

Frequently Asked Questions

Can other people attend?

Yes! Friends, carers, family members and health professionals are all welcome to attend with the person they support or on their own. We encourage people to attend together.

Where did Pole to Pole come from?

Pole to Pole is a project that was developed by Fife Bipolar Group and NHS Fife.

We spoke to people with bipolar and their families and found out that people wanted to be able to communicate their personal experience of living with bipolar to the important people in their lives.

We created a resource to support people to explore and communicate about their experiences and developed training sessions to show people how to use the resource.

Who are Fife Bipolar Group?

Fife Bipolar Group are a voluntary organisation whose members have a lived experience of bipolar. The group meet monthly and everyone is welcome to attend. For more information, see overleaf.

If you would like to find out more about Pole to Pole or book a place on a course contact:

**Pole to Pole,
Stratheden Hospital,
Cupar,
KY15 5RR**

Tel: 01334 696336

Email: fife-uhb.PoletoPole@nhs.net

Fife Bipolar Group meet every 2nd Tuesday of the month in Kirkcaldy and you are welcome to attend.

For more information on
Fife Bipolar Group:

Email: fifebipolar@gmail.com

Web: www.fifebipolargroup.org

If you require this information in an alternative language or format (e.g. Braille, large print, audio) please contact the Equality and Diversity Department at: fife-UHB.EqualityandDiversity@nhs.net or telephone 01383 565142.

This leaflet will be reviewed on 01/12/2014

Pole to Pole

**A resource for
exploration and communication
in Bipolar**

*For those with bipolar
and those who support them*



Pole to Pole

Pole to Pole is an approach for people with bipolar and those who support them such as friends, family or carers. It focuses on exploring experience in bipolar and communicating this with important people in your life.

Pole to Pole is delivered across three training sessions and you will be given a Pole to Pole resource pack.

"I have really benefited from it"
"Carers and significant others are very involved"
"Communication is the key thing"

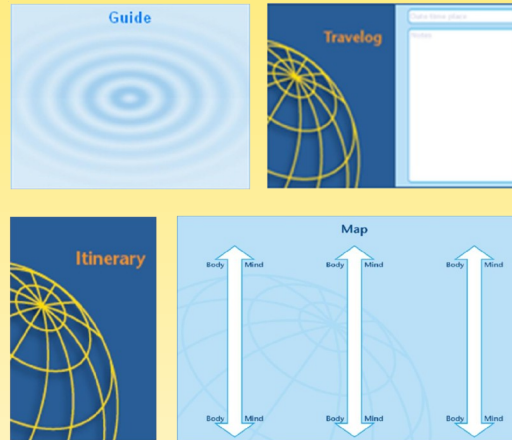
Getting Involved

To find out more about Pole to Pole or book a place on a course, please contact us—details are on the back of this leaflet.

We will arrange to meet with you before the course to introduce ourselves and provide you with further information.

The Resource Pack

Each person who attends Pole to Pole receives a paper-based resource pack which contains:



The Map

A resource to explore how we are in different situations and mood states.

The Guide

A resource to identify what is important to us. It also provides a direction for us to travel in the future.

The Travelog

A booklet containing smaller versions of the map and guide to track our moods and values over time.

The Itinerary

A quick reference booklet to help remind us what we have learned in the sessions.

The Sessions

Pole to Pole is delivered across Fife and consists of three sessions which are spread across one or two months. You will be given information and have the opportunity to take part in group discussions and activities.

Session 1... focuses on explaining the ideas behind the map. We show you how to use the map.

Session 2... explains the idea of 'values' - things that are important to us. We show you how to use the guide.

Session 3... is flexible. We summarise the previous two sessions. There is time for you to discuss how you have used Pole to Pole and share your own views on living well with bipolar.

Ongoing support sessions... take place once a month in Kirkcaldy. They are run by Fife Bipolar Group and are open to anyone who has previously attended Pole to Pole who wishes ongoing support in using Pole to Pole.

See the back of this leaflet for their website where you can find dates of the meetings.