

Proteins Implicated In Brain Disease.

Scientists have discovered a set of brain proteins responsible for some of the most common and devastating brain diseases.

The proteins underlie epilepsy, depression, schizophrenia, bipolar disease, mental retardation and neurodegenerative diseases including Alzheimer's and Huntington's diseases.

"The reason such a remarkable number of diseases are relevant to this set of proteins is that these proteins are at the heart of how brain cells function," explains Professor Seth Grant, Director of the Genes to Cognition Programme at the Wellcome Trust Sanger Institute.

From Psychcentral.com

Tips For Travel.

1:- Time Zones: if you are travelling with a time change, start now to get on the new time.

2:- Travel Companions: Tell others how travel can affect bipolar disorder so that they can help look for the signs if you are becoming ill.

3:- Time out: It can be easy to be over stimulated on holiday, so remember to take some time out just to relax.

4:- Medication: Remember to take the right amount with you. Also take some extra in case of delays or flight cancellations.

5:- Have Fun:- And most importantly have fun and enjoy your holiday !

IN THE MOOD

Edition 111

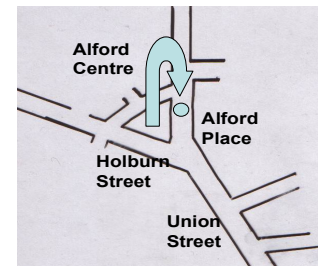
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OFFICE NEWS

Its been a busy month In the office this month what with The A.G.M and the sponsored walk.

We had a rain free day for the walk this year!! For which we were all really grateful. We had our usual stop for lunch and a wee look round the shop at Camphill.

I would like to say a big thanks to all who attended, and a special thanks to our volunteer for all his help.

So far we have raised £650, I will give you all a final figure next month. If every one could get their sponsor money to the office in the next couple of weeks I would be very grateful.

We also had the A.G.M this month in the Alford Centre. We would like to say a big

Thanks to Christie from the Alford centre for chairing this years A.G.M

The Annual report is ready and available at the office for any one who would like a copy. I can Also e-mail or post copies out.

Gavin

FUTURE EVENTS

This Months evening drop in will be on **Thursday the 25th of June**. We will be deciding what speakers we want for this coming year, so please come along and let us know what and who you want.

Did You Know?

A Finnish study of more than 3200 adults found that depressive symptoms were significantly higher among infrequent fish eaters.

The Best Parts About Having A Mental Illness :-

Finding out what your truly capable of. I never knew how much inner strength or will power I truly had until I became sick. After going to your absolute bottom and some how finding the strength to still fight you find out who you truly are at the core level.

Finding out what is important. At one point I had the middle class dream of a nice pay check and a house with a white picket fence. After the depression tornado took everything away I learned the only thing that really matters are the people in your life for they can never be replaced.

The ability to start over. After the mental illness beast has finally left your world you are awarded a second chance of choosing on what kind of life you want to live a luxury the "normal" people can not pull off very easily.

The power of knowing. For a very long time I seem to be wandering around in the dark with no visible purpose in my life and I could never figure out why.

When the day came and the realization that I was mentally ill a boulder was lifted off of my shoulder for now I had an answer and knew exactly what I had to do to fix it. The purpose of my life is simple and that is to enjoy life as we only get one crack at

From BPD Awareness Month.

DID YOU KNOW ?

The symptoms of bipolar disorder and borderline personality disorder can appear very similar and often respond to similar medications and therapy.