



OTHER USES OF LITHIUM

Here are a few interesting facts featured in the second edition of In The Mood, dated March 1995.

Lithium's frail figure, just three electrons, makes it one of nature's nimblest acrobats, able to wriggle in and out of the narrowest molecular crevices.

It is also an inordinately attractive little atom, apt to bond with nearly anything.

It is the lightest solid element on earth, as cheap as beer and simpler than air.

Yet the designers of the Space shuttle clamour for the stuff, and so do a million swimming pool owners, the makers of the Titleists gold ball,

the international frit industry, and the discriminating grease consumers everywhere.

The result - stunning transformation where lithium goes. A brief history of the uses of Lithium, courtesy of the Wall Street Journal.

Drug Trays

Drug trays are very safe and reliable way to organise your pill taking. They have pill holders for each day of the week with partitions for different times of the day. These trays take away the anxiety of wondering whether you missed a dose.

DID YOU KNOW?

People with depression often have low levels of omega-3's. A Finnish study of more than 3,200 adults found that depressive symptoms were significantly higher among infrequent fish eaters.

IN THE MOOD

Edition 100

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NEWSLETTER BY

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100th Edition !



The views expressed are those of the authors and not necessarily those of Bipolar Aberdeen.

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Office News

Well this last month has been very busy. We have had the A.G.M Gill's in the process of leaving, collecting the sponsor money, Morag starting and compiling the 100th news letter!

We would like to say a big thank you to every one involved with the sponsored walk as you have managed to raise **£1248.00!** This is by far the most that we have raised since we started to do the sponsored walk, well done to all.

Gavin Burtwell

Future Events

The next support meeting will be on Thursday the 26th June at 7.30pm, and it will be an opportunity to come and meet the new project worker Morag Tawse.

The office will be closed on Monday the 14th of July due to the local holiday, but will open again on the 17th July

100th News letter

The first edition of the news letter "In the Mood" was published in December 1984. In this the 100th edition, we thought we would take a trip down memory lane and have a look at the first five issues.

In edition one there was a brief history of the project and how it all began so let's begin.

"This is our first News letter and we hope you will find something in it of interest to you. This group was started in 1985 by a social worker, who saw a need for it at that time. She then left the area and handed the project onto another social worker and four of the members as we wanted to become a self help group: that was in 1989. Since then we have come a long way in establishing this group"

GOD KNOWS

Not so long ago
If a person fell prey
To a mental illness
They were shut away

Now there is a change
As asylums in every
town
In a few years time
Will nearly all be
shut down

People who exist in
hospitals
Will be found new
places to live
This is called
community care
A new directive

So people who used to
exist
Out of mind, out of
sight
Will be in the
community
To battle in their
plight

Many will need lots of
help
For them to survive
But in my mind I have
no doubt
That some will thrive

As history goes to
show
An illness of the
mind
Is linked to many
geniuses
Of humankind

And God knows we need
a genius
Who might be in an
institution
To sort out this
insane world
Which needs a
revolution!

Jim Wilson

Medication

Always remember to
take your medication
with a cold drink,
never a hot drink.

This is very
important and was
emphasised by our
Hospital Pharmacist
when she was a
speaker at one of our
meetings in 1994.