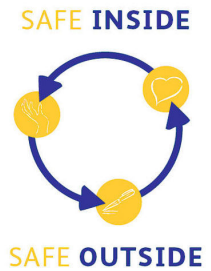


RECOVERY

ISSUE 3 AUGUST 2011



**'Think about tomorrow
and intend that it will
be wonderful'**



SISO Update

From our humble beginnings and our launch of our toolkit we, as a team, have gone from strength to strength despite many hurdles.

We have recently finished delivering workshops on how to get the most out of our toolkit as service users and indeed as support workers, to Advance Housing and Support.

Our next stage will be to deliver the workshops to Advance Employment and maybe the LCC.

Our latest endeavor has been to team up with victim support for vulnerable witnesses and deliver a workshop at the recently staged hate crime conference at the Leicester De Montfort University.

Hate Crime

Hate crime is a particularly offensive and virulent form of crime.

Assaulting or abusing someone because of their race, religion, colour, sexual orientation, eccentricity etc. Hate crime needs to be opposed and the public needs to be educated in order to prevent it from ever happening.

In my own experience, my best friend Graham in Stoneleigh, Surrey took off his shirt and went bare-chested in a local park one hot day.

He was immediately surrounded by a gang of youths who abused him and started to call him a paedophile. Afterwards the rumour that Graham was a paedophile spread throughout the Stoneleigh area.

When he passed a local pub he suffered verbal abuse from some of the customers there. When he went to see his Mother at an Old People's Home, young children would throw stones at him. Youths also smashed the windows in his house and the police had to install a CCTV camera.

Finally, his house was raided by youths who spat at him and verbally abused him.

Continued on next page

Cont from Front Page....

Graham died of a heart attack at the early age of 53. The abuse he suffered could have contributed to his heart condition.

I also know a transsexual lady called Frances in Leicester. People are spiteful towards her and say things like 'She is not a she, she is a man' Frances finds life very difficult and often suffers from abuse.

Another man I knew, Norman, was an openly gay man. I met him on a bus in Leicester and he was depressed because he had been beaten up by Youths in the Town Centre, solely because of his sexual orientation.

'Have a smile on your face, but take life seriously'



Today, also, we are seeing the phenomenon of organized racist groups who are openly anti-Muslim and stage demonstrations in various towns to spread their vindictive doctrines.

During such demonstrations, acts of vandalism are carried out in the Town Centres. This is a deplorable situation.

As I said earlier, the general public need education to combat hate crime. They need to know of the suffering endured by people like my best friend Graham, transsexual lady Frances and the gay man Norman.

If people can just put themselves in other people's shoes and realize, through first-hand knowledge, the full effect of hate crime on some of their neighbours and even on their friends and acquaintances, then such education can help towards eventually stamping out this particularly obnoxious form of crime altogether.

Stuart. M. Snowden

'Perfect love casts out fear'

'As a man thinketh in his heart, so he is'

Cont from Front Page....

The conference was opened with poetry recitals from my esteemed colleagues and friends Teresa Chambers and Stuart Snowden both acclaimed writers of poetry and creative writing.

They received a really warm welcome and a round of applause for their recitals as the poetry was straight from the heart, drawing on painful experiences that they have experienced in their communities and surroundings in the past.

**'Don't be afraid of the space between your dreams
and reality....**

If you can dream, you can make it so'

Through feed back from the workshop it was stated that we as a team, and through our "experts by experience" perspective brought insight into living with mental health issues and the impact of anti-social behavior and hate crime, intimidation, threats and violence have on individuals who are not seen as "normal" and have a little something that is different. I like to think of them, us, as special.

We all have our idiosyncrasies and if we were all scrutinized, as some members of our society, I'm sure we all would become a little more tolerant to each others differences.

Children of the Stars

**Every atom in our body has passed through at
least one star system.**

The atoms have been cooked in stellar furnaces,

The nitrogen in our D.N.A

The calcium in our Teeth

The iron in our blood

The carbon in our Apple Pies

Were made in star systems

**We are, indeed, star stuff, made in the interiors of
collapsing stars.**

We are a star's way of knowing about itself.

Jenny Truch- Scientist.

Article by: Kristian Russel



**EP Launch Event & Prize
Presentation- World Mental
Health Day 10.10.2011**

THE Y, East Street, Leicester

10 October 2011

8pm £10/£5

Full details

www.refugemusic.co.uk/competition

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Breathing Into Calmness.

If you regularly experience any anxiety in your life, this simple process can greatly help to ease it.

1. Take a deep breath in through your nostrils, do this gently, do not raise your shoulders or puff out your chest..
2. Hold breath for a moment. Imagine the oxygen travelling into the extremities of your body.....hands, feet and skull.
3. Slowly breathe out through your lips.
4. As you breathe out, feel any tension melting out of your body into the floor.

WWW.S-I-S-O.ORG.UK

The Conference

A fine occasion

To exchange information,

To fight the oppression

Of hate crime.

A fine occasion

To make a difference,

To limit the occurrence

Of hate crime.

A fine occasion

For people of goodwill

To help them fulfil

Their good intentions

By: Stuart. M. Snowden

Initially, three deep breaths of this kind will calm you quickly, then you can continue for as long as you feel comfortable....you may even find you like to make it a habit!

If you practice for only 5 minutes a couple of times a day you will find great benefit in regularly feeling more calm and peaceful.

Lindsey Shaw.

