



A voice for women's mental health

Newsletter

June/July 2011

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And lots more ...



Welcome ...

... to the June/July 2011 issue of the Wish newsletter. We had some great feedback from members about our last newsletter so we hope you enjoy this one just as much.

In this issue you'll find an update from the Board of Trustees, Annarita tells us about attending a mental health forum hosted by Ruby Wax and about her fundraising for Wish. Sarah talks about her experience of Dialectical Behavioural Therapy and there's an interview with STEPS trainee Kelly Royer, as well as your poetry.

Don't forget that we're now producing 6 newsletters a year instead of 4, so if you're feeling inspired we'd really love to receive your poetry, artwork, stories, articles and puzzles to feature in these pages - details of how you can get your contributions to us can be found on page 11.

Board of Trustees report June 2011

At the June meeting, we discussed fundraising and finances, received updates on all the projects (via our new system of staff Board summaries) and went through a few new policies that have been drawn up, including the External Communications Policy, ahead of the launch of our Why Gender Matters campaign.

Trustees were thrilled to welcome STEPS trainee Kelly Royer to the meeting. Kelly had prepared a most informative presentation for the Board about her work and progress to date. The Board could not believe she had only been in post for 8 months; it was fantastic to see how far she had already come. You can find out more about Kelly on page 4.

Fundraising – the Big Push!

We have been busy with fundraising this month. We have new initiatives to fund, and want to expand existing projects to reach more women and go into more prisons and hospitals. We are receiving more referrals than ever and we need to make sure we have enough capacity and resources to continue taking on new women. Fundraising is more important than ever, in the face of government spending changes, but with everyone feeling a little lighter in their pocket these days it will certainly not be easy. Trustee Holly Dawson attended an excellent training day at Women's Resource Centre looking at attracting major donors and is very

excited to take this forward. A new fundraising committee is being set up in September to drive this forward and hopefully get the money coming in. We will be looking at new and innovative ways to raise money, including...

The Sponsored Kallevik Dance-a-thon!

At the end of July, Wish Director Joyce Kallevik and her twelve enthusiastic family and friends have set themselves the hip-swinging challenge of dancing non-stop for 1,000 hours to raise money for Wish! The Dance-a-thon will take place at the Womad World Music Festival in Wiltshire over the weekend of the 29th to the 31st July. If Joyce receives one pound for every hour of dancing, that's £1,000! To sponsor Joyce and her dancing crew, you can send money in to the office, do it online at www.justgiving.com/womad-danceathon or text the code WISH55 and the amount you'd like to donate (£1, £2, £5 or £10) to 70070.

Be inspired!

The Dance-a-thon is proof that fundraising can be fun! What fundraising event could you do? A jumble sale...a sponsored walk...or even a marathon?? Speak to Wish staff if you would like support to set up your event or help with publicising it. It doesn't matter how much you raise – every penny counts.

Make a Difference...

Are you interested in becoming a trustee? It involves meeting in London every two months to discuss new and ongoing Wish matters, put forward suggestions and ideas, and make decisions about the running of the organisation. Please contact Wish for more information.

Holly Dawson Trustee

Date for your diary

The next Wish Annual General Meeting will be held on Tuesday 24th January 2012 in London.

The Annual General Meeting is an opportunity to find out what has been going on at Wish, to have your say about the future direction of Wish and to meet other Wish members.

There will be more information about the AGM, including information on how to submit resolutions, in future issues of the newsletter so watch this space.

Campaigning update

Stolen Voices campaign

We have been developing a new campaign which we are calling Stolen Voices. The name captures Wish's aims to challenge the oppression and silencing of women. It was chosen by the Steering Group (see more about them below). The campaign will collect the views of women with experience of mental distress on the quality of care, treatment and support available for them. It is important to collect their views so that we know whether the things the government recommends and promises in policy are actually being put into practice. We will collect these views using a survey with online and written versions. The strongest and most widely held views that we find will become the key points for us to raise awareness of. We will produce leaflets, posters, articles and organise events where we can explain what we found and what needs to change. The Stolen Voices campaign will be the first phase of our work to get policy-makers and commissioners in mental health thinking about 'Why Gender Matters'.

Steering Group

The campaign aims and the name of the campaign have been developed at meetings of the Wish Campaigns Steering Group. Three members of the Steering Group are women with experience of mental distress and women who have had support from Wish. Other members of the group are Holly Dawson, a trustee, Joyce Kallevik, Wish Director,

and Chloe Alexander, Policy and Campaigns Officer. The group have used their knowledge and experience of the mental health and criminal justice systems to decide on the issues we should focus on in our campaign and the best way to collect women's views.

Women's Mental Health Network

Another campaigning aim we are working towards is the setting up of the Women's Mental Health Network. This will bring together user-led and national organisations that have an interest in working to improve the mental health of women and address gender-specific issues. We want to use the network for discussion about good and bad practice and to identify where change needs to happen. The network will also be an opportunity for Wish to share our knowledge of policy developments by sending out briefings and policy updates.

Social media

Wish is going 21st Century! We are setting up social media profiles on Facebook and Twitter. We are also considering a campaigning blog. As soon as they are ready you will get links to them in the newsletter.

Chloe Alexander
Policy and Campaigns Officer



A voice for women's mental health

Who has the right?

Contact with family... Decisions about treatment...

Wish advocates for women with mental health issues in prison and secure psychiatric units, and in the community. We work with them to secure fair and dignified treatment by influencing local and national practice.

Can you help by joining our Board of Trustees?

Wish needs Trustees with a range of skills from law to fundraising, from all parts of society. We are working to become user led and particularly need women with experience of mental health issues to join the Board. Please check the website or call to talk about what's involved - whether as a Trustee or by contributing your experience in other ways.

Click on 'Get Involved' at www.womenatwish.org.uk

E-mail info@womenatwish.org.uk or ring us on 020 7017 2828

Interview with STEPS Trainee Kelly Royer

"I love this work so much. I actually loved the life I was living before I was caught, but now I have found something that is more rewarding. I believe if you stay focused and have a good team behind you, you can overcome anything."

The STEPS (Skills Training Employment and Peer Support) project trains an ex-offender to work with women in prisons and the community as part of the Community Link team. Kelly, who started with Wish as a Peer Consultant, began the two year training programme in October 2010. She has completed her City & Guilds Level 2 Certificate in Supporting the Development Needs of Vulnerable People and is really enjoying the daily challenges and achievements of her new role.

So Kelly, how have the last 9 months been?

Since getting the post, it's been hard but rewarding. For me, it has come with many challenges because I don't live the lifestyle I used to. Sometimes I have felt low and been tempted on occasion to go back, especially when I am with the same circle of friends. What keeps me going are my family, kids and the staff at Wish who believe in me. I felt that if I was to return, I would not only be letting myself down but letting down the people who have encouraged me to get this far. I have had to drop some friends, because I can't hang out all day like I used to.

What was life like before you started STEPS?

When I came out in 2008, I was just at home thinking about everything I had lost. Then I started volunteering with Hibiscus. Penny (Wish Community Link Manager) contacted me to say I should apply for the Peer Consultant post at Wish. That was great. It was different to what I was used to. I felt like people actually appreciated the work I was doing and I was actually making a little difference.

And then you moved on to STEPS...

It felt great to get the STEPS position. I hadn't done an interview in such a long time, so that in itself was a great achievement for me. I was very nervous, speaking quietly - and I have got a very big mouth! But I was very passionate about getting the post, because I know what it was like when I came out of prison. Thank God I actually had a good family network, because without that network I don't know what would have happened to me, but I know a lot of women don't have that network, so I just wanted to at least offer the support that was offered to me.

What were your first few weeks like?

The biggest concern I had is, I have no education, so getting things wrong or someone asking me a question I can't answer makes me feel... Everyone would be having a discussion and I wouldn't say anything, because I didn't want to look silly if I didn't understand something, I didn't want to ask questions and show that I'm not as well-educated as everybody else. But I am starting to overcome that, little by little.

How was studying for your course?

The stuff I learned I already knew, but getting the qualification backs that up. It wasn't easy though - not that I didn't understand the work, but the way it was written was sometimes complicated. STEPS has made me want to study more. I'm looking at doing Drugs and Alcohol training and a Child Protection course. It even gets me reading in my spare time!

What does a typical day look like?

It varies. I could say I'm coming into the office to catch up with paperwork and monitoring, but then we could get an emergency and have to go. Normally, I try to meet my clients once a week. Peer support can be stuff like doing weekly budgeting with women or, recently, one woman is moving into a new flat, so I went with her to choose things. I went with one woman to set up savings accounts together, because that was something I needed to do too.

What have been the highlights so far?

Highlights for me are when I have done something and you see the joy in a woman's face and you know they really appreciated it. It can be a simple little thing that we would take for granted that they find is a big thing you have done for them. That's the highlight for me.

And the challenges?

Speaking in court. I hate talking in front of people, so it's difficult. I remember one time I was in court with a woman, and when the lady said 'Explain what you do and what you have done with her' I was shaking and sweating, you could hardly hear me! I overthink it. I don't want to say the wrong thing, and then in my mind I'm thinking 'Am I saying the right thing, have I missed something out?' But it's getting better, it's getting easier.

What frustrates you about your experience so far?

Not being able to get into prisons because I've got a criminal record. What I really want to do, I am

being stopped from doing. The main focus of my work is getting to women whilst they are being released, to build up a relationship first, and then help them through that process to the community. When we've already got that relationship, we know exactly what we are working towards. If we can't do that, everything takes twice as long. When they come out, we have to start that process from the beginning, which can make them start reoffending.

So that has an impact on the women themselves...
Definitely. For example, some people might be still on drugs. Now, if they have built that relationship with me, they could be saying 'I feel that I need this when I get out' and I can be planning things to prevent them from doing that. As it is, they come out with £46 that's all going to be eaten up on the first day - what are they going to do the next day? So they get back into that offending cycle.

Do you think your personal experience is an advantage in this job?

I think so. You are able to identify with women; to actually have gone there yourself and been at rock bottom, you can understand their situation. You can't just sit there and say 'I think you should do this' when you haven't been there or faced it yourself, because you won't understand the struggle or how hard it is to pick yourself back up. When supporting women I feel I have a great understanding of where they are coming from. You find they probably tell you things they wouldn't tell someone else, because they believe they can identify with you on certain things.

How has STEPS changed you?

I have gained confidence as a professional. STEPS gives me a different way of thinking that is not all about committing crime - actually you *can* make money the normal way. I've become a lot more confident. Before I was only confident in the circle I was used to, but now I'm getting more confident to go into other circles and be able to participate in a group or join in a conversation. That's a great personal achievement for me.

And what about the future?

Recently, I went to Jamaica and I was looking at what they have in the community - which is nothing. So I want to try and get a community project like this out there. I'm in the process of writing a plan with a friend of mine from Bronzefield who has done a counselling course. It could be Wish International!

Kelly was interviewed by Holly Dawson

Jumble sale

Two Wish members. Annarita and her pal Moyna hosted a jumble sale for charity, at the Haggerston Centre in Hackney. We raised money to help the Wish drop in on Tuesdays.



Moyna at the jumble sale

Our stall sold the most items, and was quite popular. Other members and staff at Wish congratulated us for the effort in helping a charity, you can do the same, do an activity to help Wish.

Annarita
Newsletter Development Officer

Membership Review

With this newsletter mailing, we've written to most full members of Wish asking you to confirm that you'd like to remain a member of Wish and to confirm that your contact details are correct. It would be great if you could take a moment to fill in the form and post it back to us in the Freepost envelope provided - membership cards will be sent out to everyone who confirms their membership.

You'll be given several opportunities over the next 6 months to confirm your membership and your details so don't worry if you can't do it straight away - however, anyone we don't hear from will be taken off the membership database.

If you have joined Wish recently or have updated your contact details within the last year, you don't need to do anything - your membership card will be sent out to you soon.

Dialectical Behavioural Therapy

Dialectical Behavioural Therapy (DBT) is becoming a revolutionary treatment for sufferers of Borderline Personality Disorder. In the past this condition was widely regarded as untreatable, but thanks to the pioneering treatment devised by Professor Marsha Linehan from America this is no longer the case. Linehan, who herself recently (at the age of 68) revealed her own personal struggles with BPD found a way to regulate her intense emotions and subsequent difficult thought processes by using a combination of Mindfulness, Radical Acceptance, emotional regulation and interpersonal effectiveness skills, as well as some distress tolerance. Linehan realized that she had to radically change her approach to dealing with life or be forever stuck in extreme emotional dysregulation (severe mood swings) and self-harm.

The fundamental premise of DBT is to strive for a life worth living by using all the skills of DBT in various combinations. The idea is to tolerate emotional pain and not turn it into suffering, by radically accepting it and seeking to not escalate the emotional intensity to an intolerable level. With intense emotional pain comes strong negative thinking that can seem so powerful the person perceives these negative thoughts as facts.

DBT takes a lot of work – I should know, I have BPD and have been working with my therapist for a year and a half. I can honestly say if you commit to changing, and work really hard you will notice yourself get better. DBT is giving me my life back, and there are things I can do now that I could never have done a couple of years ago. I am now in full DBT, which requires group work as well as individual therapy, as well as telephone contact. My individual therapist is fantastic, so positive and validating. He also guides me towards what I do well, which is so different to how other mental health professionals have treated me in the past.

He thinks that I'm doing well and one day that I will not meet the criteria for BPD anymore – a dream come true!!! That would be my greatest lifetime achievement. Reaching that goal and having a life worth living!!! This treatment I would recommend to anyone with a BPD diagnosis. You too can have a life worth living ... good luck.

Sarah Wilson
Hertfordshire

Ruby Wax's Mental Health Forum

On Thursday 16th June, Ruby Wax and Marjorie Wallace (chief executive of the charity SANE) hosted a forum to discuss mental health issues. Wish staff, Kelly and Annarita, attended the very last meeting where SANE offered to help people in the audience that had a history of abuse and neglect, and in consequence suffered from mental health problems. Everyone had a chance to speak, and Marjorie Wallace suggested that people that wanted help, come and talk to SANE staff at the end of the event.



They also had guest speakers from other charities, including Camila Batmanghelidjh founder of 'Kids Company' who told us her story and the reasons why she founded this charity; she told us that she was from a rich Iranian family that lost all their wealth when she was at a boarding School in Britain, so she had to work to survive, and now she helps others through her charity 'Kids Company'.

At the end, we asked Ruby Wax for an autograph, which she kindly gave to us. She also asked who did we represent, and when we told her that we represent Wish, she suggested that we spoke to the camera. Unfortunately me and Kelly have camera phobia, so we thanked her and joined other guests in the lounge, where everyone had cake and drinks.

Then we left, and Annarita attended to another charity celebrating 25 years of helping the homeless (Cardinal Hume Centre); Annarita has not been in church for 17 years, everyone was very kind.

Ruby Wax will be hosting weekly mental health forums when her show 'Losing It' goes to Edinburgh in August - see www.rubywaxlosingit.co.uk for more information.

Annarita
Newsletter Development Officer

Postal vote results

With the last newsletter we sent out a voting form for members to vote on the resolutions proposed at the Annual General Meeting in October 2010. Thank you very much to everyone who took the time to cast their votes and return the form.

All of the resolutions have now been passed and there will be an update on our progress on each of them at the next AGM.

Here are the results of the voting on each of the resolutions.

Vote 1: Lewis & Co to be Wish's Auditors for the next year

Auditor	For	Against	Don't know
Lewis & Co to remain as Auditors	21	1	0

Vote 2: New members of the Board of Trustees

Trustees	For	Against	Don't know
Suzzi Holden	22	0	2
Sherron Bloomfield	20	2	2

Vote 3: Fundraising via a second hand shop or jumble sale

Fundraising	For	Against	Don't know
Wish should do a jumble sale or pop-up shop	20	0	2

Vote 4: Providing services in the South East

Services in the South East	For	Against	Don't know
Wish should support women in the Portsmouth, Southampton and Fareham areas	17	0	5

Vote 5: Regularly visiting Rampton and campaigning to close down the Women's Service

Rampton	For	Against	Don't know
Wish should make regular visits to Rampton	21	0	2
Wish should campaign for the Women's Service at Rampton to be closed down	14	3	7

Vote 6: Right to an Independent Mental Health Advocate (IMHA) in prison

Advocacy in prisons	For	Against	Don't know
Wish should campaign for prisoners to have a legal right to an IMHA	24	0	0

Vote 7: Expanding the befriending scheme

Befriending	For	Against	Don't know
Wish should expand its befriending scheme	22	0	2

Vote 8: Rights of women in hospital

Rights of women in hospital	For	Against	Don't know
Wish should campaign for women in hospital to have their rights taken seriously	24	0	1

Vote 9: Changes to the Wish Constitution

Changes to the Constitution	For	Against	Don't know
75% of Wish Trustees should be women with experience of mental distress or using mental health services	16	3	5
The Constitution should be updated to reflect any changes to company or charity law	20	0	3

Vote 10: Wish contact with women in prison

Wish contact with women in prison	For	Against	Don't know
More copies of the Wish newsletter should be sent to women's prisons	25	0	0
There should be a freephone helpline	25	0	0
Advocates should visit prisons at a set time each week which is publicised in advance	23	0	2

Your poetry and artwork

A walk in the garden
Cheers me up.
Walking and running
What do we do, we smile
Only for a while.
People get angry
Only for a while.
Taste the cuppa
It tastes rank
Have a proper coffee
It may make you snappy...
But happy

Sonia
Waterloo Manor



Courage and hope

The journey of healing
Takes patience and time
Love and support
Courage and hope

Courage is doing what you must
When doing what you must
Is the hardest thing of all

Hope quietly abides in our souls
And whispers comfort on our journeys
When we need it most

Even the strongest people must take a step back
Take a deep breath
And summon their courage and hope
They are the stronger more enduring

Katie
Alpha Hospital Sheffield

I long to feel free
I have this illness
They say it is DEPRESSION
I feel so trapped
I don't feel like me
Some days I could drop
As I feel like I am in a hole
Dark and dreary
I can't climb out
Is there any one to help me out?
I feel broken
I don't change my feelings
I can hear laughter
I say to myself what is there to laugh about
Some days I feel like I'm going to explode
As I try to crawl myself out of the dark hole.
Is there a happy ending when I will feel free?
I look in the mirror and I don't know
the person steering back at
I often wonder if there is anyone else
Feeling like me.
Oh how I long to feel free.

Sherline
HMP Downview

My time will come

I can do my time. I am strong. Whatever is thrown
at you makes you stronger. When the time is right,
my time will come.

While I am here I get three meals a day made for
me, sheets on my bed, my own space, someone
does my washing, someone there at night someone
to answer my queries. Don't get me wrong, I will
miss these things when I leave this place.

What I miss now is a good coffee, made from
proper beans that drop into the machine. Prison
coffee is not the same. I would like to buy Wish a
big shiny coffee machine that makes real coffee;
lattes, cappuccino's, frappuccino's, Al Pacino's even!

My time will come. I won't be here for ever...

Natasha
HMP Bronzefield

Growing in the wind,
 Blowing in the wind.
 Getting rid of the cobwebs of my mind
 Confusion reigns where once there was peace,
 But knowing me that won't last long and
 Once again peace!
 Standing here the sun up tight,
 The sun comes and saves my very sight
 God knows what the day will bring,
 Whatever it is I'll face with a grin
 I'll want to stand up strong and sing
 I'll say aloud again and again for the sun
 Today brings rays so calm that I can
 Now cry, I'm at peace, I'm at peace
 Once again! To be troubled for a while
 No more
 I'm at peace once more.

Martina
Epsom



Escape

The mind is a very
 Complex thing.
 Can you hear me?

Am I out or am I in?
 Or is it just anguish
 And silence that it brings,

But silence is peaceful
 Restful too, a place where
 You can escape.

External things.

Kim
St. Andrew's Hospital

See the blackbird on a hill
 Scenery bright and the air is still
 Sing a song to let all know
 That everyday the world will grow

Days move slowly as they go
 Some fast cars of steel
 All the houses grey and blue
 Just like the tulips that smell so true
 Watch as the pollen grows
 Ache Ache summer's here

Days grow dark once and a while
 While some days grow bright as well
 When it rains flowers grow
 Trees and animals are all well
 Toxins damage the open air
 But still they are happy there
 Do not forget the angels
 Of the millennium birds that's what we call them

Donna
Mile End Hospital

When I walk along the beach

When I walk along the beach
 For those few moments I feel free
 I am all alone
 But at least I am me

I love my children
 With all my heart and soul
 But to win them back
 And be part of my life again
 Is my aim and future goal

I miss my dead nan's love
 And hope in heaven it's shining above
 And hold her memory close to my heart
 Like a glove

I wish my life didn't get so bad
 As living this way makes me feel so sad
 My children are part of me
 And all of us together as one, can be free
 From all the pain

Which makes my heart bleed like rain
 My life will never be the same again
 Until we are all back together
 And we can be happy again this time forever.

Mel

The Doctor's Waiting Room

We wait all night
We wait all day
For the doctors to say
We can all be our way
The doctor's waiting room

We take their drugs
We sing their songs
Of the psychological rights and wrongs
The doctor's waiting room

We laugh and smile
We brush our teeth
We ignore what goes beneath
The doctor's waiting room

I came here blonde
I've now turned grey
I hope to be free one day
The doctor's waiting room

I make up jokes
I laugh all night
Now I know what's wrong from right
The doctor's waiting room

I've been cured
The curse has gone
Do the doctors sing along
The doctor's waiting room

Then one day
They come to say
We need your bed now move along
This is the end of this song
The doctor's waiting room

Fynn Wales



Gocki

A bird with a bald head,
It did not bother him much,
He would preen my hair instead...



Collared dove enjoying bath in puddle, photo taken through window of my ward ...



Pheasant babies, extremely rare to see, outside my ward ...

Isla Llanarth Court Hospital

We really need your artwork!

Due to a leak in the roof at the London office, some of the artwork that had previously been sent in to use in the newsletter unfortunately became too damaged to use.

We'd therefore be really happy to receive any artwork that you'd like to contribute to the newsletter - and we promise we'll keep it in a safe and dry place until the leak is mended!

As always, you'll receive £5 for each contribution that's published in the newsletter.

Our ward newsletter

This year we have started a newsletter on my ward. A few of us had the idea when we were preparing work for the Koestler Awards. When we began the first issue no one believed we'd finish it and now patients and staff are enjoying reading the third issue.

We write poems and articles about our experiences. We share coping tips on coping with urges to self-harm and with feelings of anger. We collect jokes and fun facts and have a spoof problem page, 'Dear Aunty Bridge', with problems such as "I don't know whether to put my socks on my feet or my feet in my socks." We also write a horoscope and do interviews with different members of staff each month. We are hoping to include pictures in future issues. We put the newsletters together on the computers in the education room and print it on A4 folded in half.

For me the best part is that so many outside staff, such as our advocate, say they enjoy reading it and think it is good. It's great to see peoples work being appreciated. We also show it to bank staff who come on the ward and it helps them see that there is more to us than our reputation might suggest!

If you are thinking of starting a ward newsletter I'd say go for it! It can be stressful getting started but it gets easier. It is rewarding when an issue comes out people like it.

Hilary
Alpha Hospital Bury

Donkey service in Tedburn Church

Today's a very special day,
In Tedburn Church we've come to pray,
Surrounded by donkeys large and small,
We donkey weekers love them all,

We've seen them come, afraid and thin
No matter how many, all let in
To find a place of peace and rest
And all the things they love best

From years of neglect years of pain
They struggle in, some drenched with rain
Cold, unloved, beaten by man
This surely can't be God's plan.

But help has come and here at last,
Their problems now are in the past,
We know their likes and know their fears
And they'll be safe for donkeys years,

So as we sing and as we pray,
We give our thanks to God today,
For humble donkeys large or small,
For we love them one and all.

Claire
St. Andrew's Hospital



Would you like to contribute to this newsletter?

We welcome all contributions to this newsletter, including poems, artwork, puzzles, or articles about your experiences of the system or an issue that affects you. We pay £5 for each piece that gets published.

Please send any contributions to:

✉ **Wish, Freepost RSCY-BBTB-ZYHU, 77 East Road, London, NI 6AH**

@ **newsletter@womenatwish.org.uk**

Remember to include your full name and postal address so that we can send you a cheque if your piece is published. Only your first name and the name of the town or unit you live in will be printed unless you ask otherwise.

What do you think of this newsletter?

What do you think of how it looks?

What's in it?

What was your favourite bit of this issue?

Is there anything that wasn't in this issue that you'd like to see in a future issue?

We'd love to hear your opinions on the newsletter.

There are many ways you can get your feedback to us:

✉ **Wish, Freepost RSCY-BBTB-ZYHU, 77 East Road, London, NI 6AH**

@ **newsletter@womenatwish.org.uk**

☎ **020 7017 2828**

💬 **Or tell a member of Wish staff at your unit**

WISH

A voice for women's mental health

Newsletter

August/September 2011

Wish news

Intensive support in the community

Stolen Voices consultation

Your poetry and artwork

