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Birds in My Garden

I have always been very fond of animals but at the moment it isn't suitable to have an animal in the home. I am lucky that I have a large kitchen window that looks out onto my garden. Tucked under the bushes but still visible from my window I have set up a bird feeding station.

I have a plastic cylinder feeder full of seed. I have suet fat balls that have dried insects in them tied to a branch. There is a feeder with peanuts in. There is a huge conifer tree beside this feeding station and a lot of birds seem to live in there.

Last thing at night I check the cylinder feeder is full because during the day the birds can get through half of it. First thing every morning I take out a little mug of seed and some suet fruit nibbles. I put this on the ground beneath the feeders. I also put out a small shallow bowl of fresh water. Sometimes I put out some crumbled bread.

Well, the birds have become so used to me that they are becoming tame. The blackbirds wait for me coming out in the morning. They feed from the ground. There are many sparrows and chaffinches. There are 4 blue tits, 2 great tits and 2 coal tits. There is one robin although last year I had 3 robins trying to claim territory. Sometimes I have greenfinch. There has been a thrush and her baby in the garden but I haven't seen them recently.

Birds are there throughout the day but more so first thing in the morning, about 12 midday and about 5 p.m. The blackbirds are the last ones to eat and go to their tree. One Saturday when it was dull and wet, I looked out of my window and did a quick count of birds. I counted 17.

The blackbirds in particular are quite tame and will sit on a branch or under a bush just feet away from me waiting while I put out their food.

My family always buy me food for my birds even at Christmas. I usually buy it from the RSPB because that is what they like. It requires patience to get the birds used to you. Keep doing the same thing for them and they will come.



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Night Out In Perth; Nazareth In Concert

□ How did you find out about Nazareth?

My friend told me about them and said that they were doing a 40th anniversary tour, and he asked me if I would like to go with him to the concert. My friend let me listen to some of the music before the concert and I really liked it.

□ What was this place like?

There were around 1700 people at the concert but most people were standing. It was not too squashed. A lot of people were clapping and dancing to the music but that felt fine and I joined in with it.

□ Did you like it?

Yes because I liked heavy metal music

□ Did you like their music?

Yes because they did a mixture of old and new songs. I did know their music when they were first famous

□ Did they have a support band?

Yes they were called Window I had never heard of them – they were also a heavy metal band but they were much younger than Nazareth. I really liked them and they played for an hour but I do not think that I would buy their music

□ What was the weather like?

It was fine and bright at the start when we arrived but it was dark by the time the concert finished

□ Did you have anything to eat?

I had my tea at home before I went there. There was an interval when you could go to the café if you want to.

□ Did you go anywhere afterwards?

I went to the pub with my friend for a rum and coke. We got a taxi home and I told my dad all about the concert. He was glad I had a good time and it will be an evening that I will remember for a very long time.

□ Would you go again?

Definitely. I don't know when they will perform in Perth again but I will make sure I will keep an eye on the paper in case they are coming back.





British Sign Language (BSL)

I first became interested in the possible benefits of BSL when I had gone to the swimming baths, some time in 2002. I could see two men swimming and I noticed that they were communicating with each other through sign language. I realised that there was the possibility that one day I could be in a shop where a deaf person was trying unsuccessfully to make themselves understood by the shop assistant. If that happened I just know that I would wish I could help.

This thought stayed with me for a few years and in 2006 I decided that I must do something about it. My Support Worker from MoveAhead supported me to enquire through the local Volunteer Centre about learning how I could best help. I visited the Volunteer Centre at The Gateway and Sarah Renwick helped me explore volunteering opportunities that would let me learn about how best I could help people with hearing problems.

The option that would maybe let me achieve my long wished for ability to use sign language was to get involved with the Sound Sense Project I approached Diane Florence, Co-ordinator of the project and

she was happy to give me the opportunity to volunteer with them. Before starting with them I did some training, including a two day Deaf Awareness course and learned more about what they do.

I then went through a process where Sound Sense planned to identify someone for whom I could become a Befriender. I have also started training on how to best use sign language. This has involved twelve weekly trips to Tayside Deaf Association for lessons and the chance to be involved in practical exercises. I then sat an exam in BSL and successfully obtained my Induction Certificate and am now doing what is called Foundation A, which is more advanced training. I still have lots to learn but that first thought of mine from way back in 2002 is not something I would now be completely unprepared for. I can communicate using Sign Language and am confident I could help if needed. I also let others know how interesting learning BSL can be and hope that some people may follow my example. learned with them,



Standard Manual Alphabet



Draw the signs for your name:

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My continued involvement with Sound Sense and all the things I have learned with them are something that I hope, one day to be able to use as skills for getting a job to work with people who have hearing problems.

by

Heather Sheldrick

My Special Place

My special place I think has to be Blackpool, especially during the illuminations. Lots of excitement starting to fill me and I cannot wait to go to the shops, have a ride on a tram which passes the front door of the hotel I am staying in every five minutes. Blackpool is a huge city with lots of shops, markets, trams and hotels. There is even a R.N.I.B. hotel there. The hotel is very big and I felt terribly excited as I entered the doorway. As you go in you are greeted by the manager and are immediately shown to your rooms. Once you have had time to settle down a little, you are given a short fire drill.

The hotel has a massive dining hall and the food was delicious. It also has two bars and plenty of entertainment at night. The rooms are very comfortable but not over decorated, most of them have en-suite facilities.





The hotel is situated right on the waterfront, with a magnificent view of the coastline, and the trams running by. A few minutes drive from the hotel and I arrive at the Blackpool Tower which is a splendid building, rising above all else.

There are lots of things to do in Blackpool like shop till you drop. Restaurants to are very good and quite cheap as well. You could also visit the Pleasure beach or the Aquarium or just simply take in the beauty of the surroundings.

During the illuminations the streets are crowded with all the hustle and bustle of people pushing and shoving just to get a better view of the lights. There are terrific shows going on during this time and if you have the time a visit to the Ballroom is very worthwhile. I personally prefer the horse and cart because it goes at a much more leisurely pace and you can take in more of the view.

What I Do if I am Rejected From An Entered Race

If I am rejected from a race I have entered I try to choose another race that is on the same day and date that I was going to be walking for a charity at the weekend.

This week I was rejected from the half marathon at Milton Keynes in Buckinghamshire because of there not being any places left for me to fill at that race on the 22nd July 07 so I searched through my Runner's World magazine to see if I could enter a race on the same date and chose a ten mile race that let people enter their race on the day of the race which was held near the town of Stone near Stoke on Trent in Staffordshire in England and I hope to collect as many donations as I can for the charity called Ability Online.



I am chancing that the organisers will still have a place that I can enter on the day of the race at the registration at the school near to Stone so that I can do my race walk.

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My friend at Perth Association for Mental Health said that she would email the Trentham Runners Club to find out if they did have a free place that I could enter on the Sunday coming to do the Trentham ten miles run on 22/7/07.

If I have to miss out this weekend's race I will have to stay over at home again and get bored as well as hear all the drunkards going along the street at night time which isn't nice to hear nor is the loud music from next door.



By
Hector Murray

Horoscope Just For Fun

Aries; Your luck shows you will be walking in the park when a black cat will cross your path.

Taurus; Love is in your chart, your eyes will meet across a dog kennel. You will fall in love with a poodle.

Gemini; Two gems are better than one.

Cancer; Once bitten, twice shy.

Leo; You will be cosy, warm and affectionate just like a lion cub.

Virgo; You will get fit and energetic today.

Libra; You will be a lean machine and you are on a treadmill running five miles without going anywhere.

Scorpio; You might get a sting in your tail, don't eat too many prawns.

Sagittarius; You will feel lucky today.

Carry a rabbit's foot with you today.

Capricorn; Don't leave your coat behind as a goat might munch into it.

Aquarius; Your travel sign shows you will be travelling to exotic places such as Capri.

Pisces; You will eat a fish and it will be good for you.



Wartime Kitchen & Garden

The women's land army uniform consisted of green jerseys, corduroy breeches, strong brown leather shoes, long woollen socks, fawn cotton.

Untrained women from many different walks of life coped with food production when Britain was at war. It is the story of courage and dauntless acceptance of a farm worker's way of life.

The Women's Land and Timber Corps was a rank force where physical hard labour was the order of the day. The dangers faced by land girls and the timber corps working on frontline Britain during the war should have been recognised at the end of the war.

Their experiences changed many of the women's lives forever. They did a wide range of jobs such as milking, general farming, cutting down trees, and working in saw-mills, as well as controlling pests such as rats.

Volunteers lived in hostels or farms where they worked. The work was very hard and the women worked long hours, especially during the summer. Without their efforts Britain would have been without enough food to survive. Women worked from early

morning till 9.30. at night.

Women's land armies were also established in countries such as Australia, Canada, New Zealand and America. This was to replace the men who had gone to war. The basic rate of pay was £2.5 shillings a week.

People who had never used yeast before became more enthusiastic about their home baking. They realised that they had hungry children who needed to be fed, so yeast buns were the answer and could be made with little or no fat.

In 1947 it was an exceptionally cold winter which started in 1946 and had continued throughout the spring of 1947. Frozen pipes were a feature in many houses, for few had central heating or good protection against the frost. Transport was bad due to the weather. Bread rationing continued during this year until July. Supplies of food and coal were difficult because of the transport problems. Meanwhile gadgets for the home began to appear on the market like refrigerators, icing pipes and syringes were popular. Nuts also came on to the market in time for Christmas, and whale meat became more .



meat became more readily available. In November the first women's television magazine programme was started by the B.B.C. In 1948 the British public were



feeling more and more frustrated about the lack of food and household goods. In the summer of 1948 there was a dock strike, and so the forces were called in to distribute foodstuffs.

In 1949 there was to be no further permanent de-rationing of major foodstuffs for several years, on the whole the food situation was less grim than it had been in the past.

Many un-rationed foods were becoming more readily available. There were reasonable supplies of imported fruit and vegetables as well as seasonal home grown varieties.

Chickens and other poultry, rabbits, and pigeons were found in the shops and there was a better variety of fish and a much better quality. Demand for fridges had grown as people realised their advantages.

Brigade Pudding

- 8ozs self raising flour.
- ½ teaspoon salt.
- 2-4 ozs shredded suet.
- Water to bind.
- 1lb cooking apples
- 2ozs breadcrumbs.
- 2ozs currants.
- 1 tablespoon marmalade.
- 3 tablespoons golden syrup.

Sift the flour with the salt; add the suet and enough water to make a soft rolling consistency. Roll the pastry out thinly and use about $\frac{3}{4}$ to line a lightly greased pudding basin. Peel, core and thinly slice the apples and mix with the other ingredients. Spoon into the pastry lined basin. Roll out the remaining pastry to form the lid. Seal the edges firmly and cover.

Stand the basin on the trivet and fix the lid but not the weight. Steam steadily for 30 minutes in boiling water. Serve hot with custard.



History of The Fair City

Known to the Romans as *Bertha* from the Celtic '*Aber The*' meaning mouth of the Tay. The city has been a Royal Burgh since the 13thC and was a Royal residence throughout the middle ages. Perth is often referred



to as the *Ancient Capital of Scotland* on this account. During the time that it was occupied by the Romans, a period estimated at 320 years the city was called Victoria.

In Ancient times the oldest traces of people in Perthshire are of burial mounds standing stones and circles from 300BC

In 1396 the Battle of the Clans took place on the North Inch of Perth. This was a gladiatorial fight to the death to settle a long running feud between the powerful Chattan and Mackay clans. 30 warriors from each

formed before Robert III. All the Mackays died, except one who swam the Tay, to the loss of ten Chattans. Legend has it that the Chattans were a man short so a local saddler was paid to take the place. He survived, having joined the winning side!

James I was murdered at Blackfriars in 1437. This was his favourite residence.

When assassins burst into his bedroom he attempted to escape through a tunnel. Unfortunately he forgot that he had ordered the far end blocked by a grill. This had been fitted to prevent him losing tennis balls down the uncovered exit!

Perth has continued to grow through the 20th and into the 21st centuries, with a population rising to over 43,000 by 2001.

This development has seen great changes within the historic core of the town, with many of the buildings which still follow the lines of the medieval streets constructed during this period.

The 20th century saw the continued growth of the Perth

economy, particularly in insurance and banking. General Accident's expansion led them to vacate their premises on Tay Street in 1983, moving to a custom-built international headquarters on the outskirts of the town.

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A number of mergers have now seen the loss of the name, but the company Norwich Union still has a major presence in Perth.

A number of developments in the later 20th and start of the 21st century have created a new and modern appearance for Perth. The flood defenses which line the Inches and Tay Street, constructed in 1999-2001, were one of the most significant engineering works the town has witnessed. The remodeled Tay Street incorporates a number of sculptures and, at the end of High Street, a viewing platform of the river. The construction of the Concert Hall in 2005 not only provided Perth with a state-of-the-art auditorium, but also allowed a glimpse of the town's earlier history to be seen through archaeological excavation. Finds from these and other excavations can be seen in the neighboring Perth Museum and Art Gallery. Perth is a vibrant city situated in the heart of Scotland. In 2010 the town celebrates the 800th anniversary of the founding of the Royal Burgh of Perth when King William the Lion granted the Royal Charter. With a unique mix of independent and international retailers, award winning restaurants,

popular farmers markets and numerous opportunities for entertainment, Perth continues to be a popular place to both live and visit.



Autumn on Kinnoull Hill

The summit of Kinnoull Hill itself is only around 700 (222 metres) feet above sea level, small in comparison to its cousins in the north of the county but as a native of the Fair City, the views (especially to the north) have captivated me for a lifetime! Park at the Jubilee car park located around 1 mile outside the city limits on the unclassified road running from Perth to Kinfauns - cross the road and go through the gate ahead. Two way-marked woodland tracks can be followed to Kinnoull Hill Tower, a folly, which Lord Gray built around 1829 in imitation of the castles on the Rhine in Germany, as proud landmarks above the Tay, Scotland's longest river.



The yellow route forks left and initially skirts the colourful Scots pine; birch and oak dominated woodlands. The alternative route carries on straight ahead up a short incline then levels out amongst tall Scots pine before climbing again and eventually meets the yellow route on its way to the Tower. Keep your eyes peeled for red squirrels and elusive roe deer, a joy to watch in their native environment and the area is a Site of Special Scientific Interest due to the rare plants that can be found in the woodland. Higher up, the path runs closer to the cliffs and care is required here especially with youngsters and dogs. Shortly you will come across the Tower, grandly located at the edge of the 370 million year old cliffs, overlooking the River Tay and down towards Glencarse with fabulous views towards the Ochil and Lomond hills.

More about the birds in my garden.

I want to add what happens when I go away for a few days. I always leave extra food out for the birds when I am away. I hang out another bigger seed feeder along with the smaller one. I also cut up fat balls and put

them on the ground for the blackbirds. When I came back recently both seed feeders were empty, the nut feeder was empty and the fat balls hanging up were nearly eaten. There was no food left on the ground. I could tell that there had been bad weather when I was away because the water bowls were full of water from the rain and there were fallen leaves everywhere.

Once I am home, I go out and fill up the feeders and put food on the ground and the birds are happy again.

I do put out hedgehog food at my back door. I could see that it was being eaten. However, this afternoon while I was standing by the back door, my tame female blackbird came down beside me and started pecking out the things she liked from the bowl! I have seen the baby hedgehog tuck into the birds food on the ground. So there we are, they just eat what they like.





The Attic

It is a long time ago when I was only 14 years of age I went on holiday to Belfast with my parents where we stayed with relatives. One of my older cousins was going with his university to an adventure weekend. There were some spaces and he asked me and his younger brother to go. I said “Yes” and we headed off on the Friday. The building was an old manor house and was rented out to different organizations. The nearest town to it was at Castleterragh 13 miles away, so it was going to be very remote. We headed off on a rather dull day with excitement and trepidation, and as time rolled on it wasn't long before the driver said “Not long now!”. It was an area full of trees but it opened out onto an open piece of land and in the distance we saw this large manor house, it was

shrouded in mist in the shape of a large scarf, a very scary looking place indeed. On entering we found that it had not changed much from its time in the 1800's. There was a prevailing musty smell, the rooms were adequately furnished and some of the many bedrooms had bunk beds. At the back of the building was a small loch, and no trees, just open land and no other buildings could be seen at all. That day the older students organized a walk around the countryside but my cousin and I gave it a miss and decided to explore the mansion. There were 2 floors, a basement area and an attic. We searched all of the ground floor and decided to look in the cellar. At the top of the stairs we turned the light on and descended the creaking stairs. We were a bit scared and saw something but nothing in every corner, when suddenly I bumped into something and it clattered into something else which hit shelves that came tumbling down. We screamed and ran upstairs, laughing as we ran. We never entered the cellar again! As we explored the upper floor we heard what I can only describe as a thud above us and then a creaking noise, as if someone or something was moving across the attic. Maybe one of the students had come back,



Maybe one of the students had come back, we thought it best to go downstairs, but only after hitting the ceiling with a brush which every dormitory had. After our dinner which consisted of cans of stew and baked beans, we all sat down and listened to the students playing their guitars and singing songs. After a while it was time for bed.

That night there was a fierce storm and bangs and noises were abundant when suddenly I heard a dragging noise across the floor above. It lasted about 20 seconds then stopped. I kept looking around the room until I fell asleep.

The next day after breakfast, we did some canoeing with the students. I had to do the safety test, which consisted of sitting in the canoe, upturning it and then trying to upright it again. Sitting in the canoe, I turned it upside down but once under the water, I froze. The darkness gripped me and I couldn't move when suddenly I was back upright in the open air. I breathed out and in very loudly, the students were angry and asked me what was wrong but I couldn't explain it. I was sent back to the house, confused but alive. That night it was deathly quiet with no noises from the attic and I breathed a sigh of relief.

We were going back that morning but the students had a surprise for some of us, we were to be thrown into the lake. I looked out of the window to see my cousin being thrown into the lake. I decided to hide, going into one of the bathrooms. I looked up and saw a hatch. I knocked it open with a brush and climbed up. It took a few seconds for my eyes to adjust and when they did, I could see it was an oblong shaped tunnel, you could not stand up but it was better to crawl. Suddenly I heard a noise down below and I looked down, it was one of the students looking for me. I drew back when out of the corner of my eye I saw something. Startled I turned fully round and immediately froze. It was what I can only describe as a black cloud and there was a noise emanating from it like something electrical. I looked to my right where there was a small round window. I scurried towards it, obviously hearing the noise. The student popped his head up through the trap and was horrified by what he saw. He dropped down and I could hear him running away. The dark cloud headed towards me and the noise grew louder. Instinct took over and I retreated down the other side which weaved in and out.

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When I came across another hatch I tried to open it but I was shaking and my fingers couldn't grip but by sheer luck it opened and I was just lowering myself down when it came round the corner. I dropped to the ground and looked up. It hovered above the hatch. It was some sort of cupboard but the door was open. I ran through it. I shut the door behind me with a feeling of thanks that I had made it. At that point two of the older students came round the corner and said "Found you" and took me straight outside towards the lake. As I got there the leader of the group said "Stop, it's time to go" so I missed my ducking in the water. We all headed back to the house to pack.

The student who saw the black cloud never spoke and people remarked how quiet he was but I did notice him looking at me with a scowl on his face as if the black entity was my fault which it wasn't.

There can be no real explanation to this as it was totally unknown. There was a small ancient circle of stones near the house and slightly further away was a burial mound.

I'm not saying there was a link but it's possible the property was built on something from the past and disturbed its slumber.

Well this is one place I'm not going back to.
Until the next time

Ghost Writer

My Memories of School

I was four years old when I started school and after the first few days I really looked forward to going.

The school, which was just like a big house, was in a tiny village. It had one classroom with two teachers. I really enjoyed being there and by the time I was five I could read and write quite a bit.

During this time I was staying with my grandparents at Elchorind. They gave me all the encouragement I could have wished for. I remained there for the next two years.

I then moved to Meigle and started school there, but what a difference it was compared to what I was used to. The school itself was much bigger with lots of classrooms. Finding my way round was quite an experience. By this time I had started to do Arithmetic and Gymnastics.. I must admit though I am much better at English than I am at Maths. Subjects like History, Geography, Science and Home Economics were all new to me. We had three breaks during school classes, one of which was in the



The Reasons why I had to Shorten My Races and the Distances I Travel

morning for about ten minutes. In those days we all used to get 1/3 of a pint of milk to drink along with our snack. I thought this was a really good idea and feel that this should still go on today. During lunchtime we had monitors who used to serve us at the dinner table. I enjoyed school meals even although nowadays it is not considered to be a very healthy diet for us. They are encouraged now to produce more salads, yogurts, fresh fruit and vegetables. We had roughly an hour for lunch, then back to the classroom for more work with a small break in the afternoon. Soon school would be over and I could not wait until the next day to return. I finished my schooling at Alyth Junior Secondary when I was just fifteen

I have had to do races that are not so far away because of my DLA benefit money being put to the lowest amount which is £17.75p and with £68.80p does not leave me much for going down south so I have had to do races in Scotland or close to the England/Scotland border and for some, I have taken money out of my bank account as an overdraft like £100 to be able to go to a half marathon in Derbyshire .

Last week I had to miss a race because I couldn't raise enough cash to stay two nights at Diss in Norfolkshire which was sad because I had been accepted for the race and given the Race Number 1 which is not often . I think the council should put me back to the amount that I was on before which was the higher rate of Disabled Living Allowance instead of hoping to get me back to work by dropping my allowance because I shall never be able to get a job because of my epilepsy g.m which I have had since I was six years old and still have recurrent epileptic seizures at least once a month which happen in the early morning which is not very nice.



The Quiz

Who played Inspector Morse?

On which channel is Coronation Street usually shown?

Which word is associated with Edam, Gouda, and Brie?

Which city is the capital of Scotland?

What is the national emblem of Wales?

This is one way to spell reign, can you give another two?

When is Burn's Day normally held?

"Ring of Bright Water" is a film starring which animal ?

Who invented television?

What dish is made with oatmeal, cream and fresh raspberries?

Which street did Gerry Rafferty sing about?

What is Scotland's other national drink?

James Martin has a programme on a Saturday morning, what is the programme called?

Which famous actor starred in the film True Grit?

When is St. Valentine's day?

Answers: See Page 22



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The articles in this magazine are from individual contributors and do not necessarily reflect the views of all those involved with Perth Association for Mental Health.