as usual in Fairview.

As most of us know it was due to Gerry's initiative that the Recovery method was introduced to Ireland. Having by accident discovered a leaflet about Recovery Inc., he sent to Chicago for a copy of "Mental Health Through Will-Training"; then started the first meeting early in 1971 with a group of 3 members - one other patient, himself, and his wife Mary who had stood by him through his previous years of suffering. Gerry made two journeys to Chicago; the first alone, and the second time accompanied by 6 other Group Leaders. Following this latter visit in 1975 headquarters in Chicago recognised Ireland as an official area of Recovery Inc. and Gerry was appointed Area Leader. For all his efforts during the past 8/9 years we trust he has truly endorsed himself.

LEADER TRAINING CONFERENCE

In anticipation of our Leader Training Conference on 9th June in the Burlington Hotel our expectations were high, and for once were not disappointed! Nancy Downes, chairman Leader Training committee, and Bill Heimann, (former chairman and now) member Leader Training committee, led three sessions of training for Group Leaders, Assistants, and Prospective leaders. There was much opportunity for drawing on the experience of Nancy and Bill and many points on techniques and policy were questioned and made clear. It was great to see so many Recovery Leaders gathered together - many meeting one another for the first time. Jan, wife of Bill, and herself a member of Klamath Falls Group, Oregon, took part in spotting with the rest of us, and brought the contingent from the U.S.A. up to 3. From across the Irish Sea for the first time came 5 members of the Luton group, leader Margaret; and we were glad to welcome back Jean, her assistant, and Maeve representing the two Welsh groups. It was particularly good to see John C. from Belfast again; Kieran and Mary from Cork; the two Phyllises from Tullamore;

as well as our regular attenders Gretta and assistants from Ballyjamesduff group, and Noreen and Joan from Newbridge. "The Dubs" were too many to mention separately; and when official business ended about 7 p.m. the fellowship continued, and many differing Irish accents were heard mingling with American, Welsh, and English.

While in Dublin Nancy and Bill made a recording for R.T.E. which went out on "Women To-day" (topic "Depression") of 14th June, when we were able once more to hear their voices.

Roll on Summer 1981 and our next Leader Training Conference!

RECOVERY MEMBERSHIP

During July Group Leaders received a letter from Chicago headed "Membership Announcement", so you will have probably heard your leader's reasons for taking out and renewing membership. Membership in Recovery Inc. is important. It is a means by which you can demonstrate your appreciation for the Recovery method. It is an opportunity for you to be an important part in furthering Recovery's objectives: (1) to prevent relapse in former mental patients and chronicity in nervous patients through its systematic self-help aftercare method; (2) to retain the quality and identity of the Recovery method as it was professionally developed by Dr. Abraham A. Low; (3) to make the Recovery method available to all those in need and desirous of it. In addition, "The Recovery Reporter", a bi-monthly magazine, is sent to all paid members and is a direct communication between the member and headquarters. Regular membership costs 7.50 dollars per year, which is at present approximately £4. Membership application forms are available from your Group Leader.

PANEL DEMONSTRATION

A demonstration of the Recovery method

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was held on 9th July in B.P. Shell House, Dublin. The panel of 8 members, led by Marie Darcy, were very well received by an attendance of about 30 social workers of the Eastern Health Board.

CHANGE IN LOCATION LIST

Please note that Gardiner Street Group (Thursday nights) is no longer running. Tom regrets that he can no longer keep up his commitment as Group Leader.

PANEL EXAMPLES

At work, last Monday, myself and three others decided to have a cup of coffee before tackling a new job. I started to make the coffee, in the kitchen, and when it was made I had to bring the cups over to a table where the others were sitting. I picked up the first cup but I had not even reached the table when my hands started to tremble. The cup and spoon were dancing on the saucer which I held with two hands. I was rooted to the spot and could move neither backwards nor forwards. The other people began to laugh heartily and I began to work myself up.

My trembling was getting worse, my stomach muscles were very tense and I became very embarrassed. I had racing thoughts in the form of: "Why were they laughing when they could see I was in a predicament? Why didn't somebody else make the coffee if they were going to make fun of me?" Another person took the cup from my hand, while still laughing, and then I started spotting.

I saw both fear and aggressive temper, and objectively I could see that I was taking the situation too seriously. By not laughing I was trying to control the mood of my outer environment. So I said "Where is my sense of humour?" and joined in the laughing. As soon as I had changed my inner environment, both the embarrassment and tension disappeared. I had no further aggressive or fearful thoughts as I could see the humour in the incident.

Before Recovery, I would have not offered to make the coffee while anticipating in fear that the tremors would arrive. Otherwise, if I had made the coffee, the symptoms would have lasted for several hours simply because I would be unable to laugh at myself over a trivial incident.

Judith (Dun Laoire)

Three days after Christmas I got word that my brother's wife had died. My husband was at the shops at the time and on his return I told him the news. I also said "We will have to go to the church this evening". He replied, "What are you getting all concerned about? You would not even go to see the girl when she was alive." I got worked up.

I lost my temper. I was crying; I had palpitations, sick tummy, and I was shaking all over. My children were present during all of this.

I began to spot. I left the kitchen and went into the sitting room. I spotted it was a below average situation - my husband was also shocked. I excused him rather than accused. I thought "There is no right and wrong in domestic issues". I made a decision to go alone to the church. I went and told the children, who were upset, that I was all right and I would be back later. I pre-disposed myself to discomfort and thought, "I can wear the mask here - nobody will be able to see through me." I was spotting all the time going and coming home. When I got home I commanded my muscles not to speak to my husband to avoid my temper flaring up again. I went to bed and my symptoms had subsided. I endorsed myself for my effort. The following morning my husband apologised to me and said he would go to the funeral.

Before Recovery I would not have gone to the church. I would have possibly lost my temper and done myself an injury. I would have run out of the house and wandered around the streets for hours and I would have been in a state for a long time or in the hospital.

P.S. Thanks to Recovery for all the help it has given me.

Maura (Fairview)

Any member who has a panel example to share is invited to write it out, in the 4 steps, and hand it to his/her Group Leader or post it to:
Newsletter Editor, Recovery Inc.,
c/o 34 Grafton St., Dublin 2.

ENNISCORTHY GROUP

Our best wishes for a speedy RECOVERY go to Marie K., Group Leader Enniscorthy, Co. Wexford. Due to health reasons she has made the decision to close her meeting temporarily.



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VOL. 1

FEBRUARY 1980

No. 4.

NEW AREA LEADER

Our new Area Leader, Noreen McCabe of the Newbridge Group took over on 3rd January 1980 at the Group Training Meeting.

Noreen paid tribute to Gerry Burgess as the founder and former Area Leader of Recovery Inc. in Ireland, and said that every member of Recovery should be grateful to him for the part he played in bringing Recovery Inc. to Ireland. She also thanked Frances McCormack for her work as Area Assistant Leader, John Barry as Area Treasurer, Ann McShortall as Area Assistant, and Ruth Brown as P.R.O. Noreen thanked Marie Darcy for her fine work in keeping us supplied with books, and Betty Whelan who worked very hard putting on Panel Demonstrations.

Noreen said that she would like Recovery members to have her address and phone number so that if anyone has problems concerning leadership or any other queries they should feel free to contact her at:

28 Ballymany Park, Newbridge, Co. Kildare.
Phone: 045-31458

The following appointments were made:-

Assistant Area Leaders: Frances McCormack and Ann McShortall. Treasurer: John Barry. Public Relations Officer: Ruth Brown. Newsletter Editor: Pat Murray. The post of Panel Co-ordinator has still to be filled. There is great room for endorsement by these members for taking up these appointments.

OTHER NEWS:

An Ansafone has been placed in Frances' home to help out with the telephone enquiries. Frances is very group-minded in allowing us to do this. We hope to get our own telephone installed as soon as possible with this Ansafone, so that we can put Recovery Inc's number in the Directory.

GROUP NEWS:

A new Group Location List has been prepared. Two Groups, regrettably, have been closed - Kilmacud and Tallaght. All thanks to Ena who put in a lot of hard work to keep the groups going - also Mary in Tallaght. Cecily was very group-minded in keeping Kilmacud going. We hope some time to re-activate these groups. Kilmacud had a good location, which was kindly given by a Women's Aid Organisation there.

BRAY:

Ena in Bray reports that she is persevering with her group there, but she is badly off for veteran members. Any group-minded volunteers from other meetings who would like to support her? Her meeting is held at Ravenswell Convent (rere Chalet) Sunnybank, Bray at 8 p.m. on MONDAYS.

NEW GROUP:

Paddy B. is opening a new Group at Cootehill - to be held on FRIDAYS:

RE-OPENING:

Enniscorthy - Marie K. has reported that she hopes to reopen the group meetings there fairly soon. It is good to know Marie is feeling so well again and that she intends to continue the good work she started in Wexford.

TULLAMORE:

Phyllis in Tullamore tells us she has five good veteran members attending regularly. She hopes to start some publicity soon.

GARDINER ST, DUBLIN: Anne McL. has taken over from Tom with continuing group effort at Thursday meetings at 7.45 p.m.

PLEASE! CALLING ALL TREASURERS!!

You are requested to send the Monthly Financial and Data Forms to John Barry, Area Treasurer, 31 Castilla Park, Dublin 3. The forms are important as they help Headquarters to keep numerical statistics of the attendance at Group Meetings of Recovery. The Treasurer is required to send Monthly Financial Reports to H.Q. and needs your group-minded help.

YOU CAN: Send News about Groups - by giving same to Group Leaders or posting news to Newsletter Editor (Pat Murray) at Recovery Inc., c/o 34 Grafton Street, Dublin 2. Likewise should you choose to share a panel example - write it out and forward.

PANEL EXAMPLES: (1)

The time was on Friday morning at my home. I had been in a set-back. On Thursday night I noticed my sister who rarely stays home, fooling with the dog in her room. Last time she was at home she had let the dog sleep on her bed and it was difficult now to keep the dog to her usual downstairs area. With this in mind I told my sister,

calmly, on the Thursday night, that she should not keep the dog in her room for the reasons stated. She agreed. Next morning as I came back from the shower I noticed that the dog was not in its usual place in its chair. I began to work myself up. My symptoms were the following – racing thoughts like – ‘I’m bad enough without this happening, I find it hard enough to get through the day without any added bother.’ I felt angry at my sister and the dog and thought everything was going wrong. Then I spotted that I had both fear and aggressive tempers going. My fear temper was in the form of inadequacy – I can’t cope and – I just can’t make a go of life, no matter how hard I try’. I was also disturbed at getting worked-up over this incident which might make a difficult task at the office more difficult to do. I had aggressive temper towards my sister and the dog – blaming them for my being upset. As I spotted, my symptoms decreased and I became objective and there was no panic. I realised that the dog being in my sister’s room was a fact accomplished and thinking about it would not change the fact. I decided to get shaved and be calm to get to work. I put my mental health first and forget about the dog. I curbed my impulse to check if the dog was still in my sister’s room and realised there was another room where the dog could be kept. I then went to work and I endorsed myself. Before Recovery I would have stormed into my sister’s room and even if the dog was not there, I would have created a scene over nothing. The peace of the home would have been disturbed, then I might have not gone to work and my symptoms would have lasted for a day – at least.

Declan – Dun Laoire.

PANEL EXAMPLE (2)

The week before Christmas I went into the Box-room being used as a spare-room. There was a ladder lying across the floor and papers strewn about. I began to work myself up as I looked around the room. I felt myself getting tense and angry at my husband for making such a mess. I first thought I would tidy up but told myself I was not able, as I had been sick the week before. I shut the door and went downstairs. I was still tense and worked up. I began to spot my temper and then I said to myself – ‘Dear God – I have not much to worry myself about, if I can work myself up into such a state over an untidy room’. Very

soon I calmed down and the tenseness and temper seemed to melt away and I felt a good inner peace. Before Recovery I would have had a row with my husband told him what I thought of his untidiness and there would have been silence between us for a day or so with more tenseness and more symptoms.

May – (Clondalkin)

NEWS FROM ENGLAND

Margaret of the Luton Group writes to say that she hopes to attend the leader training meeting in April. Mary, her assistant leader, also plans to make the trip. Jean Keogh, leader of the Port Talbot group also hopes to be with us. Cathaldus writes to say that there are now three groups in the London area, and that the two Port Talbot groups are going strong. When he returns to Ireland we will all be glad to see him at the meetings.



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VOL. 2

APRIL 1980

No. 5

PANEL DEMONSTRATION - MALAHIDE

The first panel demonstration of 1980 took place at the Grand Hotel Malahide on 20th Feb. Recovery Inc. were invited there by President of Malahide Ladies Club. Anne McShorthall led the panel in an able fashion - other panel members were Tom and Pat (Gardiner St), Lily (Finglas), Marie and Deirdre (Killester), May (Clontarf) and Gretta (Cavan). Special endorsement to Gretta for her determination in travelling from County Cavan to the venue. Endorsement to May who left a business engagement to take part. The contributions of May and Gretta were encouraging to notice. The panel members put in a good average performance and lively interest was shown by the number of pertinent questions asked during question and answer time from the floor by a supportive audience of about fifty women. There is an area here for endorsement by all who took part including Janet and Betty (Dun Laoire) - active in organising panel demonstrations and Ruth our P.R.O. Recovery Inc. express thanks to the Malahide Ladies Club who feted our members well.

Panel Demonstration - Cork Kieran (Cork) reports that he and his wife, Mary, and two other members of the Cork Group gave a panel demonstration in Sarsfield Court Hotel to 'an ideal audience' of six Psychiatrists and one Social Worker. Despite uncomfortable symptoms the panel did well. A scope for endorsement is indicated here by all members who were involved.

CONGRATULATIONS: Recovery Inc. send good wishes to Kieran and Mary Crilly, (Cork Group) on the birth of their daughter - Sarah - arrived 6th Feb. 1980

FINGLAS EXHIBITION OF SOCIAL SERVICES

On Sunday March 18, 1980 between 2 p.m. and 8 p.m. the Parish members of Finglas West held an exhibition of Social Services at St. Fergals School there. Recovery Inc. were represented there by Betty and Janet, (Dun Laoire) who had help from Lily (Finglas). The Recovery 'Stand' 'manned' by Janet and Betty, attracted interested

persons and useful contacts including a librarian who was keen to obtain Recovery literature because of numerous requests for such reading matter. Some Recovery Reading Matter is already to hand in some libraries under the heading Mental Health. Despite discomfort in the departure from routine Janet and Betty were there until closing time. Lily and Janet and Betty might take notice of their will to group-minded effort and could endorse their efforts in bringing Recovery's Self-Help to the public.

PANEL EXAMPLES: Any member willing to offer examples for publication of this Newsletter can do so by sending them to the Editor, Pat Murray or giving them to your Group Leader for transmission.

GROUP LEADERS MEETING:

WESTLAND ROW -- DUBLIN: On 5th March, 1980, Noreen McCabe, our Area Leader, extended a welcome and 'Falite' to Jean from Port Talbot (Wales) and Margaret from Luton (England). Their conviction of the usefulness of Recovery was borne out in their willingness to travel across from London Airport to Dublin. Margaret and Jean are two experienced apprentices who were prepared to offer panel examples at the Group Leaders Meeting where twenty one persons were present. The meeting went well. Mutual exchange of experiences helped all present and furthered the training of all. It was encouraging to see the single mindedness of those who travelled various distances to join the group at Westland Row in Dublin. Our thanks to Father Tim Murphy who made the premises available and to his housekeeper, Chris, for use of kitchen for tea-making. We hope to see Jean and Margaret with us again in Dublin in the not too distant future. There is room for self-endorsement by those who made it their business to attend.

LEAVE TAKING: Congratulations to Father Gerry O'Shaughnessy on his appointment as a Counsellor to a Comprehensive School in Widnes in Liverpool, England, where his training as a Clinical Psychologist will not be likely to be left unused. Recovery Inc. in Ireland will regret to see him go as Gerry has been such a strong advocate of Recovery in his quiet way. He has played a big part in the

Recovery, Inc., THE ASSOCIATION OF NERVOUS AND FORMER MENTAL PATIENTS

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spread of Recovery here. We can remain encouraged by the thought that we might expect Gerry to be instrumental in the start of Recovery Activity in Liverpool in the not too distant future. Liverpoolians, we guess, will not fail to notice the gentle concern Fr. Gerry has about good mental health. We wish him Bon Voyage on his departure.

PUBLICITY - Mental Health Assoc. of Ireland
Our Public Relations Officer, Ruth Brown, has been invited to write a comprehensive article about Recovery here for 'Interchange' the bi-monthly bulletin of the Mental Health Assoc. of Ireland. This is a marked event for Recovery Inc. in this area so we offer encouragement to Ruth and we can look forward to a good average effort from her in this task. Ruth, without doubt, will see this as an opportunity to strengthen her will to self-endorse her group mindedness.

GROUP NEWS:

New Groups: Monaghan Town

At Montfort House in Monaghan Town on Thurs. night at 8.30 pm. Fr. Paddy B. leads a newly formed group - having moved in the last two months from Cooteshill which is discontinued.

CAVAN TOWN: 8.30 p.m. Thursdays

Gretta (Group Leader for the Ballyjamesduff Meeting) ably assisted by Moira, is acting Asst. Leader of a newly formed group in Cavan Town in the local Convent of the Poor Clares Order there. We expect Moira and Gretta are continuing to endorse their efforts.

OUR HOPES: That Leaders of all Groups continue to endorse their efforts in the good average work involved in Recovery's Self-Help Methods.

PROSPECTIVE GROUPS: News about some other new locations in Dublin and other areas will be published later.

BALLYMUN: We regret that for the moment Ballymun Group Meeting has been closed.

Correction: Thursday is the day for the GARDINER ST. MEETING - the time is 8 p.m. not at 7.45 p.m. as incorrectly stated in Feb. Issue.

PANEL EXAMPLE: On Friday I had brought my son to a store in Dublin City Centre to purchase clothes, shoes etc. for him. I met a friend or two who worked in the shop and made an effort not to distract them too much from their work by talking. I then went to purchase a jacket and trousers for my son. I was helped by an assistant who was in that department. We settled on the clothes and I informed the assistant that I wanted to pay by cheque and that I wished to purchase shoes, shirt, ties and socks also. I asked him if it was in order to pay for all the

items by one single cheque and he agreed. He said that he would keep the jacket and trousers until I returned. I went with my son to two other departments and got a shirt and ties, but failed to locate socks, and the assistant at this department on being told of how I proposed to pay allowed me to carry the goods with me asking me to return with the cash later. I then went to the shoe dept. and bought shoes on the same understanding and the assistant asked me to return with the money but said he would retain the goods. I took a note of the prices of the last two purchases and returned to the clothes dept. to pay for all. The Assistant there, then said it would be O.K. providing the amount was not in excess of the amount allowed by the Bank (which was written on the cheque). I BEGAN TO WORK MYSELF UP AND my symptoms were, slight mental discomfort and tension, embarrassment and blushing and thoughts 'Good grief didn't my friend who works here, introduce me to this man' - why has he changed his mind about the cheque - surely he does not think I am in here to cheat him or anybody else - maybe he has got 'stung' before but he should not class me that way! I began to spot and noticed my aggressive temper and my fear temper about this 'attack on my personality' - as exceptional. I made a decision not to voice my anger and to excuse the man saying to myself 'well I am not being treated differently to anybody else - he did not make up all this just to baffle me - he might be obliged to follow this line by the Firm - anyhow it is not the end of the world, it will not do any good to complain! I then asked the man if my means of payment was upsetting the business routine and pay in whatever way would suit him. He eventually added up the total and found it was under the amount allowed on the cheque, I endorsed myself and tho' I did not get complete comfort I was well able to follow him when he insisted in going to each of the other assistants in turn with me to pay them the cash due out of what was left over from the cheque I had written at his department. Before Recovery my reaction would have been different I would certainly not have dropped the judgement that 'he was wrong' and if I did not complain I would have gone on to myself as being exceptionally strange 'when shop-assistant could not even trust me'. My symptoms would not have gone, nor my tension and my impatience would have been increased to such an extent that many other things would have 'been wrong' - including people. My sense of humour would only have been exercised in describing how 'stupid' that shop assistant was to friends who would not deserve to be 'told' about what people should or should not do by yours truly.

RECOVERY INCORPORATED

The Association of Nervous and Former Mental Patients
IRELAND AREA c/o, 34 Grafton Street,
PHONE 972170 (Postal Queries only)

THE IRISH NEWSLETTER

VOL. 3

JULY 1980

No.6.

REPORT FROM YOUR AREA LEADER: Finance is a subject dear to 'Little' John's heart. I thought that it might help all of us in Recovery to realise the type of expenses incurred in the Ireland Area. Due to the growing awareness of Recovery and increased publicity, we are finding that answering postal queries has become quite a heavy expense. - (in fact my postage bill, plus numerous phone calls which have to be made - for a six months period is £40 or so). We are now installing a phone with Frances - our Recovery number will be in the next Directory and cost of the installation of this Ansafone is £100.00p. The lease rental of this item is £45.00p per quarter year. Then there are postage and phone expenses of Ruth Brown, our P.R.O. and like expenses of our Panel Co-ordinator, Betty Whelan. This newsletter, alone, costs at least £13.00 per issue to have printed. Then there are the expenses of sending the Area Leader and Assistant to Chicago for the Area Leader Conference, there, and Ruth Brown to Boston for the Regional Conference - this would include air-fares and expenses by our representatives to those meetings. So it is apparent that Recovery costs quite a lot to keep running. It should also be noted that a portion of our Free-Will Offerings are sent to the Headquarters in Chicago for the general funds of Recovery Incorporated. This is why the generosity of members at the Free-Will Offerings at Meetings is so important. Recovery Incorporated is non-profit making and all the funds go to the on-going training of leaders and other running costs. We continue to make Recovery available on a wider scope throughout Ireland as a whole and when we consider what a Community Health Service Recovery Inc. is and the mental health and peaceful benefits we, as members, derive from it already, it is a secure thought for each one of us to know that our Group Minded donations every week help towards the spread of Recovery and further training of the Leaders. With this in mind it can be added that any extra effort on our members parts will be appreciated and continue to be put to good use.

19 groups

MARIE KENNY R.I.P. It is sad for us to report the demise of Marie, who was Group Leader in Enniscorthy, until she became too ill, physically to continue. Marie trained with the Newbridge Group and later started a Group in Enniscorthy. She is a great loss to all of us both as a friend and a high average Group Leader. Her will to effort was always very strong and she demonstrated the method in a good average way at all times. There have been many enquiries from the Wexford area about re-starting a Group there - and already one former member of Marie's Group is interested in training and re-opening the Group. This particular member is travelling 80 miles per week to the Bray Group and hopes to be able to come to the Saturday Group Leaders Training Meetings in the near future. So Marie's will to effort and leadership has not gone astray and this is one of the best tributes that can be paid to her. May she rest in peace. Our sincere sympathy to P.J. her husband who has always been a good friend and supporter of Recovery and to her daughter, Fiona.

MEMBERSHIP: A note here to remind Group Leaders about making sure that their Membership of Recovery is current, as it is one of the obligations of being a Group Leader to be a paid-up member. Group Leaders are asked to encourage people attending their meetings to take our Membership to help increase the slight growth in the numbers of members in this Area. A further increase in numbers would help all of us and the organisation in general.

TRAINING MEETINGS: Another obligation of being a Group Leader is an attendance of at least six Training Meetings in the year - if at all possible. In order to facilitate members who find it difficult to get to the Wednesday Meetings each month we have decided to change the Winter Months Meetings to Sat. at 2.30 p.m. Group Leaders to note and inform Assistants and Prospectives of the following: - OUR NEXT GROUP LEADER TRAINING MEETING WILL BE ON WEDNESDAY SEPT. 3rd AT 8 p.m. AT OUR NEW LOCATION - MARIANELLA, ORWELL ROAD, DUBLIN 6. There will be NO meeting in August and from OCTOBER TO MARCH the Training Meetings will be on the FIRST SATURDAY OF EACH MONTH (AT ABOVE) BEGINNING with Sat. 4th Oct. at 2.30 p.m. New Prospective Leaders will be very welcome. It is vital to keep the Recovery Method as it should be and we all find the necessary encouragement in our efforts in making the Method available by coming to Training.

THANKS TO ALL OF YOU:- After the first six months as Leader in Ireland Area, I would like to thank everyone in Recovery for the Group-Minded Help and co-operation that I have received and it is a secure thought for me that I can rely on so much will to effort and good-will. I would remind everyone again, that if you have any leadership problems or otherwise do not hesitate to call me. Noreen McCabe (Newbridge).

MILLMOUNT AVENUE (HEALTH CLINIC THERE) NEW GROUP:

Dermot, Group Leader, and his Assistant, Esmond, have opened their Group-Meeting at above venue. It is continuing with good average demonstration of the Recovery Method. Self Endorsement to those involved for their will to effort and group-mindedness can be availed of. We are encouraged and glad.

GROUP LEADERS TRAINING MEETINGS took place on May, June and July. All who attended have room to self endorse.

PUBLICITY: The Mental Health Association of Ireland's Magazine - Interchange- May/June issue 1980 featured a helpful, compact and informative Article on Recovery and we thank our PRO Ruth who included a list of addresses of Group Meetings for those interested.

PANEL EXAMPLE: I was getting ready at 6.30 pm. on Thursday to play tennis at 7.30 p.m. It came to me that I would be playing for about two hours and would I be able for it. I began to work myself up. I was tense, I had inner trembling, my legs were shaking and I felt I would collapse. My 'Racing Thoughts' were "What if I collapse or if I panic and run off the Court - What if I have a heart attack". Then it came to me that I should think of Recovery or I would end up in a panic. I spotted I had fear temper in-so-far as I was attaching danger to my symptoms and intensifying them and I was also anticipating in fear. I kept telling myself my symptoms were distressing but not dangerous. I also said to myself - "Just think of NOW". I decided to make a five minute phone call to a Veteran and I got very helpful spotting during the call and the 'I did not get immediate comfort I learned I could predispose myself to practice Recovery during the evening. I endorsed myself, and went off to play tennis. Before Recovery I would have held on to the idea of Danger and worked it up into a vicious cycle and certainly not have played Tennis. I would have had symptoms for days and would have been disgusted with myself. I would have, at some time during the following few days, had to seek Medical Help. I am in Recovery about three months.

MONICA (Clondalkin Group)

PANEL EXAMPLE: It was about 4 p.m. in the Workshop and the people involved were myself

and the Forewoman. She said I was a 'Header' to two women present and I began to work myself up. Before long I had tension, lowered feelings and fatigue with mental discomfort, and racing thoughts. - She was not right to say that - I wonder if I should 'give-out' to her - Would I be wrong to do so. Suddenly it came to me about Recovery and I spotted I had aggressive temper towards the Forewoman and fear temper towards myself. I laughed and the temper went. I then spotted that my outer environment could be rude, crude and indifferent. Before Recovery I would have argued with the Woman for an hour and would have got nowhere and would have had to see my Doctor sooner than usual. (Roger - Cavan)

PANEL EXAMPLES: NEEDED:-

Those who wish to send Panel Examples can do so by forwarding them direct to this Newsletter Editor - P. Murray, 127 Shanliss Road, Dublin 9, or by handing same to Group Leader who will give same to me later. Panel Examples are a required portion of Recovery Newsletter and we wish to express thanks to those who have already shown group-mindedness by submitting written examples of how Recovery can be used in daily life.

PRESENTATION: was made to Fr. G. O'Shaughnessy at Green Isle Hotel, Dublin, on Fri, 27/6/80 Recovery Members who knew Father Gerry organised this event and presented him with 'gifts' of Recovery Volumes and a Pen - all suitably inscribed. A nice time was had by all present. All Recovery members wish him success in his new appointment.

PANEL DEMONSTRATIONS:

(1) St. John of God's Hospital, Dublin Wed, 28.5.80 8 p.m. Our Recovery Panel, lead by Noreen McCabe took part in above before an audience of about thirty. Those present were male and female patients, Social Worker, Miss Aileen O'-Keeffe, Doctor Cullen and Brother Finian from the hospital. The demonstrations went well and patients showed interest by asking questions during the question and answer period. Refreshments were made available by the staff afterwards. We thank those who took part. Recovery are invited to return again in the later part of this year.

PANEL DEMONSTRATION (2) At E.H.B. Psychiatric Hospital, Newcastle, Co. Wicklow at 10 a.m. 24 June - Anne McShorthall lead a panel demonstration before a group comprising Staff of Nurses, Doctors, Social Workers, Matron and others. These Professional people showed interest in the Recovery Methods. Refreshments were made available later after the demo. which dealt with three examples. Our thanks to those who took part and those involved in Hospital. We have already had several referrals to our Group meetings following these two demos. which is encouraging. Those who took part have grounds for self endorsement. We thank those who invited us and feted us so well.



Recovery, Inc.

RECOVERY INCORPORATED

The Association of Nervous and Former Mental Patients
IRELAND AREA

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VOL. 4

THE IRISH NEWSLETTER

OCTOBER 1980

REPORT FROM THE AREA LEADER

Free-Will Offering

Firstly I would like to start by thanking all our Recovery members for the high average response to my appeal for an increase in the free will offering.

John, our Treasurer, tells me that because of the increase we are in a position now to pay Ruth's air fare, hotel expenses and out of pocket expenses for the trip to the Regional Conference in Boston; also the expenses for Ann, our Area Assistant, and for me for our trip to the Area Leader Conference in November in Chicago. And all this without any assistance from Headquarter funds. This shows real self-leadership on the part of our Area, and I hope that everyone out there is endorsing himself or herself for will to effort, group-mindedness and generosity.

As you know, all monies are used for continuous ongoing training in Recovery (apart from running expenses, such as phones, postage etc.) and by your generous freewill donations we here in Ireland are able to make our contribution to the running of the Organisation and also take part in all the training that Recovery Inc. can offer. This helps us to maintain good average meetings where the method is faithfully kept and properly demonstrated.

Again, much thanks and endorsement to everyone.

AREA LEADER MEETINGS FOR TRAINING

Our last training meeting was held on Sat. afternoon, 4th Oct. The Saturday meeting will continue right through the winter months to April. I am trying this out to see if some of the leaders and assistants who can't make it on the week night will find this time and day more convenient. Our last meeting was a good average meeting of 18 members - with some new prospective and assistant leaders attending. One new prospective leader remarked that he was surprised how average the meeting was. I would be very happy to see more assistant and prospective leaders coming along to find this out for themselves! Apart from the training received at these meetings - the fellowship and encouragement we receive there helps us all to continue in leadership and make Recovery available to others. When we skip our training meetings we can begin to feel isolated and discouraged. So it is important to attend and then we go back to our own groups "refreshed" and with our will to effort

strengthened. I will be looking forward to meeting veteran and new group leaders, assistant and prospective leaders at the meetings in the coming months

NOREEN McCABE, Area Leader

REGIONAL CONFERENCE IN BOSTON, OCT. 1980

Ruth Brown, our P.R.O. will be going to Boston on behalf of Recovery Inc. - Ireland Area. We will all be looking forward to hearing about the trip on her return.

AREA LEADER CONFERENCE - CHICAGO - Nov. 1980

Noreen McCabe, our Area Leader and Ann Mc Shortall, our Assistant Area Leader, will be attending the Area Leader Conference on 7th and 8th November in Chicago, and will be reporting back to us on how they get on.

BLANCHARDSTOWN HOSPITAL

We have been asked to give a Panel Demonstration on Tues. 21st Oct. in Blanchardstown Hospital at 8 p.m. Betty, our panel co-ordinator, with her usual group-mindedness and will to effort, is arranging this. The Hospital Authorities are very eager for us to establish a group in the locality, but as yet we are not in a position to do this. We hope to be able to form a group there at a later date.

GROUP NEWS:

Moirea tells us that her Group in Enniskillen is going very well. Moira is lucky to have a member who used to attend Recovery in Dublin and now lives in the area, and his spotting is a great help to Moira. We now have two groups in the North of Ireland, and John tells us that he has gained more members since he changed his location in Belfast. We are very proud of the fact that we have two groups in the North now, and great endorsement to both Moira and John for making this possible by their will to effort and good average leadership. We learned from Dermot that his group in Drumcondra is doing well. Dermot's group is being authorised as it is now six months in operation. We hope that Dermot and his group are endorsing themselves for their will to effort in making Recovery available in yet another location. We were sorry to hear from Marie, our leader in Killester, that her husband, Kevin, is not so well and may have to undergo an operation. All of us in Recovery wish Kevin a speedy return to full health, and we hope that Marie in endorsing herself for bearing discomfort. Gretta, from the Cavan group, tells us that she and her group will be giving a panel demonstration to the Virginia I.C.A. group in January 1981.

Recovery, Inc., THE ASSOCIATION OF NERVOUS AND FORMER MENTAL PATIENTS

Great Endorsement to all the groups in Cavan who seem to be going from strength to strength.

CHANGES IN LOCATIONS OF GROUPS:

1. BELFAST CITY moved to Education Centre Stewartstown Rd. Belfast on Wed. 7.30pm
2. CAVAN to Wed. 8.30p.m. Day Centre, Cavan Town
3. Monaghan: Wed 8.30p.m. Montfort House Monaghan
4. Fermanagh (Enniskillen) Thurs 8pm Lakeland Forum, Enniskillen
5. Newbridge Co. Kildare Tuesday 8.30p.m. Dominican College, Newbridge

PANEL DEMONSTRATION

A Panel demonstration was held in St. John of God's Hospital, Stillorgan on Wed. 1st October at 3 pm. The panel was led by Noreen, Area Leader and other members of the panel were John D., Michael (Clondalkin), Kevin, Esmond (Drumcondra), Noreen (Fairview) and Betty. The audience were mostly made of patients (about 100) and there were also doctors and nurse present. Miss O'Keeffe, the Social Worker there, introduced the panel and it went well in an average way. After the question time the panel were given refreshments and met the people present. We were asked before we left if it would be possible to give a demonstration there every month! Great endorsement to all the panel for bearing discomfort and for helping to make Recovery more widely known. Recovery Inc. Ireland area donated two of Dr. Low's volumes to the hospital in recognition of the endorsement and co-operation we receive from the hospital.

DUBLIN OPEN WEEK

Recovery Inc. had an exhibition booth at Carmel Hall, Whitefriar St. Dublin for Dublin Open Week. The exhibition was opened by Morgan O'Sullivan of RTE, and great interest was shown in the booth. There were many enquiries. Betty & Janet who arranged the Recovery Booth deserve the thanks of everyone in Recovery, and also we hope that Recovery members who came along to man the booth are endorsing themselves for yet another good effort for Recovery Inc.

It was last Wednesday night about 7 o'clock. My mother asked me to go up the road to a neighbour of ours with a message. Immediately I began to get worked up because I hate having to go out, because I think everyone on the road is looking at me. I must have brushed my hair about ten times deciding whether or not to go. I put on my coat, then took it off, then put it back on again, then took it off. The symptoms I had were pressure in the head palpitations. And the racing thoughts were "Why me. Why is it always me just because I'm the youngest."

Then I started to think about Recovery and how we learn to work ourselves down. I was going to ask my mother to go herself but I knew I would be self centred rather than being group minded. Finally I put back on my coat and brushed my hair for the last time, determined to go up. Then I commanded my muscles to move knowing that I have to do things I fear and hate to do most. When I got to the house the woman invited me in for a glass of lemonade. I told myself to relax, and to keep calm. I replaced my insecure thoughts with secure thoughts for example "I was not transparent" therefore the woman could not see through me or have any idea how I felt. Gradually I could feel my symptoms going and at last I began to work myself down, until I felt totally relaxed.

Before Recovery I would not have gone, my mother probably would have gone herself. I would have felt very guilty for not going and I would be very angry with myself for not being able to do such a trivial thing, and I would have continued to be worked up going to bed that night. Lorraine.

My friend and I baby sit for one another once a week. I sent my little girl over for her to baby sit for me on Sat. and she said she did not think so. The following Wed. she called to my door and asked me to baby sit for her. I said I did not think so as she would not do it for me on Sat. She lost her temper; then I began to work myself up. I had tension, head pressure, felt sick and teary eyed; my racing thoughts were "Does she think I am stupid and hasn't she got a cheek?"

I thought of Recovery and spotted I had aggressive temper towards my friend and fear temper against myself. I also spotted that there were no rights or wrongs - to excuse rather than accuse - that outer environment could be rude, crude and indifferent. Before Recovery I could have said I would have minded her children and could have had aggressive temper towards her for a few days and low feelings for not saying what I felt without temper. Before Recovery I was attending doctors with agoraphobia and depression for four years. The agoraphobia is gone and the depression rare. I am in Recovery six months.

Carol (Clondalkin Group)



Recovery, Inc.

No.1 of 1981

RECOVERY INCORPORATED

The Association of Nervous and Former Mental Patients
IRELAND AREA c/o 34 Grafton Street
Phone: 965122 (Postal Enquiries Only)

JAN. 1981

VOL.A:

AREA LEADER REPORT

AREA LEADER CONFERENCE IN CHICAGO:

As you know the Conference took place on Nov. 7th and 8th in Chicago, which Ann McShortall (Area Assistant) and I attended. On the Friday 7th we went to visit headquarters and to attend the panel there - where I was asked to take the meeting - the group leader was unable to be there. Elsie Martinez of Puerto Rico took one of the examples for me and Area Leaders from different parts of the U.S. were present. So all in all, it was quite an international gathering!

That evening after a meal where all the Area Leaders met, we had our first Panel, which ended at 10.30. Next morning at the Conference, we heard various reports from the Finance Committee and the Literature Committee, after which we had a beautiful buffet lunch in Headquarters - where we had more opportunities to meet other leaders and exchange experiences. After lunch we were given a report by Mary Jane Maggio - President of Recovery Inc - at the end of which we were shown a beautiful film shot that will be used to advertise Recovery Inc. I hope that we will be able to use this ourselves - maybe during Mental Health Week next May.

Then came the piece de resistance - it is now 35 years since Dr. Low's book, Mental Health Through Will Training, was first published and in honour of this, Recovery Inc. showed us a film of old cinecamera shots of Dr. Low and his "dear ones". First we were addressed by Dr. Low's daughter, Phyllis, and also heard a taped message from his daughter, Marilyn. It was a very moving experience for us to watch Dr. Low on film - moving amongst his patients at social gatherings and picnics. Everyone looked so happy! Phil Crane, whom some of you have met when he attended a training conference here, identified lots of the people in the film.

After a short rest we went to dinner in Binyons - an Irish Restaurant - we had two Irish waiters at our table! Here we were introduced to Frances and Gertie, who were among Dr. Low's first patients. They are both named in the book. Frances asked me to convey her special good wishes to everyone in Recovery Inc. in Ireland and said that she was so happy that Recovery has reached Ireland.

We then returned for another panel from 8 p.m. to 10.30 It was quite a day! During and after the Conference Ann and I met many Area Leaders and I hope that we benefitted and were able to learn from their experiences in Recovery also.

LEADER TRAINING CONFERENCE IN IRELAND - JUNE 1981.

You will be glad to know that Dorothy Kerchner and Millie Scanlan will be coming over next June to lead a training Conference here for all group leaders, assistant leaders and prospective leaders. There may be other American Recovery people coming also (at least we hope so!) so we can all look forward to this Conference.

I think that both Ann and I came away from the Conference very encouraged by the fellowship that we received there, and knowing that we have all the co-operation and goodwill of headquarters, the Board and our transatlantic brothers and sisters in Recovery.

RECOVERY MEMBERSHIP

Arrangements have been made that membership fee can be paid direct to the leader in Irish punts (£4.50 - to cover Bank Charges and dollar transfer fee.) This money should then be sent to John Treasurer, 31, Castilla Park, Clontarf., Dublin. with Application Form. John has very kindly agreed to handle the transfers for us.

By making it simpler for people to become members we hope to increase participation in membership in Ireland, as so far it hasn't been as good as it might be.

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Just a reminder also that it is one of the obligations of leadership and assistant leadership to be paid up members of Recovery Inc. Also it is good to encourage our group members to take out membership. When we think of the benefits gained for our mental health £4.50 seems a small price to pay to help the organisation meet its expenses.

NEW YEAR WISHES:

Now that we are into 1981 - I would like to wish all Recovery members a Happy and Peaceful New Year. Also I wish to thank everyone for all the co-operation and goodwill that I have received throughout my first year as Area Leader. Just a reminder too that I am always here to help with any problems that anyone has regarding Leadership or Recovery business. The Fellowship and Mutual Aid of Recovery is a secure thought for each one of us.

Noreen McCabe - Area Leader - Phone: 045-31458.

NEWS FROM THE U.K.

Jean reports that the two groups in Wales are going strong. They are holding a training meeting every six weeks, and have four prospectives. Jean hopes to come over in Jan. or Feb. to a training meeting here, and it is hoped that Noreen McCabe may be able to attend their next training meeting when both the London Groups and the Wales Groups meet again in London. Jean tells us that she has been asked to attend a meeting to which all local voluntary bodies are being asked. This meeting has been called by the local Member of Parliament, as there is grave concern about the mental distress being caused by the severe unemployment. 9,000 alone in Port Talbot - Jean's area. Jean has also been in touch with June, who is leading a group in the London area and it is going quite well for June. Fr. Gerry O'Shaughnessy reports from Liverpool that he has a number of people very interested in Recovery, and hopes that at some stage there will be a panel demonstration there.

The Tenth Anniversay Dance will be held on Saturday 11th April at Wynn's Hotel, Lr. Abbey St. Dublin. Tickets £6.50p. As this is the Tenth Anniversary of the starting of Recovery Inc. we intend to make it a special celebration.

PANEL DEMONSTRATIONS:

A Panel Demonstration will be held on January 13th in Virginia, Co.Cavan. This Panel has been requested by the local I.C.A. Group. We will report on this in our next Newsletter. The Eastern Health Board, Co.Kildare Section - has requested a panel demonstration which we hope to provide in February.

Time was Sunday night last at nine o'clock. The place was in a lounge and the people involved were my friend and I. We had a meal at the local hotel to celebrate my birthday and a man whom I knew came into the hotel with his girlfriend. He looked over to our table and as I didn't feel like talking to him I continued with our own conversation. I made a decision that on leaving the room I would say Hello. He was talking with his girlfriend and didn't look towards us, so from then on I was working myself up. I didn't spot until we got to a lounge where we were spending the rest of the evening. My symptoms were lowered feelings, tension, lack of concentration. Racing Thoughts were - This was a terrible way to carry on in the hotel, what must the man have thought, I am getting worse instead of better. I can't cope, if this friend was not with me I might have felt better. There was a strong impulse to blame and complain to my friend about this terrible thing that had happened, also not to talk when my Recovery training came to me. I spotted fearful temper in the form of self blame, worry, preoccupation, inadequacy, self pity, angry temper towards my friend and towards the man. I spotted this was outer environment and we can't control it. I excused myself knowing that we have made our greatest advance when we stop blaming ourselves. I didn't complain and commanded my muscles to talk to my friend in a groupminded way and also to talk to other people whom I knew sitting near me. I endorsed myself a lot for putting my Mental Health first and working myself down. Before Recovery I would have complained to my friend, also I would be blaming my friend and would have worked myself up for the rest of the night with no thought for my friends feelings or other peoples and would have had a bad night, with my Recovery training I enjoyed the night.

Gretta Lynch Cavan.

BLANCHARDSTOWN HOSPITAL

A demonstration of the Recovery Method was presented to staff and patients at Blanchardstown Hospital on Tuesday, 21st October at 8.00 p.m. Panel participants were: Lily, Maura and Nuamh (Fairview-Monday) Joan (Clondalkin) Esmond (Drumcondra) Frank (Killester) & Betty (Dun Laoghaire) who led the panel. A high average interest was evident from the very pertinent questions asked during the Question & Answer time. All Recovery members present were taken upstairs aft wards and treated to a most welcome cup of tea or coffee, where further discussion continued - all about Recovery. This is indeed an area where great interest is shown in Recovery, and Nurse Anne McDonnell - who requested the demonstration - is most anxious that a group be started out there as soon as at all possible. Meanwhile, she hopes to arrange transport for her patients to existing groups in the city. One patient is actually "going it alone" with the textbook and is making considerable progress. The need for a group in this locality cannot be stressed enough - they want it themselves - so here's hoping it's our next "port of call".

PANEL EXAMPLE (

It was last Sunday morning about 10.30 a.m. and I was in my car starting the journey home after saying Mass. I found myself thinking about the Mass and how I had started well and even said the few words of wisdom well but that later, for no apparent reason, I had become self-conscious and my voice had become unsteady. As I thought about it I began to get worked up.

My symptoms were tenseness and dry palate but more important my aracing thoughts were out-doing each other. "You've made a right mess of it this time"; "That's worse than you were a month ago"; "You're supposed to be getting a new appi appointment soon, but if that's the best you can do", etc.

Suddenly it came to me: "Did you endorse yourself?" My first reaction was, "What the so-and-so have you to endorse yourself for". Then a thought came and I stopped the car. "Didn't you say Mass. You did. So the humble muscle and your basic functions that you have been hearing so much about for the past two months carried you through. Yes, it worked in practice!" Then a second thought came. "You didn't feel embarrassed despite the nervey feeling. Wasn't that a sign that you were learning a bit of humility, not taking yourself yoo seriously and learning to see the thing as average, ordinary and "these things will happen" and not to make a big fuss about it. Yes". So I endorsed myself and drove home singing.

Before my short period of training in Recovery the thoughts which began in the car would have been processed and re-processed for days. I would have felt more and more disturbed at my poor performance and might have gone on to working myself up in anticipation of the next testing occasion. I would be looking to the future as rather bleak and unsure. I have attended 9 Recovery meetings.

Desmond (Clondalkin)



RECOVERY INC.

The Association of Nervous and Former Mental Patients
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APRIL 1981

Vol. A:

WAYS IN WHICH WE CAN PROMOTE RECOVERY

There are many ways members can publicise Recovery. The yellow leaflet with the local group address can be placed in local churches, clinics, or members can bring Recovery literature with them when visiting their doctor.

Does your local Community Centre have details of Recovery meetings in the area and literature?

Have you asked your local library to stock "Mental Health Through Will training"? Just one other way of making Recovery better known.

How about work places? Recovery literature or notices can be placed on notice boards.

Yellow display posters can be obtained from Ruth Brown, P.R.O. Let us all use will to effort in helping to make Recovery better known and thus more available to others.

TENTH ANNUAL DINNER DANCE

Our Tenth Anniversary will be celebrated on 11th April with a Dinner Dance in Wynn's Hotel, Dublin. This anniversary is a milestone for Recovery in Ireland, and we should endorse ourselves for the will to effort that has gone into the formation of 19 groups — 3 of these still to be authorised — and a few more in the pipeline.

All group leaders, assistants, prospectives and members of Recovery can feel just pride in the steady progress of Recovery over the years in Ireland. We will report on the Anniversary in our next newsletter.

RECOVERY'S ANNUAL MEETING IN MAY

John Barry, our treasurer, will represent Recovery (Ireland area) at the Annual Meeting in Chicago. This will be the first Irish Recovery Member to be at the May meeting since the seven "Musketeers" went over for training in 1975.

John, who has shown great will to effort and groupmindedness in looking after our finances for the last seven years and in keeping us in the "black", no doubt will give us a report on his visit in our next newsletter.

THE ANNUAL TRAINING CONFERENCE:

As some of you already know our Annual Training Conference will take place on Friday 12th June (from 7 p.m.) and Saturday 13th June in Hotel Montrose, Stillorgan.

Millie Scanlon, Kansas City, and Dorothy Kerchner, Cincinnati, Ohio, who are both members of the Leader Training Committee — will be giving us our training. Millie and Dorothy will arrive in Ireland on Thursday 11th and will stay on until the following Wednesday. They plan to visit a few groups while they are here and, Ruth, our P.R.O., is arranging a radio interview on Telefis Eireann for them.

This conference is for all group leaders, assistants and prospective leaders, and will be a great source of training and encouragement for all of us. It is a good opportunity also for all leaders to meet in fellowship and exchange experiences.

Noreen McCabe, the area leader, will be in touch with all leaders about this Conference.

TRAINING MEETINGS:

Our February Training meeting had 30 members there — which is our biggest number of attendants for some time. We were very happy to have Jean Keogh from Port Talbot, Wales, at this meeting. Jean was over for a week for training and attended meetings while she was here. Jean and some of the other U.K. people will be coming over for the Training Conference in June.

The March meeting went well in an average way with 19 group leaders, assistants and prospectives there. John from Belfast was there and reports that his group has grown since he moved to his new location. Moira from Enniskillen was also present and this group has now been authorised by the Board, as it is six months in operation. We are happy to see some new faces in the form of prospectives coming forward for training. At training meetings one learns how average we like to keep our meetings — with the good Recovery slogan — keep it simple!

CONGRATULATIONS:

To the Enniskillen group. The group has just been authorised by the Board. It is now six months in operation, and Moira tells us that it is going well in a good average way. Great endorsement due to Moira, her assistant group leader and all the group for their will to effort.

PANEL DEMONSTRATIONS:

We have been asked by St. Vincent's Hospital, Elm Park, to return for a second panel demonstration the last week in April. They were so pleased with the progress of one patient, who attends Recovery, that they would like other patients to be made aware of how the Recovery method works.

Also, Mary O'Mahoney of the Mental Health Association in Ireland would like us to give two demonstrations during Mental Health Week in October.

Meanwhile Ruth Brown and Betty Whelan are travelling this week to Cavan to take part in a demonstration arranged by Gretta – the second panel demonstration of the Cavan group this year.

PLEASE!

Please send in some panel examples, as we are always very short of these for the newsletter. Also any news of the groups that you may have. Send to either Noreen McCabe, 28 Ballymany Park Newbridge, Co. Kildare, or Betty Whelan, 42 Raymond St., S.C. Rd., Dublin 8.

PANEL EXAMPLES:(1)

On Wed. last I was out driving, when I came to a stop sign. I stopped my car, but it would not start for me when the lights changed. I began to work myself up. The symptoms produced were tenseness, and my racing thoughts were: " what am I going to do?". Then I began to spot that I had fear temper, and I spotted that it was outer environment. I decided that I would stay motionless for a few minutes and work myself down and I endorsed myself for bearing the discomfort. I became self-led and tried to be average about the situation, and took the secure thought that I wasn't holding up traffic. When I was worked down I asked a young man for help and he towed me to a garage. I began to laugh as I was being towed along – and spotted that our sense of humour is our best friend. Before my Recovery training I would not have known how to work myself down, and would not have known that I had a choice. Now I know that I can function despite my symptoms and can trust my basic functions, thanks to my use of the Recovery method.

Attracta (Newbridge group)

EXAMPLE (2)

It was about 11.30 a.m. when the incident happened. I have been helping my wife, who is often ill. I had returned early from work after getting a number of groceries on the way home. I showed her a receipt for a birthday cake for our daughter – this cake to be collected the evening before the birthday date. My wife mildly commented that the cake should be collected on the date of the birthday so that it would be fresher. I began to work myself up – saying " Have you no kind word to say – this is most discouraging – everything I do seems to meet with disapproval, and anybody can make a mistake". My physical symptoms were tenseness and some palpitations. I also had feelings of not wanting to control my temper. I began to spot that this was self-defeating, and to control my speech muscles. I bore some discomfort trying to do this but I managed to say nothing and sit still and my wife said nothing else. Later, although I did not want to, I handed my wife the daily paper and spoke to her. Gradually I dropped my attitude of being wronged. I endorsed myself. I brought my wife to town afterwards and we had a reasonably good day.

Before Recovery I would not have been deliberately helpful to her and would not have been groupminded enough to hand her the paper and speak to her. I would have been like a sulky child and would probably have gone off in bad humour. My symptoms would have worsened and the tenseness would have remained with me.

Pat (Gardiner St. Group)



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No. 4 of 1981

SEPTEMBER 1981

Vol. A:

LEADER TRAINING CONFERENCE:

The Leader Training Conference took place on 12th and 13th June 1981 at Hotel Montrose. Millie Scanlan of Kansas City and Dorothy Kerchner of Cincinnati from the Leader Training Committee led the Conference. It was the first Conference held here on a two-day basis and this proved to be very successful. The atmosphere was more relaxed and less pressured and people found that they had time to get to know each other better and there was more communication all round. Millie and Dorothy did a good average job of demonstrating the method and everyone benefitted very much from their combined experience of Recovery. Our friends from the U.K. took full part in the Conference – which was a big help to them, as they were able to take advantage of all the training. There were 46 members there on the Saturday, and some members joined us after the afternoon session for socialising. A good deal of effort went into the Conference, and there is great room for endorsement for all those who helped make the Conference run smoothly and for all attended the Conference. Incidentally, Millie and Dorothy enjoyed their first trip to Ireland – we hope that they will return to visit us again!

PUBLICITY:

We have been receiving some very good publicity this year. Preceding the Conference, Dorothy Kerchner and Ruth Brown gave an interview on the Liam Nolan Show on Friday 12th at 12.30. The interview went very well – and there was great 'feedback' from it – including an enquiry from the U.K.! Also an article appeared in the 'Reality' magazine – the Redemptorist Order magazine – which brought a very big response from all over the country – including lots of enquiries from Northern Ireland. This was followed by an article in the Irish Times on Friday, July 31st, 1981 in which Ruth Brown was featured. As part of this article, Mary O'Mahony of the Mental Health Association quoted: "Confidence has to be given by other people and Recovery does this. It provides time for each person to talk and hear comments from the group". It is good for us to be endorsed by the Mental Health Association and we are very grateful for the interest taken in Recovery by the MHA. We were also featured in the booklet 'Why?' brought out for the International Year of Disabled Persons. So, all in all, a good year so far. Nevertheless, each member of Recovery must continue his or her effort to make Recovery known by word of mouth, spreading of the literature in clinics, churches, etc.

Incidentally, great appreciation is due to our P.R.O, Ruth Brown, from all Recovery members for the manner in which she has permitted herself to be publicised so much for Recovery – apart from the good average job that Ruth does in promoting the organisation through the usual channels. We hope that Ruth continues to endorse herself for her strong will to effort and will to bear discomfort!

DEMONSTRATIONS:

The latest demonstration was held in Vergemount Clinic on August 17th at 9.30 a.m. It was held for the psychiatric staff there. Those taking part were Noreen McCabe (Newbridge), Marie Darcy (Killester), Mary (Fairview), Declan (Clontarf), Frank (Donaghmede), Michael and Ruth (Clondalkin). The demonstration was organised by Betty, our panel co-ordinator in her usual efficient way. The session went very well, and we were asked if we would give other demonstrations at a later date. It was said that it was the most interesting morning session that the staff had in a long time. We hope to have two further demonstrations during Mental Health Week in October, and also one put on for the Mental Health Association in Castle-reagh, Co. Roscommon, by the Cavan/Monaghan groups. George, newly started in Tallaght, reports that there is a possibility of a panel demonstration coming up in Tallaght.

NEWS OF THE GROUPS:

We are glad to announce the opening of three new groups. Frank, former assistant leader to Marie in Killester has started a group in Holy Trinity School Complex, Newbrook Rd., Donaghmede on Thursdays at 8 p.m. George, from the Clondalkin group, has started a group in the Dominican Priory, Tallaght on Fridays at 8 p.m., and John from the Rathgar group has started a group in Mount Argus Clinic on Tuesdays at 8 p.m. Recovery Inc. extends every good wish to Frank, George and John on starting these groups, and we hope that they are endorsing themselves for their will to effort and also for making Recovery available in three more locations. If any Recovery member can attend these meetings to support them in their beginnings it would be very group-minded and would be much appreciated by these new leaders.

Regretfully, our new group which started in Galway had to close down. However, it was good to get started there – and perhaps this group will re-open again later. Also the Bray group has closed – due to the leader, Ena, not being able to keep on as Leader due to personal circumstances. Much appreciation from all in Recovery to Ena for keeping this group going for three years.

Moira from the Enniskillen group tells us that her location has changed to the Lakeland Forum in Enniskillen. Gretta from the Kilnacrott (Cavan) group reports that she hopes to be able to give a panel demonstration in Castlereagh for the MHA there – using members from the surrounding area. She also reports that they have a member from Armagh – who has been attending the Kilnacrott and the Monaghan group for the last six months – so we are gradually getting established in the northern part of the country.

NEWS FROM THE U.K.

Jean Keogh from Port Talbot in Wales tells us that a training meeting was held on Saturday 22nd August in Paddington and that thirteen people were there. There are now 6 groups in England and Wales. A new group has just started in Wimborne, Dorset, led by Astrid, and a prospective leader, Brian, has taken over the group in Llanelli on Wednesdays at 7.00 p.m. Jean also reports that the Conference was a great help in encouraging the groups there to go forward.

LEADER TRAINING MEETING:

The last training meeting was held on 2nd September and there 20 leaders, assistants and prospective there. Just a reminder that the coming meetings for the next six months will be on SATURDAY afternoon at 2.30 in Marianella. (first Saturdays of the month). It is timely to remind each group leader of his or her obligation to get to at least six of the training meeting (if at all possible). Ongoing training is an important aspect of leadership – as we are all apprentices and need the continuous training that Recovery offers both as a corrective for any habits that creep in and as mutual support and encouragement for each leader.

PANEL EXAMPLE (1)

I was coming from Chicago to Shannon last Friday by plane. We were just about airborne. A lady with a crying baby was sitting directly behind me. The baby kept crying for what seemed hours. An older man sitting opposite me finally got up and said to the lady, "Can't you keep that baby quiet." She answered him by saying, "I can't do anything with him, but if you want him, you can have him." With that I began to work myself up.

The symptoms were heart palpitations, head-pressure, and my palms began to sweat.

The first thing I spotted was that I was out of routine. I also spotted I could bear the discomfort by moving my muscles. I got up and went to the washroom. I also spotted if the baby is still crying when I get back to my seat, I could read, and redirect my thoughts. I endorsed myself for my efforts.

Before Recovery, I probably would have told the lady off myself, before the man did. I've been hospitalised twice, and have been diagnosed as a manic-depressant. What brought me to Recovery was low self-esteem.

Rose (Cork City Group).

PANEL EXAMPLE: (II)

I discovered that I feared being in the house alone. So I had made a decision that I was going to have to put into practice being alone in my own home or I would not get well. It was on a Monday morning when I awakened I noticed that I was worked up:

I had low feelings, head pressure and dimness of vision, some palpitations and a choking sensation. I also had feelings of unreality. By this time I had racing thoughts of how I was going to get through the day, a numbness then seemed to be spreading all over my face.

I then thought of my Recovery training and began to spot ... that I had fear temper and my symptoms were distressing but not dangerous. I made a decision to take the day in part acts. I went about my housework in a placid fashion and I made myself a proper meal at lunchtime. I sat down and watched the birds in the garden while I ate. This helped me to deviate my thoughts. By this time my symptoms were relieved to a great degree, and I quite enjoyed the meal.

Before Recovery if I was going to be at home all day I would have worked at top speed all day long. I would have my lunch, maybe just a sandwich in my hand and pace around from room to room, not even knowing what was wrong with me. At night I would fall into bed exhausted. I would not sit with my thoughts and only complain to my husband and children. I never would think of having a time of relaxation. I was hospitalised twice for depression and the last occasion it was for 11 months. I decided myself to join Recovery and I now am there one year.

Audrey (Clondalkin)

PANEL EXAMPLE (III)

This happened Saturday afternoon. We had planned to go to Clonsilla to see friends, so I was looking forward to it. Some hours before we were to go my brother and his wife called and asked us over to their house as they were having a birthday party for one of the children. I felt confused and had symptoms. My symptoms were palpitations, pain in my side and head pressure. I spotted my fearful temper was at work. I immediately thought of Recovery. So I stopped to think, and I made up my mind I would go to my brother's house and I would ring the other family and let them know I could not keep the appointment. That decision I made steadied me. Shortly after I could feel my symptoms getting less and less, and in no time I was completely relaxed. I endorsed myself.

Before Recovery I did not know I could make my muscles do what I fear doing so I would work myself into a vicious cycle and probably would end up in hospital.

Kathleen (Dunlaoghaire)

N.B.

Ruth Brown, our P.R.O., has asked us to thank all Recovery members who volunteered for interviews for the media (radio and newspapers) organised by the Committee for the Year of the Disabled – under the auspices of the Department of Health – for use during Mental Health Week. Lots more people came forward than were needed – so plenty of room for endorsement for groupmindedness and will to effort on behalf of Recovery Inc.



RECOVERY INC.

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No. 3 of 1981

JUNE 1981

Vol. A:

TENTH ANNIVERSARY OF RECOVERY INC. IN IRELAND

The Annual Dinner Dance, held on 11th April this year, marked an important milestone for Recovery in Ireland. Recovery Inc. is now ten years established in this country. Since Gerry Burgess started his first meeting in March 1971 it has grown to 19 groups in 1981. There is certainly great room for endorsement for all members. One of the most encouraging aspects of this progress is the number of members who have 'stayed' with Recovery all those years — so Recovery really is a conviction with so many veterans.

There were about 145 guests at the Dinner Dance in Wynn's Hotel, and everyone pronounced it a very enjoyable evening. Gerry Burgess was presented with a silver salver to show the appreciation of all in Recovery (Ireland Area) for his loyal service to Recovery over the years. Dr. Nancy Dunne, who has always been a good friend and supporter of ours, was a special guest, along with her husband. Mary Jane Maggio, President of Recovery Inc., sent a special address to be read out at the dinner to mark the 10th Anniversary. We are printing this below for the benefit of those who couldn't be at the dinner and also at the request of those present who wanted to read it again. This address really linked us up with our brothers and sisters in Recovery throughout the world.

Dear Fellow Recoveryites:

Congratulations on this the 10th Anniversary of Recovery, Inc. in Ireland. How I wish I could be with you tonight to share in your celebration as you look back with realistic pride over the gains you have made, not only in your inner environment, but also in the expansion of Recovery throughout the Emerald Isle. Some of you have not been with Recovery for 10 years, but no matter how long it has been for you, I say to you, and to all the "old timers" that you can reflect with a quiet sense of satisfaction upon the "will to effort" and the "will to bear discomfort" that you have put forth to attain your present status.

No small measure of this recognition goes to Gerry Burgess whose initiative and determination to find better mental health for himself has led you to your present accomplishment. As most of you already know, it was Gerry who came upon a leaflet describing Recovery, and sent to Chicago for the book, "Mental Health Through Will Training". Sometime later he made the trip over to the States to find out more about the Method. While in Chicago, he attended meetings every day and almost every evening. He returned home and was authorized as a group leader. Small though the first group was — Recovery had come to Ireland. In 1975 Gerry made another trip to Chicago. This time he brought with him six new prospective leaders. How well I remember the kinship we all felt with our Irish cousins; because the distress of a nervous ailment knows no boundaries. We were united through the common bond of a search for our mental health.

To you, Gerry, I say that you must feel very good tonight as you witness the fruition of your plans for Recovery in Ireland — and as you realize the gains you have made in your own inner environment where it counts the most. So, too all of you must look back, and even though many of you are still suffering discomfort, you can always go to the fourth step of the panel example, "How would it have been, before Recovery?" Isn't it a consolation that no matter where we go to attend a Recovery meeting, we find "instant friendship".

The spirit of Recovery in Ireland is a spirit that we all share — the all-pervading — never-ending effort to practice self-help — to get well — and to offer the Method through our own demonstration. Of course we are mindful that there will be set-backs — not only in our own quest for mental health, but also in the effort to open new groups; to maintain existing groups; to present Recovery through panel demonstrations and publicity, and so forth. Nevertheless we know that we can continue to put forth effort; we have done so in the past by moving the muscles and we will keep on doing so. Even though an ocean may divide us, I want you to know that the well wishes and encouragement of all the other Recovery members throughout the world wherever we have groups is with you tonight as you start upon yet another decade of Recovery in Ireland. My very best to each and every one of you.

Sincerely,
MARY JANE MAGGIO
President.

PRESS CONFERENCE:

Ruth Brown, our P.R.O., accepted an invitation from the Mental Health Association of Ireland to attend a Press Conference held by them on 27th April in Power's Hotel to launch their Special Projects' Kit for the Year of the Disabled. We were delighted to have the chance of meeting some of the special guests from the medical world, as well as representatives of other health organisations. Among the speakers was the Minister for Health, Dr. Michael Woods.

GROUP NEWS:

Kieran tells us that the Cork group has changed location and the new address is: Blackpool Community Centre, Great William O'Brien St., Cork. He adds that the group has a steady membership and is going well.

We are all glad to know that Frances — Area Assistant and Group Leader in Rathgar — is in good health again after a bout of physical sickness — and continues with great will to effort to lead her meeting.

The May Area Leader Meeting went well with 19 people present — some prospective leaders among them. We all wished John Barry, our Area Treasurer, "Bon Voyage" on his trip to the Membership Conference in Chicago. We will all be looking forward to hearing his impressions of the visit on his return.

THE KENNY REPORT

Ruth Brown, our P.R.O., and Frank, assistant leader in Killester, were interviewed on the Kenny Report on Radio Telefis. Both acquitted themselves very well and got in some good publicity for Recovery — Frank, in his interview, brought out very clearly the self-help principles of Recovery and also we should note that Frank was the first 'man' to be interviewed in Ireland about Recovery! We hope that you are endorsing yourself, Frank!

PANEL DEMONSTRATIONS:

At the request of the Occupational Therapist, Miss Heather Walshe, a demonstration was held in St. Vincent's Hospital, Elm Park, on Friday 24th April at 3.p.m. The panel consisted of Ruth and Michael (Clondalkin), Janet and Mark (Dun Laoghaire), Mary and Frank (Killester), Esmond (Drumcondra) and Betty (Dun Laoghaire) who led the Panel. There were approximately 40 present, between patients and medical personnel. Participation during the question time was fair, but high average interest was shown afterwards when panel members mingled with the audience. Miss Walshe expressed the opinion that the patients' reluctance to ask questions was due to a reserve about speaking openly — which is average for nervous patients.

A further Panel Demonstration was requested by Mr. Kerin Clancy, Social Therapist, St. John's Psychiatric Day Centre, Seafield Road, West, Clontarf on Tuesday 12th May 1981 at 2.30 p.m. The panel was led by Ann McShortall and included: Mary & Declan (Clontarf), Pat (Gardiner St.), Peter & Patricia (Fairview), Marie & Mary (Killester), Michael (Clondalkin), Janet (Dun Laoghaire). Several doctors and some nurses were present, but the majority were patients — about 70 present in all. Interest was good average, as was participation in the Question and Answer period. Dr. Brian McCaffrey thanked Recovery and extended an invitation for another demonstration at the Centre to be arranged later. He also suggested demonstrations for student nurses at other hospitals as a very worthwhile exercise.

A WORD ON THE TRAINING CONFERENCE FROM THE AREA LEADER:

As you are all aware, our Area Training Conference takes place on Friday 12th June and Saturday 13th June. Millie Scanlan and Dorothy Kerchner from the U.S. will be taking the Conference. It is a great opportunity for all Group Leaders, Assistant Leaders and Prospectives to learn yet more about Recovery. We decided to have a two-day conference this time to allow more time to 'take in' the training — rather than having all three sessions in one day as was previously done — also to give leaders a chance to share fellowship and experiences. While there is more will to effort involved in the two-day conference, it is in the interests of our mental health and the interests of Recovery to make the total effort. I would also like to say that any members who would like to join us and our American leader trainers after 4 p.m. on the Saturday at the Montrose Hotel will be most welcome. Looking forward to meeting you all at the Conference. — Noreen McCabe.

PANEL EXAMPLES:

This happened on Saturday afternoon. On the previous night I said to my husband, John, that perhaps we would go shopping to Athy next day. Then when Saturday came I did not feel well physically and so decided that I would not go shopping or visiting relatives in Athy. We had our lunch and I sat on a chair to rest. Within a few minutes John said that he was going around the corner to get the tyre pressures on the car checked. When he wasn't returning, I noticed that I had symptoms. I had tension, blurred vision and churning stomach. I began to spot. I spotted — what about it if he went to Athy by himself. I mustn't let myself get upset, and anyway, I wasn't well enough to go. I pre-disposed myself not to get angry with my husband when he would get home. Then having had my rest, I felt better and got up and did lots of ironing.

When my husband returned home at tea time, I was 'nice' about the situation — asked if he purchased anything and enquired how were our relatives.

In pre-Recovery days I would have got myself so upset from the time I realised that John had gone to Athy, my tension, stomach churning, etc. would have persisted and continued for days. I would have got angry and had a terrible row, which would have lasted over the week-end and for days. Now I know that my mental health comes first, and to treat such incidences as trivialities and not as emergencies. I endorsed myself later that evening. Margaret (Newbridge group)

EXAMPLE:

A few weeks ago I was in a self-service restaurant with a friend when I rashly suggested that I would go up and get two coffees. I say "rashly" because after I had ordered the coffees I began to work myself up. My symptoms were: heat coming all over me, speeding up of my heartbeat and tenseness. My racing thoughts were: "Why had I said I would do this — didn't I know I had a shaky hand — I always avoid carrying cups, especially for someone else — how the heck was I going to get back to the table without spilling them?"

Then I began to spot. My first spotting was I must calm down, that I was the one in control, and if I stayed calm I could will my muscles to remain calm and have little or no shakiness. I kept that secure thought to the forefront of my mind and, taking a cup in each hand, walked slowly and deliberately to the table. I knew I could do it, and even if I did spill them a little, what about it? — that would be average. Armed with these thoughts, I arrived back at the table with two unspilled cups of coffee, and I really endorsed myself for my will to effort.

Before knowing the Recovery method, I would not have had the spontaneity to offer to get the cups of coffee in the first place, and my fear of spilling them would have been so great that I would have remained very worked up and angry with myself for not being able to do such a small thing properly.

Catherine (Dun Laoghaire Group)

N.B. Don't forget to listen on Radio 1 on Saturday morning at 9.15 on June 20th when Ruth will be interviewed for a programme on Mental Health.



RECOVERY INC.

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Vol. 5 of 1981

DECEMBER 1981

Vol. A:

MENTAL HEALTH WEEK 1981

Listed below are Recovery's activities for Mental Health week. Great endorsement due to all who volunteered for interviews on the media – also those who helped man the exhibition booth in the Bank of Ireland building. It shows great will to effort on everyone's part and the results have been gratifying. Lost of phone and letter enquiries, also new people turning up at the meetings.

SUNDAY 18TH OCTOBER:

All 20 Recovery Group Leaders were invited to the opening of Mental Health Week by the Minister for Health in the Burlington Hotel. Invitations from the Mental Health Association of Ireland. Motto for the week: "The Mentally ill are disabled too".

MONDAY TO FRIDAY 10th to 23rd:

An Exhibition of Irish Year of the Disabled Special Projects was held from 10.30 a.m. to 5 p.m. every day in the Bank of Ireland Exhibition Hall, Lr. Baggott Street. At the invitation of the Mental Health Association we manned a stand (set up by Janet Whelan) each day – we were the only outside exhibitors.

TUESDAY 20th:

Panel Demonstration in Castlereagh, Co. Roscommon, sponsored by Mental Health Association, led by Gretta Lynch (Cavan) and six others, before an audience of one hundred, including Chief Psychiatrist, Clare-Limerick area, other professionals and patients.

WEDNESDAY 21st

Ann McShortall attended a seminar at All Hallow's Seminary, Drumcondra at the invitation of Dr. Kevin Allman, chief psychiatrist at St. Vincent's Hospital, Fairview, to distribute Recovery literature to the religious from the area.

Ruth Brown attended a seminar entitled "Community Psychiatric After-care in the Inner City" in the Lourdes Day Centre, Sean McDermott Street.

Betty Whelan attended the launching of the Book, "Young People, School & Society in Ireland" by the M.H.A.I at the Bank of Ireland Exhibition Hall.

THURSDAY 22nd

The Kenny Report (radio programme) on RTE 2 featured part of a recording made by Gerry Burgess, giving his case history.

NEWSPAPER PUBLICITY DURING THE WEEK:

Irish Independent – "Nervous Breakdowns are for other people, aren't they?" Betty.

Sunday Independent – "Gerry's Story".

Irish Press – "Depression – A Self-help Way to Recovery" – Noreen.

Evening Press – "On the Road to Recovery" – John Lundberg.

Leinster Leader – Kildare – "Self-help Way to Recovery" – Mary.

Anglo-Celt, Cavan – "A Remarkable Organisation that benefits Millions" – Gretta Lynch.

Cork Examiner – "Mental Health Week Starts" – Kieran.

CONGRATULATIONS:

Congratulations to Fr. Cataldus McKiernan of Kilnacrott Abbey who is celebrating his Silver Jubilee as a priest. Cataldus has always been a dear friend of Recovery in Ireland and indeed was instrumental in helping it get started in Wales. All of us in Recovery wish him a very happy celebration and many more years of happiness and good works.

Congratulations also to Kieran and Mary Crilly of the Cork group on the birth of their second child, Niamh. These congrats. are a little belated but heartfelt nevertheless.

WEDDING BELLS:

We are very pleased to report the marriage of Esmond Mullen to Valerie on October 31st. Many felicitations from all in Recovery. Esmond is assistant leader in the Drumcondra group.

NEWS OF THE GROUPS:

Kieran reports that his group is going well in Cork, and he is beginning to get referrals from professionals. Bill, his assistant, intends coming to area leader meetings.

George, who has just started in Tallaght reports a good response in the area.

John, who has started in Mount Argus reports that some veterans from Frances' group in Rathgar have been helping out.

Frank in Donaghmede says that his group (just started) is going well.

Any veterans who would like to go along to give support to these groups would be very welcome by these new leaders.

Lily, Ann's assistant in Fairview, has just started a group in Berkeley Road, Dublin. Congratulations to Lily for making Recovery available in yet another location.

PANEL DEMONSTRATION:

Betty Whelan organised a Panel Demonstration on November 24th at 8p.m. in Irish Distillers Ltd., Smithfield. Those taking part were Ann (Fairview), Noreen (Newbridge), John (Mount Argus), Ruth (Clondalkin), Declan (Clontarf), Dermot (Drumcondra). This panel was requested by Joan Walsh, Welfare Office of Irish Distillers and was attended by about forty people – mostly welfare officers, including those of Aer Lingus, R.T.E., Government Departments, Irish Glass Bottles Ltd and many others. This is a great breakthrough for Recovery in Ireland, as we had a very wide cross-section of Irish Industry at the panel. It went well in an average way and the audience were very interested in how Recovery could be used in overcoming stress in work.

PREJUDICED WE ARE NOT:

This is the title of a film documentary being made by Jim Sherwin of R.T.E. which will be used by R.T.E. at some later date. Marie Darcy, our leader in Killester, took part, and was filmed at work and also her husband Kieran and the principal of her school was interviewed. There was great will to effort and will to bear discomfort in this for Marie (and Kieran!) and Recovery is very appreciative of the group-mindedness of Marie in promoting Recovery in this way. We are all looking forward to seeing this film.

PLEASE NOTE:

Our January training meeting will be on 9th Jan (second Sat of Month – due to holidays).

A REPORT FROM THE AREA LEADER:

As we are coming to the end of 1981 I think you will all agree it has been a good averagely busy year for Recovery in Ireland! There is great room for endorsement for everyone – because it has been a group effort with leaders, assistants and members promoting Recovery and thereby maintaining and improving their own mental health.

It has been a year – our Tenth Anniversary – in which four more groups have opened and another Leader Training Conference has taken place. A year in which Recovery has become more visible and is taking a higher profile. This has been due not only to our own efforts but also through the endorsement of our organisation by the Mental Health Association. I feel that through their campaign for the Year of the Disabled they have helped to remove some of the stigma from mental illness and therefore will clear the way for more people to seek help through Recovery Inc.

Regarding the Area Leader Conference in Chicago, which I attended in November, there was a great deal to learn there which I hope to pass on to everyone through the Area Leader Training meetings. Dorothy Kerchner who was with us in June as Leader Trainer sent special greetings to everyone here in Ireland. Unfortunately Millie Scanlan was not able to be in Chicato for the Conference. Mary Jane Maggio, president of Recovery Inc., sends her good wishes to Recovery in Ireland and said that Headquarters are pleased with the good average progress of Recovery in Ireland.

Again I hope everyone is endorsing himself or herself for will to effort, groupmindedness and for the great generosity of the free-will offering which helps us to stay in the 'black' and to pay our training expenses, postal and phone charges. In these hard times it is very edifying to see how good the members are in supporting Recovery. Also the number of people taking out membership in Recovery Inc. has just about doubled! So please keep up the good work. Also don't forget that I am always available to anyone who has problems in leadership or any other problem connected with Recovery – so don't hesitate to get in touch with me.

Finally I would like to express my appreciation of the co-operation, mutual aid and group effort in Recovery and the goodwill and support I experience from everyone. Wishing you all a happy, joyous Christmas and peaceful 1982.

Noreen McCabe
Area Leader.

PANEL EXAMPLE:

Two weeks ago I came home from the early shift in my new job – my first regular job in seven years. When I sat down I realized I was worked up. The symptoms were tension, racing thoughts and head pressure. The thoughts were about how I would remember all the instructions which had been given to me. I thought of Recovery and spotted fear temper – the fear of making a mistake – and also exceptionality in the desire to do the perfect job. I realised I now had a choice – I could choose to work myself down. I wrote down slowly what instructions I remembered and remembered that it is average in a new job to make some mistakes. I then sat still for a while and the symptoms disappeared. I endorsed myself. Before Recovery I would have coddled and pampered thoughts and feelings, developing vicious cycles and sabotaging sleep.

I have been a nervous patient for thirty years, being under psychiatric treatment for the last seventeen years. After ten years of chemotherapy and gradual dependence on alcohol, I broke in 1974 and was hospitalised. I was hospitalised again in 1975 and given shock treatment. During the next three years I became a fully fledged alcoholic. Early in 1977 I was rescued by A.A. and I have never had a drink since then. Two years ago I came to Recovery and in that time have recovered sufficiently to work again despite the odd setback.

Declan (Clontarf group)

PANEL EXAMPLE: (2)

The time was Monday morning. I was expecting visitors around noon and was doing a few extra chores to have the house nice and clean. I had washed the kitchen floor just two days previous so I decided to sweep it only, as my time was limited. I was washing the window sill and when I was finished I stood up and stepped back, forgetting I had a pail of water on the floor and knocked it over! I got worked up.

I felt tense and very angry with myself. I was hot and bothered that I would not get it wiped up in time. My racing thoughts were as follows: Oh what a stupid goose I was to have forgotten about the pail of water. It served me right for wanting everything just right. Why would it have to happen when my time was limited. Maybe if I had not expressed a wish to myself beforehand that I would like to have had time to wash the floor it might not have happened. I had no choice but to start mopping it up. Then I began to spot.

I spotted that I had myself worked up over a trivial thing and that it wasn't the end of the world if I hadn't got it mopped up before my visitors arrived. I spotted that I was being exceptional in wanting everything just right. I decided I'd better work myself down for my mental health's sake, so I began to see the funny side of it in order to help myself. My neighbour was hanging out clothes so I just shouted over to her "That's one way of washing the floor – to knock over a pail of water!" and laughed at the idea with her. I began to mop it up little by little and worked myself down as well.

Before Recovery I would have got into a very bad humour over it and would have remained so for the rest of the day. It would have affected my whole day and I would have had lowered feelings for the rest of the day due to it. I would not have enjoyed my visitors. Thanks to using Recovery, I worked myself down fairly quickly.

Doreen, (Dun Laoghaire group)

PLEASE NOTE: More panel examples needed. Please give to your leader or pass on to N. McCabe, 28 Ballymany Park, Newbridge, Co. Kildare.



RECOVERY INC.

The Association of Nervous and Former Mental Patients
IRELAND AREA
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Phone: 965122

No. 3 of 1981

JUNE 1981

Vol. A:

TENTH ANNIVERSARY OF RECOVERY INC. IN IRELAND

The Annual Dinner Dance, held on 11th April this year, marked an important milestone for Recovery in Ireland. Recovery Inc. is now ten years established in this country. Since Gerry Burgess started his first meeting in March 1971 it has grown to 19 groups in 1981. There is certainly great room for endorsement for all members. One of the most encouraging aspects of this progress is the number of members who have 'stayed' with Recovery all those years — so Recovery really is a conviction with so many veterans.

There were about 145 guests at the Dinner Dance in Wynn's Hotel, and everyone pronounced it a very enjoyable evening. Gerry Burgess was presented with a silver salver to show the appreciation of all in Recovery (Ireland Area) for his loyal service to Recovery over the years. Dr. Nancy Dunne, who has always been a good friend and supporter of ours, was a special guest, along with her husband. Mary Jane Maggio, President of Recovery Inc., sent a special address to be read out at the dinner to mark the 10th Anniversary. We are printing this below for the benefit of those who couldn't be at the dinner and also at the request of those present who wanted to read it again. This address really linked us up with our brothers and sisters in Recovery throughout the world.

Dear Fellow Recoveryites:

Congratulations on this the 10th Anniversary of Recovery, Inc. in Ireland. How I wish I could be with you tonight to share in your celebration as you look back with realistic pride over the gains you have made, not only in your inner environment, but also in the expansion of Recovery throughout the Emerald Isle. Some of you have not been with Recovery for 10 years, but no matter how long it has been for you, I say to you, and to all the "old timers" that you can reflect with a quiet sense of satisfaction upon the "will to effort" and the "will to bear discomfort" that you have put forth to attain your present status.

No small measure of this recognition goes to Gerry Burgess whose initiative and determination to find better mental health for himself has led you to your present accomplishment. As most of you already know, it was Gerry who came upon a leaflet describing Recovery, and sent to Chicago for the book, "Mental Health Through Will Training". Sometime later he made the trip over to the States to find out more about the Method. While in Chicago, he attended meetings every day and almost every evening. He returned home and was authorized as a group leader. Small though the first group was — Recovery had come to Ireland. In 1975 Gerry made another trip to Chicago. This time he brought with him six new prospective leaders. How well I remember the kinship we all felt with our Irish cousins; because the distress of a nervous ailment knows no boundaries. We were united through the common bond of a search for our mental health.

To you, Gerry, I say that you must feel very good tonight as you witness the fruition of your plans for Recovery in Ireland — and as you realize the gains you have made in your own inner environment where it counts the most. So, too all of you must look back, and even though many of you are still suffering discomfort, you can always go to the fourth step of the panel example, "How would it have been, before Recovery?" Isn't it a consolation that no matter where we go to attend a Recovery meeting, we find "instant friendship".

The spirit of Recovery in Ireland is a spirit that we all share — the all-pervading — never-ending effort to practice self-help — to get well — and to offer the Method through our own demonstration. Of course we are mindful that there will be set-backs — not only in our own quest for mental health, but also in the effort to open new groups; to maintain existing groups; to present Recovery through panel demonstrations and publicity, and so forth. Nevertheless we know that we can continue to put forth effort; we have done so in the past by moving the muscles and we will keep on doing so. Even though an ocean may divide us, I want you to know that the well wishes and encouragement of all the other Recovery members throughout the world wherever we have groups is with you tonight as you start upon yet another decade of Recovery in Ireland. My very best to each and every one of you.

Sincerely,
MARY JANE MAGGIO
President.

PRESS CONFERENCE:

Ruth Brown, our P.R.O., accepted an invitation from the Mental Health Association of Ireland to attend a Press Conference held by them on 27th April in Power's Hotel to launch their Special Projects' Kit for the Year of the Disabled. We were delighted to have the chance of meeting some of the special guests from the medical world, as well as representatives of other health organisations. Among the speakers was the Minister for Health, Dr. Michael Woods.

GROUP NEWS:

Kieran tells us that the Cork group has changed location and the new address is: Blackpool Community Centre, Great William O'Brien St., Cork. He adds that the group has a steady membership and is going well.

We are all glad to know that Frances — Area Assistant and Group Leader in Rathgar — is in good health again after a bout of physical sickness — and continues with great will to effort to lead her meeting.

The May Area Leader Meeting went well with 19 people present — some prospective leaders among them. We all wished John Barry, our Area Treasurer, "Bon Voyage" on his trip to the Membership Conference in Chicago. We will all be looking forward to hearing his impressions of the visit on his return.

THE KENNY REPORT

Ruth Brown, our P.R.O., and Frank, assistant leader in Killester, were interviewed on the Kenny Report on Radio Telefis. Both acquitted themselves very well and got in some good publicity for Recovery — Frank, in his interview, brought out very clearly the self-help principles of Recovery and also we should note that Frank was the first 'man' to be interviewed in Ireland about Recovery! We hope that you are endorsing yourself, Frank!

PANEL DEMONSTRATIONS:

At the request of the Occupational Therapist, Miss Heather Walshe, a demonstration was held in St. Vincent's Hospital, Elm Park, on Friday 24th April at 3 p.m. The panel consisted of Ruth and Michael (Clondalkin), Janet and Mark (Dun Laoghaire), Mary and Frank (Killester), Esmond (Drumcondra) and Betty (Dun Laoghaire) who led the Panel. There were approximately 40 present, between patients and medical personnel. Participation during the question time was fair, but high average interest was shown afterwards when panel members mingled with the audience. Miss Walshe expressed the opinion that the patients' reluctance to ask questions was due to a reserve about speaking openly — which is average for nervous patients.

A further Panel Demonstration was requested by Mr. Kerin Clancy, Social Therapist, St. John's Psychiatric Day Centre, Seafield Road, West, Clontarf on Tuesday 12th May 1981 at 2.30 p.m. The panel was led by Ann McShortall and included: Mary & Declan (Clontarf), Pat (Gardiner St.), Peter & Patricia (Fairview), Marie & Mary (Killester), Michael (Clondalkin), Janet (Dun Laoghaire). Several doctors and some nurses were present, but the majority were patients — about 70 present in all. Interest was good average, as was participation in the Question and Answer period. Dr. Brian McCaffrey thanked Recovery and extended an invitation for another demonstration at the Centre to be arranged later. He also suggested demonstrations for student nurses at other hospitals as a very worthwhile exercise.

A WORD ON THE TRAINING CONFERENCE FROM THE AREA LEADER:

As you are all aware, our Area Training Conference takes place on Friday 12th June and Saturday 13th June. Millie Scanlan and Dorothy Kerchner from the U.S. will be taking the Conference. It is a great opportunity for all Group Leaders, Assistant Leaders and Prospectives to learn yet more about Recovery. We decided to have a two-day conference this time to allow more time to 'take in' the training — rather than having all three sessions in one day as was previously done — also to give leaders a chance to share fellowship and experiences. While there is more will to effort involved in the two-day conference, it is in the interests of our mental health and the interests of Recovery to make the total effort. I would also like to say that any members who would like to join us and our American leader trainers after 4 p.m. on the Saturday at the Montrose Hotel will be most welcome. Looking forward to meeting you all at the Conference. — Noreen McCabe.

PANEL EXAMPLES:

This happened on Saturday afternoon. On the previous night I said to my husband, John, that perhaps we would go shopping to Athy next day. Then when Saturday came I did not feel well physically and so decided that I would not go shopping or visiting relatives in Athy. We had our lunch and I sat on a chair to rest. Within a few minutes John said that he was going around the corner to get the tyre pressures on the car checked. When he wasn't returning, I noticed that I had symptoms. I had tension, blurred vision and churning stomach. I began to spot. I spotted — what about it if he went to Athy by himself. I mustn't let myself get upset, and anyway, I wasn't well enough to go. I pre-disposed myself not to get angry with my husband when he would get home. Then having had my rest, I felt better and got up and did lots of ironing.

When my husband returned home at tea time, I was 'nice' about the situation — asked if he purchased anything and enquired how were our relatives.

In pre-Recovery days I would have got myself so upset from the time I realised that John had gone to Athy, my tension, stomach churning, etc. would have persisted and continued for days. I would have got angry and had a terrible row, which would have lasted over the week-end and for days. Now I know that my mental health comes first, and to treat such incidences as trivialities and not as emergencies. I endorsed myself later that evening. Margaret (Newbridge group)

EXAMPLE:

A few weeks ago I was in a self-service restaurant with a friend when I rashly suggested that I would go up and get two coffees. I say "rashly" because after I had ordered the coffees I began to work myself up. My symptoms were: heat coming all over me, speeding up of my heartbeat and tenseness. My racing thoughts were: "Why had I said I would do this — didn't I know I had a shaky hand — I always avoid carrying cups, especially for someone else — how the heck was I going to get back to the table without spilling them?"

Then I began to spot. My first spotting was I must calm down, that I was the one in control, and if I stayed calm I could will my muscles to remain calm and have little or no shakiness. I kept that secure thought to the forefront of my mind and, taking a cup in each hand, walked slowly and deliberately to the table. I knew I could do it, and even if I did spill them a little, what about it? — that would be average. Armed with these thoughts, I arrived back at the table with two unspilled cups of coffee, and I really endorsed myself for my will to effort.

Before knowing the Recovery method, I would not have had the spontaneity to offer to get the cups of coffee in the first place, and my fear of spilling them would have been so great that I would have remained very worked up and angry with myself for not being able to do such a small thing properly.

Catherine (Dun Laoghaire Group)

N.B. Don't forget to listen on Radio 1 on Saturday morning at 9.15 on June 20th when Ruth will be interviewed for a programme on Mental Health.



Recovery

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No. 2 of 1982

MARCH 1982

Vol. A:

NEWS FROM THE GROUPS

Gretta Lynch of Kilnacrott is now District Leader for the Northern area. The first District training meeting was held in February. Gretta reports that it went well, and that they have decided to hold their district training meeting on the third Thursday of each month from now on. The second meeting was held on Thursday 18th March. Gretta tells us that there is a member attending who is interested in starting a group in Longford. This is very encouraging. It was decided to establish a district for the Cavan/Monaghan/Belfast/Enniskillen groups to help in training — as it is difficult for people to travel to Dublin, due to distance, time factors, etc. — so hopefully the new District should help to stimulate more leader material — which seems to be happening already. Great room for endorsement for Gretta and all the leaders, assistants and prospectives. We all wish them well.

John reports from Belfast that a new group will be starting in Belfast very soon — and perhaps another one later in the year in a different area of Belfast. This is very encouraging for John, as there has been great will to effort on John's part in keeping his group going and attending training meetings in Dublin over a long period, and through times when the group was small and did not appear to be growing. It is good to see Recovery beginning to make inroads in Belfast.

Pat Murray tells us that he still continuing with the Finglas group, and has been doing some good publicity for the group — including writing to his local T.D. to let her know about Recovery Inc. Lily tells us that her group in Berkeley Road is small but getting on well, and she finds that being a group leader is helping her to maintain and improve her own mental health.

TRAINING MEETINGS:

The January training meeting had to be cancelled because of the bad weather. The February meeting took place on Saturday 6th with approximately 15 members there. The March meeting took place on Saturday 6th and there were 14 members present, including Sally from Belfast, on her first visit to a training meeting in Dublin. Also John from Armagh — who is now living in Dublin was there. The next training meeting in April will be on the first Wednesday evening — as we are now changing over for the Spring and Summer months. All assistant and prospective leaders are very welcome to come along.

REGIONAL CONFERENCE:

Betty Whelan, Recovery's panel co-ordinator for the area, has attended the Long Island Regional Conference in New York as our representative on March 20th. We are looking forward to hearing her report of the Conference. Betty tells us that there are more panel demonstrations on the way — which we will let you know about in the next issue.

MEMBERSHIP:

The membership in Ireland continues to grow. There are now 73 fully paid up members of Recovery Inc. This is a good average increase — and we hope that it continues to grow. The Recovery Reporter is a valuable magazine which helps to increase our knowledge of Recovery and to link up in fellowship with the Organisation internationally. Also there is an Associate Membership that can be taken out by relatives or friends of any Recovery Member. You can ask your Group Leader about this. This is another way in which we can help to keep the Organisation growing and help it to meet its financial commitments.

NEWS FROM THE U.K.

We hear that training meetings are now held regularly in London. Also that Fr. G. O'Shaughnessy, who was a great friend of Recovery in Ireland, has been instrumental in getting a group going in Chester. Some members of this group have been to the training meetings in London. Also Cataldus from Kilnacrott Abbey has helped to get a group going in Yorkshire. So Recovery is beginning to get a grip in the U.K. now. Much endorsement to all for the will to effort involved. We here in Ireland watch with interest the growth of groups in the U.K. and will continue to give any support that we can.

A FEW WORDS FROM YOUR AREA LEADER:

March 1982 marks the 11th Anniversary of Recovery coming to Ireland, and we now have 16 authorised groups and 5 groups that we hope to authorise in the future — in all 21 groups — with the prospect of one in Longford and another in Belfast. We can take just pride in this and we also know that it requires sustained will to effort to maintain and increase this number. This is why it is important to attend training meetings — to gain encouragement about leadership and the mutual aid and support of the group.

The 45th Anniversary of the founding of Recovery Inc. is to be held on May 22-23 1982 in the Palmer House, Chicago. This is another milestone for Recovery Inc, and while none of us here will be able to attend, I am sure everyone joins me in sending our good wishes and sense of fellowship to our Recovery brothers and sisters who will be celebrating in Chicago.

Please continue to send in news of the activities of your groups and lots of panel examples — badly needed!

Noreen McCabe
28 Ballymany Park, Newbridge
Co. Kildare (045) 31458

PANEL EXAMPLES:

Our breadman called to the house and left in two hot loaves which I placed on the kitchen table. My son, aged 15, whose chore it is to feed our dog, came into the kitchen to do so and instead of using stale bread, which is mixed with his food and put aside specially for the dog, took one of the hot loaves and broke it up for the dog. When, a short time afterwards, I came into the kitchen and saw half of one of the loaves gone, I enquired what had happened to it. I then discovered that my son had used it — just because it was near at hand to feed the dog. I immediately "blew up". I went to my son at once and abused him for being so wasteful and extravagant. I got myself worked up. My symptoms were: irritability, tension, head-pressure, and my racing thoughts were: "How could he be so stupid and wasteful, surely he knows the dog gets only stale bread". After a few minutes my Recovery training came to my help. I began to spot. I realised I was making a "mountain out of a molehill" and that in actual money terms I was talking about pence but I had got myself worked up into a state I would not have wished for pounds. Immediately after I had spotted my symptoms started to subside and then disappear. In a very short time I was able to spot the whole incident for what it was — a triviality. Before Recovery this trivial incident would have caused me mental discomfort and would have meant my retiring to bed for hours, if not for a whole day. I typed this example myself on the second attempt although I had not touched a typewriter for more than three years.

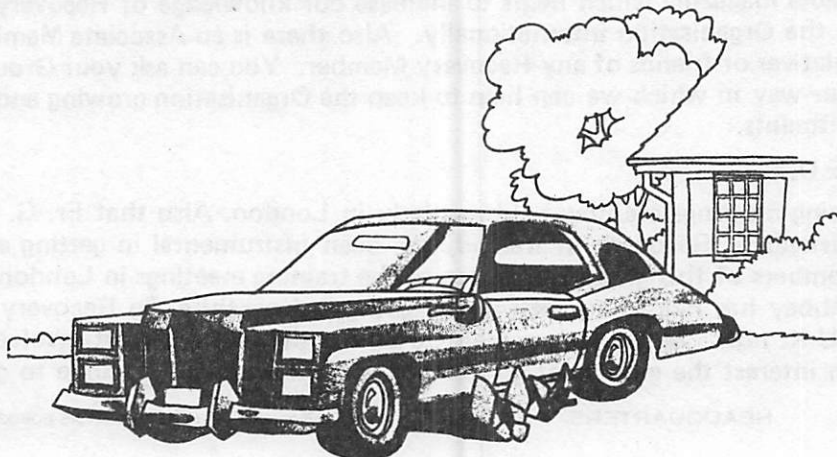
Tom (Dun Laoghaire group)

PANEL EXAMPLE:

My husband went to the U.S. on business and I had lowered feelings for about five days. I spent a good deal of time lying in bed, sabotaging, and anticipating in fear. On the fifth day he rang and asked me how I was. I said that I was great. After I put the phone down, I began to spot my symptoms, and spotted that I would bear the discomfort. I endorsed myself continuously and did things in part acts. I commanded my muscles to move, I became group-minded towards my family and I didn't complain. My symptoms slowly but surely disappeared after a couple of hours. I also spotted that a return of the symptoms does not mean a return of the illness. Before my Recovery training I wouldn't have known that I had a choice except to give in to my fears, and perhaps would have been back in hospital again — as I have a history of being hospitalised. I know that I am a valid person and can function despite my symptoms.

Attracta — Newbridge group.

HUMOR IS OUR BEST FRIEND: "Stepping in and taking over."



"I'd rather do it myself, Mother!"

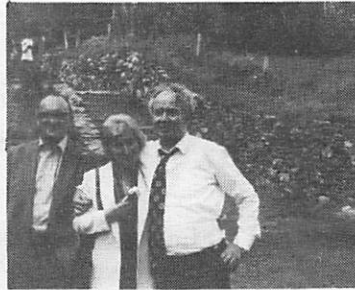


No. 3 of 1982

Recovery

The Association of Nervous and Former Mental Patients
IRELAND AREA
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SEPTEMBER 1982



SUMMER OUTING 1982

FIRST ANNUAL OUTING:

On Sunday 27th June we had our First Annual Outing. Forty (a full busload) left Bus Aras at 2 p.m. and did a lovely tour of County Wicklow, arriving at Glendalough at 4 p.m. approx. where we had coffee in the local hotel and did some sightseeing. The weather held up well. We then toured further through Laragh, Avoca and finally came to Enniskerry where we had an evening meal at the Summerhill Hotel and then walked around the grounds – the view from the hotel was beautiful. On the way back to Dublin there was great singing and entertainment. Everyone seemed to have had a good day of relaxation amidst lovely countryside and it was a great opportunity for all the groups to get together in fellowship and fun. Some came from as far afield as Cavan and Tipperary. Everyone agreed that it should be an annual event – some wanted to know if we would have another trip in the Autumn!

PANEL DEMONSTRATION:

A Panel Demonstration was held on Monday 12th July at Great Strand Street for Dublin Corporation Social Workers at 10.30 a.m. There were about 15 social workers there. The panel consisted of Dermot (Drumcondra), Marie (Killester), George (Tallaght), Noreen (Newbridge), Pat (Eccles St.) Betty Whelan co-ordinated the panel. The group were very interested because they deal with people from the inner city – a lot of whom are suffering from stressful conditions. One member of the audience said that that the demonstration helped him to see that when his clients sometimes seemed reluctant to go out, etc., that it was a nervous problem, which he had been inclined to overlook as the reason. The question and answer period went well and the panel were given refreshments and there was lots of discussion.

St. Ita's, Portrane, are interested in a panel demonstration in the future. Also St. Vincent's Hospital, Elm Park, have requested a panel demonstration.

PHONE CHANGE:

Our new number is 333031 and Ann McShortall is now looking after enquiries. Recovery Inc. is very grateful to Frances McCormack who has been putting forth such great will to effort for many years in dealing with all our phone queries. Initially Frances used her own phone in the service and for the last 2/3 years has had an extra phone and ansaphone in her home for the use of Recovery. It has been very groupminded of her and we hope that Frances her well earned respite from phone duties. Many thanks, Frances.

Incidentally, Frances has been in hospital again for a physical illness. All in Recovery wish her a quick recovery to good health again.

CHANGES IN PERSONNEL

Ruth Brown has handed over her position as P.R.O. to Betty Whelan. Ruth is another loyal member of Recovery who has given unstinted service over the years to Recovery, and was instrumental in putting Recovery very much before the public in Ireland. Much thanks to Ruth also from all of us in Recovery. Betty who had been acting as Secretary, dealing with correspondence, etc. has now handed over that job to Attracta Gallagher (Newbridge) and as Betty also dealt with Panel Co-Ordination, it is hoped that Dermot Grenan will take over this position in the near future. Recovery wishes Betty, Attracta and Dermot well in their new jobs and are very grateful for their participation.

TRAINING MEETINGS:

Just to remind all leaders that authorisation for next year will be coming up soon, and to remind them to attend training, if they have not been able to get there recently. When we sign the authorisation paper we take on an obligation to attend at least six training meetings in the year (if this is possible) Also it is important for leaders to encourage their assistants to take part in training. We are all apprentices in Recovery and need the ongoing training. While Recovery is unchanging in the application of the method and we are tempted to feel that we don't need training at times — still at the area leader meetings we do exchange ideas and spottings and rid ourselves of bad habits that creep in and also refresh ourselves for our own meetings.

Gretta tells us that her District Meetings are going well — approximately six come to each meeting. We hope eventually to have a separate District in the North — so that people won't have to cross the border — which can cause problems.

There were sixteen at the last training meeting in Marianella — including some prospectives.

N.B. From October training meetings are on Saturday afternoons at 2.30 p.m. in Marianella.

NEWS FROM THE GROUPS:

We now have an afternoon meeting on Saturdays at 2.30 p.m. at 50 Eccles Street, Dublin. Pat Murray, who was assistant leader in Gardiner St. now leads this meeting. We all wish Pat well, and if any of the members can make the meeting, it would give support to Pat. Lily has an evening meeting at the same venue on Tuesdays at 8 p.m. There has been a demand for a day meeting — coming from enquiries — and we are glad that Pat was able to start this group.

Two new groups have been authorised: They are Lily's group on Tuesday in Eccles Street and George's meeting in Tallaght. Congratulations to both Lily and George. George tells us that his meeting in the Dominican Priory is going well.

The Clondalkin group has changed its location to the Health Centre, Boot Road, Clondalkin, and Ruth tells us that the group is somewhat smaller than it was — but the Tallaght group has hived off some of the members.

The Monaghan group has closed for the time being. Paddy led this group for three years and there is great room for endorsement for Paddy in doing this. It is hoped to re-open this group at a later date. The members are attending Gretta's group in Kilnacrott.

Frances' group in Rathgar has also changed premises. It is now located in the Rathmines Health Centre, 36 Upper Rathmines Road, Dublin.

MEMBERSHIP

Please note that the membership fee has gone from £5.50 to £8.00 (this includes postage and currency fluctuation).

PANEL EXAMPLES:

(1)

The event took place one afternoon. I was walking up my street, I noticed one of my neighbours out cutting the lawn, this particular neighbour knew of my illness, so at that stage I was worked up. The symptoms were: head pressure, lowered feelings, a tightness in my tummy. My mental confusion was in the form of: what will I say to him, what will he say to me? will he notice my tight face muscles. I then thought of Recovery and began to spot.

I spotted that symptoms are distressing but not dangerous, I then made a decision to wear the mask, and walk slowly by him and just say hello. I carried out my decision; as a result the symptoms disappeared within one hour. I endorsed myself for the effort.

Before Recovery I would have done anything to avoid my neighbour, my mind would have been filled with anger against myself, I would have had no idea where all those horrible symptoms were coming from, and they would have lasted for days.

Martin (Fairview group)

(11)

As I was getting ready to go to the Recovery meeting last week, my young daughter was just leaving the house to take part in a school concert. Suddenly I felt stigmatized and began to foreign spot on my neighbours. I had speed in my actions, my racing thoughts were: will my neighbours know where I am going. Also what if they should offer me a lift thinking that I too was going to the concert?

Then I spotted that it's average for me to feel this stigma, so long as I don't attach any danger to it. I also spotted that my mental health is my supreme goal. As I was leaving the house I had a hot flush, but I was able to smile and wave goodbye to the baby. On my way to the meeting I endorsed myself.

A few months ago I would not have gone to the meeting because the concert was over at about the same time as the meeting and some of my neighbours had children in the concert. Then I would have blamed myself and felt guilt for not attending.

Margaret (Newbridge group)



Recovery

The Association of Nervous and Former Mental Patients

IRELAND AREA

c/o 34 Grafton Street, Dublin (postal enquiries only)

Phone: 333031

DECEMBER 1982

No. 4 of 1982

ANNUAL AREA LEADER CONFERENCE IN CHICAGO:

Report from Noreen McCabe.

The Annual Area Leaders Training Conference took place in Chicago on week-end of 12th November. I attended as Area Leader for Ireland. There were the usual panel meetings where area leader panel examples about leading areas (similar to group leaders examples at the monthly training meetings) were given. There were also reports from the Finance Committee, The Literature Committee and Phyllis Low Cameron addressed the Conference.

The Finance Committee reported a debit of \$11,000 for the first time in Recovery. So we all have to keep up our efforts in promoting membership and maintaining the free-will offering. This deficit was due to rising costs and the deep recession in U.S. as elsewhere. It was also suggested that in future areas should give a donation towards the literature received free from Headquarters, as this would help offset some of the cost.

The Literature Committee has produced a new blue pamphlet for Professionals which has been two years in the making. It should make a big impact and further help us to keep Recovery's name in front of the Medical Profession. There is also a new leaflet. Ask your Group Leader about these.

Phyllis Low Cameron told us that she and her sister have bought over the publishing rights of Mental Health Through Will Training and Lectures to Relatives, and that the new publishing house will be called Willet Publishing. Willet was Mrs. Abraham Low's maiden name and Phyllis explained that the family felt that Mrs. Low had played a significant role in Dr. Low's work which hadn't been acknowledged publicly and also that she was pleased that the word contained "will" which plays such a big part in the Recovery Method. I am sure everyone here in Ireland wishes Phyllis all success in her endeavour and are very glad that the Low Family continue to play their part in the organisation. Phyllis emphasised that the books will remain absolutely unchanged in text, etc. except for some slight changes on the Cover of Mental Health Through Will Training – enlarging the size of the logo – and the size of the page will be slightly bigger.

As Area Leader I got some very good spotting and mutual aid and the feeling of support and interest in the growth of Recovery in Ireland that one always gets from Headquarters. I am also very pleased to tell you that Mary Jane Maggio, President of Recovery – and Isobel Steiner, Area Leader for Michigan (Detroit section) will be coming here next June to lead our Training Conference (week-end June 18th) and then are going on to give the first U.K. Training Conference in South Wales. This will be a milestone for the Welsh and English groups, about which I am sure everyone here in Ireland is pleased.

Dorothy Kerchner, who led our last Training Conference sent her good wishes to all in Ireland. Unfortunately, Millie Scanlon, who also was here, was not able to attend the Conference in Chicago.

Next year it is hoped that Gretta Lynch, who is District Leader in the Northern Area, will attend a regional Conference in Buffalo, N.Y. in March for further training.

Before I finish this report, I would like to say that we have had another year of good average growth in Recovery here with two new groups authorised in Dublin, with another group just about to be authorised, and a new group just started in Longford town. The membership continues to rise and the number of people taking out membership has also risen – though we must continue to try to improve this. While we have had a quieter year than 1981 – we still had some panel demonstration and good publicity on T.V. and radio. The interest in Recovery continues to grow and the organisation has established itself and is becoming very well thought of in the community. This is due to the continued will to effort and group spirit of all the members of Recovery, who never miss an opportunity to keep the name of Recovery in front of the professionals and the public.

I want to take this opportunity of thanking all the officers, group leaders, assistants and members for their unstinted help and co-operation during the past year. Recovery is a group effort and without this team spirit of its members Recovery would not be as strong as it is in Ireland today. We we can all endorse ourselves for our will to effort and will to bear discomfort in the interests of our own mental health and and also endorse for making Recovery available to others.

I would like to wish all of you a happy Christmas and a peaceful and prosperous New Year and I am sure all will join with me in wishing the same to our fellow Recovery-ites in U.S.A., Canada, Puerto Rico, England and Wales.

Yours sincerely,

Noreen McCabe

PANEL DEMONSTRATION – NAVAN

On Wednesday 20th October – through the will to effort of Gretta – a Panel Demonstration was put on in Navan, Co. Meath, for the Hanlonstown Branch of the I.C.A. Members taking part included Gretta (Kilnacrott), Nancy, Kathleen Lynch (1), Kathleen Lynch (2), Paddy, Gerry (all from Kilnacrott), Catherine (Dun Laoghaire) and Betty (Dun Laoghaire) who led the Panel. It was one of the best demonstrations ever and ran smoothly throughout. Response from the floor during Q. & A. time was somewhat hesitant, but we learned from mixing with the crowd afterwards that approx. 75% lacked courage to ask questions openly and were full of interest on a one-to-one basis. Altogether, a very worthwhile night.

As the stigma can still be quite considerable in rural areas, there is great endorsement due to Gretta for availing of the opportunity of making Recovery known at yet another venue. That afternoon Noreen McCabe was interviewed for ten minutes on Radio Carousel – the local Navan Radio, about the demonstration.

Report – Betty Whelan.

NEWS FROM THE GROUPS:

Two new groups have now been authorised. Congratulations to Pat Murray and his group at 59 Eccles Street on Saturday afternoons and to Lily Cleary who leads a group at the same venue on Tuesday nights. Both report good numbers attending the groups. Unfortunately we had to close the Gardiner Street Group because Pat, assistant in Gardiner St., had started the Eccles St. group which is our only day-time group and Anne – who led the Gardiner Street group – had a new baby in June, and didn't feel able to continue as Group Leader there – as she also teaches. Our sincere congratulations to Anne on the birth of her baby girl. Everyone in Recovery is very grateful to Anne for the service she has given as Leader in Gardiner Street, and Anne says that she will continue as a member and hopefully will take up leadership again when she has more time.

Our best wishes also to Tim, who has started a new group in Longford town. It is very encouraging for us all to see Recovery in yet another county, and congratulations to Tim on having the courage and confidence to start. Gretta Lynch, District Leader in the northern district, tells us that there should be another group starting fairly soon, not too far from Mullingar.

There were about 15 at the last training meeting in Marianella. The Saturday meetings continue until April when we change over to the evening meeting during week-time.

In Belfast John Connolly has taken over as P.R.O. for the Northern Area, and from now on any queries from Northern Media will be looked after by John. Being 'on the spot' he is better able to handle local publicity than we can here from Dublin. All good wishes to John in the job. He reports that the Irish News in Belfast is interested in doing a sizeable article on Recovery, and perhaps this will be picked up by the other papers.

Regarding Group Location Lists, from now on we will be putting the U.K. group locations on the back of our list, as lots of people ask for them, and this should be a help. We would ask all Group Leaders to ask members for further panel examples for the news letter.

PANEL EXAMPLE (1)

I stayed with some friends last week-end. On Sunday morning their children were very noisy and unmanageable and, unable to quieten them or control them, their mother shouted at them a great deal. I sat on the couch for half an hour while this was going on and felt uncomfortable.

Soon I felt considerable unease, anxiety and tension. My racing thoughts were that I couldn't stick it any longer and would have to leave early as I had done on other occasions for the same reason.

Suddenly I remembered Recovery and decided to apply it. I realised that what was going on around me was part of the outer environment, over which I had no control and that the only thing I could control was my own inner environment. To my surprise as soon as I realised this, the uncomfortable symptoms disappeared completely and I became quite calm and at ease. The transition took place almost instantaneously and I remained in the house. I endorsed myself several times.

Before Recovery I would have given in to my symptoms and left early, as I had done before in the same situation.

Robert – Dun Laoghaire Group

PANEL EXAMPLE (2)

One afternoon about six weeks ago I was walking on the footpath, confident and going about my business in a normal way. Suddenly I felt as though a stone weight was placed on my chest and that I could not breathe. I thought my legs would not carry me on. They felt light and weightless and I got the idea that I would fall down. I began to work myself up and felt I could not breathe – I was taking in large quantities of air. My thoughts raced back to these and more violent symptoms which had brought me into hospital in the first place 20 or more years ago. I thought that "it was all coming back" and I would be unable to function once more.

Within a short time I remembered my Recovery training and that I was being defeatist – I realised that I was attaching danger to a lot of distressing symptoms, purely nervous and not dangerous. I spotted that feelings are not facts, ideas come and go if I let them. In short I was thinking and feeling and having ideas. I spotted that I would not fear the permanent handicap and give way to the symptomatic idiom which would destroy my mental health and cause me physical collapse. All these thoughts went through my mind quickly and I continued to walk on – whether people noticed me or not did not matter.

Before Recovery training I would have sat or lain down, called for help, grabbed someone to get me a Dr. and the symptoms would probably lead me eventually to hospital. On this particular day the panic left me almost within minutes and I had no further trouble since. I endorsed myself.

Bernadette (Dun Laoghaire)



*A HAPPY CHRISTMAS AND A PROSPEROUS NEW YEAR
TO ALL THE MEMBERS OF RECOVERY INC.*





Recovery

The Association of Nervous and Former Mental Patients
IRELAND AREA
c/o 34 Grafton Street, Dublin (postal enquiries only)
Phone: 333031

No. 1 of 1983

APRIL 1983

NEWS FROM THE GROUPS

Congratulations to Mary, who was Gretta's assistant in Kilmacrott and has now started to lead her own group in Cavan town. The meetings are held in the Day Care Centre on Tuesdays at 8.30 p.m. They are being well attended – with some social workers coming along as observers. All our good wishes to Mary.

Tim reports that his group in Longford is going well and he has been getting some good publicity in the local papers. The Enniskillen group had an evening out for themselves in February. Some of the Cavan members went along to join in the social. It was a great success and an opportunity for fellowship. These were unable to join us in our outing last June – so decided to have an outing for themselves.

There is the good news that Val – who trained with Moira in Enniskillen – has decided to start a group in Bundoran. This group will meet at Ozanam House, Main St., Bundoran on Wednesdays at 8 p.m. Val is finalising the plans to start and by the time this newsletter is printed should have started. All of us in Recovery wish him well and hope that he is endorsing himself for his will to effort.

John has also re-opened the group in Monaghan on Monday nights in Montfort House, Monaghan at 8 p.m. We are all delighted to hear that this group has started again, and John tells us that there were five there on the first night – including three people from Armagh. John is now leading two groups – so great room for endorsement for John in doing this. He hopes that a prospective leader will take over the group in time to come. He feels that there is a need for a group here – as many people from Armagh have been asking for this.

Pat tells me that the Saturday afternoon group is growing considerably. We hope at some stage to have a second day group as there is a real need for day groups – to facilitate people who don't like coming out at night. Lily's group in Eccles Street is going well also with about twenty members – Eccles St. seems to be a good location for a group.

Ruth says that her Clondalkin group is beginning to grow quite a lot again – after some of the members transferred to the new Tallaght group, led by George. She has some members from Leixlip. Incidentally we have had a request for a panel demonstration by a Women's Group in Leixlip.

Three of the Newbridge group went down to the Tullamore group and were very pleased with their visit. It was good to exchange fellowship with the Tullamore members and at the same time show solidarity with the group – who have persevered for four years now there. Unfortunately, Phyllis, who has led the group for this period, is transferring to Thurles – where she hopes to start again when she settles in to her new home. We wish her much happiness in her new surroundings and are very grateful for the good service she gave Recovery in Tullamore. As the other members of the group travel quite a distance to the meeting – Phyllis (Phyllis No. 1's assistant) hopes to transfer the meeting to Birr – which will be more convenient for them. However, they hope to continue in Tullamore for the summer months. We wish them all the best and spot that their will to effort is strong.

John also says that it is hoped to start another group in Belfast soon. The Health Board has been on and is keen to get a group going on a Saturday afternoon. John feels that Recovery is beginning to get better known in Belfast now, and is beginning to make some strides.

All the above is very encouraging, and we should all endorse ourselves for the continuous effort of plugging away at publicity and keeping our name in front of our doctors, social workers, and the media. The name of Recovery is becoming better more known in the community, and is very well thought of, and we are getting more and more referrals from the professionals.

PANEL DEMONSTRATION

There was a panel demonstration held in St. Patricks on Wednesday 23rd February. This panel was led by Ruth (Clondalkin), and those on the panel were Dermot (Drumcondra), John (Mount Argus), George (Tallaght), Rose (Killester), Carmel (Clontarf) and Margaret (Dun Laoghaire). Despite a mix up with the hospital personnel – no professionals turned up – the panel went very well, and turned out to be a very interesting session with the patients. Ann (Fairview) and some of her members went along also. Because of the mix-up, it is hoped to return there at a later date to give another panel. St. Patrick's give us a lot of publicity, and recommend us a great deal. Our thanks to the panel taking part and to all those who went along to support them.

Our thanks also to Betty, who organised this panel. Betty is now handing over to Dermot Grennan, who will now continue as our panel co-ordinator. On behalf of all of us in Recovery, gratitude to Betty for all the demonstrations she organised so competently over the years – and a thank you to Dermot for taking on the job. His first panel will be the Leixlip one – which we hope to have in April.

REGIONAL TRAINING CONFERENCE – BUFFALO, N.Y.

The Conference took place on March 11 and 12th and was attended by approximately 70 people, including Mary Jane Maggio, President, and Bob Farwell, from headquarters. The panels were led by Emery Johnson and his assistant, and spotting and tapes were helpful. There are a number of young people leading groups. There were five professionals invited, and they were interested in learning from us and our insight. Mary Jane Maggio sends her regards to all and has booked her ticket for our Training Conference, which she is looking forward to. I would like to thank Recovery for the opportunity to attend the Conference.

GRETTA LYNCH

District Leader & leader of Kilmacrott Group

R.I.P.

Our condolences and regrets to Ann McShortall on the loss of her sister, who died in England. Ann has asked us to thank everyone for their cards, letters and phone-calls, which were much appreciated. We would also like to offer our sincere sympathy to John Drumm on the loss of his mother.

TRAINING MEETING

The March training meeting was taken by Ann McShortall, Area Assistant, as Noreen was unable to be there. Ann reports a good average meeting with 16 leaders, assistants and prospectives present. The next five training meetings will be on the First Wednesday evenings of the month at 8 p.m. —starting with Wed. April 6th at the same venue — Marianella. All prospectives are very welcome to these meetings.

BOOKS

It has been decided from now on that each Group leader will order his or her own books from Headquarters, because with the g40 growth of Recovery it has become too onerous a job for one person. And while none of us likes change — this change has been well received and seems to be running smoothly. Ann McShortall will continue to handle the tapes — for which we are very grateful. We take this opportunity also to thank Ann for handling the books for the last four years with great will to effort and bearing not a little discomfort.

THE JUNE CONFERENCE

All the prior arrangements have been made for the June Training Conference to be held June 17th/18th in Buswell's Hotel. This Conference will be led by Mary Jane Maggio and Isobel Steiner from the U.S. They will be staying in Dublin for a week — so we are all looking forward to their visit. All details will be sent to leaders well in advance of the Conference.

NEWSLETTER

From now John Drumm has offered to take on editing this Newsletter. So if you have any news from your groups — or panel examples (as ever badly needed) please send on to John Drumm at 214 Grace Park Heights, Drumcondra, Dublin 9. John is very group-minded in taking on this job, and will be grateful for any news that you can send in.

PANEL EXAMPLES:

One evening several weeks ago. I went alone to a show at the local school. I was enjoying myself very much until the interval when a lady I knew asked me to sell tickets for the raffle. I said O.K. but when I took the tickets I saw they were in loose sheets torn off the book. Then I started to get worked up.

Before long I felt very tense and my hands started to shake. My racing thoughts were — I'm going to make a mess of this. I won't be able to do it as fast and efficiently as I would like! Everyone will notice how nervous I am and I'll look foolish.

Suddenly it came to me that I was being exceptional. Nobody could see through me. That the symptoms were distressing but not dangerous. That I didn't have to be exceptionally fast or efficient — just average. Then I calmed down and went and sold the tickets.

Before Recovery I would have said no if asked to do something like that. Then I would have developed lots of symptoms, mainly a feeling of self-disgust. This would have continued for the remainder of the evening and ruined my enjoyment of the show.

Breda (Fairview — Monday)

EXAMPLE II

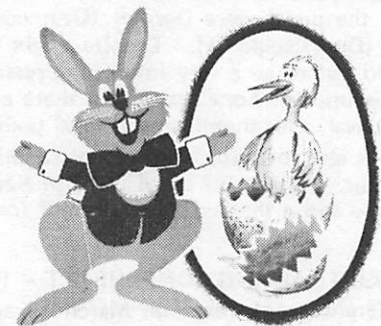
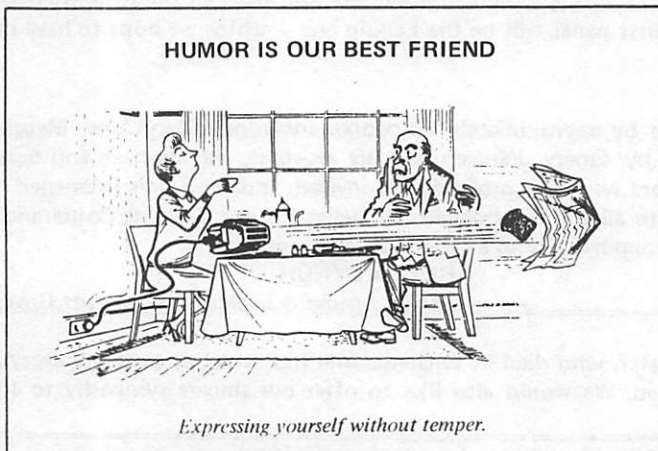
The time when the event took place was last Saturday, when my mother went shopping with my sister-in-law. The persons involved were my sister-in-law, my mother and myself. Around 1 p.m. as I was preparing the dinner, there was a knock on the door. I answered it. It was my mother. She said "Margaret, will you carry in some of the messages from Sheila's car". I said "Yes" and went out to the car. My nephew of 3 years was in the car and the door was open. He said "Margaret, did you see my new Teddy"? I started to talk to him. Then my sister-in-law said "Margaret, don't you know there are groceries to be carried in!"

I began to work myself up. My physical symptoms were — blurred vision, palpitations, trembling, head pressure and a feeling that I was going to burst. My racing thoughts were — how dare Sheila tell me to bring in the messages. Who does she think she is? She has got some cheek.

I spotted that my sister-in-law was my outer environment. I said to her "I'll bring in the messages in a minute". I spotted aggressive temper towards my sister-in-law. I excused her rather than accused her. So I started to carry in the messages. I endorsed myself. My symptoms subsided. I kept endorsing myself and I had forgotten about this "triviality" by tea time.

Before Recovery the symptoms would have remained for days, maybe weeks. I would not have slept, I would have been reviewing and pre-viewing the incident for weeks. I would probably have ended up in hospital. A brief history of my illness is that I have been hospitalised several times for elation and for lowered feelings. I have received E.C.T. treatment several times.

Margaret (Fairview — Monday)



HAPPY EASTER!!

WISHING ALL RECOVERY MEMBERS

A HAPPY & JOYOUS EASTERTIDE



Recovery

The Association of Nervous and Former Mental Patients
IRELAND AREA
c/o 34 Grafton Street, Dublin (postal enquiries only)
Phone: 333031

No. 3 of 1983

September - October

PURPOSE

A reminder that Recovery Inc. offers a method of self-help after-care for the purpose of preventing relapses in former mental patients and chronic ongoing symptoms in nervous patients.

IRISH GROUP NEWS

Joe is taking over leadership of the Kilnacrott group as Gretta wishes to step down. Gretta has been instrumental in helping to develop the Cavan/Monaghan/Northern area and the organisation owes her a great debt of gratitude for unselfish service in promoting self-help. We wish Joe all the best in taking over leadership.

Frank has decided to retire from leadership, and the Donaghmede group is now closed. Members are attending other groups in the area mainly Marie's in Killester. Well done, Frank, on making the method available in this area for the last two years. A fine achievement. Also take note in the group location list that the Navan group is closed.

Marie tells us that her Killester group is going well. There are four prospective leaders and one assistant leader. Great endorsement there.

Dermod reports that his group in Drumcondra has a good cross section between new members and veterans, about twelve on average.

Gerry's group in Fairview carries on as usual with good attendance usually over twenty. Gerry is well supported by a first and second assistant and prospective leader. They say it's tough at the top, Gerry!

Tim tells us that his group in Longford has an average of about twelve members — which is good average for a relatively new group in a country area. Vincent, his assistant, unfortunately is leaving the group, as he is taking up a new job in Cork.

The Cork group has a membership of about twelve also — with the professionals beginning to take more of an interest in Recovery there — which is very encouraging.

U.K. GROUP NEWS

The first ever U.K. Area Training Conference held in Port Talbot, Wales, was a great success, attended by Recovery leaders Mary Jane Maggio and Isobel Steiner, members of the board of the Leader Training Committee at Headquarters, Chicago. We understand that they were very pleased with the Conference.

Please note that there are some changes of address and leaders on the U.K. location list. These are:

1. The Ogle St. group is now led by Shiela McTallig.
2. Cathy Simpson now leads a new group on Tuesday at 8 p.m. at Public Rooms, The Presbytery, Church of the Holy Ghost, Cumberland St., Pimlico, London, S.W.1.

U.S. NEWS

Our Area Leader, Noreen McCabe, will be attending the Annual Area Leader Training Conference in Chicago on November 12th week-end, for further training. Jean Keogh from Wales will also be attending for ratification as Area Leader for the U.K. All of us in Ireland extend our congratulations to Jean and good wishes to the U.K. members on being made a separate Area.

Congratulations also to Moyra Curran (see photo) for a recent newspaper cutting about her regarding Recovery. This was sent to us by Dr. Nancy Dunne, Rathfarnham, a friend of Moyra's. Incidentally, Dr. Nancy Dunne was one of the earliest supporters of Recovery in Ireland. Moyra was recently home on holidays in Ireland. Many of you will remember Moyra well as she led a group in the Kilmacud area for a number of years. She now leads her own group where she lives in the U.S.!



MOYRA CURRAN said her life has never been so good.

PANEL DEMONSTRATION

A lunchtime panel demonstration was led by Dermot (Drumcondra) at "The Drop Inn" centre, Tallaght, on Thursday 1st September. The audience mainly comprised of professionals — doctors, nurses, social workers. It went down very well and Recovery has been asked to give a second demonstration for patients on October 6th next in a different centre in Tallaght. Those who participated on the panel included George and Mary (Tallaght), Kevin (Drumcondra), Stella (Clondalkin) and Janet (Dun Laoire). Endorsement all round for a most encouraging demonstration of the method.

ENDORSEMENT:

Congratulation to leader Gerry of Melrose Avenue group who in a one-week period in September became a grandfather and a poor father-in-law again, pocket wise at least! Gerry gave away another of his beautiful daughters in marriage to a very nice American lad.

PUBLICITY

Recovery has been asked to submit a 500-word article on the organisation by the Health Education Bureau for inclusion in their magazine — which goes to every doctor in the country. This is a good opportunity for us to come to the attention of the professionals. Also there has been a good article about Recovery in the Cork local press which hopefully will bring in more members of the Cork group.

MEMBERSHIP

Recovery headquarters inform us that expenses continue to climb. We ask members to re-consider and enhance their voluntary contributions where possible. Also a reminder to leaders and assistants that as part of their leadership they are expected to be paid up members of Recovery. Membership subscriptions (£8.00 per year) can be sent to John Barry, Treasurer, 31 Castilla Park, Clontarf, who very kindly sends them on to Headquarters for members.

LEADER TRAINING CONFERENCE

Our biennial Training Conference took place on the 17th/18th June in Buswell's Hotel, Dublin as many of you know. The Conference Leaders were Mary Jane Maggio from Chicago, and Isobel Steiner from Michigan, the new President of Recovery Inc. Forty seven Irish member attended from all over the country. These included three each from Belfast and Enniskillen. The Conference was a great success with a happy, relaxed atmosphere, and good fellowship among members. The lunch was enjoyable and afterwards many of the members went for a stroll outside in small groups in the nice warm weather. Both Mary Jane and Isobel seemed to enjoy their first visit here and said afterwards how pleased they were with how the method was demonstrated at the sessions. It is so encouraging when you travel to know that you can drop in to any meeting abroad and the method is always the same.

Isobel's husband, Fred, was a big hit with everyone, acting as photographer, and showing a quiet sense of humour and telling little stories about Dr. Low, as they both had met him in Michigan many years ago when Isobel started her Recovery apprenticeship.



ANNUAL OUTING

The outing took place on Sunday 4th September. There were forty seven people in all with a strong contingent from the Newbridge group who turned up at the hotel for the meal. Unfortunately the weather wasn't what members became accustomed to during the beautiful summer months. Perhaps expectations for a fine day were excusably high! Nevertheless all had an enjoyable time in the popular Japanese Gardens, touring the National Stud and the Horse Museum. It was an opportunity for different group members to make contact and experience the fellowship of Recovery. The outing ended with a fine meal in Ardenode House, Ballymore-Eustace. Much thanks and appreciation is due to Ann McShortall who did such a great job in arranging the day.



TRAINING

Please note that all future Leader Training meetings will take place on the **FIRST SATURDAY** of each month at 2.30 p.m. in Marianella. Also a reminder that all leaders and assistants have an obligation to attend training meetings, once they take up leadership and a reminder that authorisation and re-authorisation of groups will be coming up later this month. Prospective leaders are always very welcome at these meetings.

PANEL EXAMPLES:

All panel examples about trivialities are very welcome and should be sent to 214 Grace Park Heights, Drumcondra, Dublin 9.

EXAMPLE (1)

One afternoon I was sitting alone in the living room and I began to get worked up. I was tense and had lowered feelings. Then I began to consider why. I thought maybe I have not been endorsing myself enough so I started to praise myself for everything I had done that day. It worked because I felt great afterwards. Before Recovery I would not have been aware that feeling low is average. I would have attached danger to my thoughts and suspected that I was losing my mind. I would have retreated into myself, and perhaps had a vicious cycle.

Sally (Belfast)

EXAMPLE (2)

This happened one day about three weeks ago during a lovely spell of hot weather. I was standing at the kitchen sink reluctantly washing the dishes after lunch, while my husband was reclining in a deck chair outside. As I looked at him and thinking of the long hot summer with me pot walloping in the kitchen I began to get worked up.

My thoughts were: here am I and due to poor organisation and inadequacy I'm late with everything. I thought of Recovery and began to spot. I made a decision to leave the kitchen and break my pre-occupation. After resting I discussed this with my husband and he agreed to share the work between us. I endorsed myself.

Before Recovery I might have spoken to him in anger which might have provoked a temperamental deadlock.

Olivia (Dun Laoghaire)



Recovery

The Association of Nervous and Former Mental Patients
IRELAND AREA

c/o 28 Ballymany Park, Newbridge, Co. Kildare
Phone: 01-333031

NO. 2 OF 1984

JUNE – JULY

NEWS OF THE GROUPS

Val reports from Bundoran that his group in Bundoran is beginning to attract better numbers. He has two people attending from north Donegal – which is quite some distance to come to the meeting. The Longford is also doing averagely well – with members attending from Knock – where it is hoped to set up a group later on. Tim is continuing with the District Meetings, which are very helpful for leaders living a distance from Dublin. It is hoped that a new group will be starting in Blanchardstown – there has been a demand for a group in Blanchardstown for quite some time – so it is encouraging to know that a meeting will be available there in the near future. Since Marie Darcy's interview on Women Today there has been quite an influx of members into the Killester group (more about that below).

We are sorry to learn that Ruth has decided to give up leadership of the Clondalkin group – but Philip will be taking her place as Leader with Stella as his assistant. All of us in Recovery are grateful to Ruth for her years of service to Recovery both as leader and as former P.R.O. Ruth was instrumental in laying the foundations of a good relationship between Recovery and the professionals which is paying off in many areas now. We wish her all the best and know that that she will keep up her contacts with Recovery.

Kieran (Cork group) hopes to get a second Cork group going in the Douglas area in September.

June (Bray Group) has been able to get some good publicity for her group and she is very pleased with the numbers attending.

It is hoped to have a new Group Location list in time for the July training meeting.

NEW EXHIBITION KIT

At last the new Exhibition Kit has arrived from Headquarters. It consists of a very handsome blue cloth cover and frontispiece and a reversible poster. One side of the poster has a lovely photograph of Dr. Low with the following wording on the right-hand side – "The object of the organization, apart from its tendency to save time for the physician and money for the patient, is to help prevent recurrences in mental diseases and to forestall chronicity in psychoneurotic conditions. Its techniques place the emphasis on self-help." The other side of the poster shows a collage of people with wording as follows: "Life can be interesting and rewarding – but for some of us life is full of fear and tension . . . – And we begin to feel hopeless, unable to manage our lives . . . – but there is a way to become less tense, less fearful . . . – Recovery Inc. – It's a programme that offers mental health by helping you to help yourself . . . – We've been helping people get well since 1937." It is really very impressive and hopefully lots of members will get to see the posters and kit when they get to attend panel demonstrations or exhibitions. Incidentally, the Kit cost approx. £65. and it cost £32.40 to extract it from Customs and Excise!

AREA TRAINING MEETING:

There were approximately 16 members at the last training meeting. Just a reminder to leaders and assistants that there is an obligation to attend at least 6 training meetings in the year if at all possible. It helps to keep the method pure and to encourage leaders and assistants in demonstrating the method and also to exchange views and keep in touch with each other for mutual aid. Also a reminder to leaders to keep before members the necessity to support the organisation through membership and some reminders about the building fund for Recovery's new home in Chicago.

BON VOYAGE:

To Ann McShortall, Area Assistant, who will be attending the Regional Conference of Recovery in Montreal for further training on behalf of the Ireland Recovery Area. We are sure Ann will have lots to report to us at the next training meeting.

Also, all of us in Recovery wish Janet Whelan (Dun Laoire Group) a speedy recovery to health after her operation.

PUBLICITY

There was a very big response to Marie Darcy's interview on the Women Today programme. Three people were interviewed about depression, and Marie did a great service to Recovery publicity wise in recounting her history on radio. We were overwhelmed with phonecalls (Ann had to take the phone off the hook for half an hour at one stage to get a rest!). Also we put a letter in the Irish Times pointing out the services Recovery offers – as Mary Maher was doing a series of articles on self-help techniques. There was a very interesting response to this letter – with lots of correspondence and contact from social workers, doctors, etc. Incidentally, Mary Maher of the Irish Times has been in touch with Ann McShortall and is going to attend a Panel Demonstration to be held in St. Patrick's and will interview Ann also – so hopefully this will prove fruitful for Recovery also.

A big thank you to Marie Darcy for bearing the discomfort of being interviewed for radio and also to Ann for answering all the calls.

PANEL DEMONSTRATIONS:

There was a Panel Demonstration at the Dublin Institute of Adult Education on 21st March. The audience was composed mainly of nuns engaged in pastoral work and social workers – about 30 in all. The Panel was led by Dermot Grennan, our Panel Co-Ordinator. The members participating on the panel were Pat (Eccles St), Grainne (Killester), Ann (Fairview), Terry (Fairview), Lynda (Fairview), Kevin (Drumcondra) and Evelyn (Fairview). The audience response was very enthusiastic and interested, and Dermot later received a very nice letter of thanks from the Course Co-Ordinator of the Adult Education Institute and a donation for Recovery. Well done and endorsement to all who took part.

On Wednesday 6th June a further panel demonstration took place at St. Patrick's Hospital. More news about this panel later.

Recovery has been asked by the ReHab National Training College to meet some of their Institute members with a view to letting them know how Recovery would be a help to their members who are entering the workforce and have psychological disabilities. So a Panel Demonstration will probably be coming up there. Also An Bord Altranais (The Irish Nursing Board) have asked us to take part in a Conference with the theme "Psychiatric Nursing – Towards the Year 2000". This conference is being held in November in Monaghan and will be yet another venue at which we can demonstrate the method and make Recovery more widely known. The board is anxious to know in what way they can co-operate with self-help groups in a more constructive way. All this is very encouraging for us in Recovery and should help to spread the method.

PANEL EXAMPLES:

(1)

A couple of weeks ago myself and my wife went to a ballad session. When we arrived at the pub where the ballad session was held, it was quite crowded and I became worked up. The physical symptoms I had were a feeling of unreality, head pressure, sweating, self-consciousness and a feeling of panic; my racing thoughts were "what will others think of me if they know I'm in a panic; I've been attending Recovery now for years and I'm just as bad as ever, what will people think if I have to leave". I began to spot: symptoms are distressing, but not dangerous, I could trust my basic functions, I'm not transparent – no one can see that I'm in a panic. I became a good deal more comfortable but not completely so. However, I stayed at the ballad session until it was over and quite enjoyed it. Before Recovery the symptoms would have been much worse, I would not have known that I can choose to work it down and afterwards I would have felt completely defeated and in low feelings. I first attended Recovery a few years ago, having been hospitalized with depression and since then I have experienced a tremendous improvement in my ability to face up and cope with the small problems of everyday life. I endorsed myself.

George (Tallaght group)

(2)

The event was at morning Mass, when it came to one set of responses. I started to respond, but, to my confusion, found I was the only member of the congregation making these responses aloud. I felt my face burning and tears stung my eyes. My racing thoughts were, "why don't they speak, they must think I'm very disturbed, I'm making a real fool of myself, I'd better leave, everyone is aware of this stupidity".

I spotted I'd made a mistake. I was in the grip of fear temper in the form of embarrassment, self-blame, self-pity and self-disgust. I decided to finish the responses, stay in my pew and bear the discomfort of staying until the end of the service. I endorsed myself and kept endorsing myself until the end of the Mass. The symptoms subsided and I was quite comfortable. Before Recovery I would have left the Church, been in a mild panic, rang up my friends to complain, I'd have been tearful and developed lowered feelings. I would not have gone back to that Church for quite some time! Thanks to my training in Recovery I now know I have a choice as to whether I work myself up or not. I am also learning the true value of self leadership.

June (Bray group)

(3)

The time was twenty minutes before the end of the football match and we were losing two nil. I turned to look over my shoulder and noticed that I had blurred vision, and I began to work myself up.

The symptoms were tension, churning of the stomach, slight head pressure and racing thoughts in the form of: "Oh no not during a match, what a time to get blurred vision. I'll have to be careful or I might get hurt. Maybe I had better call the manager and ask him to take me off."

It was then I began to spot. I spotted that I was attaching danger to the symptoms. I also spotted that symptoms were distressing but not dangerous. I made a firm decision to move my muscles and try harder to score a goal, and not to let the team down. In doing this, I concentrated more on the football game than my symptoms and got rid of them in quite a short time.

Before Recovery, which was only sixteen months ago, it would have ended much differently. As soon as I discovered symptoms, especially blurred vision, it would have been a dire emergency. Wherever I was I would have left, gone home and into bed where I would have stayed for the rest of the day. The symptoms would have been more severe, resulting in ice-packs for my head and attacks of vomiting. Even the next few days would have been bad, I simply wouldn't have known that I could work myself down and be self-led instead of symptom led.

We lost our football match 2-0, but thanks to my using the method, I won this one!!

Patrick (Clontarf Group)

P.S. Thanks to all who sent in panel examples – please keep sending them – they are always needed! (Editor)



Recovery

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NO. 3 OF 1984

OCTOBER/NOVEMBER

GROUP NEWS

Congratulations to Terry on starting a new group in Blanchardstown. This group is going well and, of course, veterans from other groups are very welcome to go along to give support. The meeting is on Thursday nights at the Health Centre, Roselawn, Blanchardstown, at 8.00 p.m.

Paul, who has led the Mount Argus group for the last two years has decided to give up leadership due to work commitments and Pat, his assistant, is taking over. Paul has great room for endorsement for his good work as a Recovery leader, and we all wish Pat all the best as the new leader of the group.

Lily, leader of the Eccles Street group, has also decided to give up leadership, as she hasn't been too well — but thankfully she tells us that she is much better in health now. Teresa, who had been standing in for Lily, has decided to take up leadership and again we congratulate her. Lily, who is a veteran member of Recovery, has always been a loyal member and has given a lot of service to Recovery.

There is a possibility of a new group starting in Sligo town soon. This would be very welcome, as we have no groups in this area — also possibly by next year there will be a group in Buncrana in north Donegal. It is great to get groups in outlying areas, as hopefully other groups will start from them and gradually fill the evergrowing need for groups.

PUBLICITY

Mary Maher did a very good article on Recovery in her 'Help' column in the Irish Times in July. Ann reported a lot of calls from this article and there was a big postbag also. Some of the Dublin groups reported an influx of members after this article. Recovery was also recommended in the Sunday World a few weeks ago — saying that Recovery was a highly recommended organisation. This is good publicity and a nice bit of outer endorsement. Lots of enquiries came from this mention also.

AREA TRAINING MEETINGS

There were approximately 20 at the last training meeting, including some new prospective leaders and assistants — which is very encouraging. It is always good to see people coming forward to the training meetings with a view to assisting or leading his or her own group at a later date. The organisation depends so much on people being willing to lead groups and thus making Recovery available to more and more people.

AREA LEADER TRAINING CONFERENCE

The Area Leader Training Conference takes place on the week-end 9/10th November in Chicago. Noreen McCabe, the Ireland Area leader will be attending. The theme of the Conference will be Recovery and the Business Community. Jean Keogh, the Area Leader for the U.K. will also be attending. Jeans reports that there is a new group in Portsmouth now. She will be sending on a new group location list for the U.K., which we will print on the back of our next location list.

CHRISTMAS PARTY

A get-together of Recovery members will take place on Saturday 24th November. It is being held in Ray's Restaurant, Crowe Street, (off Dame St.) There will be a supper, and music (with lots of local talent from the Recoveryites!) and it will be an opportunity for us all to get together and meet people from other groups and generally share in fellowship. Ann McShortall is looking after the details and if you need tickets either the leader of the group will have them or they can be had from Ann (phone 333031) Tickets are £6.00 each. It is hoped that most of the groups will have some members there, and help make it a good night.

P.S. Ann would like to have the numbers going as soon as possible — preferably by 9th November — so let's be group-minded and move those muscles!

WEDDING BELLS:

Congratulations to John Lennon and his bride who got married in August. John is assistant leader in Rathgar. We wish them both every happiness in their married life. Also our congratulations and best wishes to Gretta Lynch who married in August also. Several Recovery members were at the wedding and had a wonderful time. Every happiness to Gretta and her husband.

R.I.P.

We are very sorry to have to report the loss of Catherine Goldon — assistant leader at Dun Laoire. Catherine was tragically drowned while swimming at Brittas during the summer. Catherine was a very fine and dedicated member of Recovery, and she is much missed in the Dun Laoire Group.

Also our sincere condolences to Ruth Brown, whose mother died recently. Also to Sean Hogan on the loss of his dear wife and also to George Norton (Tallaght group) on the loss of two of his aunts and a cousin.

All of us in Recovery extend our sympathy to all these members and their families.

CHANGES IN PERSONNEL

We regret very much that John Barry has decided to resign as Area Treasurer and Assistant. John has been treasurer for 11 years and has given wonderful service to Recovery over these years – for which we are very grateful. John is one of the earlier members of Recovery, who helped greatly in getting Recovery 'on the road', and he assures us that he will also be available to help and advise us in the future. A very big 'thank you' to John on behalf of all of us in Recovery.

Dermot Grennan has taken his place as Area Treasurer and Betty Wheln will take up her old job as Panel Co-Ordinator again. Dermot has done great work as Panel Co-Ordinator and helped mount many very good panel demonstrations.

June Rafferty has agreed to be Second Area Assistant – a position she held when she led a group in England, so there are a few changes. June leads the group in Bray, which has just been authorised, and June tells us that the group is going well.

Our thanks to Dermot, Betty and June for coming forward to take up these positions – as the Recovery Organisation is a group effort, and we always need people to help keep the organisation running smoothly.

Also a reminder to all of you to try to keep up membership, as this is vital to the health of the overall organisation – to keep financially sound and pay all the expenses of literature, training, etc. Perhaps each leader would like to appoint a member to be a Membership Promoter to help boost membership – as it needs to be kept up. Membership is £10 now, but in terms of our mental health it is a good investment – and the Reporter which you get for membership is a good way to keep up with what is happening in Recovery throughout the world, and to read other people's examples and maybe pick up new spottings and insights into Recovery.

NOTE TO TREASURERS:

Our new Treasurer's address is: **DERMOD GRENNAN, 36 SUTTON GROVE, DUBLIN 13.** Please send your financial forms **BY POST** to Dermot by 5th of each, as they have to be sent to Headquarters regularly.

EXAMPLES: Don't forget to send in panel examples to Noreen McCabe, 28 Ballymany Park, Newbridge, Co. Kildare, or give them to the leader of your group. They are always needed and much appreciated.



PANEL EXAMPLES: (1)

Recently I made the journey by train from Connolly Station up to Dundalk. I was out of my usual routine because for the first time I travelled on a Northern Ireland Railways train. I got worked up and tense. I endorsed myself when I reached Dundalk. On a street in Dundalk I got physical symptoms. My mouth got parched dry. I had a meal in a restaurant. I ate slowly and didn't rush, so as to avoid attitudes that cause tension. Later I had to ask directions back to the railway on three occasions before I reached the station. When my return train left the station I lost all symptoms. I was self led, not symptom led. I attached danger to being on the Belfast train. I foreign spotted. I had both tempers. I sought peace without and peace within. Before Recovery I would have gone to bits on the streets of Dundalk. Now Recovery rules.

Desmond (Bray Group)

EXAMPLE (2)

The background to this example is that whenever I enter a bar to meet friends for a drink, I get very nervous. Every once in a while, when I pick up the glass my hand shakes very much. I then have to make an excuse about not feeling well and leave.

Some weeks ago I was to meet some friends. I felt very nervous but I went (at this stage I was only four weeks in Recovery). A drink was put in front of me, I began to tremble, but I remembered Recovery. I told myself my hand would not shake. I picked up the glass, it did not shake. I felt very relaxed and pleased with myself. I endorsed myself. I still feel nervous going into a bar, but now I feel I can control it, thanks to my use of the Recovery method.

D.J.

EXAMPLE (3)

Last November I had an operation and I got a severe depression, which I still suffer with. The event was Last Monday, when my wife asked me to do some shopping for her. I said I would, and as I approached the shop I could see two of my workmates, which I had not seen since I got sick. I seemed to stick to the ground, as I did not wish to meet them. These two men and I were always joking one another, and I knew the same would happen again, so I turned back home. Then I thought of Recovery and what Dr. Low said: ignore the threat of symptoms, they are frustrating but not dangerous, so at that I turned to face my two friends. By this time one of them was gone, so I had only to face one. We had a most enjoyable chat. I invited him to my house and we had a very enjoyable evening.

Before I went to Recovery, I would have gone home instead of meeting my friends. I endorsed myself.

Michael



Recovery

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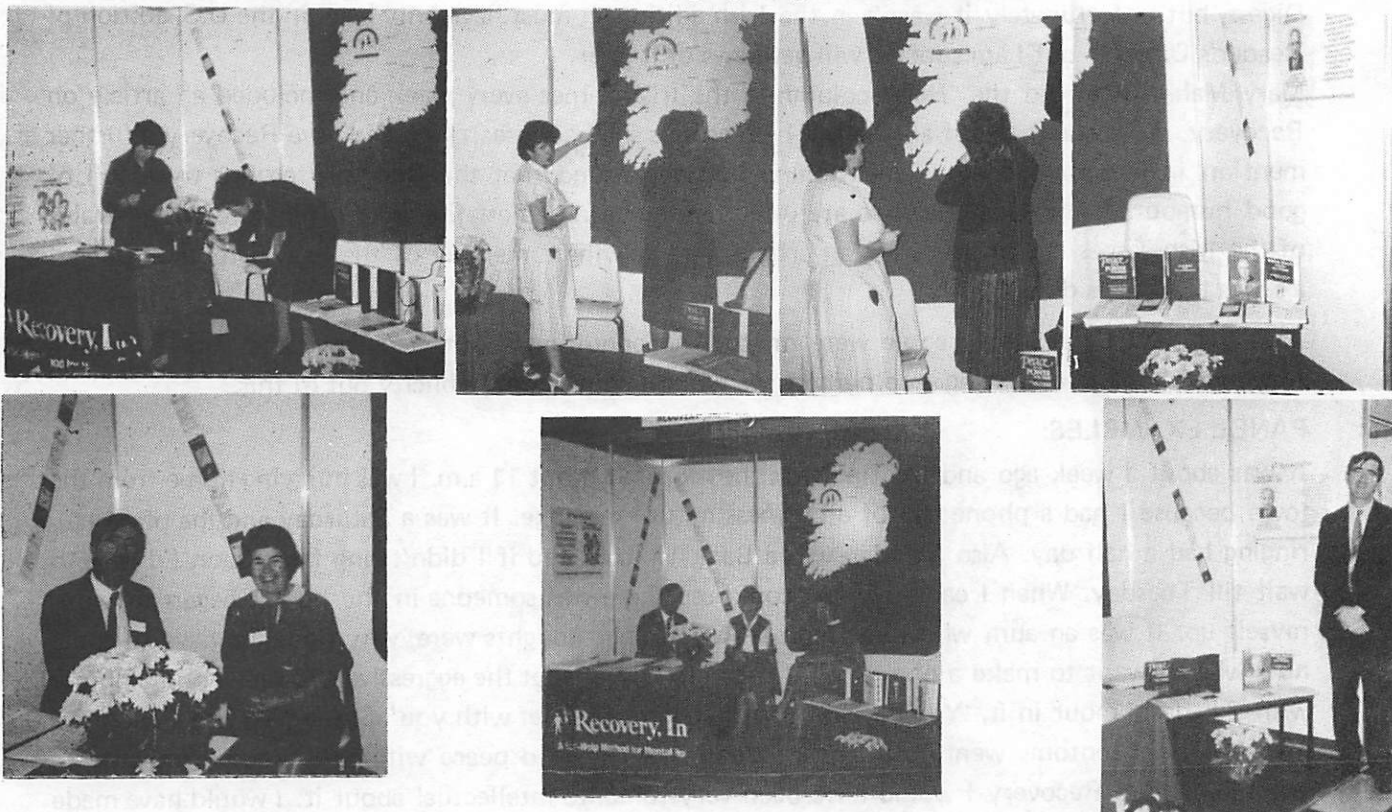
NO. 4 of 1985

EXHIBITION FOR 12TH WORLD HEALTH CONFERENCE

The 12th Annual World Health Conference was held in Trinity College, Dublin the first week in September and Recovery was there! We had an exhibition booth in the Exhibition Hall. It is hard to judge what impact we had, we'll just let time tell us. There was a steady interest shown by the delegates attending the conference, both from home and abroad. We were disappointed with the location of the Exhibition, as we felt that it was too far from the main Conference Hall, but we had many interesting enquiries.

Many thanks to all the members who came forward to help with manning the booth. It was this group effort that made our exhibition successful, endorsement to all concerned. A special word of thanks to Betty Whelan and Janet, who co-ordinated the whole venture and gave so unstintingly of their time. The booth itself was a pleasure to the eye, very catching with its bright blue and yellow and a lovely touch was added by pots of yellow flowers. It was really attractive, so those who put it together, take a bow!

Busy preparing for the Exhibition



NEW GROUPS

We have sprouted some new branches during the Summer and that's always a 'feather in our caps'. We now have a group in Athy, Co. Kildare. This new group seems to be going with a bang and is well attended. We take this opportunity to wish Susan (the new leader) a speedy return to health and well done to the Newbridge group for holding the fort.

We anticipate (in joy!) the success of the new group which hopes to open in Navan. This group, under the capable leadership of Val, hopes to be operational from 24th October. Congratulations to Val and endorsement for taking up leadership in Navan.

SNIPPETS

We had some interesting visitors during the summer months in form of Lucille (leader Keesport, Pennsylvania, U.S.A.) and Moira Curran, (Leader, New Smyrna Beach, Florida). Lucille and her husband were touring Ireland and dropped into Bray. It was a real treat for the Bray group and it was lovely to compare notes with our American friends.

Moira Curran was home on holidays and called in on a few meetings. Moira is a former leader from Stillorgan and Bray and it was a real pleasure seeing her again, renewing old friendships and making new ones. We look forward to seeing Moira again soon.

Betty, our panel co-ordinator, tells us that there will be a Panel Demonstration on November 4th in Trinity College for the 3rd and Final Year Students of the Social Studies Dept. (perhaps as a result of the above Exhibition) — so we will be hoping to hear from Betty how this panel demonstration goes.

We were also pleased to welcome Iolande from Wales to our leader training meeting. Iolande runs the group in Briton Ferry, Wales, and she came over on a short visit. She did manage to get in some meetings during her stay. Wouldn't it be nice to meet some more of our friends from Great Britain. It gives a great feeling of fellowship.

Warmest congratulations to John (Lennon) and his wife on the birth of their first child, Simon. We trust both mother and baby are thriving and that Dad is surviving!

Noreen McCabe will soon be winging her way to Chicago (November) for the Area Leader Training Conference. We hope she has a safe and fruitful journey and a quick return to us. It must be said that Noreen is indefatigable in her leadership.

SYMPATHY

Our deepest sympathy to the relatives of Kevin Deasy, who died during the summer. Kevin was assistant leader to Dermod, Dromcondra group. He shall be sorely missed by his group and indeed by all of us.

We also offer our sympathy to Anne (McShortall) and her husband and family on the loss of her sister-in-law in a traffic accident. May we also wish Anne's husband a very speedy and full return to health following surgery during the summer.

PUBLICITY:

We were told by Headquarters to look out for an article on Recovery in the October issue of Reader's Digest, but unfortunately it wasn't in the Irish edition. It must have only been in the U.S. edition of Reader's Digest — but I am sure we will get news of it later.

Mary Maher, who did the 'Help' column in the Irish Times every week and included an article on Recovery, did a summary of all the self-help groups she had researched, and gave Recovery a further mention in her final article — mentioning that she found that the Recovery groups were full of good humour! — so obviously we are using humour as our best friend. Currently Caroline Walsh of the Irish Times is also preparing an article, interviewing a member of the Bray group, as part of a series that she is doing.

Also the Late Late Show people were on to Ann enquiring about Recovery, and hope to send a researcher along to a meeting — so perhaps we will get some good publicity out of this.

PANEL EXAMPLES:

It was about a week ago and the time was the morning about 11 a.m. I was hurrying home from the town because I had a phone call of a business nature to make. It was a Saturday and the place I was ringing had a half day. Also Monday was a Bank Holiday and if I didn't ring fairly soon I'd have to wait till Tuesday. When I came home I could see there was someone in the hall. I began to work myself up. It was an aunt who rarely comes. My racing thoughts were, why does she have to come now when I want to make a phone call. I began to trigger spot the aggressive temper. I said a phrase with a little humour in it. 'You have brought the good weather with you'. She smiled and I endorsed myself. The symptoms went. I sought for peace without and peace within. I excused rather than accused. Before Recovery I would have been very romantically-intellectual about it. I would have made an issue out of it and the symptoms would have gone on for a long time.

Desmond (Bray Group)

I was in a setback recently and had symptoms of mental discomfort, lowered feelings, nausea and self disgust, and when night came I found I was still worked up. My thoughts were: how can I possibly cope with so many fears. How can I get better after so many years and other negative ideas and self-doubt.

I began to spot: I decided there must be small links to work on. I remembered that apprentices must make efforts and mistakes. I spotted lots of sabotage and decided I did not know or need to know all the answers, and to just let thoughts come and go. I lay still in bed, then slept and the following day I was spontaneous and doing business again, and I endorsed myself too.

Before Recovery I would not have spotted at all on any sabotage. I would try hard to figure out all the answers. I would not have known about letting thoughts come and go and would not have known that feelings rise and fall. I also would not have known that I must work on the trivialities and would not have been able to recover and function again so soon.

Pat (Sherrif St. Group)



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NO. 2 of 1986

OCTOBER 1986

Autumn is upon us, and Summer, or "An Showera" as it was renamed on a popular radio show (!) is behind us, it's time to check what's happening throughout the Recovery.

ANNUAL CONFERENCE

In May, Dermot, our area treasurer attended the Annual Conference held in Chicago. Dermot had a most enjoyable time, met a lot of the 'names' in Recovery, saw around the new premises and even saw Dr Low's original table! His time was fully booked, as he attended all the sessions and came home with some very useful and interesting advice on how to become more visible in the public eye. Some ideas include — posters in Church porches, Community Centres, local directories and leaving literature in libraries and other such public places. We are very grateful to Dermot for having the discomfort of travelling to Chicago, but are pleased in the knowledge that he and Nora had a most memorable trip.

Just a quick reminder to whosoever is responsible for finances in the various groups, it's very helpful to have your 'dockets' in to Dermot by 5th or 6th of the month, and, please remember to jot down the name of your group on the Bank Giro form. All round the groups are good about handling finances, so endorsement to the various treasurers.

BIENNIEL CONFERENCE (IRELAND)

Our biennial conference is scheduled for the w/e of April 4th, 1987. How quickly time flies, seems only last month Kitty and Emery were over with us! Anyway the venue is once again Buswells Hotel, Molesworth St., Dublin. We have booked the room for the entire day, so hopefully we can have a more sociable end to the conference — unfortunately our end was rather abrupt in 1985, due to circumstances beyond our control. So that's a date to mark on your calendar.

50th ANNIVERSARY

1987 will see Recovery proudly celebrating its Golden Anniversary. We (Ireland) have played no small part in the promotion and proliferation of Recovery, so it's a proud time for us too, and, we feel, merits some celebration. We are throwing around the idea of a dinner dance in Feb. 1987 where we could all come together in our best 'bibs and tuckers' and have a grand old time. We would like your views or any offers and help. Please bear the discomfort of coming forward, as a genuine group effort will be necessary if our social event will be necessary if our social event is to be a success. Give it some thought.

MEMBERSHIP

A word on taking out membership. Recovery depends on its paid up members for finances to maintain headquarters, leader training, literature posted free of charge to all the different areas, etc. Unfortunately membership is falling off quite noticeably, so lets have a chat about that. To take out membership would put you

back about £8-9 at the moment, you would then not only be helping the organisation in a practical and personal way — but you would receive the Recovery Reporter every two months keep you up to date on all that's happening world-wide, some interesting writings and world-wide panel examples. It's really mutually very beneficial.

I know £8-9 sounds a lot of money, but, a realistic look at what it would cost you for on-going doctors visits, the bus fares to and fro etc., puts it in perspective! It's really a good move, so please give it some consideration, and perhaps NOW is the time to take out membership or ensure your membership has not lapsed. We've always had a good record of paid up membership in Ireland, lets keep it going.

John Barry has very kindly agreed to process the memberships for Recovery members — so you can now send on your cheque or P.O. (made out to John Barry - not Recovery Inc. as he wouldn't be able to cash the cheques to get dollar drafts). His address is 31 Castilla Park, Clontarf, Dublin. John will then send on the membership application. £9 will be required to cover bank charges for dollar drafts and postage.

Recovery is very grateful to John for putting forth this effort on behalf of Recovery, as we really need to get our membership numbers back up again.

SNIPPITS

Noreen (McCabe), Area Leader, hopes to travel over to Chicago in November for a conference. We wish Noreen a safe journey and fruitful visit. We shall have more about that anon. If anyone has queries or problems that need to be discussed in the U.S.A. please let Noreen know.

We hope to bring out a leaflet on Anne (Grant, Bray Group)'s article in the Irish Times. Anne very thoughtfully went forward for an interview with the Irish Times, and we now feel her interview would make a good leaflet, and one which Irish people could identify with. Anne has again been group minded, and given her consent to becoming "part of the Recovery Literature"!!

The familiar small yellow leaflet has been replaced by a new buff coloured one. The wording has been slightly changed, putting slightly more emphasis on the nervous patient, as opposed to the mental patient, in an effort to attract a wider section of the populace, and get the message across that Recovery has something to offer to even those whose symptoms only cause mild irritation.

The Athy group celebrated it's first birthday with a small party and get together. Some of the Newbridge members attended and a most pleasant evening was spent by all. Athy is well established now and much endorsement is due to Susan and members for their commitment and will to effort — well done!

A reminder that it is good practice for groups to play a tape of Dr. Low at some of the meetings in place of the

reading. Although the initial listening to the tape can be a bit confusing and hard to understand, the ear soon becomes attuned and some very good spottings and insights can be gleaned from listening to Dr. Low's own interpretation of the Method. So perhaps the various groups could discuss the possibility of someone bringing along a cassette player and perhaps we could make more use of the available tapes.

The Bray had a nice surprise this Summer when some Recovery members from the U.S.A. dropped in for a meeting. Gus Ricca and his wife were over on holidays and decided to take in a meeting. Gus gave us a panel example, and it was a secure thought for us that Gus enjoyed the meeting so much, and assured us we were using the method and the structures just the same as his group back home in Wisconsin. It's always nice to have visitors from overseas.

A SMALL REPORT FROM YOUR AREA LEADER

The Gift and Exchange Accession Dept. of Trinity College Library agreed to accept Dr. Low's writing for their Library — so this is being arranged.

The Newbridge group reports that John Noonan — who has been Treasurer for 11 years has decided to resign as treasurer — so the group presented him with a Transister Clock/Radio as a small token of his long and faithful service to Recovery. We wish him well in his retirement from active participation in Recovery.

The re-authorisation forms will be going out soon to leaders for yet another year's dedicated service to Recovery. Just a reminder to those leaders who haven't been able to get to their training meetings regularly to try and come along. We are always looking for prospective leaders, too, as Recovery numbers are growing all the time — and the need is great — so if you feel you *might* like to start a group some time in the future, discuss it with your group leader. You are more than welcome to come along to training and see how average the training meetings are — and how easy (maybe not always comfortable!) but easy it is to be a leader.

Kind regards,
Noreen McCabe.

PANEL EXAMPLES

On Wednesday afternoon I went into town to buy some Lino. As the traffic was very heavy I got badly delayed. I arrived home at 4 p.m. and had to bring the children to music which commenced at 4.15 p.m.. I left them to the music class and went home to prepare the dinner which I usually have ready for the family at 5.30 p.m.. When I got home a friend of mine with her baby called to visit me. I got very worked up as I had so much to do.

My racing thoughts were: why did I go into town today when I knew I had to bring the children to music & why did my friend have to call today. I had severe head pressure and lowered feelings. I began to spot. I decided to sit down with my friend and have a cup of tea and relax. Instead of preparing a dinner, I decided to have a quick meal (scrambled egg on toast) and that missing a dinner for one evening wouldn't harm them. Before having my "Recovery Training" I would have worked myself up and wouldn't have been able to relax with my friend and her baby. I would have had a dinner and a long face but instead we had scrambled eggs and a happy smile. I endorsed myself.

Suzanne (Dun Laoghaire Group)

A Yale key to the front door of the house had been lost. My own key was the only one left and a new key needed to be cut. I agreed to go the hardware shop and then I began to work myself up. My racing thoughts were: I've never done this before, is just an impression taken, and how long will a key take. I was full of uncertainty. I endorsed myself. I gave the sample key to the shop assistant and he was working on an apparatus when I got startled that I was short of cash. I kept very still and endorsed myself. When the new key was ready I was able to pay for it and although I showed the passion for self distrust, I excused rather than accused myself and had insight in to the phony nature of temper. Before Recovery I would not have known that a poor average situation need not be disastrous.

Desmond (Bray Group)

HUMOR IS OUR BEST FRIEND



Cartoon by Heather Jackson, San Jose, California



Recovery

The Association of Nervous and Former Mental Patients
IRELAND AREA

c/o 28 Ballymany Park, Newbridge, Co. Kildare
Phone: 01-333031

NO. 1 of 1986

APRIL 1986

OFF WITH THE OLD!

Before 1985 becomes a faded memory we would just like to re-cap on the final Recovery events of that year. Noreen (Area Leader) attended the Area Leader Conference in Chicago during November, and brought us home all the latest developments in Recovery Inc. Noreen enumerated these in a small report sent to each leader, bringing out the main points of interest, which were: (1) We are still bending all our efforts to becoming more visible to the public, (2) We are invited to send a delegate to attend the Chicago May Conference, (3) Official Recovery letterheading will from now on name the five countries in which Recovery operates, (4) Memberships are lagging and we are urged to renew our existing memberships and encourage new memberships, (5) Recovery is growing in Ireland and Canada; (we endorse all who help promote new groups and maintain existing groups — (6) The article on Recovery which appeared in Reader's Digest (American issue) will be available in leaflets. The article stimulated much interest.

On the subject of articles, we had some good publicity on this 'side of the pond', with Mary Maher and Patricia O'Carroll of the Irish Times both doing articles. The Bray group was very proud indeed of their assistant leader, Ann Grant, who agreed to be interviewed in the Times, complete with photo of Ann, 'bearing discomfort' on Bray Promenade.

ON WITH THE NEW

We got off to a good start in 1986 when we were invited to participate in the R.T.E. programme 'Lifeline' which was doing a programme on depression. June (Leader, Bray) represented Recovery on this Panel, and once again we got good 'feed-back' from listeners. We were pleased to get the chance to go nationwide as we are very glad to get publicity for the organisation.

We took to the 'airwaves' again when Betty (Leader Dun Laoire) agreed to do a live interview on Dun Laoire local radio. Well done to both Betty and June for doing the thing they 'feared and hated to do', and for their group-mindedness towards Recovery.

We did have enquiries from the Gay Byrne Show, with an eye to the possibility of including Recovery on one of his programmes. There has been no further developments from Gay, but we'll keep you informed.

PANEL DEMONSTRATIONS

A Panel Demonstration was given to the Pastoral Class at the Institute of Adult Education on February. On the panel were Linda (Fairview), Chris (Clondalkin), Anree, Niall and Betty (Dun Laoire). Approx. 30 pastoral nuns attended this demonstration. This particular venue is now to become an annual event, as Sr. Ria (The Course Director) has invited Recovery to come and present a panel to each new group of pastoral nuns who are about to embark on community work. We are very grateful to their donation to Recovery as a thank you for the panel.

Another Panel Demonstration was held at Vergemount Clinic, Clonskeagh in March at the invitation of Eilish Walsh (social worker). Marie Darcy (Killester) led the panel, George (Tallaght), John (Clontarf), Rose (Killester) and Dermod (Drumcondra) were on the panel (please forgive if we have left anyone out, as the names are not to hand). The demonstration went very well, and among the audience were relatives of schizophrenic patients, who were very interested in the Method.

Recovery would like to thank all who participated and who gave so freely of their time. A special word of thanks to Betty Whelan for her untiring efforts to co-ordinate Panels.

SNIPPETS

Please note that Dun Laoire has changed their meeting night from Friday to Thursday — same time, same place.

Susan reports that the new group in Athy is going well, with an average number of about six to seven going each week.

Dermod Grennan (Leader, Drumcondra and Area Treasurer) is going to Chicago to represent Ireland at the May Conference which also incorporates a regional type conference. We wish Dermod a safe journey and hope he enjoys his first visit to Headquarters. We take this opportunity to express our gratitude to Dermod for doing the thankless and difficult job of Treasurer.

George Norton (Leader, Tallaght) has agreed to become an Assistant Area Leader. George has always been a willing and staunch support of Recovery and has kept the literature flowing for a long time.

The sight of George, laden down with large cardboard boxes is familiar at Leader Meetings. Thanks, George, both for looking after the literature and for being willing to take on extra leadership.

SYMPATHY

We offer our deepest and heartfelt sympathy to Anne (McShortall) on the loss of her dear husband, Joe, in February. Recovery lost a good friend in Joe, who always supported us and was more than willing to 'lend a hand' at Recovery functions. May he rest in peace. Recovery members were well represented at the funeral, and a Mass Card and Wreath were sent on behalf of all Recovery members.

Ann has retired from leadership and Assistant Area Leadership and we take this opportunity to express our gratitude to Anne for years of hard work and dedication. We shall miss her sense of humour at the Leader Training Meetings, but we are delighted to hear that Anne will still be available and will offer any support she can, and will continue to keep the phone-line open for Recovery. In the meantime, we assure her that all her friends in Recovery will be thinking of her and wishing her well.

AREA STAFF:

Noreen McCabe (Area Leader), June Rafferty (Assistant Area Leader), George Norton (Assistant Area Leader), Dermot Grennan (Area Treasurer), Betty Whelan (Panel Co-Ordinator). George takes responsibility for all literature and answering queries requesting literature, information, etc. June acts as Public Relations Officer. Anne McShortall handles phone enquiries.

This hopefully will clarify any confusion about who does what in Recovery. Oops, forgot to mention that June looks after the newsletter and she's always got her ear cocked for any snippets for the newsletter – or panel examples – PLEASE!

We end by wishing Noreen and June a full and speedy return to health. Both have been ill for some time. A big thanks to the assistants who stepped in and took over. It's very endorsable all around that things ran so smoothly during the last three months, when you consider how much sickness was abroad. Well done to all concerned.

A NOTE FROM THE AREA LEADER

I endorse what June has said about all the help given by everyone during my enforced absence through illness, and I appreciated very much all the cards, good wishes and visits from Recovery members. I also wish June a full recovery to health after a major operation and other illness – and thanks for doing the Newsletter.

We all know that we are sending a good representative to the May Conference in Dermot, and I hope that he and Nora enjoy their stay in Chicago and meet all our Recovery friends out there.

I specially want to pay a tribute to Anne McShortall, who has resigned as Assistant Area Leader and Leader of the Fairview group on Mondays. This group has been taken over by Evelyn, who had been the assistant there, and we wish Evelyn good luck and good mental health in taking on leadership. Regarding Anne, she always been a key person in the development of Recovery Inc. in Ireland, and has been such a help and support, not only to me, but to everyone in Recovery. We must not forget Joe in this, as he gave such unselfish and generous help to all that Anne was doing in Recovery. It is a secure thought for me and for all of us in Recovery to know that Anne's large experience of Recovery and wise observations are always there for us in the future. Again, a very big thank you, Anne.

Noreen.

HUMOUR IS OUR BEST FRIEND

When YOU move your muscles to go out, I miss Match of the Day!



PANEL EXAMPLE:

Some weeks ago a friend asked me to resume the swimming sessions we had been attending once a week prior to my hospitalisation four months ago. I agreed to go, but later developed symptoms of panic, headaches and feelings of guilt. I felt that I would not be able to go into the pool, and even if I did I would almost certainly drown. Later, I read the chapter in Mental Health Through Will Training "Feelings are not Facts". Immediately I began to feel hopeful. On the morning in question I got into the pool, intending to swim the length of the pool. All went well until I looked up and saw the depth notice - which read 5 ft. Being only over 5 ft. in height I immediately panicked. I floundered around and began to swallow water. My friend seeing my distress told me to swim to the side of the pool and hold on and take my time. I did this and again recalled what I had read "Feelings are not Facts". I did some breathing exercises and started off again for the deep end. I achieved my goal and managed to swim six lengths of the pool, each time feeling less anxious than the previous time. I felt I had achieved so much and was delighted with myself.

Before my Recovery training I would not have agreed to go swimming, and even had I agreed I would have opted out. I remembered to endorse myself later that morning.

(Geraldine – Dun Laoire)



Recovery

A Community Mental Health Organisation
that offers a self help method of will attaining
IRELAND AREA

P.O. BOX N^o. 2210, DUBLIN 8. PHONE: (01) 535633

MAY 1991

Publicity - You can help spread the Recovery word!

MANY people who saw the Recovery participation in the RTE series "Hidden Lives" will have heard about us for the first time. It was certainly an exceptional opportunity for us to make other nervous patients aware of our self-help group and what it can help us achieve, but did you know it came about as a result of good average will to effort by Patricia? In response to an article in the "Irish Times" on nervous illness Patricia wrote to the letters page simply advising readers of our existence. Her letter was seen by the producer of "Hidden Lives" who contacted Area Leader, Betty Whelan, and invited Recovery to take part in this programme. Well done Betty, Patricia and, of course, everyone who took part in this endorsable will to effort.

Ruth lead Recovery in Clondalkin when a friend brought me to my first meeting. I am always grateful to the people in that group, and my friends in Recovery now, who help me regain and maintain, my mental health. All of us can repay Dr. Low and everyone in Recovery if we help make its existence known when and as appropriate.

The "when and as appropriate" will ensure that we always make our first goal in Recovery the business of our own mental health, but we can all do something to help others find Recovery too. Your group leader can be your guide and here are some of the ways other average Recovery members (which means all of us in Recovery!) have helped. Group leaders have available printed letters which can be sent to editors of local newsletters or newspapers in your area. Posters can be put up in doctors' surgeries, libraries, church notice boards and news-sheets. Social workers, district nurses and other professionals in your area can be sent Recovery approved literature too. Each person contacted is told the time and location of the local meetings and our address, i.e. P.O. Box 2210, Dublin (Tel. 01-535633), thus ensuring that those of us who wish to maintain our privacy can still help make Recovery known.

Will you undertake just one of the above to help promote your meeting? A good average will to effort by each of us will guarantee a group-minded effort and plenty of room for endorsement!

Our sincere thanks to Janet Whelan for her will to effort following the recent RTE programme. Janet 'womaned' the Recovery telephone and the response from the public was an absolute deluge. Needless to add Janet coped with typical aplomb - no fuss - just hard work, as did also all those who helped out.

Again our thanks go to Rose and Stella who dealt with the postal avalanche following the programme. Without the back-up provided by Rose and Stella the programme would never have helped so many new members find and hopefully join the road to Recovery. Well done! Stella has now resigned this task and we are very grateful for the hard work she put in. Rose deals with literature and enlisted the help of Maire Fullen in dealing with correspondence. Welcome Maire and our thanks in advance.

Centennial celebrations

WE are very excited about these celebrations and it is our intentions - as with all other Areas - to mark this special occasion in Recovery's history at both Area and Group levels. Lots of ideas are being tossed around and if anyone has more, please contact Terry, who is heading a committee to organise the Area event. So - Group Leaders and members - put your thinking caps on! More in our next Newsletter.

Frankie Shaw.

The alliance of mental health

DURING the Summer of 1990 Mr. Ned Cusack, Development Officer of the Mental Health Association of Ireland called a meeting of representatives of all the self help and fellowship groups operating in Dublin. During the first meeting, which took place on Wednesday 6th June, Ned explained the reason for his invitation. During his stay with MHAI he became very much

aware of the diversity of self help groups available in the city, but also noted how difficult it was for anyone to get an overall picture of all that was available. He therefore called the meeting to suggest to the groups that they should come together to publicise the total picture of self help as it is now available. All groups decided that this was a worthy objective and in order to achieve the desired result, called it "The Alliance for Mental Health".

All the groups in this alliance maintain their complete autonomy. Within this framework it was then decided to mount a Seminar for 60-70 Welfare Officers from business and Government departments.

This event took place on 10th October 1990 in Telecom Eireann's Conference Room, Marlbro Street, and lasted from 9 a.m. to 4.30 p.m. Each group made a 15-minute presentation, followed by a Question and Answer period. In addition each member of the audience was given a booklet containing the literature of all the self help groups.

Following the success of this event another presentation was made in St. Brendan's Hospital on 13th February to 160 psychiatric nurses, doctors, trainees and psychiatrists. This Seminar was opened by Dr. McKeown of "Aware" who spoke on the role and need for self help procedures. The Alliance is now moving into its second year of operations when consideration will be given to further Seminars in different parts of the country. A remarkable degree of understanding and appreciation of what other groups are doing is one of the main products of this venture.

John Barry.

Group glimpses

RECOVERY is over three years old in Armagh. I have been the leader since its inception with Joe Murphy as assistant leader and treasurer. Frankie is responsible for the tea. We are still in the early stages of establishing the group. Numbers are small, with normally three to five present at different times, others have come and gone and seemed to have been helped to some degree. I find as a group we are somewhat isolated from other Recovery groups and feel we would benefit from the guidance and support of veteran members. I had my initial recovery training in Dublin and was greatly helped by the great spirit of support from the groups there. It was this support that made the founding of a group in Armagh possible. We try to make people aware of the meeting through the parish bulletin, notices in the hospitals and occasionally in the local newspaper. A local priest and latterly a social worker have taken an interest in the group and this we find a good strength. We are very conscious that it is a slow process, encouraging those in need and helping them to realise that there is help for them in the Recovery method but as we all know Recovery is slow but sure.

The room where we meet is also used by another self-help group, A.A. They were initially responsible for getting us the room for our meetings. I find that our sense of humour at the meeting and at the mutual aid is our best friend and keeps us going.

John Lennon, Leader, Armagh.

Snippets

Area Leader makes good recovery

A WARM welcome back to our Area Leader, Betty Whelan, whose recent physical illness certainly didn't sabotage the will to effort of this Recovery veteran. Although everyone who rallied to take care of the "business of mental health" in your absence can surely endorse themselves. Betty, you were certainly missed. Continued good recovery to you!

SADLY we report the death of Malcolm Johnson (RIP) and offer our sincere condolences to his family and friends and not least to his friends in Rathgar Recovery group who will miss him greatly.

Patricia opened a new meeting on Thursdays in Rathgar on 21st March and there were five members present. The leadership of the Tuesday meeting is in the capable hands of Arthur. Ger has moved from Ashbourne to Finglas and new groups have started in Blanchardstown, Lr. Dominick St. and Celbridge. (See up-dated Location List).

Exhibitions

TIM Healy and members of Longford Recovery staged a group exhibition in Athlone in October last at the request of MHA. Well done to all concerned for more publicity for Recovery.

Teresa Richards and Sherrard Street members of Recovery held an exhibition at Parochial level and again we endorse your efforts to bring Recovery to all who need it.

CATALDUS and Rosemarie managed to inveigle an entire page of the Longford Leader on 19th October last promoting Recovery. An excellent account appeared of how Recovery had helped them personally and could do the same for others too!

Area Leader Regional Conference 1990

TERRY gave a most interesting and informative account of his trip to Chicago last November, as did Rose and Stella on their trip to Toronto last June, with special emphasis on publicity and the use of "Newsletters" in this regard.

Panel demonstrations

DUE to the initiative of May (Blanchardstown) a Panel Demonstration was held in 68 Fortlawn Drive, Blanchardstown on Tuesday 15th May 1990 at 11.00 a.m. The panel, led by Dermot (Drumcondra) consisted of Maire (Whitehall), John B. (Clontarf), Doreen (Blanchardstown) and Eileen (Blanchardstown). Endorsement to all, especially Eileen, who displayed good average group-mindedness in being present at very short notice. The group of ladies attending (Support and Advice Group for Women) was small and few questions were asked, but the method was demonstrated. Subsequently May started a group in Blanchardstown.

Panel demonstration (2)

On Tuesday, 29th May, 1990, a Panel Demonstration was held in Abbey Hall, Celbridge, Co. Kildare. An able panel of Frankie S. (Clondalkin), Brendan (Drumcondra), Margaret (Newbridge) and Ger (Ashbourne) had June R. (Bray) as leader. Attendance was between 25-30 and many questions were asked. There was definite interest in Recovery generally and in attending a group. As a result a group was started in Celbridge on Monday, 10th September, 1990. A big endorsement to all.

Panel demonstration (3)

A Panel Demonstration was held on Tuesday 19th March 1991 at 3.30 p.m. in the Dominican Day Care Centre, 31 Upper Dominick St., Dublin 1. There were about 15 present to hear the Panel demonstrating the method. The Panel consisted of Pat and May (Blanchardstown), Ger (Ashbourne) and was led by Dermot (Drumcondra). Few questions were asked but great interest was shown. A group was in the offing when the Panel Demonstration was held and has since been started by Eileen de Barra.

Panel demonstration (4)

Mr. Raymond Bonar of the M.H.A.I. requested some Panel Demonstration to students who were doing an Extra-Mural Certificate Course in "Health and Positive Living" (under the auspices of Maynooth College).

The first Panel took place on 28th November 1990 at 8.30 p.m. in the Vocational School, Newbridge, and was very kindly looked after by Noreen McCabe. The Panel was led by Noreen and the panel members were Marie, Kitty, Margaret, Noeline and Ann - all of the Newbridge Group. The demonstration went very well, and was attended by 25 people and the question and answer period yielded a number of good questions. Among the audience were several nurses and people doing various types of community work. Later, Recovery received a donation from St. Patrick's College, Maynooth.

The second Panel Demonstration was held at 7.30 on Tuesday 4th December 1990 in St. Thomas's Community College, Bray, Co. Wicklow. At this, Recovery demonstrated the "Role of the Self-help Group". The Panel consisted of Pat (Bray), Anne (Bray), June D (Bray), and John (Clontarf), Panel Leader. Approximately 20-25 were present. Interest was keen and many penetrating questions were asked. As above a donation from the Extra Mural Studies Co-ordinator, Professor Mary Ryan, was received. Members endorse yourselves!

Panel demonstration (6)

As a result of the Newbridge Panel demonstration another was held in Naas. This was capably arranged by Noreen McCabe and was held on Monday 25th March 1991 in the Town House Hotel, Naas. The Panel consisted of

Noreen (who led the Panel), Margaret, Marie, Noeline and Ann. The audience, of about 20, was a group who had done a Diploma Course in Counselling, and also present were other interested people from the Naas area. They were very pleased and impressed with the Method, literature and structure of Recovery. It was an opportunity let people in the Naas area know about Recovery. We were unfortunate on both occasions that we couldn't balance the panels by having some men members on the panels, but unfortunately members who had volunteered, were unable to turn up. There was great room for endorsement by all concerned, particularly Ann and Noeline, who are not long in Recovery and demonstrated so well how they are using the Recovery Method.

Janet Whelan, Panel Co-ordinator.

Note from Area Leader

WELL, here we are again after our long hibernation. Wasn't it a long, severe winter - surely the worst for the past ten years or so? 1990 was not a good year in many respects, but we soldiered on - that's the great thing about Recovery - it does not depend on any one person - each leader turning up faithfully for his/her group. That's what makes Recovery - Leaders and members alike. In other words, YOU are Recovery - endorse yours.

It gives me great pleasure to introduce our new Newsletter "reporter" and co-ordinator, Frankie Shaw. Frankie is a member of long standing and last September opened her own Group in Celbridge where she lives, as well as doing some publicity for the Mental Health Association of Ireland (MHA), which has always given Recovery great support. (John Barry, Leader, Clontarf, will be a guest speaker at their Annual Conference in Galway in mid-May, as he represents us on a Committee covering self-help groups - see report on "Alliance of Mental Health"). Frankie is to be greatly endorsed for her will to effort and group-mindedness in taking on this task - she has already set the wheels in motion in a most efficient way. Hats off to you, Frankie - and predispose yourself to all sorts of things!

We cannot, however, discuss a new Newsletter Editor without mentioning the "old" - June Rafferty - who so capably and inimitably kept it going for - how many years? and who has opted to resign due to domestic pressure. We will, of course, miss you, June, with your flair for the written word, but you left a legacy that Frankie has inherited with ease and a style all her own. Aren't we fortunate to have such dedicated scribes? Tons of endorsement to you both - a happy "retirement", June!

Finally, I would like to thank most sincerely all those who kept in touch with me while in hospital - on both sides of the Atlantic - by cards, letters, visiting or flowers. Your support helped enormously - I felt part of an extended family, as indeed, Recovery is. Thank you again, everyone.

Betty Whelan.

'CARE' 1990

ON the 24th, 25th and 26th May last year we were asked to take a Stand at "Care Exhibition '90" in the prestigious grounds of the RDS (Royal Dublin Society - venue for our world renowned Horse Show). It proved a great success, and as we were the only Mental Health Stand there, terrific interest was shown - especially on Professional Day (Tuesday) when numerous doctors and paramedics took away a lot of our literature and other relevant material. Great endorsement to Janet and Ger who set up the stand and all the other members who gave of their time to give out information and literature, especially Pat Clarke, who took some photographs. It was a very worthwhile venture and most successful from our point of view - even people from other Stands showed interest. Great endorsement to all!

Panel example

UNFORTUNATELY I have to work on bank holidays and I take on the role of supervisor. On one such occasion recently I was reversing my car from the driveway when I discovered I had a puncture.

I immediately became worked up. I had a tenseness in my stomach. My racing thoughts were that I'd never get the wheel changed, there were no early-morning buses, the taxis would all be engaged and my boss, who was making a special visit that day, would believe I was always late on bank holidays.

Then I began to spot and realised I was putting haste into my actions. I immediately calmed down and told myself I had plenty of time. In fact, everything then went smoothly and I endorsed myself.

Before Recovery I would not have realised such a trivial incident could affect my mental health and my entire day would have been one of acute tension.

Michael (Dun Laoghaire Group)



*A Community Mental Health Organisation
that offers a self help method of will atraining*
IRELAND AREA

P.O. BOX N^o. 2210, DUBLIN 8. PHONE: (01) 535633

SEPTEMBER 1991

*Cead Mile Failte" - a "Hundred Thousand Welcomes" to
Joan Rice, our President, and Dolores Gregory on their
first visit to our Emerald Isle for our biennial Training
Conference. We will try to show you both what Irish
hospitality can be like - and hope you will come again!*

MEMBERSHIP

All of us who attend Recovery meetings on a regular basis can call ourselves "Recovery members" but do you know that you can take out official Recovery membership? This entitles you to vote for the Board of Directors and on other important matters. You will also receive a copy of the bi-monthly magazine Recovery Reporter which will keep you up to date with Recovery news. Membership entitles you to a sense of pride from being a significant part of making the Recovery method available to others.

The expansion (or restriction!) of Recovery depends on funds available. While literature is given free to individual members the cost must be met from membership dues and donations to headquarters.

Will you repay Dr. Low, and Recovery, by taking out annual membership thus making the method available to others who need it? All leaders and assistant leaders are expected to have current membership. This month has been designated MEMBERSHIP MONTH so you, too, can make this very important contribution, it will help keep you in touch with Recovery and help others keep in touch with Recovery too!

A big thank you to everyone who worked so hard on Publicity this year. A new committee is being formed and we are asking you all to make a "good average" effort and help spread the Recovery word. Come along to our leadership training meeting (which all leaders and assistant leaders should attend!) to hear further.

MENTAL HEALTH ASSOCIATION OF IRELAND CONFERENCE

On May 10th and 11th last, John Barry and Betty Whelan were guests at the Mental Health Association of Ireland (MHAI) at the Ardilaun Hotel, Salthill, Galway. The theme of the Conference was "Caring in the Community with Responsibility, Realism and Resolve". John was a guest speaker and he really did us proud. It was comforting and reassuring to hear so many professionals revert back to John's short talk - because it was sincere, simple and succinct. It was a great exercise in PR for Recovery - something which is very much to the fore on our schedule at present. Well done, John! - and continued endorsement to you.

NOTE FROM AREA LEADER

There was a great turnout in Chicago for the Centennial celebrations - all of which proved most enjoyable. HQ and the rooms allotted to Recovery in the Palmer House were a hive of activity and there was a terrific buzz engendered by all this liveliness.

One thing led to another - Professional Day - the Panels (always a unifying force) - Roll Call by Phil Crane - Memories Room - Hospitality Suite - and finishing with banquet and dancing. There was nothing "nervous" about those "muscles" jiggling on the floor. It was marvellous to see how far we have all come in our mental health - thanks to Dr. Low. Representing Ireland were Gerry Burgess, John Barry & Betty Whelan. Noreen McCabe, Mary Burgess, Maureen Barry and Janet Whelan went "under their own steam" as it were, and we were all delighted to meet up with Mary McCallig, a former member from our Area. The camaraderie all around was great.

EXHIBITIONS

*An innovation for Recovery in Ireland! On Sunday 8th Sept. a special Centennial Exhibition will be held in Buswells Hotel, 10.0 a.m. - 6.00 p.m. This will be Recovery's first time to mount an exhibition "on its own". Books and writings of Dr. Low, literature and Videos will be on display for the public. There will be three members per session to deal with enquiries.

* A Stand will be manned by Marion (Sherrard St.) together with Mary, at the Alexian Bros. Annual 245 Club "Open Day" on Saturday 7th September. Endorsement to both. The 245 Club is mainly for Schizophrenia, but includes all nervous disorders.

PANEL DEMONSTRATIONS:

The Autumn will see 2 Panel Demonstrations. The first emanated from "Care 900" Exhibition when a panel demonstration was requested by Catherine Gahan, Social Worker, for the Royal Hospital, Donnybrook.

Likewise there was a request from St. John's Day Centre, Seafield Road, Clontarf for an Autumn Demonstration.

Janet Whelan
Panel Co-Ordinator

NEWSY NOTES;

Lorraine Jackson, member and former assistant leader in Rathgar was recently presented with a prize by the Minister for Education. The competition was a poetry

competition and Lorraine, who at the time was preparing to sit her Leaving Cert. exam, just led the field. Good recovery for a Recovery member! Well done, Lorraine, lots of endorsement!

Breda, Leader, Kilnacrott Abbey, Ballyjamesduff, Co. Cavan, recently spread the Recovery word by addressing members of a Women's Mental health meeting. The other members of the panel, who addressed an audience of about eighty women, were a psychiatrist and a psychoanalyst (specialising in the treatment and management of panic attacks). Breda heard her fellow speakers describe the type of "feelings" which she has learned to manage through her Recovery training. She, herself, spoke of the symptoms and tempers which brought her to Recovery, and emphasised how the Recovery method has enabled her to become self-led and self confident. Breda established a good rapport with her audience which was underlined by the large numbers of enquiries she received at the end of the meeting. The psychiatrist requested Recovery literature for future reference and three new members joined Recovery as a result of Breda's good average will to effort. Endorse yourself, Breda, this is just the type of publicity Recovery aims for.

* Our sincere thanks to our old friend, John Connolly, who has recently resigned as leader of the Monaghan Group. We mean "old" in the nicest possible way as John is a true veteran of many years. We all remember him travelling from Belfast - after his accident - complete with crutches! - to Leader Training Meetings. His will to effort is a lesson to us all. Sadly, his sister, with whom he stayed overnight in Monaghan, died last July, and we offer him our condolences, belated though they be. Unfortunately, there is no one ready to take on leadership at present, but we are hopeful for a re-opening of the group in the future. We will miss you, John - look after yourself, and endorse hugely for all your years of service.

* Endorsement, too, to Vincent Kelly, past leader of Cork Group, for his excellent article on Recovery some time ago in the "Cork Examiner" where he is a journalist. This attracted more publicity, especially for the Cork area, and as we are always aiming at a higher profile, we should each try and follow Vincent's example to publicise our organisation, especially in the media and with professionals.

* We are all delighted to hear Marie Darcy is "back in harness". Although Marie is a past member of Recovery, she was a staunch Leader for 12/15 years and many people regained their mental health through Marie's disciplined demonstration of the Method. She was always willing to help and will be long remembered for her unstinting service to Recovery.

* Our thanks also to Philip Molloy who started the Saturday afternoon Group in Rathgar and who resigned some time ago. Philip put in trojan work getting this Group off the ground, and as it was entirely his own idea - great endorsement to him, because there was no afternoon meeting on the South side before Philip took the initiative.

John Cahill took the leadership for a time, and now he, too, has had to step down. We are grateful to John for his time "in office" - as indeed we are to Michael Walsh who currently leads this very popular Group.

* Endorsement to Jim, Leader, Ballyshannon, and to Seamus, Leader, Letterkenny, for their efforts in looking after the booth at the Association of Psychiatric Nurses in Sligo some time ago, at which we were asked to take a Stand. We thought this should prove a good outlet for the North/West, but reports from Jim and Seamus say turnout was poor. Great will to effort, nonetheless, and - don't be discouraged - we can't win them all!

* More endorsement - to Terry, May and Eileen for travelling around the Groups to promote our Centennial function on the evening of September 14th. Special thanks to May and Eileen who supervised and managed the tickets so competently. Well done, girls! - we are looking forward to a great night.

PANEL EXAMPLE

Last Wednesday night, I had everything prepared for my Recovery Meeting and I still had some time to spare before leaving the house so I sat down to read for a while and I fell asleep. When I awoke, I was worked up.

The symptoms were: palpitations, head pressure and general tenseness and the racing thoughts were: How could I fall asleep? Now I am going to be late for the meeting. What will the members think? Anyway, I'm tired and would prefer to go to bed. Then I started to spot. I spotted that it was average to fall asleep at times and that I could excuse myself - that symptoms were distressing but not dangerous - that even though I was tired, I could move my muscles to get to the meeting. I spotted aggressive temper towards the time, the meeting and fear temper in the form of self-pity, self-blame, self-disgust. I made a decision to take the speed out of my actions and I endorsed myself.

Before I had my Recovery training, I would have arrived at a meeting tense and worked-up and would not have been able to concentrate and my symptoms would have persisted much longer.

Rose (Fairview Wed. Group)



Recovery

*A Community Mental Health Organisation
that offers a self help method of will training*

IRELAND AREA

P.O. BOX N^o. 2210, DUBLIN 8. PHONE: (01) 4535633

SEPTEMBER 1994

WELCOME

Céad Míle Fáilte - A Hundred Thousand Welcomes - to Ireland to our visitors from the Leader Training Committee, George Malowanec, President of Recovery Inc. and Georjean Wilkerson, Board Member and Chair of Nominating Committee and their spouses. We hope that their brief stay in Ireland will be pleasant and enjoyable. George and Georjean are here, of course, as our team for our Leader Training Conference - an opportunity for leaders and assistants to learn more about leadership and at the same time to gain further insights into their fears, tempers etc. Whether it is our first, fourth or fifth Conference I hope that we will all come away renewed and encouraged to continue working for our mental health and endorsing ourselves for making Recovery available and for the extra effort we made to attend our Conference.

* * * * *

Have you seen the Pie Chart of the Income and Expenses of Recovery Inc. for the first 10 months of 1993? I was struck by the fact that 42% of Recovery's Income comes from the Free Will Offering. At a time when we hear so many voluntary organizations appealing for funds and aid from outside sources, it is wonderful to think that we, the members, are all helping to keep our own organization afloat. Our Ireland Area has many demands for expenses - printing, stationery, postage, etc., so even a small increase in contributions to the free-will offering, each week, would be greatly appreciated and would help with the day to day expenses and to promote and extend Recovery even further.

Rose Parsons

STRATEGIC PLANNING CONFERENCE: CHICAGO, APRIL 1994

When asked to represent the Ireland Area at the Strategic Planning Conference I must admit I discovered new depths to my fear - temper! With gentle persuasion from our Area Leader and much spotting of my own, I did indeed find myself in Chicago in April.

From the outset, I was truly impressed by the sheer hard work, commitment, and determination of the wonderful team, who give their all to guiding Recovery safely into the 90's. I had come in 'blind', but, I knew that by concentrating, and, listening attentively at every session, I would pick up on the objectives and be in a position to report back on the progress being made.

It was decided to make some changes in the Group Leader's Guide, the important one being in the Outline (p.26 of current manual). All the wording in parenthesis will be removed, e.g. (patient, husband and buddy) etc. The original page will be retained, and, a new page added with the simpler outline. A Selection of examples will be excluded to afford the Leader more scope.

"Self-supporting" was redefined to read thus "Further to our definition of self-supporting, Recovery Inc. may seek and accept funds for non operational expenses from any source that the Board deems appropriate".

This move will open up new avenues for funding special projects. Recovery can now associate with other allied organisations, such as "Employee Assistance Professional Association (E.A.P.A.) - which, although we do not have this Association in Ireland, we do have similar organisations. This will help us become more visible, without in any way compromising ourselves.

There are lots of other on-going proposals and plans. Having observed the working of the dedicated team, I came away knowing the future of Recovery is in capable and competent hands. I felt privileged to be even a tiny part in the great work. I am confident that any decisions that are made will benefit Recovery in every way.

To fulfil a parting promise I must say "Hi Sue, keep up the good work"! I also want to thank all the members of the team who made both Hugh and myself so welcome. Their kindness and friendship meant a lot.

June Rafferty

AREA PERSONNEL

Endorsement to Dermot Grennan who in addition to his work as Area Treasurer - has agreed to become Assistant Area Leader as a result of John Barry's resignation.

Welcome "aboard" to Eileen de Barra, our new Panel Co-Ordinator - she is so efficient she's frightening! - (report on Panel Dems next issue) - and many thanks to Janet W. for a job well done over the past six years. Eileen is on our PR Committee, too and is full of ideas and enthusiasm. She also becomes an Area Assistant.

Welcome too, to Seamus McRory who has taken on the task of District Leader to meet the needs of the Northern Groups. This should facilitate those Leaders and Assistants who find it difficult to attend the usual monthly Leader Training Meetings. Many thanks, Seamus and great endorsement - we need more Leaders like you!

NOTE FROM AREA LEADER

Hasn't our "Summer" flown - well, we did enjoy the odd day of sunshine here and there and I hope you all made the most of it. Recovery has been ticking over nicely as is normal, with each Leader and Assistant putting in their usual best to keep everything going. From a personal viewpoint, things have been rather frenetic, but are slowly falling into place - very slowly !

What a secure thought to know Recovery is a Group effort and all I had to do was hand over to Rose for the Conference - and she did such a fine job, didn't she ?

You know how we are all asked from time to time "What exactly is Recovery ?" and we explain it in our own words. At a short meeting of the Strategic Planning Committee at the end of July, an official tag-line (remember we were all asked for suggestions ?) was adopted: "Self-Help Mental Health since 1937". When the logo is displayed "since 1937" is omitted. It is nice and concise and to the point and I would imagine somewhat along the lines many of us would have used already.

The PR Committee had a short hibernation period due to Nigel's indisposition but we are up and going again.

Finally, on behalf of the Ireland Area, I wish to extend condolences to Treasure and Joan Rice both of whom are bereaved by their husbands' deaths and to Phil Crane on the death of his sister.

I hope you all enjoyed your holidays and look forward to meeting you at the Conference.

Betty Whelan

DAY OF INFORMATION

In March last, Ballymun Library (as its contribution to the International Year of the Family) hosted what was termed a "day" of information on organisations of help to the family.

Recovery Inc. had a stand there with Patricia of the Rathgar Group and Beryl and Maire of the Whitehall Group representing us.

Our stand was between that of the Victim Support Group and that of the Mental Health Association.

Among the groups there were the Samaritans, ISPC, Information Service and various local groups for adult development and education, etc.

The "day" was organised by the local Gardaí who provided us with tea/coffee and scones/biscuits at the beginning and at the end of the session - most welcome as it was quite a cold day.

In opening the event, one of the Gardaí gave a brief run-down on each organisation. Our description was, of course, supplied here by ourselves.

Much interest was shown in Recovery Inc. and we felt that it was well worth while.

*Máire MacMenamain
Leader, Whitehall*

SNIPPETS

- Congratulations and endorsement to Cathy Perkins for opening a morning meeting on Fridays at 11.00am at the Social Services Centre in Sherrard Street at the request of the Social Worker there and to Richard Murphy for starting a Study Group in Quarryvale, Clondalkin on Wednesdays, 7.30pm at the Community House, 46 Greenfort Drive. Both of these "first-timers" deserve all our support.
- Sadly, John Lennon, Armagh, has had to resign due to family commitments. Thanks, John for all your years of good service and to Joe Murphy who is keeping the flag flying since. Great endorsement to you both.
- Very many thanks to a member - who wishes to remain anonymous - for a generous donation (funds badly needed !).
- It's so good to see Máire Fullen fully "back in harness" after her accident last year. She dealt with Recovery correspondence even while in hospital. Is that a record ?
- Thanks to Patricia Harrington for going on air (by telephone) at the request of East Coast Radio which generated a number of enquiries and interest generally.
- A debt of thanks is due to May McCallig for her trojan work in promoting Recovery and the number of miles she has covered. Though not everyone could find this possible, we can all learn from May's efforts and suggestions - the Window Display in Eason's was a great success. She is a valued member of the PR Committee and we are all ears for your next ideas, May !
- It's great to have Nigel back with us again after his surgery and - to quote himself - "in top form". Continued good health, Nigel !

PANEL EXAMPLE

Last Monday morning my husband and I decided that we would tidy up the front garden and that we would share the work between us. I felt tired and was reluctant to tackle the job as I had many other chores to do that day, but got on with it.

My physical symptoms were churning of the stomach and a feeling of weakness in the limbs. My racing thoughts: How can I cope when I have so many things to do as well ? I was in a slight state of panic.

Then I began to spot. I had had a good eight hours sleep so my feelings could not be facts. With that thought in my mind I got on with the job in the garden and also got the other chores done, in part acts.

I endorsed myself all along the way and felt satisfied knowing I had functioned during the whole day, leaving me with the comforting thought that "repetition cures", as by then I was symptom-free.

Before Recovery, I would have done the chores, etc. but would not have got any relief from my symptoms for days because I wouldn't have been able to spot.

Mary V. (Dun Laoghaire)



Recovery Inc.

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NEWSLETTER

Happy New Millennium



First Edition ~ January 2000

Recovery says a big THANK YOU to Patricia, Betty and John.

In this issue we would like to salute Patricia, Betty and John. Three stalwart leaders who have given very generously of their time to spread the word about Recovery. They have been flying the flag at their weekly meetings, through thick and thin, over many years. John, who is our longest serving group leader, celebrated 25 years of leadership with the Clontarf group in November, while Patricia stepped down after leading the Rathgar (Thursday) group for over 15 years. Betty has handed over the reins in her group to Barry after 21 years of leadership. All three went public in the national media and told their own stories. They demonstrated how Recovery had benefited their mental health. In doing so they offered a lifeline to many fellow sufferers who were still in the dark world of symptoms and panics. Many took their cue from this wonderful trio and started attending meetings with significant improvement to their mental health.



Sowing the seeds of Recovery

John's story – "Panic Stations" generated at least 200 telephone enquiries (including one from China, one from Canada and two from the U.S.A.) and resulted in 60 new members at Recovery meetings. Betty as well as leading her weekly meeting, was Area Leader for 10 years. During this time she was a wonderful ambassador for Recovery both at

innovations in Recovery, not least of these was the "Hidden Lives" tele-documentary "Staying in Control".

Patricia was another star performer on the "Hidden Lives" programme. She presented her story lucidly, coherently and with panache. Frequently at my own meeting, I meet new members who discovered Recovery through a contact with Patricia while attending St. Patrick's Hospital. She had a missionary zeal and enthusiasm, which was infectious and invariably led to new attendees at Recovery meetings. Her work was a key factor in the expansion of numbers in Rathgar that created this location as the hub of the Southside with three groups meeting there weekly.

In Recovery we learn that *group mindedness* is a disposition we should cultivate to regain and maintain good mental health. When we are group minded we can't be self-centred. Patricia, Betty and John demonstrated *group mindedness* par excellence in their activities over the years. We can all follow their example and cultivate our own little bit of *group mindedness* in Recovery. Perhaps by helping at the weekly meetings – making the tea, cleaning up, putting the chairs away, or making ourselves available to take a "five minute phone call" or indeed by training to become a prospective leader. When we have begun doing this for a while we begin

The article entitled "Blast from the Past", which featured in our last newsletter, was contributed by John Drumm MED. John is a counsellor and psycho-therapist who studied Dr. Low and his method. He now specialises in it. His Telephone number is (01) 8379840.

THE BOOK IS OUT!

We have waited for it and knew it must be a good book from the pen of our doctor. But when we had it and began to read it we were more than happy. Now we know where to get encouragement and support and correct instruction without having to thumb the pages of dozens of single issues of the journal or news. From now on when we are troubled by sleeplessness or with a hopeless feeling we can glance at the table of contents and pick a panel discussion or a class interview which deals with the difficulties we might be experiencing. It is good to know that there is a book specially written for us. Having the book close at hand, I feel that my doctor is by my side and all I have to do to consult him is to turn the pages and share his views and his spirit. *The above excerpt has been taken from the Recovery Reporter of November 1980. It recalls the great joy Dr. Low's book was greeted with by his patient's back in 1950.*

Next year we celebrate the 50th anniversary of the publication of Mental Health Through Will Training. Following its publication, Dr. Low's patients would ask him, "What will become of us if anything should happen to you." Dr. Low's answer was always the same. "It's all in my book; read the book." On one occasion a professor of history pressed a small manual into his hands. It was an aid that would help Recovery members to study the book. Dr. Low inspected the manual, then firmly he shook his head and said "No, It's a very fine work but I don't want anything like this. I want my patients to get it out of the book themselves." He did not approve of aids in the use of the method. The book was to be poured over, thumbed through read and re-read. There was no better way to obtain a thorough training. 50 years later M.H.T.W.T. still means as much to Recoveryites.

Gerry from the Thursday night Rathgar group took the initiative, moved his muscles and put his computer skills to work and drew up a list of books available in the Dublin Public Libraries system. The Ilac Centre has one copy, Marino (one), Phibsboro (one) Pembroke (one) and Rathmines (one). Finglas library has two copies of "Selections" and three copies of "My Dear Ones".

The Marino group has for many years now had the facility of lending "My dear Ones" to members for a small fee. They use the proceeds to purchase copies of M.H.T.W.T., which they then donate to particular libraries. Perhaps we could take their lead and donate this special book which could help so many who are suffering needlessly.

Perhaps, we "His Dear Ones" could mark this 50th anniversary by requesting our local Librarians to procure extra copies of M.H.T.W.T. and give it some extra prominence to mark the anniversary. Wouldn't this be a lovely way for us who have regained our mental health in Recovery to pass on this knowledge to fellow sufferers.

May McCallig (Group Leader/Thursday Rathgar)

News from around the groups.

June (Bray Group) presented Recovery to patients in St. John of God Hospital, Stillorgan on July 14th. Feedback was good and best of all some members of the audience subsequently attended Recovery meetings.

A panel demonstration in the Tuas Nua Day Centre, Ballymun took place on Tuesday 4th August. The audience was keen and attentive and the group was led by Dermot (Drumcondra) with Maire (Whitehall), Anna (Drumcondra) Eileen (Dominick St.) Rose (Marino) and Beryl (Whitehall) participating.

There was also a panel demonstration for former patients at Gorteen Day Centre, North Circular Road, Dublin. The panel was led by Dermot with Louise (Drumcondra), May (Blanchardstown), James (Sherrard St.) and Nuala (Sherrard St.) also in attendance.

We also welcome May as Group leader to Rathgar/Thursday meeting and Barry as Group leader to Dun Laoghaire group.

HUMOUR IS OUR BEST FRIEND

Teacher to student: "Can you explain the difference between ignorance and apathy."

Student: "I don't know and I don't care."

Doctor to patient: "I can't find anything wrong with you, it must be the drink."

Patient: "That's okay, Doctor, I'll come back when you're sober."

Patient to doctor: "Doctor, sometimes I feel like a wig-wam and sometimes I feel like a tee-pee."

Doctor: "I think you need to relax. You're two tents."

Doctor to patient: "Take the yellow pill in the morning with a full glass of water. Take the green pill after lunch with a full glass of water. Just before bedtime take the red pill with a full glass of water."

Patient: "Can you tell me what my problem is?"

Doctor: "Yes, you aren't drinking enough water!"

Some questions that need answering.

Why do Kamikaze pilots wear helmets?

If bran makes you regular why don't they feed it to bus drivers?

Why do clairvoyants have doorbells?

Why do mobile homes have no wheels?

Why do people who snore go to sleep first?

Why is it if you scream in a library everyone shushes you but if you scream on an aeroplane everyone joins in?

Why do they call an airport building full of scared people a Terminal?

Barry's story

Before I came to Recovery, I lived in an almost constant state of fear. I was afraid of people. I was afraid of what they would think of me, mostly, I suppose I was afraid of being thought a fool. I was afraid of what they would think of my friends and family. I was afraid of making mistakes and even more terrified that someone might find out about mistakes I had already made.

I was terrified of confrontation. I was incapable of disagreeing with anyone without extreme physical symptoms, such as, churning stomach, racing pulse, my face feeling hot as if I was blushing all over (although I probably wasn't). In a confrontational situation I had only two reactions – the old primitive one of flight or fly. I could “fly”, which meant saying nothing, although the symptoms remained the same. Occasionally I would lose control and “fight”. I would become extremely aggressive and insulting, out of all proportion the situation. Needless to say I seldom won any of these arguments. I knew that most of my fears were groundless and even irrational, but this didn't help me to deal with them.

All this time I lived an apparently normal life. I qualified as an engineer, got a job, married and in due course we had a daughter. I enjoyed the technical aspects of my job and for the first few years things went well. Eventually I was promoted to a position where I had to supervise other people and this is where my troubles really began.

Because of my dread of confrontation I found it very difficult, if not impossible, to express any kind of disapproval if jobs were not done correctly. As a result, I ended up doing most of the work myself, since delegating ran the risk of a job not being performed adequately. Even worse were the situations where I found myself in conflict with other departments. Inevitably I would end up doing a disproportionate share of the work, or being blamed for things that were outside my control. I tended to feel guilty and responsible when *anything* went wrong - even in domestic and social situations. The possibility of failure was always uppermost in my mind. This made me reluctant to try anything new, although, I changed jobs many times – always in the hope that this time the environment would be less hostile and that I would do better.

In fact the job I ended up in just before coming to Recovery had them most confrontational environment of all. Caught between an extremely aggressive customer and an unsympathetic management, it suddenly all became too much and I was hospitalised suffering from stress. While in hospital I learned about Recovery and decided to join when I was discharged. I could give hundreds of examples of how Recovery has worked for me but none of them would do justice to the complete change that it has made to my life. Today I have my own business and everyday I do dozens of things that I couldn't have contemplated before Recovery. Even asking customers for payment is something that I do as a matter of routine, not an unpleasant task to be shelved until the last possible moment. I no longer dread every phone call,

assuming it is going to be bad news. Most of all I have learned that fear is merely a belief, that feelings are not facts, that we can never know what other people are thinking, so we should not be concerned about it. Disagreements are no longer something I dread and because I can conduct them in an unemotional and temper-free fashion there is little stress involved, either for me or the other party. As Dr. Low says, “It is not the situations that we fear, but our reaction to them” Knowing that I can control the reaction eliminates the fear. Most of all I have learned that our mental health is our supreme goal and no symbolic victory is worth jeopardising our mental health for.

Barry (Group Leader/Dun Laoghaire Group)

Marie's Story.

I first started suffering from nervous symptoms the year after I got married. In the space of twelve months, I had married, had my first child and moved from the countryside to Newbridge, where I knew nobody. I had done the rounds of doctors and was eventually diagnosed as suffering with “a bit of anxiety”.

As time progressed I began to develop panic attacks when out shopping with my husband or in church. At home I began to experience frightening sensations, such as, the feeling that the cooker or the sink was moving towards me. The floor seemed to be lifting up and the walls crowding in on me. Panic attacks, dizziness and the fear of collapse were all symptoms that I was experiencing regularly.

I went on to have two more children and when I would go out to the shops I would use the baby's pushchair as something to hold on to. When the youngest child started school and I no longer had the pushchair for support, I couldn't leave the house on my own. I heard about Recovery from the public health nurse. She used to call to my house with my medication. I had nothing to lose so I decided to give it a try. My husband accompanied me to my first meeting.

That very first meeting the group leader, Noreen, gave an example and she described symptoms similar to my own. I could hardly believe it, I was not alone with these frightening sensations and symptoms. I decided there and then that if she could get well, so could I.

On leaving the meeting, my well-meaning husband said to me “I don't think that's for you.” Thankfully, I didn't take his advice and kept attending meetings, reading the book and I practised, practised, practised. I can't say that it was easy but it was worth the effort. I have been positively well now for many years. I have been attending Recovery meetings for twenty years and I have been assistant leader in the Newbridge group for the last ten years. I owe my good mental health to the Recovery method and it feels great to pass this on to new members who come to our meeting seeking a way out of fear and depression. It certainly set me free from a prison of fear.

Marie (Assistant Leader/Newbridge Group)

Examples of Recovery

This example happened several weeks ago. I was at Heuston Station, waiting for a train on the way to a football match, when I realised that I had left my weekend bag, containing my medication, in my brothers' car. I began to work myself up. My physical symptoms were panic, heart palpitations, chest pressure, and feelings of inadequacy and general tension. My racing thoughts were "I'm a hopeless case, I won't be able to go away for the weekend."

Then I thought of Recovery and began to spot. I spotted I could decide, plan and act. I looked at my watch and realised that the train would not be leaving for another 25 minutes. I decided to phone my brother on the mobile and ask him to bring back my bag. I spotted I was a valid person. I took the speed out of my actions and spotted that my symptoms were distressing but not dangerous. I spotted to be group minded and not mention what had happened to my uncle who I was meeting at the station. While waiting for my brother I busied myself organising my ticket and meeting my uncle and endorsing myself as I went.

Before Recovery I would have continued working myself up and went for the symbolic victory over my brother. I would have complained to my uncle. I would have had lowered feelings all weekend and felt that everything was going to go wrong. In the end we had a very pleasant weekend and my team won.

Liam (Rathgar/ThursdayGroup)

This example happened at home on Sunday evening. I had a phone call from one of my sisters and she said something that irritated me. When I hung up I noticed I was worked up.

My symptoms were mental irritation and restlessness. My racing thoughts were "How trivial, the poor girl, God help her." I continued to process these thoughts until I thought of my Recovery training and I began to spot.

I spotted that I could "excuse rather than accuse." That people "do things that irritate us not to irritate us." I decided to go for "peace rather than power" and not look for the "symbolic victory over the outer environment." I made a decision to use objectivity and go for a walk. When I returned, I continued to use objectivity by watching T.V. and reading thus breaking my preoccupation with the racing thoughts. I retired to bed relaxed and fell asleep.

In my pre-recovery days, I would have continued working myself up. I would have processed the angry thoughts for days. I would have difficulty functioning in an average way. I might have had crying spells, fatigue and I would have complained. I endorsed my efforts and wore the inner smile. Thanks to Recovery, I'm putting my mental health first and as a result I have peace within and peace without.

Margaret (Newbridge Group)

One morning, last week, I woke up with lowered feelings. I thought of the day before me and I was worked up.

My symptoms were palpitations, tension and head pressure. My racing thoughts were, "How am I going to get through the day, I am exhausted, I've no energy, I'm not getting better at all."

Then I thought of Recovery and began to spot. I spotted that I had fear temper in the form of self-pity, self-blame and discouragement. I also spotted that I could move my muscles and that the humble muscle re-educates the brain. I endorsed my efforts.

Before Recovery, I would have stayed in bed all day, reviewing and previewing the situation. I would have phoned my doctor and I would have sought my validity from the outer environment. Today I am no longer symptom led and I live for the most part a contented life, thanks to Recovery and I endorse myself for the efforts I have made and not my successes.

John (Drumcondra Group)

This example happened last Tuesday morning. My alarm clock rang and as I stretched over to turn it off and I noticed I was worked up.

My symptoms were head pressure, slight nausea and blurred vision. My racing thoughts were "Now I have to go through the mornings and afternoons regular pattern. Will I be able to do that."

Then I spotted that the humble muscle re-educates the brain and I could fumble all I liked as long as I functioned. I also spotted feelings were not facts and I refused to pamper my thoughts or coddle my feelings. I endorsed my efforts.

Before Recovery I would have stayed in bed until early evening.

Sandra (Rathgar/Tuesday Group)

Thanks to all for groupmindedness in submitting testimonies, articles and examples. Please keep them coming, I love to hear from you.

The address is: 2 Hazelwood Lane, Clondalkin, Dublin 22.



Make me happy, move those muscles and drop me a line.



RECOVERY INC.

April 2006

A Community Mental Health Organisation that offers a self-help method of will training

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CASTLETOWNBERE JOINS TEAM RECOVERY

Situated on Beara peninsula - looking at the map that's one of the fingers jutting out to the left at the bottom of the island - Castletownbere is at the heart of the Irish Riviera, a noble savage country of rocks and heath, where the scenery is majestic and the next parish is America. It takes the same length of time to travel by car, aeroplane and coach to Chicago that it takes to drive from my home in Dublin to Castletownbere.

An unlikely place for a Recovery meeting you might think. Enter one remarkable lady, Sheila Byrne. Sheila has had the full menu of symptoms: she encountered many dark days early in her life. Her story is one of courage and a determined will. She internalised the spotting techniques of Recovery early on. She stopped taking her symptoms too seriously. Her predominant mental attitude has become one where the concepts of realism, averageness, a sense of humour and a plain way of viewing things have taken the lead. Sheila's epiphany has led to a major improvement in her mental health and a concomitant improvement in her quality of life. She has decided that it's pay back time now. She has trained as a Recovery leader and has opened a group among her own community in Castletownbere. This group has been meeting now for the past three months. This I think is a remarkable achievement worthy of our admiration and support.

The pipeline holds the prospect of delivering an exciting melange of events for 2006. Technology has delivered the possibility of holding Recovery meetings by telephone. We have three weekly telephone meetings up and running in the USA. In recent weeks six Recovery members from Ireland have accessed these meetings. John Barry from the Clontarf group has written on his own impressions. John is unique in being the first Irish person to have lead an example at an intercontinental meeting. The plan in the coming months is to start our own telephone meeting here in Ireland. Initially we will pilot some meetings and introduce a telephone component into our leader training meetings. Watch this space, as they say.

Two major events in 2006 deserve to be red-circled in your diary: The Triennial International Leaders Training Conference will take place at All Hallows College Drumcondra starting at 7.30pm on Friday 1st September and continuing all day on Saturday 2nd September 2006. This will be for Group, Assistant Group and Prospective Group leaders.

The following day, Sunday 3rd September will see our Annual Recovery Outing. This year it's a coach trip to Co Meath. There we will probe our Irish ethnicity in an "Irish Day". This sounds fun. We expect a sprinkling of guests from Great Britain, US and Israel to attend; this should enliven proceedings further.

As you will appreciate events such as this don't happen by accident: a considerable amount of work will have to be done. Tasks need to be identified and allocated. The old maxim many hands make light work will apply. A questionnaire will circulate to your groups soliciting your support in the areas where help is needed.

"The philosophy of Recovery is opposed to the sense of self importance and favours the sense of group importance. The knowledge I am not so important creates a sense of humour." Dr Low

Keep endorsing

Dermod Grennan
Area Leader (Ireland)



Flying the Recovery torch at the Castletownbere meeting, L to R. Sheila (Castletownbere); Eileen (Blanchardstown); Dermod (Drumcondra); John, (Blanchardstown) Kieran (Cork).

SHEILA'S STORY

[Sheila leads the recently opened Castletownbere Group [The group meets Saturdays @ 2.30pm - in the Mental Health resource Centre, Bank Place, Castletownbere]

I was first put on medication at the age of twelve. I took my first overdose at thirteen. I was first admitted to a mental hospital at the age of fifteen and for the next 20 years I was in and out of mental hospitals suffering from depression, bulimia and panic attacks. I took

several overdoses during that time. At times I was locked away in padded cells because I harmed myself. I have had more shock treatment than I can remember. So, the stigma was very strong with me. Hospitalisations, shock treatment and medication all worked for a short time but the only thing that worked for me in the long-term was my Recovery training and the meetings. After years of suffering, I joined Recovery 11 years ago. Since then I learned how to be self-led and not symptom led. I had always thought I was a "hopeless case" until I heard the Recovery spotting that there are "no hopeless cases".

Difficult ones yes, but hopeless no. I also got rid of the stigma and I have not been admitted to hospital in the last eleven years. I still suffer the occasional "lowered feelings" but thanks to Recovery I can now "fumble but function". For the past five years I have been living in the country with no access to any meetings. So I have to depend on my Recovery training and the odd five minute phone call to other members when I experience the setback.

I now have two children aged eight and a half and seven and a half. They bring me great joy and plenty of symptoms!! I finally got married at the grand age of forty-five. In the midst of my illness I could never have imagined any of these things happening to me. Before Recovery these events were beyond my wildest dreams.

Sheila Byrne, Leader, Castletownbere

NEWSBEAT

GETTING THE WORD OUT!

- ✓ 3rd December 2005: A Panel Demonstration of Recovery techniques was given to an audience from the general public at Caimentrane Hotel, Castletownbere Co Cork. A team led by Dermot (Drumcondra) with Eileen & John (Blanchardstown), Ciaran (Cork) and Sheila (Castletownbere) in support presented
- ✓ 10th December 2005 A new Recovery group held its first meeting in Castletownbere Co Cork. This group is led by Sheila Byrne: it takes place weekly at 2.30pm on Saturdays at Mental Health Resource Centre, Bank Place. Great endorsement to Sheila and her new group
- ✓ 31ST January 2006 The Government sponsored Expert Group on Mental Health Policy presented a report on their deliberations entitled "A Vision for Change" to representatives of the mental health community. Dermot (Drumcondra) & Barry (Deans Grange) represented Recovery.
- ✓ 27th February 2006 Paul (Clontarf) presented Recovery to a group of Course members at NTDI Ballyfermot. The response was very positive with some members of the audience subsequently accessing one of our meetings.
- ✓ 8th March 2006 Paul (Clontarf) gave a talk on Recovery to a Young Patients Group at St Patricks Hospital in Dublin

- ✓ 28th March 2006: Barry Toomey (Deans Grange) gave a presentation to patients at St John of God's Hospital, Stillorgan OT Department.
- ✓ 28th March 2006: A Lecture entitled "Psychological Wellbeing" was given at St John Of God's Hospital, Stillorgan Henry (Bray) provided attendees with literature and fielded their questions about the Recovery Inc. programme.
- ✓ 30th March 2006 A panel demonstration of Recovery techniques was given to members of the Management Team from Rethink (Northern Ireland) at the NICVA Centre, Belfast. The group was led by Dermot (Drumcondra) it included Eileen, Fran, Liam (Blanchardstown) & Valerie (Abbey Street).

IN THE PIPELINE SOME NEW DEPARTURES!

Three telephone Recovery meetings are currently up and running in the US on a pilot basis. To date six Recoveryites from Ireland have participated. Meetings are held across 8 time zones. Recently John (Clontarf) led an intercontinental example. He is the first Irish person to have done so. He gives his reflections on the experience further on in this Newsletter.

IT'S CONFERENCE TIME AGAIN. RTITC OF 2006!

Recovery Triennial International Conference commences on Friday evening Fri. 1st. September and continues 2nd September 2006. These are two dates to be red circled in your diary for '06 this is one not to be missed!

THE RELATIVES PROJECT MEETING LOCATION CHANGE

The meeting place for this group has moved to St Brigid's Community Centre, Blanchardstown. The starting time is unchanged - 7.30pm on Wednesdays

THE RELATIVES PROJECT

A combination of my Recovery training and being a relative myself made me want to make the Relatives Project available to others. I contacted the Abraham Low Institute in Chicago and then began the long process of getting everything together. Four months later, having achieved all in part-acts I decided that the 7th of September would be our starting date. We had a good turn out with 12 people in all, 7 support and 5 new members. It was worth all the effort. We are now going for 6 months and averaging 7 members per meeting. Our

nearest member is a mile away and the furthest 130 miles. It is great to see members benefit and develop a firm belief in Dr Low's method.

I am grateful to the A Low Institute, Dermod and Recovery for all their support.

Thank you.

May

Leader, Relatives Project

RECOVERY'S 'PHONE IN' MEETING

Some weeks ago I was asked by Dermod (our Area Leader) to participate in one of Chicago's newest innovations, i.e. the 'phone in' meeting. I did so in spite of initial scepticism. I could not see how new technology could possibly replace the traditional face to face weekly meeting. However, having reminded myself that it took Dr Low 15 years of experiment, trial and error to finally come up with the definitive format for the method, I decided to give it a fair trial over a couple of weeks.

The first change was to get used to the idea that I'll be on the phone for 1 and a half hours. During this time you only speak when called on to do so by the Leader, in this case a member called Harry from California. It immediately became apparent that there were people on the line who either would not introduce themselves and/or were not willing to participate. The Leader assured them that this was perfectly OK. Those who participated gave their examples to the Leader (or someone designated by him) in the usual way and then each participant (in alphabetical order) gave their spotting. Mutual aid had to be conducted on a one to one basis with each participant being called on to say anything they wished to any of the others.

Having participated in a number of these meetings, I would offer the following observations. This format will never replace the existing meeting. It is really a halfway house between a mutual aid phone call and a face to face meeting. Technology reduces spontaneity e.g. there's no eye/eye or face/face contact. The Group Therapy factor discovered by Dr Low when his patients got together in the Chicago hospital operates but does so in a more diluted way.

There is undoubtedly a need for some sort of availability of the Method for people who cannot (because of distance) attend an existing group. This need is becoming more apparent where there is a scarcity of trained leaders. It became obvious that many veterans who have retired from membership would find this a useful way of renewing their spotting techniques. It can also bring together peoples of different cultures and nationalities. This in turn highlights the different styles of demonstrating the Method and enables the participants to learn from each other. It makes the term "Recovery International" a reality.

This project is still at the trial stage. For this reason time and further experimentation will determine whether it will pass the test of time and become a permanent feature of the Recovery programme

John

Leader, Clontarf (in collaboration with Dermod, Drumcondra)

EXAMPLE

Preamble: I have had encounters with this particular customer in the past and got worked up. *Step 1:* The example happened about 2 weeks ago and in work. The people involved were a customer of our company and myself. The 'phone rang and it was this particular customer. After a few minutes he became very hostile and aggressive and he then hung up the 'phone and I became worked up. *Step 2:* The symptoms I had were tenseness, irritability, head pressure and a general feeling of being uncomfortable. The racing thoughts were "Who the hell does this person think he is treating me like that. I've a good mind to ring him back and give him a piece of my mind." *Step 3:* I spotted that I was worked up, that this person was the outer environment and had to bear his own discomfort. I also spotted that I had a choice to work myself up or down, that I could excuse rather than accuse for the sake of my own mental health so I made a decision to drop the aggressive temper and my symptoms began to subside. I also endorsed myself for the effort. *Step 4:* Before I had my Recovery training I would have complained to everyone around me and I would have worked myself up even more. I also might have rung the customer back and gone for the symbolic victory. Thanks to Recovery I can now handle these situations much better. On a lighter note my fellow Recovery member, Eanna, pointed out to me that I was making a business of my mental health and not going mental about my business!

David

Abbey St Group

**All Day Outing: Sunday 3rd September 2006
To CAUSEY FARM Athboy Co. Meath
Be Irish For a Day!
Bus Departs All Hallows College 10.30 a.m.
Cost (incl. Bus, Activities, Dinner) = €40 per head.
(with own transport = €30)**

Words of Wisdom

"A setback disappears in minutes - perhaps in half an hour, but usually in minutes, frequently in seconds if you expect it and don't let it alarm you..... What makes the setback so formidable that it alarms you. That's all."

Abraham A . Low, MD

Manage Your Fears Manage Your Anger, p.241

AREA CO-ORDINATOR

Recovery Inc. Ireland

Part-time, Dublin

Recovery Inc. offers the premier, award winning self help programme created by Dr Abraham Low. It is a key player in bringing practical help to many coping with mental health issues. Operating in Ireland since 1971 it now has 27 groups country wide.

Working alongside the Area Leader, the successful candidate will be responsible for promoting and raising the profile of Recovery in Ireland, and supporting the volunteers in delivering the service to our members.

Candidates will:

- ✓ Have a sound working knowledge of mental health issues and concerns
- ✓ Be a good communicator
- ✓ Have IT skills with working knowledge of, Word, Excel, Power-point.
- ✓ Have access to a car for business purposes
- ✓ Be flexible with regard to working hours
- ✓ Have excellent inter personal skills

Are you the right person to pick up the torch?

1 year fixed-term contract with the possibility of renewal. The commitment required will be part-time basis (20 hours per week) and would be ideal for a candidate seeking flexibility.

Salary €20k pa

How to Apply:

Please send a 2-page CV together with cover letter outlining why you are interested in applying for this position to:

Area Leader (Ireland), Recovery Inc., PO Box2210, Dublin 13

Telephone (enquiries) (01)6260775:

e- mail applications to: recovirl@indigo.ie

Closing date: 30 April 2006

CHURCH NOTICES BOUND TO MAKE YOU LAUGH

"Barbara remains in the hospital and needs blood donors for more transfusions. She is also having trouble sleeping and requests tapes of Pastor Jack's sermons."

"Please place your donation in the envelope along with the deceased person you want remembered."

"The ladies of the church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon."

RECOVERY WEEKLY MEETING SCHEDULE:

March 2006

IRELAND AREA

DUBLIN (Incl Bray)



Lr. Abbey Street - Dublin Central Mission, (Next to Veritas) Wed @ 7pm (Recommended for 17 - 35 Year olds)

Beaumont - Beaumont Parish Centre Montrose Park, Sat. 3pm

Blanchardstown - St Bridgets Comm. Centre, Main St. Fri. 8pm

Bray - Holy Redeemer Parish Centre, Herbert Road: Wed. 8pm

Clondalkin - Health Centre, Boot Road: Mon. 8pm.

Clontarf - Methodist Church, St Lawrences Rd., Wed. 8pm

Deans Grange - Resource Centre, Kill O the Grange, Tues. 8pm

Drumcondra - Dominican College, Griffeth Avenue, Fri., 8pm

Killester - St Bridget's N. S., Howth Road, Tues. 7.30 pm

Liffey Valley Quarryvale Community Centre, Greenfort Grdns Wed. 8pm

Marino - Ardscoil Ris, Griffeth Avenue, Wed 8pm

Rathgar - Parish Centre, 52 Grosvenor Road: { Mon, Tues, Thurs (ALL @ 8pm)

Eccles Street - 62 Eccles Street (knock at 63), Mon., 8pm

Swords - B A S E, St Cronan's Sch. Brackentown Thurs. 8.30pm

Tallaght - Social Services Centre, 1 ñ 2 Main Street, Mon. 8pm

OUTSIDE DUBLIN

Ballyjamesduff (Co Cavan) - Kilnacrott Abbey, Wed. 8pm

Cork - Capucin Friary, Father Matthew Quay, Wed., 7.45 pm

Casteltownbere, Co Cork) Mental Health Resource Centre, Bank Place Sat. 2.30pm

LETTERKENNY - "The Printworks", Mountsouthwell, Mon. 8.30pm

Enniskillen - Westbridge House, Ann Street, Mon., 8pm

Longford - St Mel's Family Centre, Mon., 8.30pm

Navan - Old Infirmary, Dalgan Park, Thursday 8pm

Newbridge (Co Kildare) Dominican College, Tuesdays, 8pm

Westport - Parish Centre, James Street, Thurs. 8pm

Wexford - Clonard Community Centre, Mon. 8pm

THE RELATIVES PROJECT

MEETINGS - EVERY WEDNESDAY 7.30 pm. To 9.30pm

St Brigid's Community Centre, Main St., Blanchardstown, Dublin15.

FREEWILL OFFERING : NO ONE TURNED AWAY FOR LACK OF FUNDS

For Information:, Phone (087) 7736332 (Mon - Fri 11.00 am - 5pm). E mail: relativesproject@hotmail.com

Postal enquiries St Brigid's Community Centre: Main Street: Blanchardstown D 15.

International HQ. ABRAHAM LOW INSTITUTE, 550 FRONTAGE ROAD, SUITE 2797, NORTHFIELD, IL 60093
Phone: 847 441 0445 Fax: 847 441 0446
www.lowinstitute.org

Editor's Note:

If your article was not included in this issue please be assured it was due to space restrictions and will be included in the next. Articles can be emailed to me at: rosaleen.fitzpatrick@failteireland.ie or posted to: Rosaleen Fitzpatrick, 6 Annadale Avenue, Fairview, Dublin 3.

August 2010



P.O. BOX No.2210, Dublin 13. Email: info@recovery-inc-ireland.ie

Website: www.recovery-inc-ireland.ie

Phone: (01) 6260775. Mobile: (086) 4081756 Fax: (01) 6206401.

A Community Mental Health Organisation that offers a self-help method of will training.

NEW LEADERS KEEP RECOVERY ALIVE AND KICKING!

Welcome to Recovery's Summer 2010 Newsletter and once again a big thank you to Rosaleen Fitzpatrick and Eileen de Barra for putting it together. Endorse yourselves, ladies!

I'd like to take this opportunity to thank our 28 Group Leaders who keep the Recovery message alive at their weekly meetings. You are the lifeblood of your organisation and without your efforts we would soon cease to exist.



Mark Wilder



Paddy Harding



Tom Hulton

I would also like to say 'welcome' and 'thank you' to our 3 newest group leaders: Mark Wilder (Navan); Paddy Harding (Baldoyle) and Tom Hulton (Clontarf). Mark took over the leadership of the Navan group on the retirement of Con. Paddy was previously Assistant Leader in Clontarf before setting up a new group in Balbriggan. Tom took over the leadership of the Clontarf group when John Barry stepped down. John still leads the 'phone meeting and we hope he will continue to do so for many years. Endorsement and thank you to you all for your continued dedication to keeping the Recovery Method alive in the community.

Sadly our Area Treasurer, Brendan McCartie, is stepping down at the end of August after serving in that position for over 12 years and we are actively looking for a successor. Enjoy your retirement Brendan and endorse yourself for the wonderful years of service you have given to Recovery.

Barry Toomey
Area Leader

NEWSBEAT

- To promote Recovery in the Newry area: Hugh, Leader of the Newry group, gave a 30 minute radio interview on 105FM (this was initiated by one of the members of his group); a press interview with journalist from the Newry Reporter and the organisation of a promotion stand in the Quay's Shopping Centre. A huge endorsement goes to Hugh and the Newry group for all their efforts !

- On 19th May John Barry retired as group leader of the Clontarf Group and Tom Hulton is his replacement. John will be missed but in his true, unstoppable style will continue with the Conference Call meetings. We also wish Tom the best of luck in his new role.
- On 31st August Brendan McCartie steps down as Area Treasurer. We thank him for his huge contribution in keeping Recovery Ireland's 'coffers' in such good financial order. He will be missed!
- Our Annual Recovery outing takes place Sunday, 12th September (day after the Sept. Leaders' Meeting). Full details will be advised to all members over the coming weeks.
- International Leaders' Conference takes place Dublin, Spring 2011 (venue and dates to be confirmed).

JOHN BARRY

John Barry retired as Group Leader of the Clontarf group on 19th May 2010. The Clontarf group wishes to thank John for his exceptional record of devotion and service to Recovery and, in particular to his own group, which he founded over 35 years ago in 1974.

Brendan Minnock, Assistant Area Leader (former member of the Clontarf group) attended John's last meeting and 'thanked' John for his services to Recovery in Ireland and the support he has given to thousands of members to regain their mental health.

In 2009, the group celebrated his 80th birthday and 35 years as group leader. As a small token of their appreciation, they purchased a leaf on the 'Tree of Life' in Chicago. John continues to lead the Conference Call meeting (Thursdays 7pm) and the Leaders' Conference Call meeting (Mondays).

Tom Hulton, has taken over as Group Leader and Kay is his assistant.

We will miss John's good, average leadership and 'spotting' but look forward to him visiting the group.

Tom Hulton
Group Leader, Clontarf

THE POWER TO CHANGE RETURNS TO TOWN

Stop youth violence before it starts! Well this is a good news story. *Recovery International's* younger sister *The Power to Change* is alive, in rude good health and primed for a return to the Irish scene.

The Power to Change is a tailored programme, targeted at "at risk" younger people in particular and, also, those in closed communities such as prisons. It offers these groups a path that will enable them to become healthy and productive members of society. It is peer to peer self help training – essentially a life skills programme. Participants learn behavioural and attitudinal habits that help them gain mastery over their own angry or fearful reactions.

This is a very important factor in shaping tomorrow's world into a calm, peaceful, productive and harmonious place. A good place to live in.

The Power to Change is specifically for under 18s and those in correctional facilities. Its first cousin is *RI Discovery*: this is community based. It operates under the banner of Recovery International. Graduates of Power to Change are encouraged to move on to these community based programmes.

Well to continue the good news story: we have three schools in the pipe line. These will integrate our PtC programme into their Autumn 2010 curriculum. We are currently getting our ducks in a row - setting up an infrastructure that will support the efficient, professional delivery of Dr Low's 4 step system to our target constituency.

As they say, watch this space!
Keep endorsing.

Dermod Grennan
Regional Manager

CHICAGO CONFERENCE MARKS THE SPOT FOR NEW RECOVERY LEADER

This was not only my first Recovery International Conference but it was also my first trip to Chicago and across the Atlantic. I had no idea what to expect. I had an open mind, a blank notebook and a half-packed suitcase. Thrill and excitement rushed through me!

The conference ran for three days. It opened with an introduction for new people which helped us decide (plan and act) which workshops we wanted to participate in. I chose to do two: one on *RI Discovery Meetings* and the other on the *Power to Change*. Both workshops outlined and demonstrated how these meetings work. Plenty of discussion followed on expanding Recovery to new areas and helping people help themselves.

There is a drive to have members' pay a membership fee to cover the costs of providing literature, leaders'

training programmes and panel demonstrations which are crucial to the expansion of the Recovery programme.

As a new leader, attendance at the conference gave me the opportunity to make contact with other more experienced leaders. I now feel even more supported and determined to succeed. Having time to explore Chicago was a great way to practise my 'spotting', explore the city and spend time with other members. On our first trip downtown we walked the Magnificent Mile, taking in all the sights.

By Sunday the excited murmurs of the 75th Anniversary of Recovery had reached an energized chatter of anticipation with each person anticipating their return to the Windy City!

Mark
Group Leader, Navan

RECOVERY FLOURISHES UNDER SUNNY ANDALUCIAN SKIES

Meet Myra: she is leader of Fuengirola Recovery International group. Well, Myra is a living legend in Recovery circles: someone who has a passion for Dr Low's method. Her forte is starting Recovery groups. She has been group leader in three countries: she first started a group in Bray (**the** Bray Group) in 1976; she moved to Florida (US) a couple of years later and she was a group leader there for 25 years; early in the new millennium she moved to Spain: there she started the Fuengirola group.

I visited Myra last year and attended her Recovery meeting. I was very impressed. It was superbly led by someone who really has internalised Dr Low's method. It is a strong group: it is comprised mainly of expats from Great Britain and Ireland – predominantly, seniors availing of warmer climes to ease the winter aches. I have kept in touch with Myra since. She wants to strengthen her leadership team.

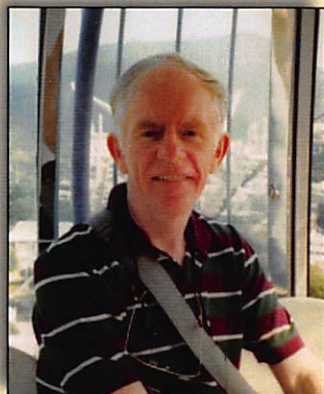
I suggested that some members should travel to Dublin to avail of our leader training programme here. She rang me here to tell me "*My members won't travel to Ireland*". I said, well perhaps we could arrange a training event in Fuengirola instead. I discussed the idea with Brid – Myra's Assistant Group Leader. We came up with a mutually suitable date. Barry, Stella (GL Clondalkin) and Rosaleen (GL Eccles St) all agreed to participate in our little task force.

Friday 28th of May was our red letter day. We delivered two training sessions: we had 10 trainees from the Fuengirola side – Myra, Brid, Mike, Jan, Janet, Mary, Kim, Deborah, Matthew, Geraldine. It was a great success and endorsement is required all around. Thanks very much to all who helped, this is really appreciated.

Dermod Grennan
Regional Manager

CHANGING TIMES FOR AREA TREASURER

I can remember the day over 12 years ago, when Dermot took over as Area Leader for Ireland and



**Brendan McCarrie -
retiring Area Treasurer.**

asked me to become Area Treasurer. I was hesitant at first in accepting the position. Whatever about being responsible for the money of my local meeting, managing the finances of Recovery Ireland and its many meetings seemed a daunting proposition. Dermot encouraged me to take on the challenge but it was the tools of Recovery that enabled

me to accept the mantle – ‘do the things one fears to do’; ‘trust oneself and do things in part acts’, etc. I felt that this would be my contribution in helping Recovery to advance in Ireland.

Now 12 years on (on 31st Aug.) I step down. It has been a pleasure to serve Recovery and its Irish members, all of whom have an equally important role to play. Recovery has come to my aid on countless occasions in my role as Area Treasurer – whether it was making a mistake; not receiving documents on time or the computer on a ‘go slow’, etc., I ‘excused’ myself and others; became more ‘average’; stopped taking myself too seriously and most importantly I ‘endorsed’ myself for all my efforts. Yes, Recovery was always my true friend.

I would like to personally thank Dermot for his encouragement and faith in me all those years ago and I wish the incoming Area Treasurer all the best in their new role.

**Brendan McCartie
Retiring Area Treasurer**

EXAMPLES

In the premises where we hold our meetings, other fellowships also meet and the chairs are moved from room to room during the daytime. *Step 1:* When I arrived at my meeting I discovered our room was empty so I set about collecting chairs. Upon entering the room, where most of the chairs had been moved to, a lady who was waiting for her group to assemble informed me I could not have any chairs as they were all needed for her own meeting. I explained we needed some as we had none at all and she said we could have two but when I went to move them, she said: “Not those two, I know the people who always sit there, take two others.” All the chairs are exactly the same. I began to work myself up. *Step 2:* I became tense and hot. My racing thoughts were, ‘Who the hell does she think she is? We all pay the same rent; our group is just as entitled to chairs as hers is; I’m really going to explain the facts to her

and take as many chairs as I think we need!’ *Step 3:* Then I spotted ‘outer environment’, no point in going for a ‘symbolic victory’ here. I made a ‘decision’ to sit down and chat with her and offer the ‘insincere gesture of friendship’ and see what compromise we could come to. I endorsed myself and was symptom free. *Step 4:* Before Recovery I would not have been leading a group as I suffered from excruciating shyness and lack of self confidence. I would have left that room, blushing and mumbling apologies. I would have reviewed and previewed the event for a long time and blamed myself for even entering that room.

**June
Group Leader, Bray**

All the staff where I work were invited to a summer beach party. It was scheduled for a Friday evening, after work. I finished work at 2pm so decided to do a big shop for the weekend and when the party was over I would get another few items in the Blanchardstown Shopping Centre. I went to a lot of effort making fairy cakes the night before filling them with cream. *Step 1:* I was at the party and realised it was 8pm, there was no sign of anyone leaving and I noticed that not many of my cakes had been eaten. *Step 2:* My physical symptoms were tension, head pressure and churning of the stomach; my racing thoughts were, “What am I going to do now? I thought this party was over at 7pm. I won’t make it to the shopping centre and I wanted to get those extra items. Not many people tried my fairy cakes and yet they tried other staff members’ cakes!” *Step 3:* I began to spot that I would have to ‘lower my standards and improve my performance’ by staying at the party. I ‘decided’ that I could get the rest of my shopping on Saturday morning. I also decided to take a good look around the table and noticed there were a lot of other cakes left uneaten. I began to get relief and decided that I could bring my own cakes to my own group meeting on Saturday afternoon. I also spotted ‘angry temper’ against my Supervisor for telling me the party would be over at 7pm but made the decision to enjoy the rest of the evening which finished at 10pm. I endorsed myself for ‘bearing the discomfort’ of staying on at the party and using my ‘sense of humour’ with the other staff at my table. *Step 4:* Before Recovery I would have had to leave the party and rush in my car to get the rest of the shopping. I would have complained to the supervisor and would have been irritable for days afterwards without being able to see the ‘humour’ in the situation.

**Sharon
Group Leader, Beaumont**

Words of Wisdom

*Worry is like a rocking chair,
it keeps you busy
but gets you nowhere!*

LIST OF RECOVERY WEEKLY MEETINGS IN IRELAND

DUBLIN		
Meeting	Venue	Day and Time
BALDOYLE	Baldoyle Forum, Main Street	Monday 8pm
BEAUMONT	Parish Pastoral Centre, Montrose Park	Saturday 3pm
BLANCHARDSTOWN	St Bridget's Community Centre, Church Avenue	Friday 8pm Saturday 2.30pm
BRAY	Holy Redeemer Parish Centre, Herbert Road,	Wednesday 8pm
CLONDALKIN	Health Centre, Boot Road,	Monday 8pm
CLONTARF	Clontarf Methodist Church, St Lawrences Rd	Wednesday 8pm
DEANSGRANGE	Holy family Parish Resource Centre, Kill O' the Grange (Bakers' Corner)	Tuesday 8pm
DRUMCONDRA	Dominican College, Griffith Avenue	Friday 8pm
DUBLIN (CITY CENTRE)	Young Persons' Meeting (17-30) Dublin Central Mission (Wesley Room) Abbey St Lower	Wednesday 7pm
ECCLES ST	63 Eccles St - Knock at No 62!	Monday 8 pm
KILLESTER	St Bridget's Boys' N. S., Howth Rd,	Tuesday 7.30pm
LIFFEY VALLEY	Rowlagh Church Community Room, (Side Entrance), Collinstown Road, Clondalkin North	Monday 8pm
LUCAN	St. Mary's Parish Church, Lucan Village	Friday 8pm Monday 8 pm
RATHGAR	Parish Centre, 52 Grosvenor Road	Tuesday 8 pm Thursday 8 pm
SWORDS	Brackenstown Adult Education Centre, St Cronan's School, Brackenstown Rd	Thursday 8.30pm
TALLAGHT	Tallaght Social Services Centre, Glenview House, Glenview Park	Monday 8pm.
OUTSIDE DUBLIN		
Meeting	Venue	Day and Time
BALLYJAMESDUFF (Co. Cavan)	Kilnacrott Abbey	Wednesday 8.30pm
CORK CITY	Capuchin Friary, Fr Matthew Quay	Wednesday 7.30pm
ENNISKILLEN	Westbridge House, Ann Street	Tuesday 8pm
LETTERKENNY	Cheshire Apartments, Long Lane	Wednesday 7.30 pm
LONGFORD	St Mel's Family Centre, Chapel Lane	Monday 8.30pm
NAVAN	Old Infirmary, Dalgan Park	Thursday 8 pm
NEWBRIDGE (Co. Kildare)	Dominican College, Roseberry	Tuesday 8pm
NEWRY	Newry & Mourne Carer's Assoc, 6 Savages Avenue	Thursday 8pm
OMAGH	Post. Grad. Centre, Tyrone Co Hospital, Hospital Rd, Omagh, Co Tyrone	Wednesday 8pm

You are welcome to bring a friend or family member to the meeting.

For those unable to attend a local meeting
a Telephone Meeting is held on Thursdays
at 7.30 pm Contact details:

00 1 712 432 017 (Phone No.)
1046189 # (Access Code)

Contact address below or see our website
for additional information.

For further information contact

Recovery International,
Bridge House,
Cherry Orchard Hospital,
Ballyfermot, Dublin 10

Phone: (01) 6260775 Mob 086 4081756

Email: info@recovery-inc-ireland.ie

or visit our website at www.recovery-inc-ireland.ie

HUMOUR IS OUR BEST FRIEND!

"Doctor, Doctor, I keep thinking that I am a lady
who delivers babies!" "It's alright, calm down,
you're just going through a Midwife crisis!"

"Dear Teacher, Johnny has swallowed a 50 cent
piece. I am keeping him in bed but will be calling
a doctor if there is no change by Monday!"

The other day my Nan said to me,
"Mmmmm.....mmmm.....mmmmmm."
I said, "Nan, you've got the Chapstick mixed up
with the Pritt stick again!

EDITORS' NOTE:

We would like to thank everyone who
contributed to this issue of the newsletter.
Due to limited print space we reserve the
right to edit articles. If you would like to
contribute to future issues please email
your article to

Rosaleen.fitzpatrick@failteireland.ie

or by post to Eileen De Barra, 15 Brookhaven
Rise, Blanchardstown, Dublin 15.

Editors
Eileen & Rosaleen



RECOVERY INC.

A Community Mental Health Organisation that offers a self-help method of will training

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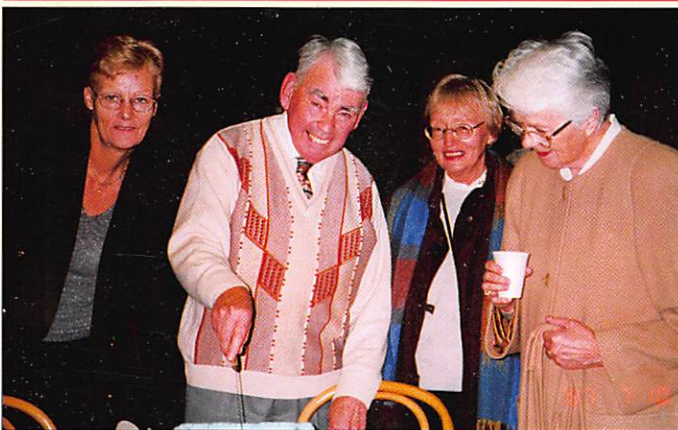
JANUARY 2001

Wishing all our Recovery Members a very happy and symptom-free New Year.

KEEPING TO THE STRUCTURE OF THE MEETING HELPS THE NEWCOMER... AND THE VETERAN TOO!

"...Oh Recovery is very structured..." is a remark that I hear from time to time and it is usually made in a sceptical tone of voice. This remark betrays a misunderstanding of Recovery and how it works. Dr Low, a neuropsychiatrist, developed the Recovery method over a period of 15 years. He sent his own patients to Recovery meetings. He observed, studied and evaluated the results. When he started out he wanted to develop a system of instruction and training that would enable his "untutored" patients to practice self-help. A key consideration he had when communicating his method was simplicity. The very structure of the Recovery method and its demonstration at Recovery meetings enables it to be easily understood.

JOHN'S 25TH ANNIVERSARY



John Barry celebrates 25 years with (left to right) Nuala Dunne, Theresa Richards and Maire Fullen

When members arrive at their first meeting frequently they have low self-esteem, have difficulty concentrating, are tense, anxious and have a variety of nervous symptoms. The firm structure that they encounter at the meeting engenders security. The structure of the meeting allows new members to participate, to the degree with which they are comfortable.

Members learn the Recovery method from Dr Low's book "Mental Health through Will Training" but they learn the nitty gritty of Recovery practice from other more experienced members at the meeting. For instance, they learn to spot for themselves and others, they are helped rehearse the method by following the four steps, they are encouraged to practice the method in daily life and give examples at the meeting. Each time a member gives an example they become a role model for the group. When an experienced member gives an example,

after the fourth step, a recital of that member's medical history can be a source of hope to the new member. It can demonstrate that group members, who seem so well, at one time had serious problems themselves.

RECOVERY TRAINING CONFERENCE



Left to right: Trudy Engel, Area Leader, Israel; Laurretta Lucien, Washington; Marilyn Schicker, New York, President of Recovery; Dermot Grennan, Area Leader, Ireland

A number of themes will repeatedly be reiterated at the meeting - "the simplest procedure is best", "repetition cures" and of course the use of the Recovery language. The most important thing of all about the structure of the meeting is that it enables the Recovery method to be demonstrated. A key player in ensuring that the structure is observed is the group leader and a very close friend and ally - "The Group Leader's Guide".

The most important message from the meeting should be one of hope, the clear signal that "Recovery works".

Keep endorsing!
Dermot Grennan (Area Leader)

NEWS FLASH!

RECOVERY WINS AWARD FOR REHABILITATION IN MENTAL HEALTH

On 25th October 2000, the American Psychiatric Association presented Recovery Inc. with the 2000 Arnold L Van Amerigen Award for Excellence in Psychiatric Rehabilitation. Recovery received a plaque plus a cheque for US\$5k. Quite an achievement for Recovery, I'm sure you will all agree.

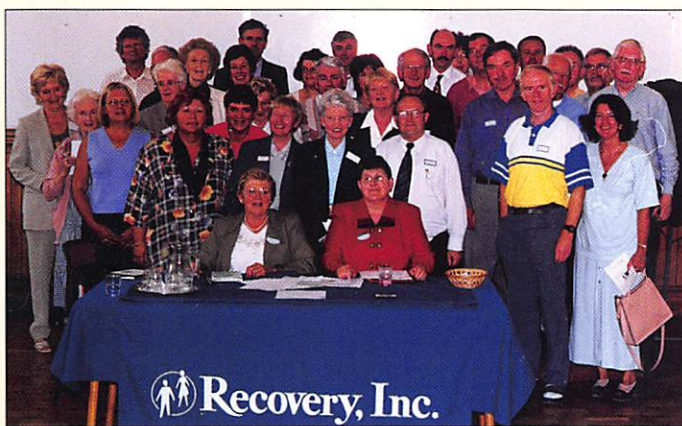


WELL DONE, RECOVERY!

RECOVERY TRIENNIAL TRAINING CONFERENCE

Over 50 group leaders, assistant leaders and prospective leaders assembled in All Hallows College, Drumcondra, Dublin, for this year's Recovery Triennial International Conference. Members travelled from far and wide and included Trudi, Area Leader, Israel, and Maura, a group leader from Spain. A warm welcome was given to the very special guests, Marilyn Schicker, the incoming President of Recovery and her immediate predecessor, Laretta Lucien.

The panel demo began and after a few minor hiccups with one of Dr. Low's tapes (we were listening to the wrong side!) we heard his immortal teachings on "how to deal with trivialities of everyday life." Panel examples were given by Laretta Lucien and May, group leader, Rathgar, followed by "good average" spotting from ourselves (although I became self-conscious among so many Recovery gurus and it took me a while to regain my spontaneity and become average). But it wasn't all serious spotting - Trudi, Israel, gave a spot to which Laretta asked, "is that advice?" Trudi quipped, "Not in Israel it's not - now you know why I had to come to Recovery!"



Information Hour was next on the agenda and dealt with leadership issues such as, "How do I deal with a small meeting" "What can I do when the freewill offering doesn't cover the rent" etc. We also learned that the Group Leader's Guide is being updated at present with the new version due out this November. A very enjoyable lunch followed, with lively discussions on the morning's topics, interspersed with humorous anecdotes from some of our more seasoned members.

The second panel demo followed with readings from the book "Will to Fear" and more "spotting" on two examples. Discussion Box was next with issues ranging from Fund-raising - should we or shouldn't we? What about sponsorship? Common problems associated with leadership, new methods of getting the Recovery message out there, etc., were debated at length and culminated in a proposal for a Recovery Working Group. Group photos were taken of us all and then everyone chatted and relaxed with the Recovery Training Team over another cup of tea!

All in all a very informative and enjoyable "temper-free" weekend was had by all. Pity they only come around every three years.

Rosaleen, Sherrard St.

THE RECOVERY DINNER DANCE



Left to right: Betty Whelan, Maire Fullen, Mary Burgess.

Our recovery dinner dance held on the 11th of September was a great success. Although the dinner was late in starting, we had the table quiz to keep us occupied. The Area Leaders table won, of course, (we had to let them) and they devoured all the prize chocolates.

Thanks to everyone who came along on the night and made it such a memorable occasion. It was great to see some old faces and indeed the new ones as well. A special word of thanks to all who brought prizes for the raffle.

Here's to our next one.

Eileen De Barra.

Many thanks to Eileen for all her hard work and will to effort in organising the night. Ed.

A LETTER OF RECOVERY IN ISRAEL

In looking back at my trip to Ireland, and the Recovery training conference, I have many happy and special memories. Of course the people that I met and the way they received me warmed my heart and gave me such a wonderful feeling of belonging. I didn't think it would be possible to feel so at home in a place that I had never visited before and amongst people that I have never met before. I see that it is true what they say about the warmth and hospitality of the Irish. I returned to Israel with the wonderful training that I received during the conference and I've shared that with my members and I've also passed along many of the experiences that I had in Ireland. I hope some day, that I will have the pleasure of returning the wonderful hospitality that I received. I thank you all, God bless you.

Yours sincerely,

Trudy Engel and Recovery Israel.

THANK YOU!

Many thanks to all who contributed to this newsletter. If you sent in an item and it was not printed, this was due to lack of space. However, we are very grateful to you for your efforts and promise that they will appear in a later edition. If you haven't sent anything in and you would like to, the address is P.O. Box 2210, Dublin 13. Or you can e-mail us at: -smelvin:gofree.indigo.ie or dermod1@ireland.com

Thanks again.
Stella. (Editor)

MAKING A BUSINESS OF MY MENTAL HEALTH

I remember having nervous symptoms from a very early age. By my mid-teens, panic attacks, lowered feelings, head pressure and stomach churning were part of my daily life. Discovering John Barleycorn and Arthur Guinness offered a respite of sorts from these symptoms for a number of years, but dependency led to alcoholism.

By the age of 34 I was a physical, mental, emotional and spiritual wreck.

When I got sick and tired of being sick and tired, I had my last drink. That was on the 24 May 1984 and I began to trudge the road to recovery through a 12 Step programme. This programme enabled me to find a power greater than myself (which I now call God), and clear the wreckage of the past and live my life along spiritual lines, free of alcohol and chemicals, one day at a time.

But nervous symptoms continued to trouble me. I was living a life that was symptom-led rather than self-led. It was my friend, the late Chris Millar, who introduced me to Recovery Inc. about ten years ago, saying "You have a doctor, maybe you also need a specialist." I have been a regular attendee at Recovery meetings since and have found a life beyond my wildest dreams through a rigorous application of the Steps and the Recovery method. Both sets of principles I find simple (which is important for a complicated person like me) but not easy, and both are totally compatible.

It would be impossible to describe in a short space what Recovery has done and continues to do for me. I have come to see how my attitudes to life were detrimental to my mental health. I used to dread the idea of averageness, I was a

perfectionist romanto-intellectual and my self blame needle had been stuck in a groove until Recovery showed me how to lower my standards, become a realist and endorse myself for every effort I make in life.

It took me a year or two, to be honest, to get the hang of this thing and even today I am only an average apprentice. I have learned so much about the phoney nature of temper. I have a choice to either work myself up or work myself down; nobody can do that for me but myself. I have learned that nervous fear is not the fear of people, places or things but of my own inner sensations and that these can be distressing but not dangerous. I have learned how to bear discomfort in order to gain comfort. My courage and confidence have grown from doing the things I fear and hate to do and when symptoms do appear, I have learned how to use the method of spotting on my inner environment to get rid of them again.

The leadership of Stella in Clondalkin, Arthur, Michael and Patricia in Rathgar has inspired me. Since moving to Bray two years ago I have been attending the weekly Wednesday meeting in the Parish Centre. Apart from her total belief in the teachings of Dr. Low, our leader June's most endearing quality is her sense of humour (on which she must surely rely when dealing with the likes of me!) She teaches me how not to take myself too damn seriously and how a sense of humour is the sovereign cure for all nervous ailments. Which reminds me of one of Chris's many stories:

Doctor: Your problem is quite simple. You're a hypochondriac.

Patient: God, Have I got that, too.

Michael (Bray Group)

CAROLINE'S STORY

At an early age life became a struggle for me with learning difficulties. Later on, wedding plans, house purchase and motherhood brought on fear and panics. I went to my doctor who diagnosed panic attacks and post-natal depression. He prescribed medication and said I would be well again. But, it was not to be as simple as that. I waited and waited for the medication to cure me, not realising that it took medication and my will to effort to get well and stay well.

One day, my next door neighbour recommended Recovery to me. I could not believe others felt just like me. Well that was five years ago and I have been well ever since joining Recovery. Symptoms no longer control my life. I now know that when I have symptoms that they will go and that I don't need to make a dire emergency out of them. My feelings of inadequacy have gone and also my fear of panics. It is thanks to Recovery and Dr. Low's works that I have got back my life and I am also grateful for the support I received from other members who gave me hope, when I needed it, in the early days. I am now living life with self-confidence. I am leading a weekly Recovery Group and hoping to share with others, who are in need, what Recovery has done for me.

Caroline (Group Leader, Swords)

HUMOUR IS OUR BEST FRIEND!



Two Aerials meet on a roof
fall in love get married.
The ceremony was rubbish
but the reception was
brilliant.

Two cannibals eating a clown.
One says to the other: 'Does
this taste funny to you?'

Man goes to the doctor, with a strawberry growing
out of his head.

Doctor says 'I'll give you some cream to put on it'

A guy walks into the psychiatrist wearing only
clingfilm for shorts.

The shrink says, "Well, I can clearly see you're nuts."

EXAMPLES OF RECOVERY

The time was late Saturday afternoon. I went into a shop and bought a cake. The shop assistant gave me 5p change, which I put into my pocket. When I got home I discovered the shop assistant had given me a dud coin and I began to get worked up. My symptoms were muscle tension, churning stomach and head pressure. My racing thoughts were "For some reason I'm always given dud coins by shop assistants. Why do they give them to me? Do I have nervous patient written on my forehead? It always happens to me."

Then I began to spot. My imagination was on fire. I was foreign spotting on the shop assistant (outside environment) I had angry temper in the form of resentment towards the shop assistant for giving me the dud coin. I had fear temper in the form of self-blame and self-disgust for not checking the coin when I was given it. This was a threat to my validity. I used exceptional language "It always happens to me" It's average to get a dud coin now and again. I decided to put the coin in the bin. I excused the shop assistant (how could I know if it was a deliberate act or not) and my mental health is much more important than a 5p coin. It was just a triviality and I endorsed myself for the spotting and effort.

Before Recovery I would have worked this up into a dire emergency and would have been pre-occupied with thoughts like "Will I go back to the shop on Monday, will I talk to the supervisor, will that shop assistant be there etc. etc."

I have been attending Recovery meetings over the last 18 months and have gained insight into my tempers, thoughts, feelings and symptoms. I am still learning and practising. It's a long road, but for my mental health it's worth it.

David Farnam. (*Sherrard St. and Drumcondra*)

At work the Manager's secretary works one-week on/ one-week off. On her week off I have to do his secretarial tasks for him - he doesn't call on anyone else even to get a photocopy. Last week she was back at work and she told me she was being sent on a computer course. I expected to be told also, that I would be going on this course. Shortly after that the Manager came to my supervisor and I overheard him say "I'm sending Angela on this course" and immediately I got worked up.

My physical symptoms were heart racing, stomach jumping, tension in the arms, hands and face. My racing thoughts were "I'm being overlooked here, passed over, and a more popular girl is being chosen. This man won't call on anyone else to even get a photocopy but when it comes to doing a course where I could better myself, someone else is chosen. I'm not taking this. He will surely call on me when the secretary is out

to do this work and he won't take "I don't know how" for an answer."

I began to spot. I spotted self-pity, a threat to my validity and I spotted self-importance. I decided to speak up for myself - I don't have to be a doormat. I went to my supervisor and expressed myself that I would like to do this course as I do the manager's work for him when his secretary is out. My supervisor went to the manager and told him my story and came back and said, "You're going on the course." I endorsed myself.

Before Recovery I would have felt too weak to speak up for myself but I would have gone for days with aggressive temper and judgements going against the manager and the girl being sent on the course.

Maree (*Rathgar*)

This example happened recently when I was going on holidays. We were all on the plane, ready for take-off, when we were asked to get off again and subsequently told that there would be a ten hour delay before take-off. I began to get worked up.

My racing thoughts were, "What are we going to do for ten hours. We'll be stuck in this airport when we should be on the beach. I'm already tense about flying, what will I be like after hanging around here for ten hours." My physical symptoms were tension, churning stomach and lowered feelings.

I thought of Recovery and began to spot. I spotted that the delay was outer environment and I had no control over it. I spotted that while it was poor average it was still only a triviality. I anticipated in joy that I would still have a wonderful holiday. I could bear the disappointment and the discomfort of the delay. My husband and I decided to go and visit my mother who lives near the airport. We did this and even took a little catnap. I endorsed myself throughout the day.

Before Recovery I would have been in a right state. I would have complained all day to anyone who would listen. I would have told off the airport staff. My symptoms would have been a lot worse. I would have had panicky feelings and the long delay would have just given me more time to process my fear temper about flying, so that when the time came for take-off I would have needed medication in order to get on the plane. This time I was very relaxed and I had a brilliant holiday.

Stella (*Clondalkin*)

News from Around the Country

On November 22nd 2000, Al, Group Leader from Kilnacrott, organised a Recovery Booth for a Community Mental Health day at Cavan General Hospital. May (Rathgar) delivered the literature. Members Eva, Mary, Mairead and James participated. The professionals including Dr. Kelly and Dr. Russell (psychiatrists) showed keen interest in Recovery. Many potential Recovery members were also in evidence.

The "Recovery Reporter" for March/April 2001 to have an International Dimension

The editorial staff of the "Recovery Reporter" will dedicate the above issue totally to stories, examples, jokes, photographs and memorabilia from Ireland, Puerto Rico, Wales, Israel & Canada. There will be an "Ireland" section within this edition. If you have anything Recovery-related and specifically Irish, please forward it to Barry Toomey, 1 The Grange, Kill Avenue, Blackrock, Co Dublin: Telephone (01) 2892781 or you can e-mail Barry at barry@bariant.com



RECOVERY

JULY 2001

INC.

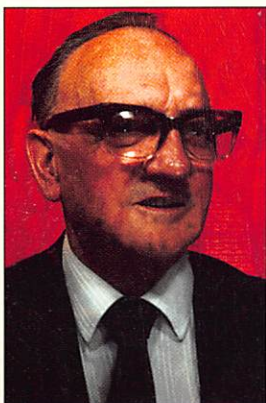
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LOOKING BACK OVER 30 YEARS! Today we salute some of the people who made things happen

Recovery Ireland is now 30yrs old. On Friday 26th March 1971 the first Recovery meeting took place at 9 Melrose Avenue, Fairview, Dublin. The leader was Gerry Burgess. Gerry acted as midwife at the arrival of Recovery in Ireland. Gerry's story appears in this edition of the Area newsletter. It is an inspiring story of one man's continuing struggle against "the tyranny of symptoms and the terror of suggestion", as Dr Low would put it.

I first met Gerry about 25 years ago. As was his wont, he advised me to attend Recovery meetings to help me with difficulties I was having at that time. I followed his advice and I have never looked back. Gerry came across as a man of great compassion, sensitivity and a very good listener. Later I came to experience Gerry as a man with great insight into Dr Low's wisdom.



Gerry Burgess

Gerry's formal education ended at primary level. In his early teens he entered the "University of Life". He soon experienced nervous symptoms and this drove him to knock on many doors in his quest for an answer to his problems. By 1971 Gerry had consulted 20 professionals. When he found out about Recovery he reckoned that he had hit the jackpot.

Members say to me "the language in Dr Low's books is too sophisticated for ordinary people"-well Gerry cracked the code. He absorbed Dr Low's writings and "in cultivating the will to get well" he developed an almost encyclopaedic knowledge of the Recovery philosophy. He used these insights to get well. The payoff for Gerry was that he regained good mental health. The payoff for the rest of us was that Recovery came to Ireland.

Gerry provided the spark, but two other people, Noreen McCabe and Betty Whelan kept the fire of Recovery Ireland burning brightly. Both became Area Leaders and brought unique gifts to this post. They both gave unstinting service to Recovery and left their stamp on the organisation here. Noreen brought structure, cohesion and order at a time when consolidation was required. Betty used her media expertise to good effect. During her watch as Area Leader, Recovery experienced an unprecedented level of national media exposure. This culminated in the production of the award winning tele-documentary about Recovery called "Staying in

Control", which was shown on prime time national television.

Ordinary members can learn from "Gerry's Story". One of Gerry's key strengths was his knowledge of Dr Low's writings. At the moment, we are setting up a book store here in Ireland where members can obtain copies of two of Dr Low's works: "Selections From Dr Low's Works" (retailing at £1R10) and "Manage Your Anger Manage Your Fears - A Psychiatrist speaks" (retailing at £1R17) This is an opportunity for members to become more familiar with Dr Low's writings. The payoff for everyone will be a greater level of self-awareness leading to better mental health.

If you want to buy a copy of either title contact your group leader and he/she will be able to arrange for you to get one.

Dermod Grennan
(Area Leader)



Dermod Grennan being introduced to President Mary McAleese (centre) and husband Dr. Martin McAleese, 28th February 2001 at Aras an Uachtaráin

Recovery goes to Aras

On Wednesday the 28th of February four group leaders, Dermod Grennan, Joe Strain, May McCallig and Rose Parsons were invited to visit Aras An Uachtarain to meet President Mary McAleese. We were part of a group of 200 people, all of whom are involved in voluntary organisations of some sort or other throughout the country.

Each group was formally introduced to the President and her husband Dr. Martin McAleese. While this was taking place some of the staff used our cameras to take photos of us with our honoured hosts. While having light refreshments we met volunteers from North, South, East and West of the country. President McAleese, in a short welcoming speech remarked that even though there had been heavy snow overnight the majority of guests had turned up, as was typical of the voluntary worker. They can be depended upon to do what is often a thankless job. She knows that we don't look for thanks, but she took the opportunity of thanking each and everyone of us and the groups we represented for our efforts, week in and week out. She then mingled with the guests in her friendly and relaxed way. All too soon the President took her leave of us. We then briefly visited the lower ground floor of the residence where historical artefacts are on display.

Rose Parsons (Marino)

CHIGAGO

Our trip began with a tour to downtown Chicago to visit Recovery Headquarters. I have always wanted to go to the home of Recovery, so I could hardly contain myself. I stood in awe looking up at the huge skyscrapers. May and myself posed for photos at Dr. Low's old desk which still has his pipe and typewriter on it. I had a lovely sense of him being with us and being pleased that we were moving our muscles to travel so far. After the visit to HQ, we made our way down Michigan Avenue and visited sights of significance to Recovery. This included lunch at the Berghoff, which was Dr. Low's favourite restaurant. We were accompanied by Eric from Pennsylvania who elected to be our guide for the day.

We returned to our hotel in time for the conference to start that evening. The panels were excellent with some really good spotting. It was good to know that people get worked up over the same things on both sides of the Atlantic. In Recovery we all speak the same language. We really felt at home in the hospitality room. Every time we went into it there were familiar faces from home up on the television screen as they played the video "Hidden Lives" over and over again.

On Saturday night there was the Recovery Banquet. We enjoyed a wonderful meal and afterwards we were entertained by an impromptu stand up comic session with several Recovery members getting up to tell jokes and funny stories. A great sense of humour was in evidence, aided and abetted by Recovery President Marylyn Schicker.



May McCallig and Stella Melvin with Dr. Low's daughter Phyllis (Centre).



Left to right: Dermod Grennan, May McCallig, Rose Parsons and Joe Strain.

The Conference ended on Sunday morning, after the last panels. We said our goodbyes to all our new friends. We left the hotel to continue the rest of our trip in Chicago. We packed so much into the rest of the trip with sightseeing, shopping etc. Too many things to mention. All in all it was a wonderful trip. I am extremely grateful to Recovery for the opportunity to go to Chicago and the good mental health to enjoy it.

Stella Melvin (Clondalkin Group)

NEWS FROM THE CONFERENCE

The Communications committee are producing a new brochure for doctors to give to patients when they are being discharged from hospital. They are also working on a newcomer's package and they hope to send a draft copy of this to all group leaders this summer.

Anyone with email facility can contact Maureen Pyle at maurine@recovery-inc.com with his or her email address and she will email a quote from Dr. Low everyday. A calendar with quotes from Dr. Low is also being produced and will be available for Christmas (a good idea for a gift). Recovery now has a 70 page Website and a professional has been employed to redesign the site to improve it even more. The Recovery Website can be found at www.recovery-inc.com.

2002 will be the 65th Anniversary of Recovery and the conference will be held on the 25th May. It will be in the Westin Hotel O'Hare, Chicago. It should be a very special occasion in view of the anniversary.

Phyllis Low Berning, Dr. Low's daughter, gave a talk on the Abraham A. Low Institute. She had many positive things to say about the work going on at the Institute at this time. They are currently working with other communities to see how Dr. Low's techniques could be applied to other groups of people such as adolescents, prisoner's etc. One of these projects is called "Road to Freedom" which is a program for prisoners newly released. Ex-prisoners find it quite difficult to cope with freedom having spent time in prison. The doctor in charge of this program feels that Dr. Low's techniques for good mental health could be an invaluable help to this group in helping them to adjust.

She also told us of the Website for the institute. I visited this site myself and found it very interesting. The web address is www.lowinstitute.org.

OUT AND ABOUT WITH RECOVERY

A panel demo was held in Beaumont Hospital Psychiatric Department on Monday the 21st of May. The audience was made up of social workers. Dermod (Drumcondra), Maire (Whitehall), Maire (Marino), Rose (Marino), John (Clontarf), May (Rathgar) and Tom (Marino) participated. The audience was very good with the panel answering questions for 45 minutes after the demonstration ended.

A panel demo was also held at "Fresh Start" in Dundalk at the request of Jo Strain (Leader, Navan Group). Bernadette Boyle, Pauline Burns, Catherine Reilly (Professionals) and John Maguire of the EHB welcomed us. Rose, Maire, Jo, Tom and May demonstrated the Recovery Method to an audience of about 30 people. Keen interest was shown in the method and many asked questions. This panel led to a new member for the Navan Group.

On Wednesday 30th of May a panel demo was given to a group of patients and staff at the Tuas Nua Day Hospital, Kildare. Dermod (Drumcondra) led the panel with Caroline, Mary and Marie from Newbridge participating. The audience response was very good with much interest expressed in what Recovery had to offer.

Endorsement to all for the will to effort in taking part in these panel demonstrations. You never know whom you might be helping by your group-mindedness.

GERRY'S STORY

Reading through the first issue of our Irish Recovery Newsletter my thoughts roamed back (without fear) over thirteen years of suffering. Thirteen years of panics, doubt, fear, confusion, apprehension, tension and anxiety. A variety of symptoms with formidable strength, like nervous fatigue, palpitations, head pressure, nausea, air hunger, inner trembling, racing thoughts, hot and cold sweats, dizziness, and very strong feelings of unreality. All of which in the early stages of suffering led to the fear of physical collapse and at a later stage of the fear of mental collapse and to the fear of the permanent handicap. Eventually fear took over my life completely and I lost all interest in life, all feeling for my wife, my children, my home and my job.

During all of this I had five breakdowns. I had to be hospitalised each time with medication and a total of 29 shock treatments. I attended 14 professionals in the medical field and five priests looking for help and relief. In all fairness to these people I would like to say that I did not know how to co-operate with the help they were trying to give me, as I had little control over my thoughts and muscles where my illness was concerned.

When I "discovered" Recovery, I began to study the writings of Dr. Low. More importantly, I began to practice what I learned, my mind began to open and I began to look at myself and my illness objectively for the first time.

What did Recovery and Dr. Low's self-help aftercare method do for me? Well, first of all it made me realise that a good deal of my cure had to come from within myself, in co-operation with any professional help that I needed. It also made me realise that I had to become a leader over my thoughts and muscles and that constant practice of the method would show me how to attain this. It also showed me how to stop attaching danger to my thoughts and symptoms, how to stop reacting to trivialities as though they were dire emergencies, how to rebuild my nerve resistance and strengthen my immunity to suggestibility, how to

function despite the symptoms and how to reverse the habits of a lifetime, especially the habit of fear which had become an addiction with me.

Putting it all in a capsule, Recovery has helped me to regain and maintain my mental health. How to live and strive for peace within myself and also with those whom I come into contact with in my daily life. After about two years in Recovery I lost the fear of physical collapse and about one year later I lost the twin fears of mental collapse and the permanent handicap.

In closing I would like to pay tribute to my wife Mary, who stood by me and helped me through those years of suffering. I would also like to say "Thank God for Dr. Low and the Recovery Method" and last but not least to pay tribute to Nancy and all those involved in producing our Irish Recovery Newsletter and all the people who are dedicated to Recovery and the Method. We all have good reason to endorse ourselves and to feel proud of our achievements. My last words are those of Dr. Low's "Keep it simple".

The Late Gerry Burgess (Founder of Recovery Ireland)
Gerry died in 1994 and had written this article for the original Recovery Newsletter



Eileen Jones (Gerry's former assistant reading MHTWT at Gerry's grave).

JULIA'S STORY

Throughout my teenage years and my twenties I was a carefree normal young person. From 1983 to 1987 circumstances took a toll on my mental health. I was made redundant three times. My father died eight months after my marriage and my mother died one year later. In March 1987, on my mother's first anniversary my first daughter was born. I was thrilled with her but I hadn't noticed what was really happening to me.

By 1988, I realised life within my mind was not normal. I was engulfed in miserable compulsive demands from my brain to my muscles to do things I really did not want to do. I could not do anything in my home without being positive that every thing was germ free. Each chore had to be done over and over again to be sure it was perfect (perfection being a trait of depression/occupational compulsive disorder) A simple task like having a shower became a painful, laborious, long drawn out task. Changing a nappy was an ordeal, hoovering, dusting, baking, tidying was so time consuming and tedious.

Going out socially was a nightmare. It involved sitting on "strange seats" in pubs or cinemas and touching things I might not consider "germ free". Public toilets were a NO NO. I just did not use them. My imagination was constantly on fire. I was constantly on guard at home or outside. It was very tiring and frustrating.

I visited my Parish Priest thinking I was possessed. He was very sympathetic and told me about Recovery. Soon after this I went to my GP thinking I could get a quick remedy. He also was very understanding and to this day has stood by me and not made me feel hopeless with any of my problems.

I attended my first Recovery meeting in June 1990. I was very scared. I was sure I was the only person in the world who could have this weird problem. June Rafferty (Group Leader) and Ann Grant (Assistant Leader) could not have done a better job in reassuring me right from day one. I had made my first step towards recovery. I realised I could do something about this illness. I had a choice. If I had the will power, Recovery could train me to use the method and live again. It took me about six weeks to grasp the method. But it took only that first meeting to convince me that this was a positive, common sense method and above all, this was for me.

In Recovery I have learned that I do not have to fear public places. I realised that I am not afraid of people, places or things, just my own inner sensations. I do not have to be afraid of germs (courage and confidence comes from doing the things we fear and hate to do such as touching things I considered not clean). I can have the will to bear discomfort and I will gain comfort. I learned to lower my standards, I don't have to have the perfect home 24 hours a day. These are just a few of the key phrases or spotting which opened the "locks" of the chains I had imprisoned myself in.

Before Recovery I didn't live. I had to hide my miserable fears from the outside world. Now with Recovery I am conquering my fears with pride and success. I have met wonderful people in Recovery, especially our two dedicated leaders June and Anne. The meetings are both therapy and a social outing for me. Had I not taken that first step in 1990, I would have undoubtedly gone down the slippery slope to being a recluse instead of the positive road of Recovery and good mental health.

Julia (Bray Group)

EXAMPLES OF RECOVERY

Travelling on buses is one of my big links and as I drive a car I can avoid going on the bus. However, my children had been asking for some time now to go on a bus, so I made a decision to practice my recovery training and do the thing I fear and hate to do.

As the time came to go on the bus I noticed I was worked up. My racing thoughts were "what if I have a panic attack on the bus and if I have symptoms in the shopping centre I won't be able to run back to the car". I also realised I did not have my son's buggy with me and this led to the racing thought that "I won't have this to hold on to". My symptoms were sweaty palms, palpitations, and tension.

Then I began to spot. I spotted that I did not fear the bus or even the shopping centre, but the symptoms that I get in these places. I spotted that the symptoms were distressing but not dangerous. I also spotted that we do things to get well, not get well to do things. I looked around me on the bus and told myself that if other average people could do this, so could I. My children were delighted to be on the bus and I felt pleased that I had been group-minded. I endorsed myself and went on to have a lovely day in the shopping centre and got the bus back home as well.

Before Recovery I might not have gone, or if I had I would probably have gone into the supermarket and grabbed a trolley just to have something to hold on to. I would have rushed into

the shops I needed to go to and bought what I went for and rushed back out again. I would have been too uncomfortable to browse and the symptoms would have been much worse. I would have got a taxi home. The symptoms that brought me to Recovery were panic attacks and lowered feelings.

Jenny (Clondalkin Group)



FRESH START IN DUNDALK
Tom, Rose, Maire, Joe (Recovery members), with professionals Bernadette Boyle, Pauline Burns and Catherine Reilly.

One Saturday afternoon I drove to Drumcondra to buy some "stick on numbers" and also some groceries. When I arrived I discovered I did not have my purse with me. I decide to go back, get my purse and do my shopping in the local shops and also pick up some photos I had left in for developing. When I got there I realised that I did not have the ticket for the photos. I began to work myself up.

My physical symptoms were lowered feelings, general tension and chest pressure. My racing thoughts were "What's wrong with me? The ticket was in my purse, I have no idea where I left it. Why can't I leave things where I put them? What will I do now? Will I go back?"

I spotted I had a choice to work myself up or not. There was nothing wrong with me; I simply made an average mistake. I took the secure thought that because the film was left in a dry cleaners, they would not have a lot of photos to look through in order to find mine. It wasn't worth working myself up over. I decided to continue my errands and that I would stop blaming myself. I endorsed myself and felt comfortable.

Before Recovery, I would go on and on blaming myself. I would attach danger of forgetfulness and indulge in a lot of self-diagnosing. I would become preoccupied, fatigued, discouraged and making predictions that I would end up in a Mental Institution.

May (Rathgar Group)

Many thanks to all who contributed to this newsletter. If you sent in an item and it was not printed, this was due to lack of space. However, we are very grateful to you for your efforts and promise that they will appear in a later edition. If you haven't sent anything in and you would like to, the address is:

P.O. Box 2210, Dublin 13.

**Or you can e-mail us at: -
smelvin@gofree.indigo.ie or
dermod1@ireland.com**

Thanks again, Stella (Editor).



RECOVERY INC.

A Community Mental Health Organisation that offers a self-help method of will training

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A New Vista in Mental Health

Opportunity Knocks for Old Recovery Inc. We are currently seeing positive, indeed exciting changes, in the mental health scene. The wheel has turned full circle; the wellness model has made a comeback. The idea that individuals may help themselves, take responsibility and live full, well adjusted lives in the face of significant mental health issues has taken root. In the UK, USA and Ireland government policies on mental health have begun to reflect this ethos. The Irish government policy document "Vision for Change" mirrors this approach.

At this time, Recovery Inc. has nine variants of the traditional community based meeting in operation. These take place at various locations in the USA. The main stream programme is being adapted for people in closed communities such as prisons, schools and rehabilitation centres. Dr Low's writings form the cornerstone of these programmes. New models will evolve tailored to suit these new settings.

Opportunities are appearing on the Irish scene to deliver Recovery in a new non-traditional context. It is in our plans to develop a Recovery model that will address this need. Eileen (Blanchardstown) is working at the moment on a model which will deliver Recovery in a prison setting.

Another refinement of the traditional meeting format is the telephone meeting. Already four such meetings are running in the USA and here in Ireland we have already piloted our own one. The official launch of this first telephone meeting is imminent with John Barry (Clontarf) at the helm. This format will provide an opportunity for people, who for various reasons such as geography, infirmity or age, cannot attend the traditional meetings to sample Dr Low's method.

2006 has been a good year for Recovery Inc. in Ireland. The number of groups increased with the opening of a new group in Lucan and one in Newry. With the opening this year of a second meeting in Blanchardstown, we now have a total thirty groups in Ireland. Ellen Browne has joined us as Area Co-Ordinator-Ireland. Ellen, a mental health professional, is adding an extra gear to our efforts to lift the profile of Recovery Inc. within the mental health community.

2006 was Triennial International Leader Training Conference year. The agenda was a varied one. Recovery members got a glimpse of happenings in the wider mental health community through our two keynote speakers.

Internally the burning issue for Recovery Inc. just now is ...*how do we attract more volunteer group leaders?* The central fact is that Dr Low's method is delivered in the main through a network of weekly meetings led by trained leaders. It's a case of no leader-no meeting. The message is - average people can set up and lead Recovery meetings. Leading a group helps secure the future of Recovery. Those among us who are group leaders will attest - *to lead is to practice*. Think about the pay off - the leaders get the most out of Recovery.

Keep endorsing

Dermod Grennan
Area Leader (Ireland)



RECOVERY'S BIG DAY OUT

"Be Irish for a Day" the ad said - "an opportunity to embrace your ethnicity, your very own inner bog man or bog woman".

The bus left on time and slowly wended its way through the roads and streets of north Dublin before picking up speed as we accessed the motorway. Soon it was countryside, dormitory villages, then country again, real country this time ala Emmerdale until we arrived at our destination - Causey Farm. As we eagerly disembarked from the bus a dog barked a friendly hello. The horses observed the scene from a distance while the sheep were impassive, oblivious to the assembling visitors. I saw Joe Strain in the distance - the out of towners had arrived.

The highlight of the day from the writer's point of view was the summons to see the sheep dog work the sheep. Our instructions were 'form a human shield at the bottom of the field'. Our host whistled and the dog raced towards the next field. I counted twenty two sheep racing towards the human shield. One of the group skirted the shield and lurked behind the bus in splendid isolation.

The dog spotted the miscreant immediately, circled the bus and lo and behold it was 22 out of 22 for the sheep dog.

After lunch it was time to visit the bog. Ger and Joe were to the fore as turf cutters while Eileen and Christine were prominent bog water bathers. Back to the Block House for Bodhran lessons and practice. Our hostess demonstrated the rudiments, our host zapped the zapper. The Block House almost took off to the rumble of the Bodhran beat.

All too soon it was time to bid ...slan... to Causey Farm and to our very hospitable host and hostess and all our farmyard friends. We headed back to the big smoke. When we reached there, tired but happy, the All Ireland Hurling Final had finished. Victory to the black and amber – jubilation on Nore side, lowered feelings by the Lee. Ah well, 2007 is another year.

Many thanks to those who made things happen. To Eileen (Blanchardstown) - Director. Rosaleen (Sherrard Street) Choreographer. Christine & Liam (Rathgar) - Joint Producers. As far as Recovery Inc. outings go, this one is up there among the best of them.

Dermod Grennan (Drumcondra)

RECOVERY INTERNATIONAL LEADERS TRAINING CONFERENCE ALL HALLOWS COLLEGE. 1-2 SEPT. 2006

Fifty five Recoveryites, young, indiscriminately aged, Irish, Welsh and American assembled on Friday evening, 1st September for the Triennial International Leaders Training Conference which took place in All Hallows College, Drumcondra. Ruth Reynolds and Joan Nobiling from the U.S. conducted the panel demo taking 4 examples. The examples were followed by the latest updates on policy and procedure. The 'tools' list now contains citations with page numbers indicated. CDs and tapes of all the books are now available for people with literacy problems.

The next morning Martin Rogan, the National Care Group Manager for mental health with the Health Services Executive, opened the proceedings with his presentation on where does Recovery fit into the Mental Health Scene? He first encountered Recovery when he met John Barry, Leader of the Clontarf Group and was so impressed with the Mental Health Through Will Training programme that he has been a strong supporter of Recovery since. 90% of doctors deal with mental health issues on a daily basis but only 60% have formal training so a best practice document and online training programme has been issued to all GPs.

Dr Siobhan Barry, Clinical Director of Cluain Mhuire Family Centre, then presented "What Does the Future Hold for Recovery Self-Help?" How can Recovery, Inc. become a key player in this movement? In her own words she described Recovery 'as reaching equilibrium in your mental life.' She holds the view that Dr Low was one of the first to use cognitive behaviour tools seeking to identify correct thinking patterns and that Recovery is part of a larger social movement of empowerment and self-determination that has developed over the last two decades or so. To increase

Recovery Inc's public profile she recommended forming strategic alliances with other services and organisations. She also suggested that an advertising campaigner be brought on board with employers being approached too. She sees the biggest reducer of stigma as being a key patron, i.e. someone in public life who has been through a mental illness.

Ruth and Joan continued with the module on encouraging new leaders – what stops people in the first instance (primarily lack of confidence) and what benefits they gain when they do take on the responsibility (too many to list here!). Why people want to give up leadership was discussed and the sensitive issue of why some leaders resist giving up leadership was also raised. It was recommended that Area Leaders should visit groups regularly to ensure Leaders are competent and to help solve any problems. The current Leaders' Guide is being revised and will be available end of October.

Rosaleen (Eccles St Group)



GREETINGS FROM RUTH AND JOAN

9/22/06

To: Our Ireland Recovery 'Family'

We wish to thank each and every one of you for making us so comfortable and welcome. Being with you at meetings, during our conference training time, at meals and mutual aid was very special and rewarding. Our day in the country will long be remembered.

You are doing wonderful work for Recovery Inc. in Ireland. Please endorse.

With appreciation - Joan Nobiling & Ruth Reynolds '06

GREETINGS FROM WALES

To Dermod and all our Recovery People in Dublin.

Thanks Dermod for all your help and for looking after us during our stay in Dublin. It was a real pleasure to be with you all.

The B/B was just wonderful, a real home from home. Phil gave us a real good welcome - every thing about the place was just great. We all look forward to staying there again.

The conference was excellent; we enjoyed the speakers, all the examples and discussions afterwards. We all felt very comfortable with all our Irish Recovery Friends. Lunch was also very good. Top marks for all the good organisation.

Sunday was enjoyed by all. Rod really was the star of the show – we look forward to seeing the photos. Many thanks must go to Eileen for all her hard work too.

Regards, Jean K.

NEWSBEAT

Bill Smith, brother of Stella Melvin, Group Leader Clondalkin, passed away during late December in the run up to Christmas. We would like to extend our deepest sympathy on their sad loss, to Stella, her mother, brothers and sisters and all extended family members. RIP.

5th June 2006 - Sharon Bergin, Geraldine Maloney, Maria Manueco-Ramos and Caroline O'Kelly participated in the Dublin City Woman's Mini Marathon and raised €1,000 for Recovery. Well done.

14th July 2006 - A new Recovery group opened its doors for the first time at St Mary's Parish Centre, Lucan (Co Dublin). The group is led by Liam Porter and meets every Friday at 8pm.

22nd September 2006 - A new Recovery group opened at River House, Newry, Co Down led by Jackie Doyle. It meets every Thursday at 8pm.

2nd of February 2007 - The first new meeting of the year opened in Blanchardstown library led by May. May had been leading the relatives' project which has been discontinued. May's new meeting meets on Saturdays at 2.30pm.

21st October 2006 - The first Telephone Meeting was held in Ireland led by John (Clontarf) with Dermot (Drumcondra), Eileen and May, (Blanchardstown) Valerie (Middle Abbey St), Ger (Cork) Barry (Deansgrange) participating.

LIFTING THE BANNER WITHIN THE MENTAL HEALTH COMMUNITY - A DIARY OF EVENTS.

5th April 2006. Book Launch - 'Understanding Mental Health' by Dr Siobhan Barry was launched at Buswell's Hotel, Dublin. Recovery representatives were Dermot (Drumcondra) & Eileen (Blanchardstown).

3rd May 2006. Panel Demonstration in the Rowan Ward, Tallaght Hospital led by Dermot (Drumcondra). Severin (Rathgar), Moiré (Liffey Valley) and Annette (Clondalkin) supported.

20th June 2006. A Public Forum set up to act on mental health sponsored a lecture on this topic at UCD. Val and Emma (Abbey St) represented Recovery Inc. there.

26th June 2006. Barry (Deansgrange) gave a presentation and fielded questions at a Student Union Meeting, TCD.

7th July 2006. Meeting of the Sub Committee set up to implement "A Vision for Change"- a template for Government policy in the Mental Health sector over the coming decade. Eileen (Blanchardstown) represented Recovery Inc. at this meeting.

18th July 2006. Eileen (Blanchardstown) presented to a group of patients at St Ita's Hospital, Portrane.

28th August 2006. Panel Demonstration of Recovery techniques, Newry, Co Down. Eileen (Blanchardstown) led while Fran (Clondalkin) Liam (Lucan), Jackie and Joe (Dundalk) participated.

22nd September 2006. Console Conference: theme- "Living with Suicide" Liam (Lucan) represented Recovery Inc.

20th October 2006. Eileen (Blanchardstown), Eamonn (Rathgar) presented "Recovery" and "Power to Change" to John Lonergan, Governor of Mountjoy Jail.

21st October 2006. "Healing Depression Without Drugs Or Electric Shock" conference - Burlington Hotel, Dublin. Ellen Browne and Barry (Deansgrange) represented Recovery Inc.

26th October. A Panel Demo took place at the Diamond Centre, Monaghan to an audience comprising of Mental Health professionals and consumers. Ellen Browne Co-ordinated, while May (Rathgar) led the panel. Paul and Rachel (Drumcondra) and Declan (Abbey St) participated.

1st December 2006. National Disability Forum -Conference Dublin Airport Hotel: Liam Porter (Lucan) represented Recovery Inc.

5th December 2006. Presentation of Recovery Inc. to an audience comprising professionals and potential users at the Grand Hotel Wicklow by Anne and Julie (Bray). Wicklow M.H.A. sponsored.



MEET ELLEN BROWNE

We welcome Ellen who joined Recovery as Area Co-ordinator in July 2006. Her overall role is to help lift the profile of Recovery here in Ireland, both North and South.

Under this umbrella her tasks are multi faceted. She supports leaders in the task of recruiting new members to their groups. Her ambition is to touch base with every group because she believes that this will give her a perspective on group locations, leaders and group members. It will also give her insight into their needs and aspirations and a sense of the geographic spread. Based at the Recovery Office at Bridge House in Cherry Orchard Hospital she radiates the supply of marketing and promotional material to all comers. She believes that if she was asked to participate in the TV quiz show Master Mind her specialist subject would be - *ENVELOPE LICKING*.

Ellen has a talent for verbal communication. She is also a Psychotherapist by profession. This enables her to engage with professionals in the mental health community on a peer to peer basis. She has been busy getting out the word about Recovery and to this end she has represented Recovery at various mental health events since joining us. Ellen has always worked in mental health care. She considers that her family background - she was the eldest of nine - influenced this. She believes strongly in role of self-help. Recovery attracted her because it offers a four step programme that was developed by a mental health professional and is delivered in a group setting. She had been on the mailing list of the Area Newsletter for five years. A regular reader, she saw the ad. for Area Co-ordinator, applied for the job and was successful.

Ellen's career has spanned many frontiers. She taught pottery, she also worked as psychotherapist/assessor and as lecturer/trainer with mental health consumers and professionals. She has played a key role on many pilot projects, such as Neart - a user's advocacy group- and SIS (The Stay in School Programme). She is a member

of the Boston Threshold Group Psycho Therapy Association and presents their stress management programme in a group environment.

The comment that Ellen is least likely to make is "I'm bored". What she is most likely to say is "I'm busy". When she started working with Recovery her remit was 20 hours per week. Subsequently her hours were extended to 28 hours per week so it's "never a dull moment" as far as Ellen is concerned. Recovery offers a new challenge and has pride of place in her affections just now.

EXAMPLE OF RECOVERY

I had to go to the shopping centre for groceries and to the bank and I noticed I was worked up.

The symptoms were tenseness, churning of the stomach, anxiety and racing thoughts.....I can't go, I don't feel well enough, I might get a panic attack.....I won't be able to handle the traffic.....then I spotted.

The symptoms are distressing but not dangerous. Courage and confidence comes from doing the things I fear and I hate to do the most. The more discomfort I bear, the more comfort I gain in the long run. I changed my insecure thoughts to secure thoughts, saying I am capable of driving the car to the shopping centre.....I can use the humble muscle.

My symptoms eased and I went to the shopping centre. Before my Recovery training I would have got my husband to bring me and complained about my symptoms.

I'm going to Recovery for 11 months now. I can go to the shops now without symptoms and my life has become so much better in all areas. What brought me to Recovery was depression, panic attacks and anxiety.....Recovery works.

Francis (Blanchardstown)

Rachel's Story

About four years ago, I started to feel very down and continually tired. After trying all kinds of things like vitamins, giving up bread etc., I eventually went to my G.P. and was diagnosed with depression. I was put on medication and I gradually felt better but I also wanted to do something to help myself.

I went looking for self help groups, finally finding Recovery. It was a relief to find in Recovery a method of will-training that I could do myself.

At first it did seem a bit strange, especially the recovery lingo. But right from the first meeting there was always something that someone said that I could identify with. And it's not just the Recovery technique that is helpful. The friendships and the helpfulness of the other participants means I leave in a better mood than I entered. So a big thanks to the members and Dr.Low.

Rachel Keirse.

RECOVERY WEEKLY MEETING SCHEDULE

FEBRUARY 2007



DUBLIN (Incl. Bray)

Lr. Abbey Street - Dublin Central Mission, (Next to Veritas)

Wed @ 7pm (Recommended for 17 - 35 Year olds)

Beaumont - Beaumont Parish Centre Montrose Park - Sat. 3pm

Blanchardstown - St Bridget's Comm. Centre, Main St.

Fri. 8pm

Blanchardstown - Room 1, Library, Civic Centre, (Opp. Blue Entrance- Blanch. T. C.) Sat. 2.30pm

Bray - Holy Redeemer Parish Centre, Herbert Road: Wed. 8pm

Clondalkin - Health Centre, Boot Road: Mon. 8pm.

Clontarf - Methodist Church, St Lawrence's Rd., Wed. 8pm

Deans Grange - Resource Centre, Kill O the Grange, Tues. 8pm

Drumcondra - Dominican College, Griffith Avenue, Fri. 8pm

Eccles Street - 63 Eccles Street (Knock at 62) Mon. 8pm

Killester - St Bridget's N. S. Howth Road, Tues. 7.30 pm

Liffey Valley Quarryvale Community Centre, Greenfort Gardens
Wed. 8pm

Lucan - St Mary's Parish Centre, Lucan Village. Fri. 8pm

Marino - Ardscoil Ris, Griffith Avenue, Wed 8pm

Rathgar - Parish Centre, 52 Grosvenor Road: {Mon, Tues,
Thurs (ALL @ 8pm)

Swords - B A S E, St Cronan's Sch. Brackenstown Thurs.
8.30pm

Tallaght - Glenview Lodge, Glenview Park, off Tallaght Rd.
Mon. 8pm

OUTSIDE DUBLIN

Ballyjamesduff (Co Cavan) - Kilnacrott Abbey, Wed. 8pm

Cork - Capuchin Friary, Father Matthew Quay, Wed. 7.45 pm

Casteltownbere, (Co Cork) Mental Health Res. Centre, Bank
Place Wed 8pm

Letterkenny - Church of the Irish Martyrs, Ballyraine. Wed.
8.30pm

Enniskillen - Westbridge House, Ann Street, Mon., 8pm

Longford - St Mel's Family Centre, Mon., 8.30pm

Navan - Old Infirmary, Dalgan Park, Thursday 8pm

Newbridge (Co Kildare) Dominican College, Tuesdays 8pm

Newry - River House, 41 The Mall Thursday 8pm

Westport - Parish Centre, James Street, Thurs. 8pm

Wexford - Clonard Community Centre, Mon. 8pm

EDITOR'S NOTE:

If your article was not included in this issue I will include it in the next. Please send any articles, examples, stories, newsworthy items either by post to myself:

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