

May 2021

THE BOTHY BLETHER

The Official Newsletter of Jean's Bothy

Jean's Bothy aims to improve the local community's well-being by providing a safe space both online and in person at the cottage in East King Street. We are open to anyone living in Helensburgh & Lomond over age 16. You do not need to have a mental health diagnosis to benefit from what we have on offer. A variety of workshops, activities, training, and volunteering opportunities can be found in our monthly programme. It's easy to become a member, just contact us by email (jeansbothy@enable.org.uk) /text or WhatsApp 07542226390; phone 01436 679218 or find us on Facebook/twitter and Instagram. With COVID restrictions a lot of our services are online however we will gradually return to some face-to-face support over the coming months. It's up to you how involved you get with Jean's Bothy, there really is something for everyone!



Heather's dog, Halo, sleeping!

BERNIE'S FACTOIDS

- Coca Cola was originally green.
- The strongest muscle in the body is the tongue

CONTACT US

Email: jeansbothy@enable.org.uk

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USEFUL NUMBERS

Samaritans: **116 123**

Breathing Space: **0800838587**

Trauma Counselling Line: **08088020406**

No Panic: **08449674848**

DATES TO REMEMBER

Mental Health Awareness week –

10th–16th May – this years theme
is 'connect with nature'

Scottish Mental Health Festival –

3rd–23rd May – this years theme is
'Normality'

GLENARN IN SPRINGTIME

Those petals; pink blushed, translucent from the sunshine were stunning. Wendy and myself and the children had taken a break to walk in the Glenarn Gardens, with its streams and rhododendron and magnolia blossom, its daffodils and high trees, its view out over the Gareloch.

I find it hard to understand how fortunate I am nowadays. Yesterday I was talking to a friend who has mental health problems and who was once a CPN. She finished our call saying how refreshing it was to hear sense and perspective for once, and how wonderful my life had become in the last few years. She then joked about the wise advice madmen can give, which made us both laugh happily.

I do have a blessed life nowadays. I still worry that the children or Wendy will hear me when I am alone in the house and tell the silence around me that I want to die. I still wonder if I should, but that imperative is faint now. I hold onto life and find my memories of being under 'constant obs' in hospital; having to go to the toilet in front of the staff hard to recognise as a reality anymore.

When I told my friend the ex-CPN, that I was just lucky she said, yes I was lucky but that I had worked hard to get to where I am now. I don't believe her, I think it is good fortune and the world around me. As we continued our walk Wendy talked, as she does; laughed. The children ran around in the damp mossy grass. James decided he hated his lunch.

At the quiet bench James spoke loudly in a stage whisper and in between listening to the bird song, we laughed together at our conduct. The woods smelt of earth and coolness, of damp freshness and in patches were sweet with blossom.

It was a fairy tale walk; this journey has turned into a fairy tale life. I am no longer called 'Schizo', or 'Psycho'. I no longer anticipate chairs being thrown across the room at me or being spat at by someone who claims she loves me.

Instead I walk with a brown fluffy labradoodle; wee Charlotte never wastes a chance to tell me she loves me. James is almost funny when he tries to stop Wendy kissing me. I wake to the school run, I take breaks from zoom and teams to walk in places like Glenarn. Everyday I find places and moments like this; hand in hand, scuffing the leaves; looking at the silver of the sea in the distance.

I am no longer hated and I am no longer alone. I make lunches for our stops at wee benches. I photograph the magnolia, photograph this miraculous family who have given me a reason to continue to walk and live and admire the leaves and flowers around me.

I am walking a springtime dream, and, to my astonishment, every moment is real.



Written by Graham Morgan



CARROT LOAF

An Easy Carrot Loaf Cake with Cream Cheese Frosting -
Easy, Delicious, and the perfect easy bake!

Prep Time: 20 minutes

Cook Time: 1 hour

Decorating Time: 20 minutes

Total Time: 1 hour 40 minutes

Servings: 12 Pieces

Author: Jane's Patisserie



The Cake!

- 175 ml Sunflower Oil
- 3 Large Eggs
- 200 g Light Brown Sugar
- 250 g Grated Carrots
- 100 g Raisins/Walnuts (optional)
 - Zest of 1 Orange
- 200 g Self Raising Flour
- 1 tsp Bicarbonate of Soda
 - 2 tsp Mixed Spice
 - 1 tsp Ground Ginger
 - 1 tsp Ground Cinnamon
 - 1 tsp Nutmeg
- Cream Cheese Frosting Glaze
- 125 g Unsalted Butter (room temp)
 - 125 g Icing Sugar
 - 1 tsp Vanilla Extract
- 250 g Full-Fat Cream Cheese

Decoration!

- Fondant Carrots
- Chopped Nuts

Instructions

Cake

1. Preheat your oven to 180C/160C Fan and grease and line your 2lb Loaf Tin!
2. Pour the Sunflower Oil & Eggs into a large bowl and add the sugar - mix lightly and combine.
3. Add the Grated Carrots, Rasins/Nuts, and Orange Zest and fold through to combine.
4. Add the Flour, Bicarbonate, Mixed Spice, Ginger, Cinnamon & Nutmeg and mix again - try not to over mix!
5. Pour the mixture into the tin, and bake in the oven for 55-60 minutes. Sometimes it can take a little longer so test with a skewer!
6. Once baked, leave to cool in the tin for 10 minutes, and then cool on a wire rack. If your cake doesn't come out, it may not have finished baking, or you didn't line the bundt tin well enough!

Cream Cheese Frosting

1. Beat your butter on its own for a few minutes to loosen it.
2. Add in the icing sugar, and beat again - I beat this for about 5 minutes, to make it really smooth.
3. Make sure your cream cheese doesn't have any excess water - I find it best to add it to a bowl first just to make sure.
4. Add in the cream cheese, and vanilla and beat. At first, it may look a little weird, but just keep on beating. I end up beating it for a few minutes - it can go through a lumpy stage first, but eventually, the lumps beat out and it's smooth and thick!
5. Once beaten - it should be lovely and thick.

Decoration

1. Slather your Cream Cheese Frosting over the top of the cake!
2. Decorate with chopped nuts, carrot decorations or whatever!!
3. Enjoy!





THOUGHTFULNESS

P A T U S R A Z G K U L W N M
G R R Y R E X P E R I E N C E
K N A A E M H Y R J P M C L P
D Z I T E J F A D W A O S G I
N F N E P C I C O R N Y N U H
G Q I Y B E F A S N D I U E S
E C N E I L I S E R R R C A D
G E G C G K L C K A L N U J N
K S F K R L T E H I E U I D E
I K D L U I A S W D L S B K I
X F C R O Y E I I I K L L C R
K M O N R J U F C K Z P S B F
O U S E S B N F T O E J W H Z
Z L G N T O F S F V S T V R C
V Z U I C G W B O Q D H L G G

confidence connections experience
friendship peers resilience
safe sharing skills
social training wellbeing



WHAT IS THE STRANGEST THING YOU'VE COLLECTED?



Bernie's Collections

Bernie's collection of stone people all bought on Skye, a favourite place where Bernie got married. "I liked the look of them and thought they were quirky. It reminds me of a happy place.

I've also given lots of them away to people too"

Bernie's collection of cows! "I bought a couple to start with and then others like my mum and sister started buying them for me too. They sit on top of my kitchen unit and bring back memories of others no longer here"

JOBS TO DO IN THE GARDEN IN MAY



- Summer is coming so time to start planting your Summer/Autumn favourite garden flowers. Geraniums, Lobelia, Marigolds, Begonias etc for Summer/Autumn flowering.
- Don't be tempted to cut back your Spring bulb foliage - Daffodils, Tulips etc let the foliage die back on its own as this will allow the bulbs to keep all the goodness for next year.
- As it gets warmer water plants early morning and late evening - not through the day as this will burn off the plants.

- Start hardening of your seedlings as we have had the worst April frost in 60 years, planting out should be okay to do now.
- You will also find you are cutting your lawn and hedges more as we have more day-light. Always check nuts and bolts are tightened each time, as vibration can and will loosen parts on machinery. Also don't forget to check on cables both on machinery and extensions.

- Always switch off machinery before cleaning

- A SAFE GARDENER IS A HAPPY ONE



SPOT THE DIFFERENCE

Spot 10 differences between the two pictures



LYNNE'S STORY

"I joined Jean's Bothy just over a year ago and I wasn't sure what to expect, but everyone was very welcoming and I quickly felt at ease.

I've been attending the art classes, having not drawn anything in decades! I was nervous about drawing and painting, but the teacher and other group members are really encouraging, so I've found my confidence is growing. When I go to the art classes I lose myself in it and there's no pressure to get it right. It has also been a way of making new friends and I've also been taking part in chair yoga, peer support and gardening which I really enjoy. Jean's Bothy has really helped me with my mental and physical health through the activities and support that they offer.

Lynne S



SARAH'S FAVOURITE POEM



Sarah's Poem Choice of the month "I stumbled across Edwin Morgan in 2008 in Govanhill Library, which was offering free books of fifty of his poems. I love the sheer breadth, imagination, and frequent love of Scotland within his poetry. Morgan has written on everything from a hysterectomy to a Hungarian snake, managing to bring his topics and characters to life in utterly vivid and often surprising (and hilarious) ways. Born in 1920 in Glasgow, he was the city's first Poet Laureate and was the first Scots Makar. He died in 2010, still in Glasgow. More of his work can be read for free, online, at the Scottish Poetry Library.

The following poem begs to be read aloud and never fails to make me smile. Personally, I feel it might be the spring mating call of the creature described. Enjoy!"

The Loch Ness Monster's Song by Edwin Morgan

Sssnnnwhufffl?
Hnwhuffl hhnwfl hnfl hfl?
Gdroblboblhobngbl gbl gl g g g g glbgl.
Drublhaflablhaflubhafgabhaflhafl fl fl –
gm grawwww grf grawf awfgm graw gm.
Hovoplodok – doplodovok – plovodokot-doplodokosh?
Splgraw fok fok splgrafhatchgabrlgabrl fok splfok!
Zgra kra gka fok!
Grof grawff gahf?
Gombl mbl bl –
blm plm,
blm plm,
blm plm,
blp.

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