

A random amble through the life and rhymes of

Pete the catholic, dyslexic, bi polar unemployed pommie man.

An exposition at the Real Tart gallery, New Plymouth, for the month of October.

These are just some of the labels that others have attached to me on my journey through life. They shaped and moulded me in to a person that was not me; a person that hid from society in shame and in fear. In guilt and in pain. But I would dwell in that pain, often barely alive, because I knew the answers I needed to get back my truth where hidden deep in the fog of my subconscious. I stopped running from the demons that had been chasing me all my life, to be honest I had nowhere left to run. Once I came face to face with my pursuers I could tame these demons and they transformed into my faithful guide dogs that led me blindly on my journey home to meet the boy of my youth, still lost and shy but this time we could learn to live in love not fear. We see every day now as an exciting challenge to learn and grow. We can learn the truth about what amazing beings we all are.

I choose now new labels; Father, Surfer, Artist, Poet, Hunter and Free Spirit. The only external evidence of my transformation is a light in my eye, a spring in my step and a smile on my face.

I am still challenged daily living my truth, walking unfamiliar ground. My broken heart and mind keep trying to relive the past, should pain return or confusion of mind, I know I have stepped from my path once again; my guides soon lead me back. My heart and mind are healing.

I moved to New Plymouth in a desperate hope that I might be able to build a life from nothing. Here I was told people are supportive of the arts and individuality. I have definitely found this to be the case. I am surrounded by beautiful people who reflect Aroha back at me and catch me should I falter. I am growing ever more steadfast in my new found truth as I learn to love and honour myself and my journey.

Aroha nui,

Pete

like minds
hau rite o
TARANAKI
PHONE: 7590966 (LIKE MINDS)
OR
7695717 (REAL TART)

REALARTS

Wednesdays 10-3.30pm

@ Real TART Gallery

FACILITATED BY:
KORRENA KIDD

PROMOTING MENTAL HEALTH THROUGH CREATIVITY

The Real Tart Gallery is kindly supported by Peter and Rosemary Tennent and family, The Devon Hotel, Marbles Buffet, Yarrows the Bakers, TSB Community Trust
All catering provided by the Devon Hotel

**For people with experience of mental illness—
and/or other disabilities**

With Korrena, Stacey and Karen

Gold coin donation for coffee and small charge for materials...

Sponsored by: like minds
hau rite o
TARANAKI

Contact Gordon, 06-759-0966

Tall Poppies

Tall poppy, small town, narrow mind.
It's tough living with ignorance you will find.

They wish to hack away at your roots,
As you have bare feet and they their boots.

Intent on cutting you down,
To dislodge your imagined crown.

You may choose to walk away,
Fight to love another day.

Better to rise above and move beyond,
Unleash the power of your magic wand.

And their judging to forgive,
And change the world in which you live

Where body heals and spirit frees,
And all you know are tall poppies.



Therapy in Turning the Page

My memory of how long I endured this phase of my life is fuzzy. Depression does that. Days run into each other without anything changing. Each day my time was wasted as I let myself become ensnared in the trap of depression. I had been captured before but never to these depths of hopelessness.

My strategy to cope was isolation, I only ventured past the letter box when necessary.

My anxiety would be heightened when people visited, on this occasion it was my brother. He was acutely aware of my low mood and the time I wasted watching senseless TV. He suggested that I check out the library as a book would have to be more beneficial.

I meditated on the idea and headed down to the library. The paranoia kicked in and my anxiety grew. I truly believed people were aware I had issues. I found two books and headed home.

I began reading that very afternoon. Although I had difficulty processing the content at first, as I read on, things started to change. Instead of a mind full of my own thoughts I was able to meditate upon the story.

The more I read the more I enjoyed. My mind was being filled with new pictures and I became encapsulated and immersed in the adventure that was penned within those pages. Almost immediately I became a ravenous reader, I would read in bed at night until almost asleep.

Next morning I would awake with intrigue and continue on reading. This pattern of reading books

began to take up most of my time, and I had plenty believe me.

I was able to let go of the negative non-stimulating thoughts that had set up permanent camp in my head. My thoughts were now afresh and as I read, I believe my brain clicked back into gear and things started moving forward after such a long time stuck in neutral.



This was the beginning of a new journey. I continued to frequent the local library over the next few months and I would latch on to an author then read all their series of books. I can say that this was when I literally turned the page in my book of wellness and life.

The steps throughout my recovery from depression were not always easy to find or follow and the processes I encountered are unique. But piece by piece I was able to regain ownership of my life from that lonely time over a decade ago.

I have re-established meaningful relationships, which in turn has led to permanent employment as a mental health peer support worker. I am able to draw upon lived experiences to help others through their individual journeys.

My journey and the challenges of life continue. But I would not be the person I have become today if I had not endured the fight against my biggest oppressor, mental illness.

Kevin Brown

Coming Soon on Access Radio...

9.30am,

During October:

6th: Suicide prevention

13th: Repeat of above.

20th: Self Stigma

27th: Repeat of above



Mental Wellness Groups

Like Minds Taranaki hosts regular support and discussion groups, where you can share your stories and experiences with others who are also on the journey to recovery. Enjoy a friendly, relaxed atmosphere and speak with complete confidentiality.

You can also benefit from writing and arts groups that allow you to tap into your creative side.

**NEW PLYMOUTH
GROUP TIMES AND LOCATIONS
Contact Like Minds 06-759-0966**

Discussion Group:

2nd & 4th Wednesday each month

10.30 am—12 pm

Taranaki Disability Information
Center

Creative Writing Group:

3rd Thursday each month

2—3 pm

Like Minds Office
3rd Floor New Stirling Sports Bldg.
Devon Street West

Post Natal Support Group:

Alternate Wednesdays

10 am

New Plymouth Women's Centre
32 Leach Street

Thought for the Issue:

Sometimes I feel the whole world is against me. But deep down I know that's not true. Some smaller countries are neutral.
Anon.

Brand vs Generic

Trust is the magic ingredient in the relationship between psychiatrist and service user. If you are able to trust that you are being given the best advice, and the best medication for your condition, you are more likely to follow their recommendations.

Trust in the medications you are prescribed is also very important. In the case of psychiatric medications, you are taking a drug that has an effect on the chemical reactions taking place in your brain.

Something as small as a pill has the power to regulate the functions of that most complex of "computers." This is a marvel of modern science that has improved the quality of life for myself and many others.

Pharmaceutical companies that manufacture these medications, must go through a process to earn trust in their products. When a new medicine is created, it must go through a rigorous testing process to ensure its safety and effectiveness. Any possible side effects are well documented before the drug is approved for mainstream use.

This initial process of drug formulation and testing is expensive. Because of this, when a drug company produces a new medication they are able to patent it—they alone have the rights to the product for a period of up to twenty years, and this monopoly helps them to recover the costs of its development.

After the patent on a brand name medication has expired, its active chemical ingredient becomes available for use by other pharmaceutical companies.

Because these outside companies have spent less on the development and production of their version of the medication, they are able to pass these often substantial savings onwards to the end consumer—the final price doesn't have to be as high for them to make a profit.

These new versions of brand name medicines are called 'generic.' Generic drugs go through their own testing process to ensure that they work - and can be trusted - in the same way as the brand name product, being identical in:

- Dosage and strength (within certain tolerances)
- How it is taken
- Safety
- Efficacy
- Intended use

While the core chemical compound of a generic product is the same as that found in the original version, due to trademark protection a generic drug must look different from its brand equivalent. Other aspects of the medication can also differ.

There is more to a pill than its active ingredient. Something weighing 25 milligrams alone, for example, would be difficult to see let alone take.

Other substances must be added to the active ingredient in order to make it usable. These additional

substances include colouring agents, and inactive ingredients commonly known as fillers.

Generic medications use a different formulation than brand name ones. As well as different dyes to make it a different colour, a generic medication may also contain different—possibly more—fillers to make up the rest of the pill.

This is something to be aware of; although the majority of consumers may not notice any difference from the brand name equivalents, some may experience new side effects after switching to generics.

There is a small chance that the new inactive ingredients in a generic medication, be they dyes or any of the fillers it contains, may trigger allergies that were not present when taking the original product.

Due to the difference in formulation, for some people the generic medication may not perform as well as the original. This could be due to an interaction between its ingredients, or because the new pill dissolves at a different rate.

For most consumers, the same trust can be placed in generic medications as brand name products.

It is still prudent to watch for any side effects or symptoms for a while after making the change, and inform your health professional if you notice any difference.

Tony Spencer

*"Korero Mai" is edited by Gordon Hudson, "What's On" by Stephanie Mapley and "Whakaaro Pai" by Tony Spencer—all from Like Minds Taranaki. Your news and views are eagerly sought. Like Minds Taranaki, P O Box 5015, New Plymouth, 3rd Floor, BNZ building, Devon Street West, NP, ph 06-759-0966 mental.health@xtra.co.nz, www.likemindstaranaki.org.nz
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