

April 2018 and FORTHCOMING EVENTS NEWSLETTER

For more information on any events or if you would like this emailed to you each month please email enquiries@ramh.org or call Agnes on 0141 847 8900

For ACUMEN event enquiries contact: rona@acumennetwork.org or call Rona on 0141 847 8900

Please note that all info is correct at time of printing. You can access the most recent copy on the website: <http://ramh.org/our-services/> (in the downloads section. Staff can access on the RAMH Staff Intranet (in the Newsletters and forthcoming event information)

Colour Coded Key	Renfrewshire	East Renfrewshire	No colour – FOR EVERYONE
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FIRST Crisis has a <u>new</u> freephone number 0800 221 8929	FIRST Crisis – new Freephone number The Freephone number for FIRST Crisis is: 0800 221 8929. Please use this number for free calls
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RAMH wish all of our Stakeholders a Happy Easter



RAMH caravan at Craig Tara



New Caravan!

People who use our services can have a low cost short break in RAMH's newly upgraded caravan for this season!!!
 Our 3 bedroom caravan (one double and 2 twin bedrooms) now has central heating and double glazing and is equipped with:
Spacious lounge area - fire, flat screen Freeview TV/DVD combi, CD player and a variety of children's board games provided.
Kitchen - full size gas cooker, fridge/freezer box, microwave, kettle, crockery and cutlery.
 The caravan is sited on a quiet cul-de-sac pitch, only a 5 minute walk to the main complex, swimming pool and shops, or a few minutes walk to the beach. Prices are fully inclusive of gas, electricity and Haven entertainment passes.


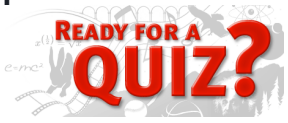
RAMH Service User Rates:

	Peak: Easter / July / Aug / Sept weekend / Oct week	Off Peak
Mon-Fri	£200	£150
Fri-Mon	£180	£130
Week	£350	£250

To enquire about availability please contact David Bone on 01292 886674 or david.bone@ramh.org.


STV Appeal:

RAMH can support family holidays for people who use our services, who have children under 18. Your support worker would need to agree and make an application through our STV appeal money.


<p>RAMH Reuse Superstore Houston Square Johnstone PA5 8DT Opening Times: Tues, Wed, Thursday 12noon until 4.30pm Call 0141 237 7600 for more details and to ask about donating goods RAMH Reuse Superstore</p> 	<p>RAMH Reuse Superstore Visit our Johnstone premises for best quality furniture, white goods, clothing, vintage & collectibles, all at great prices</p> <p>RAMH Re-use Superstore also hosts two social enterprise charities: Spruce Carpets have a display of affordable rugs, runners, door mats and new stock, Merry-go-Round have a wide range of affordable baby and toddler items - cots, toys and clothing.</p> <p>We have best value NEW single divan beds at £95 and NEW Double divan beds at £125 from the Apollo range. We have also recently received stock of NEW affordable beds for those on a tighter budget from the Victor range with single bed sets selling at £75 & doubles at £105.</p> <p>We also accept donations of furniture, closing , equipment etc.</p>
<p>Friday 25 May 2018 7pm-1am</p>  <p>BOOK NOW!</p> <p>Quiz, Dinner, Raffles, Auction, Dancing</p>	<p>Do you have what it takes to be RAMH 40th Anniversary Quiz Champions 2018? Join us for RAMH's 40th Anniversary Dinner & Quiz on Friday 25th May at the Normandy Hotel, Renfrew, for a fizz reception, 3 course meal plus coffee, 8 rounds of celeb-hosted quiz, prizes and surprises. Book now: £400 for a team of 10, individual tickets available on request. We have some fabulous prizes to be won including a Jaguar for the weekend courtesy of Taggarts, Virgin Train Tickets and a Luxury Lodge on the Banks of Loch Lomond for a 3-5 night stay (Valued at £700). All proceeds go directly towards mental health services for local people. Contact: sarah.peach@ramh.org or phone 0141 847 8900 You can also donate a prize or volunteer to help.</p>
<p>Thursday 17th and Friday 18th May 2018 9.30am-5pm</p>	<p>Scottish Mental Health First Aid (SMHFA) Venue: 41 Blackstoun Road, Paisley. Enquiries to: ramhtraining@ramh.org or phone: 0141 847 8900 Small number of places available – All Welcome</p>
<p>Every Monday 6pm-7pm New Group ALL CARERS WELCOME</p>	<p>Carers' - Nurture Group - NEW GROUP A new opportunity to discuss and share your experiences with other carers, in a safe, supportive and confidential environment. The members of the group will share and learn new self-management and self-care skills that can be helpful when caring for a loved one with mental health issues. Venue: 8 Carlibar Road, Barrhead G78 1AA For more information contact: Jacqui@ramh.org or 0141 881 8811</p>
<p>Every second Monday 16 & 30 April 2018 11am – 1pm ALL WELCOME</p>	<p>Time 2 Talk Recovery focused peer support discussion based group. To improve and expand coping skills as well as exploring and sourcing new information on recovery and increasing self-management skills and resilience. Self-referral/Referral required Venue: Arc - Auchenback Resource Centre 64 Aurs Drive, Barrhead, East Renfrewshire, G78 2LW Contact: Christine or Lisa on 0141 881 8811 or christine@ramh.org / lisajane.mcquinness@ramh.org</p>


<p>Every second Monday 9 & 23 April 2018 10am-12 noon All Welcome</p>	<p>Men Do Talk A fortnightly men's group offers support to talk about issues that affect men in a safe and relaxing environment. Venue: Dunterlie Community Hall, Stewart Road, Barrhead, 10-12 noon For more information contact: lee.millar@ramh.org or on 0141 881 8811</p>
<p>Every Monday Meet 10.30am at Renfrew Victory Baths 10.45am-11.45 All Welcome</p>	<p>Renfrewshire Swimming Group Suitable for people who would like to enjoy a gentle swim within a group setting, whilst offering a chance to meet others who are interested in swimming as a way to improve fitness and wellbeing. Self-Referral/ Referral Required Venue: Renfrew Victory Baths, Inchinnan Rd, Renfrew PA4 8ND Costs: £2.45 Contact: Graham Cossar on 0141 404 7788 graham.cossar@ramh.org to let us know you are coming along.</p>
<p>Every Monday New 8 week programme starting 26 March 2018 2-3.30pm</p>	<p>Renfrewshire Walk n Talk Suitable for people looking at mild to moderate walking as part of their physical activity and an opportunity to meet others and talk while seeing various areas across Renfrewshire and improving their health and wellbeing. Venue: Induction at 14 St James Street, Paisley on 15 January, then walking at various points across Renfrewshire. Self-Referral/ Referral Required Cost: Free Contact: Graham Cossar on 0141 404 7788 graham.cossar@ramh.org to let us know you are coming along</p>
<p>Every Monday 9, 16, 23, 30 & 21 May 2018 12-2pm</p>	<p>Self-esteem Suitable for people who would like to improve their confidence and would benefit from enhanced self-esteem. Self-Referral/ Referral Required Venue – St James Street, Paisley For more information contact: Fiona McCrae: 0141 881 8811 or Paul Henderson pbh@ramh.org</p>
<p>Monday 23,30 April 7,14, 21 May 2018 12-2pm</p>	<p>Healthy Eating on a Budget The group is open to anyone who experiences difficulty budgeting for food/meal planning and or struggles to cook fresh meals for themselves or family Self-referral/Referral required Venue: The Wynd, School Wynd, Paisley For more information contact: amanda@ramh.org to Tel 0141 404 7788</p>
<p>Every Monday 10am-12 noon Please drop in – All welcome</p>	<p>Smoking Cessation group This group is run by the NHS – It is open without referral to anyone from RAMH or the general public. The purpose of this group is to provide practical information, guidance on methods on quitting as well as some moral support on offer from the staff who facilitate the group. Venue: Charleston Centre, 49 Neilston Road, Paisley PA2 1LU For further information contact: reuben@ramh.org or on 0141 404 7788</p>

<p>Tuesday</p> <p>10 April 2018</p> <p>6-8 pm (This event takes place on the second Tuesday of each month).</p> <p>All Welcome</p>	<p>The Culture Club Comedy- Cinema-Theatre-Gigs</p> <p>The culture club is a social club for people who would like to meet up and go to cultural activities and events with others.</p> <p>Venue: Methodist Central Hall, 2 Gauze St, Paisley PA1 1EP</p> <p>For more information: Email: jacqui@ramh.org or IreneB@ramh.org tel: 0141 881 8811</p>
<p>Every Tuesday</p> <p>1pm-3pm</p> <p>ALL WELCOME</p>	<p>LINK Club</p> <p>Weekly social connections group for people living in East Renfrewshire. Provides support and wellbeing activities for people who are isolated with limited social support networks</p> <p>Self-referral/Referral required</p> <p>Venue: Dalmeny Centre, Barnes St, Barrhead, G78 1EH.</p> <p>Contact: Christine Murray on 0141 881 8811 or Christine@ramh.org</p>
<p>Tuesday</p> <p>24 April 2018</p> <p>1-3pm</p> <p>ALL WELCOME</p>	<p>The Link Club are hosting a taster session on Human rights delivered by Outside the box project</p> <p>Self-referral/Referral required</p> <p>Venue: Dalmeny Centre, Barnes St, Barrhead, G78 1EH.</p> <p>Contact: Christine Murray on 0141 881 8811 or Christine@ramh.org</p>
<p>Every Tuesday Evening</p> <p>4-4.30 new players</p> <p>4.30-5.30 Drop in session</p> <p>5.30-6 Games/coaching</p> <p>All Welcome –come along and try this activity</p>	<p>Badminton Group</p> <p>Suitable for people who would like to start playing badminton to improve their confidence and increase their physical activity, whilst having fun in a group setting.</p> <p>Self-referral/Referral required</p> <p>Venue: The FOUNDRY, Barrhead Sports Centre, Main Street, Barrhead G78 1SW</p> <p>For further information contact: Graham Cossar 0141 881 8811 or graham.cossar@ramh.org to let us know you are coming along.</p>
<p>Tuesdays</p> <p>10, 17, 24 April</p> <p>1 May 2018</p> <p>10am-12pm</p>	<p>Self Esteem</p> <p>Suitable for people who would like to improve their confidence and would benefit from enhanced self-esteem.</p> <p>Self-Referral/ Referral Required</p> <p>Venue: Eastwood Health and Care Centre, Drumby Crescent, Clarkston, G76 7HN</p> <p>For more information contact: Mary Spence, Tel: 0141 881 8811 or e-mail mary.spence@ramh.org</p>
<p>Tuesday</p> <p>24th April 2018</p> <p>1-3pm</p>	<p>Carers Group – The group is a joint peer support group between RAMH and the Carers centre.</p> <p>Self-referral/referral required</p> <p>Venue: Unit 55/Embroidery Mill/Abbey Mill Business Centre, Paisley PA1</p> <p>For more information contact:</p> <p>Email: reuben@ramh.org - or Tel: 0141 404 7788</p>
<p>First Tuesday of every month</p> <p>1pm – 2.30pm</p> <p>(Renfrew Health centre, Ferry Road, Renfrew)</p> <p>Open to All</p>	<p>Renfrewshire Community Drop-In Hub</p> <p>Monthly Drop In Hub providing information on mental health, well-being; support services and how to access them; Information on workshops and activities on promoting mental well-being; signposting to supports.</p> <p>Venue: Renfrew Health Centre, Ferry Road, Renfrew PA4 8RU</p> <p>Contact: Reuben Millward</p> <p>Email: reuben@ramh.org Tel: 0141 404 7788</p>

<p>Every Tuesday</p> <p>Starting 10 April 2018</p> <p>2-3.30pm</p> <p>Venue: 41 Blackstoun Road, Paisley PA3 1LU</p>	<p>RAMH Therapeutic Gardening Group</p> <p>This group is open to RAMH service users who wish to benefit from being outside and increasing their physical activity by participating in gardening as well as learning some basic gardening skills. A large part of the work will be general garden maintenance, weeding, grass cutting, sowing bulbs, putting down ornamental bark and chips etc. Some focus is also involved in planning gardening activities for the coming months. We carry out physical activity and you should want to increase your stamina and participate physically. The group runs through until Autumn 2018. For those not already known to our service a referral and assessment is required but this can be simply arranged by contacting us at our St James Street office on 0141 404 7788</p> <p>Venue : RAMH 41 Blackstoun road, paisley PA3 1LU</p> <p>For more info contact: margaretd@ramh.org or 0141 404 7788</p>
<p>Tuesday</p> <p>24 April</p> <p>1, 8, 15, 22, 29 May 2018</p> <p>10.30am-12pm</p>	<p>Control Your Stress - The programme explores why we feel anxious and ways to reduce our anxiety</p> <p>Self-referral/referral required</p> <p>Venue: 14 St James Street, Paisley</p> <p>For more information contact:</p> <p>Email: reuben@ramh.org or Paul at pbh@ramh.org</p> <p>Tel: 0141 404 7788</p>
<p>Second Tuesday of every month</p> <p>1-2.30pm</p> <p>(Renfrewshire Council offices, Renfrewshire House, Paisley)</p> <p>Open to All</p>	<p>Renfrewshire Community Drop-In Hub</p> <p>Monthly Drop In Hub providing information on mental health, well-being; support services and how to access them; Information on workshops and activities on promoting mental well-being; signposting to supports.</p> <p>Venue: Renfrewshire Council Offices, Renfrewshire House, Paisley, PA1</p> <p>Contact: Reuben Millward</p> <p>Email: reuben@ramh.org Tel: 0141 404 7788</p>
<p>Wednesday</p> <p>4 and 11 April 2018</p> <p>11am-1pm</p> <p>All Welcome</p>	<p>Drumming workshop - Skills exchange</p> <p>Come along to this one-off workshop and learn new skills from peers and how drumming can improve your wellbeing</p> <p>Self-referral/Referral required</p> <p>Venue: Auchenback Resource Centre, 64 Aurs Road Barrhead G78 2LW</p> <p>For more information contact: lisajane.mcguinness@ramh.org or 0141 881 8811</p> 
<p>Wednesdays</p> <p>4, 11, 18 April 2018</p> <p>Last week of the month it's on Tuesday 24 April</p> <p>1pm-3pm</p>	<p>Women in Recovery East Renfrewshire (WIRE)</p> <p>A self-managed Women's group, which focuses on utilising craft skills which are sold to raise funds for charities. The group also invite guest speakers to give information which allows members of the group to be better informed and more connected to their local community.</p> <p>Self-referral/Referral required</p> <p>Venue: Arthurlie House , Springhill Road Barrhead ,G78 2SE</p> <p>Contact: Christine on 0141 881 8811 or christine@ramh.org</p>

<p>Wednesday</p> <p>New 8 week programme began 21 March 2018</p> <p>10-10.45am</p>	<p>Wellbeing Group</p> <p>The group will meet prior to the swimming group, and focus on ways to de-stress and improve their mental and physical wellbeing. It is hoped therefore allowing the group a more beneficial swim when entering the water.</p> <p>Venue: Eastwood Leisure Centre, Rouken Glen Rd, Giffnock, Glasgow G46 6UG</p> <p>Contact: Graham Cossar on 0141 881 8811 or graham.cossar@ramh.org to let us know you are coming along.</p>
<p>Every Wednesday</p> <p>Meet 10.45am at Eastwood Leisure Centre</p> <p>11am-12noon</p> <p>All Welcome</p>	<p>East Renfrewshire Swimming Group</p> <p>Suitable for people who would like to enjoy a gentle swim within a group setting, whilst offering a chance to meet others who are interested in swimming as a way to improve fitness and wellbeing.</p> <p>Venue: Eastwood Leisure Centre, Rouken Glen Rd, Giffnock, Glasgow G46 6UG</p> <p>Costs: £3.90 without an access card; £3.30 with an access card and £1.95 concession.</p> <p>Contact: Graham Cossar on 0141 881 8811 or graham.cossar@ramh.org to let us know you are coming along.</p>
<p>Every Wednesday</p> <p>2.15pm-3pm</p> <p>Newton Mearns Baptist Church</p> <p>All Welcome!</p>	<p>'Access to Sport' Group</p> <p>The access to sport group will be a gentle introduction for people looking to get more physically active focusing on low level sports and activities in a safe setting. With support from external groups and providers the group will look to engage people back into more physical activity who may have felt that they are now not in a position to participate.</p> <p>Venue: Newton Mearns Baptist Church</p> <p>Contact: Graham Cossar on 0141 881 8811 or graham.cossar@ramh.org to let us know you are coming along.</p>
<p>First Wednesday of every month</p> <p>10.30pm-12.00pm</p> <p>(Johnstone Town Hall, Houston Square, Johnstone)</p> <p>Open to All</p>	<p>Renfrewshire Community Drop-In Hub</p> <p>Monthly Drop In Hub providing information on mental health, well-being; support services and how to access them; Information on workshops and activities on promoting mental well-being; signposting to supports.</p> <p>Venue: Johnstone Town Hall, Houston Square Johnstone PA5 8FA</p> <p>Contact: Reuben Millward</p> <p>Email: reuben@ramh.org Tel: 0141 404 7788</p>
<p>Last Wednesday of the month</p> <p>10.30-12noon</p> <p>(Erskine Library, Bridgewater, Erskine)</p> <p>Open to all</p>	<p>Renfrewshire Community Drop-In Hub</p> <p>Monthly Drop In Hub providing information on mental health, well-being; support services and how to access them; Information on workshops and activities on promoting mental well-being; signposting to supports.</p> <p>Venue: Erskine Library, 8 Bridgewater Place, Erskine PA8 7AA,</p> <p>Contact: Reuben Millward</p> <p>Email: reuben@ramh.org Tel: 0141 404 7788</p>
<p>Every Thursday</p> <p>5-7pm</p> <p>All Welcome</p>	<p>Singing for Wellbeing</p> <p>A group of people with a live experience who do or would like to try singing as part of the Mental Health Recovery. The group are asked at times to put on performances at mental health events. Songs are sung along with musical tracks. There is no audition or need to read music, you don't need a great voice, just enjoy singing and want to improve you confidence as part of a group.</p> <p>Self-referral/Referral required</p> <p>Venue: Causeway, 8 Carlibar Road, Barrhead G78 1AA</p> <p>For more information contact: Christine Murray 0141 881 8811 or christine@ramh.org</p>

<p>Thursday, Friday, Monday 5, 6, 9 April 2018 9.30am – 12.30pm</p>	<p>Stress Management Hubs Suitable for people who would like to learn tools and techniques to address and reduce their stress and anxiety. Self-Referral / Referral required Venue: Williamwood Medical Centre, 85 Seres Road, Clarkston, Glasgow, G76 7NW (Upstairs Meeting Room) For more information contact: Christine Murray or Lee Millar on 0141 881 8811 or Christine@ramh.org - lee.millar@ramh.org</p>
<p>Thursday, Friday, Tuesday 26, 27, 30 April 2018 1pm – 4pm</p>	<p>Stress Management Hubs Suitable for people who would like to learn tools and techniques to address and reduce their stress and anxiety. Self-Referral / Referral required Venue: Dunterlie Resource Centre, 36 Stewart Street, Barrhead, For more information contact: Lee Millar on 0141 881 8811/ lee.millar@ramh.org</p>
<p>Thursday (last Thursday of the month) 26 April 2018 6.30pm – 8.00pm</p>	<p>Carers' Group – Monthly Carers support for individuals living in East Renfrewshire HSCP. This group supports members through Peer discussion support and to engage in ER consultation and advocacy, from a carers' prospective. Venue: Sandlers Cottage, Eastwood Park, Rouken Glen Road, Giffnock G46 7JS Contact: Jacqui Heron on 0141 881 8811 or Jacqui@ramh.org</p>
<p>Every Thursday 12.30pm – 3.30pm ALL WELCOME (Please be advised our programme can take us out of the halls, so inform Lee if you are coming along)</p>	<p>Social Support Group A social support drop-in to help to increase your social connections Self-referral/Referral required Venue: Clarkston Halls, Clarkston Road, Glasgow, G76 8NE For more information contact: Lee Millar, lee.millar@ramh.org or on 0141 881 8811</p> 
<p>Friday 20, 27 April 4, 11, 18, 25 May 2018 10-12pm</p>	<p>Life to Work Skills Group Weekly group looking at work skills development for people with a lived experience of mental health issues. Self-referral/Referral required Venue – Auchenback Resource centre, 64 Aurs Drive, Barrhead, G78 2LW For more information contact: David Cowie 0141 881 8811 or David.Cowie@ramh.org</p>
<p>Every Friday 10am-12 noon All Welcome</p>	<p>The SHED Do you have an interest in working creatively with your hands? The group works on designing and creating items primarily with wood. The Shed is a place for skills, sharing and informal learning. Based on the Men's Shed model. Contact: Christine Murray on 0141 881 881 Christine@ramh.org</p>

<p>Every Friday</p> <p>New 8 week programme began 30 March 2018</p> <p>Fridays 11.30-2pm</p>	<p>East Renfrewshire Walk n Talk Suitable for people looking at mild to moderate walking as part of their physical activity and an opportunity to meet others and talk while seeing various areas across East Renfrewshire and improving their health and wellbeing. Venue: Induction @ Auchenback Resource Centre on 12 January, then walking at various points across East Renfrewshire. Cost: Free Contact: Graham Cossar on 0141 881 8811 graham.cossar@ramh.org to let us know you are coming along</p>
<p>Saturday</p> <p>10am for changing / catch up 10.30 – 11.30am</p> <p>We are encouraging members and spectators to come along and watch the game & meet new people. If you wish to then play simple referral process follows.</p> <p>Open to men and women!</p>	<p>Saturday Football (Renfrewshire RAMhs) –. Football is a great way to keep fit, meet others and have fun or just get out to spectate. If you would like further details or would like to refer to this service, please contact Paul B Henderson on 0141 404 7788 Venue: UWS Robertson Sports Centre at Thornly Park Campus, Caplethill Rd, Paisley PA2 7TR Costs: cost for pitch hire is £2 per head Contact: You can also keep up to date or communicate with the team leaders by email steven.mcadam@ramh.org or graham.cossar@ramh.org</p> 
<p>GP Practices Renfrewshire</p> <p>Open to all patients in the practices listed</p>	<p>Community Link - Renfrewshire Community Link Workers are based in Abbey, Anchor Mill, Bishopton, Linwood (Dr Richmond and Partners), Ludovic, Johnstone (Riverview), St James and Tannahill GP practices. Please make an appointment through your GP practice. Contact: 0141 847 8900 for more details or email smcl@ramh.org</p>
<p>GP Practices East Renfrewshire</p> <p>Open to all patients in the practices listed</p>	<p>Community Link – East Renfrewshire Community Link Workers are based in Clarkston, Levern, Williamwood, Mearns, Elmwood, Gleniffer, Eastwoodmains and MacLean GP practices. Please make an appointment through your GP practice. Contact: 0141 881 8811 for more details or email smcl@ramh.org</p>
<p>Throughout 2018</p> <p>Check the list and contact Meal Makers on 387 6390</p>	<p>Meal Makers Do you know an older person who could really benefit from a freshly prepared meal and a friendly chat? Meal Makers have a number of volunteer cooks looking to share with an older person in their neighbourhood, so if you know of an older person in any of the below areas who you think would benefit from a home cooked meal and some company please contact Meal Makers. Volunteers are usually happy to travel approx. 1km (10 – 15 min walk). If you would like to volunteer or refer an older person please contact Meal Makers direct on 0141 387 6390 and they will take all the details over the phone or email hello@mealmakers.org.uk</p>
<p>Every 4th Sunday</p> <p>6-8pm</p>	<p>Bipolar Scotland Monthly self-help group. This event is free, you don't need a referral and you don't have to be a Bipolar Scotland member—come along if you want to meet other people who live with bipolar and share ideas on how to improve your quality of life. Friends, family and carers very welcome. Cost: Free Venue: Bianco e Nero, 27 Gauze St, Paisley PA1 1ES, Paisley Contact: 0141 887 3870 for more details</p>

<p>Wednesday (4th Wednesday of every month)</p> <p>Contact Lesley Lesley Fyfe Administrator T: 0141 560 2050</p> <p>lesleyf@bipolarscotland.org.uk</p> <p>www.bipolarscotland.org.uk</p>	<p>EAST RENFREWSHIRE BIPOLAR SELF-HELP GROUP</p> <p>If you live with Bipolar Disorder and you'd like to share information, advice and experience with other people in a similar situation, please come along to the East Renfrewshire Bipolar Self-Help Group. We meet on the 4th Wednesday of every month (6:30-8pm) at</p> <p>Venue: Orchardhill Parish Church, 12 Church Rd, Giffnock G46 6JR</p> <p>You are very welcome to join – no referral or appointment needed! We're a friendly bunch and we're also open to friends, family, carers and partners of people with a bipolar diagnosis – anyone whose life has been affected by the condition. This is your chance to share advice and insights in a friendly non-clinical setting and meet new people. Our group also has occasional guest speakers who can talk about bipolar disorder from a range of angles (e.g. social workers, psychiatrists, mindfulness, getting back into work, staying fit etc.). We're affiliated to Bipolar Scotland and you can learn more about the national organisation at www.bipolarscotland.org.uk. It costs nothing to attend our group and we hope to see you there☺!!</p>
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ACUMEN

Colour Coded Key	Argyll & Bute	Inverclyde	West Dumbarton	East Renfrewshire	Renfrewshire
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<p>Every Monday</p> <p>1pm-3pm</p> <p>All Welcome!</p>	<p>Acumen Drama Group</p> <p>Come along and brighten your day through fun, drama and movement activities and let your creative side shine. The sessions are free for all adults, to promote positive mental and physical wellbeing. All welcome.</p> <p>Venue: Dunterlie Community Centre, Stewart Street , Barrhead G78 1AL</p> <p>Please contact ACUMEN Office for further details: 0141 847 8900</p>
<p>Monday</p> <p>10th April 2018</p> <p>12pm-2pm</p>	<p>'Inverclyde Issues Forum'</p> <p>Your Voice</p> <p>Venue: 12 Clyde Square, Greenock</p> <p>Guest speaker from Circles Advocacy</p> <p>Please contact ACUMEN Office for further details: 0141 847 8900</p> <p>All Welcome with Lunch included</p>
<p>Tuesday</p> <p>24th April 2018</p> <p>10.30 – 4pm</p>	<p>RECOVERY – Inverclyde</p> <p>Venue –Beacons Art Centre, Greenock –Join us...</p> <p>To give your views on how to promote mental health recovery and wellbeing across Inverclyde.</p> <p>To network and meet with other service users, carers, service providers and community groups.</p> <p>To hear from recovery champions in Inverclyde.</p> <p>For lunch, drama and entertainment.</p> <p>Contact rona@acumennetwork.org to reserve a place.</p>
<p>Every Wednesday</p> <p>3-4pm</p> <p>Listen on 98.4FM or at www.pulseonair.co.uk</p>	<p>'Mental Health on Air'</p> <p>Every Wednesday (3-4pm) Pulse Radio, Barrhead, shares information with the community and provides talks about various aspects of Mental Health and music. Any suggestions for topics for discussion are always welcome from anyone who has experienced mental health issues.</p> <p>For more information please contact: chloe@acumennetwork.org or Tel: 0141 847 8900</p>
<p>Thursday</p> <p>26 April 2018</p> <p>12pm-2pm</p>	<p>Recovery Renfrewshire</p> <p>Venue: St Mirin's Cathedral Church Hall, Ince Street, Paisley PA1 1HR</p> <p>Speaker: Self Directed Support</p> <p>Please contact ACUMEN Office for further details: 0141 847 8900</p> <p>All Welcome and lunch included</p>
<p>Every Friday</p> <p>12pm-2pm</p>	<p>'Mental Health Who Cares'</p> <p>Venue: Dalmuir Community Education Centre, Duntocher Road, West Dunbartonshire</p> <p>Please contact ACUMEN Office for further details: 0141 847 8900</p>