



European Network of (Ex-) Users and Survivors of Psychiatry

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It's becoming a tradition, the second issue means that we really have something to present to the world. Two of our members' life stories.....

Life gives and takes, Poetry will only give...

My name is Jana Makeska. I'm a teacher of English and literature.

From 1990 as a part of my profession I write a poetry and prose. For me it is a way of expression and at the same time a creation. I am writing poetry when

I am inspired. The style of my poems is lyrical and inspired of my every day life. In my career I've edited two collections of poems „Vilinka „, and „The gates of my dream,,. Now I am working on my third collection the „Lotus of Love,,. I hope I will find money about this book because all of my projects have been invested by my own. Although it is difficult to promote my work because of financial problems. I don't give up

Give up from the wish and need for writing. As a part of my job is to help people with mental problems. However I am a formal user of psychiatric services. My life experience helps me to understand people with similar needs, wishes and problems. That's for I am improving my self on intellectual level and share my knowledge with my colleagues.

I fight back and never give up!

English lessons

From crisis to career

My name is Vladimir Lazovski, I live in Skopje the capital city of Republic of Macedonia. I'm 32 years old and my professional orientation is Economic Technician. In 1992 I've enrolled at the faculty of Psychology at the University "Ss Cyril and Methodius" but because of my mental illness I've dropped out and began to visit professional psychiatric help. At this period of my life I had problems with concentration and my friends began to avoid me. In 1987/88 before my illness I was a successful athlete, a Tennis Player. When I was 15 years old I won second place at the National Junior Championship and the fourth place at the National Senior Championship. But soon my

career halted and my problems became dominant occupation in my life...

In order to exit the crisis series that followed me, I started to volunteer at the NGO "Macedonian Center for Mental Health" in the year 2000. There I had the opportunity to meet people with similar problems and for the first time I felt that I'm not alone. Also I had the chance to communicate with policymakers in the area of Mental Health from all over Europe on several occasions such as conferences, seminars etc.

In May 2000 I attended at a Congress in Czech Republic. There we discussed about the reforms in the

Psychiatry that need to be implemented in the former Socialistic countries. Some of the organizers were also participants (Hamlet Trust, Geneva Initiative for Psychiatry) and I had the chance to meet Mr. Clemens Huitnic - president of the Users and Ex-Users Network of Europe.

The next year 2001 together with the Macedonian WHO regional representative Dr Stojan Bajraktarov I was a participant at a congress in the city of Hoor, Sweden. There I've met Mr. Piotr Ivajenko from Poland, Dr. Toma Tomov from Bulgaria and Dr. Ian Phipper and had the opportunity to discuss more about the needed changes in our region of SEE.

Currently I'm working as a Tennis coach (when clients available) during the whole season besides winter. I'm also visiting English language courses and trying to increase the overall quality of my life.

**I'm not giving up.
Show must go on!**

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