

## DLA - are you missing out?

Disability Living Allowance is a contribution towards the extra costs incurred by people with disabilities. Government sources indicate that less than 50% of people entitled to DLA actually make a claim. This may in part be due to its name.

You don't have to be 'disabled' to claim. It is based on care and mobility. Don't let the semantics put you off. "DLA is a most worthwhile benefit, it can lead to other benefits and concessions." Source: Employment Counsellor.

"DLA is about the care you need arising from your illness or condition." Source: Department for Work and Pensions officer. DLA can enhance people's lives, awards range from a few pounds to substantial payments each week.

If you have an enduring mental illness then Disability Living Allowance could be a most worthwhile benefit to claim. The going rate for those with bipolar is middle care rate at about £50 per week tax free. Freephone: 0800 882200 to have a Disability Living Allowance claim form sent to you.

It is important that you give as much information as possible on the form. Your claim is usually decided on this information and the decision is made by a person who hasn't seen you. Benefits Bob the Welfare Weasel.

### More office news.

If you have any articles or up lifting stories regarding Bipolar Affective Disorder, would like to have them included in up coming news letters? Please send them into the office for consideration.

# IN THE MOOD

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[www.bipolar.uk.com](http://www.bipolar.uk.com)

E-mail: [office@bipolar.uk.com](mailto:office@bipolar.uk.com)

8 Alford Place  
Aberdeen  
AB10 1YB  
Tel. 01224 573910



## OFFICE NEWS

We would like to thank those of you who took the time in responding to the survey that was issued with last month's newsletter. We have a lot of responses to get through and will attempt to implement as many of these positive responses as possible.

As this is the last newsletter before the festive season, we inform you that the Helpline and Drop-in Centre will close on Friday 18<sup>th</sup> December 2009 and will re-open on Monday 11<sup>th</sup> January 2010. We hope that you have a good Christmas and New Year.

### The Board

I would like to take this opportunity to say a big thank you to all the people who have volunteered their time to Bipolar Aberdeen this year. Without your help I would not have been able

to have got half the work done!

I would also like to say a big thanks to all the people who have generously donated to us this year, and of course to our funders for their continuing support.

I hope that you all have a good Festive season and I wish you all the best for 2010

Gavin

## POETRY

Bryan Adams is looking for any budding poets out there. He is currently writing a new book and would like to include poem's from people suffering from bipolar disorder.

If you would like to be included please send your poem into the office and we can arrange to send them on to Bryan.

## Mind Awards

Actresses Lacey Turner and Gillian Wright, who play bipolar mother and daughter Stacy Branning and Jean Slater, in Eastenders have collected the 'Making a Difference' prize at the annual awards, set up by the charity Mind.

Caroline Hawley's **Newsnight** investigation into the one in five MPs with mental health problems won in the TV and radio news category.

Other winners included Liberty Bell's BBC2 documentary **Cracking Up**, in which former government advisor Alistair Campbell reflected on the breakdown he suffered in 1986 and his subsequent category.

BBC Radio 4 picked up two radio awards, for consumer magazine series **You and Yours** and for drama **Do's and Don'ts for the Mentally Interesting**.

Channel 4's **Unreported World** was named best short television documentary for **Insanity of War**, which looked at the lone psychiatrist operating in war-torn Sierra Leone.

Meanwhile, the three contributors to True Vision's Bafta-winning **More 4** documentary **Chosen** – Tom Perry, Alastair Rolfe and Mark Payge – won a special 'speaking out' award for their testimonies about institutionalised child abuse during their schooldays.

Long-running Welsh language soap **Pobol Y Cwm** scooped the soap award for its portrayal of post-natal depression.

STV won in the drama category for **Cracked**, a series set in a residential rehab clinic.