

## February 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](mailto:enquiries@ramh.org) or call Agnes on 0141 847 8900

For ACUMEN event enquiries contact: [rona@acumennetwork.org](mailto: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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<b>FIRST Crisis has a <u>new</u> freephone number 0800 221 8929</b>	<b>FIRST Crisis – new Freephone number</b> The Freephone number for FIRST Crisis is: <b>0800 221 8929.</b> Please use this number for free calls
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<b>DATE FOR YOUR DIARY</b>  <b>Wednesday 7 March 2018</b>  <b>10.30am-12 noon</b>  <b>The Womens Group (Renfrewshire) will host this meeting.</b>  <b>ALL WELCOME</b>  <b>Come and have your say</b>	<b>Stakeholders.</b> The next Stakeholders meeting will be hosted by The Women’s Group (Renfrewshire). This meeting is scheduled for Wednesday 7 March 2018, 10.30am-12 noon. RAMH invite all stakeholders – people who use our service, their family, friends and carers to come along for tea/coffee and biscuits to find out about our services and how you can get involved and contribute to service delivery and planning <b>Tel:</b> 0141 847 8900 or email <a href="mailto:enquiries@ramh.org">enquiries@ramh.org</a> <b>Venue:</b> The Wynd Centre, 6 School Wynd, Paisley PA1 2DB <b>Please let us know if you require transport as we can support you with this to attend.</b>
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<b>RAMH Reuse Superstore</b> Houston Square Johnstone PA5 8DT  <b>Opening Times:</b> Tues, Wed, Thursday 12noon until 4.30pm Call 0141 237 7600 for more details <b>RAMH Reuse Superstore January bargains!</b>	<b>RAMH Reuse Superstore</b> Visit our Johnstone premises for best quality furniture, white goods, clothing, vintage & collectibles, all at great prices  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.  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.
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<b>Friday</b>  <b>25 May 2018</b>  <b>7pm-1am</b>  <b>BOOK NOW!</b>	<b>Do you have what it takes to be RAMH 40th Anniversary Quiz Champions 2018?</b> Join us for RAMH’s 40 <sup>th</sup> Anniversary Dinner & Quiz on <b>Friday 25<sup>th</sup> May</b> 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: <b>Early Bird Price until Wednesday 7<sup>th</sup> March 2018 is £350 for a team of 10 or £35 for individual tickets.</b> Tickets booked after 7 <sup>th</sup> March 2018 will be charged at £400 for a team of 10, and £40 for individual tickets. All proceeds go directly towards mental health services for local people. <b>Contact:</b> <a href="mailto:enquiries@ramh.org">enquiries@ramh.org</a> or phone 0141 847 8900
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<p><b>Monday</b> <b>12 February 2018</b> <b>12pm – 3pm</b> <b>ALL WELCOME</b></p>	<p><b>Self Management , The story so far...</b> Come along and tell us what <b>self management</b> means to you and your recovery and hear about the difference our project has made so far through illustration. <b>Venue:</b> Barrhead Foundry, Main Street, Barrhead G78 1SW <b>For more information contact:</b> <a href="mailto:lisajane.mcguinness@ramh.org">lisajane.mcguinness@ramh.org</a> or Tel: 0141 881 8811</p> 
<p><b>Monday</b> <b>14 and 21 February 2018</b> <b>2-4pm</b></p>	<p><b>Skills Sharing workshops</b> Do you want to learn new skills, build your confidence and have fun? We are starting an exciting new venture! Tapping into people's skills and sharing them through workshops. Creative writing workshop will be on Monday 22<sup>th</sup> and Monday 29<sup>th</sup> of January, 2pm – 4pm <b>Self-Referral / Referral required</b> <b>Venue:</b> 21 Carlibar Road, Barrhead, G78 1AA <b>For more information contact:</b> Lisa Jane McGuinness on 0141 881 8811 or <a href="mailto:lisajane.mcguinness@ramh.org">lisajane.mcguinness@ramh.org</a></p>
<p><b>Every Monday</b> <b>6pm-7pm</b> <b>New Group</b> <b>ALL CARERS WELCOME</b></p>	<p><b>Carers' - Nurture Group - NEW GROUP</b> 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. Please let us know if you have any mobility issues and we can discuss access or an alternative venue. <b>Venue:</b> 14 Lowndes Street, Barrhead, G78 2QX <b>For more information contact:</b> <a href="mailto:Jacqui@ramh.org">Jacqui@ramh.org</a> or 0141 881 8811</p>
<p><b>Every second Monday</b> <b>12 &amp; 26 February</b> <b>11am – 1pm</b> <b>ALL WELCOME</b></p>	<p><b>Time 2 Talk</b> 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. <b>Self-referral/Referral required</b> <b>Venue:</b> Arc - Auchenback Resource Centre 64 Aurs Drive, Barrhead, East Renfrewshire, G78 2LW <b>Contact:</b> Christine or Lisa on 0141 881 8811 or <a href="mailto:christine@ramh.org">christine@ramh.org</a> / <a href="mailto:lisajane.mcguinness@ramh.org">lisajane.mcguinness@ramh.org</a></p>
<p><b>Every second Monday</b> <b>5 &amp; 19 February 2018</b> <b>10am-12 noon</b> <b>All Welcome</b></p>	<p><b>Men Do Talk</b> A fortnightly men's group offers support to talk about issues that affect men in a safe and relaxing environment. <b>Venue:</b> Dunterlie Community Hall, Stewart Road, Barrhead, 10-12 noon <b>For more information contact:</b> <a href="mailto:lee.millar@ramh.org">lee.millar@ramh.org</a> or on 0141 881 8811</p>
<p><b>Monday</b> <b>12 February 2018</b> <b>12pm – 2pm</b> <b>The group will run for 4 consecutive Mondays until Monday 5<sup>th</sup> March</b></p>	<p><b>Healthy Eating on a Budget</b> 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 <b>Venue:</b> The Wynd Centre, School Wynd Paisley <b>For more information contact:</b> <a href="mailto:amanda@ramh.org">amanda@ramh.org</a> to Tel 0141 404 7788 <b>Self-referral/Referral required</b></p>

<p><b>Every Monday</b>  <b>Meet 10.30am at Renfrew Victory Baths</b>  <b>10.45am-11.45</b>  <b>All Welcome</b></p>	<p><b>Renfrewshire Swimming Group</b>  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.  <b>Self-Referral/ Referral Required</b>  <b>Venue:</b> Renfrew Victory Baths, Inchinnan Rd, Renfrew PA4 8ND  <b>Costs:</b> £2.45  <b>Contact:</b> Graham Cossar on 0141 404 7788  <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a> to let us know you are coming along.</p>
<p><b>Every Monday</b>  <b>Starts 15 January 2018</b>  <b>8 week programme</b>  <b>2-3.30pm</b></p>	<p><b>Renfrewshire Walk n Talk</b>  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.  <b>Venue:</b> Induction at 14 St James Street, Paisley on 15 January, then walking at various points across Renfrewshire.  <b>Self-Referral/ Referral Required</b>  <b>Cost:</b> Free  <b>Contact:</b> Graham Cossar on 0141 404 7788  <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a> to let us know you are coming along</p>
<p><b>Monday's</b>  <b>26 February until 26 March 2018</b>  <b>12-2pm</b></p>	<p><b>Self-esteem</b>  Suitable for people who would like to improve their confidence and would benefit from enhanced self-esteem.  <b>Self-Referral/ Referral Required</b>  <b>Venue –</b> St James Street, Paisley  <b>For more information contact:</b> Fiona McCrae: 0141 881 8811 or Paul Henderson <a href="mailto:pbh@ramh.org">pbh@ramh.org</a></p>
<p><b>Every Monday</b>  <b>10am-12 noon</b>  <b>Please drop in – All welcome</b></p>	<p><b>Smoking Cessation group</b>  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.  <b>Venue:</b> Charleston Centre, 49 Neilston Road, Paisley PA2 1LU  <b>For further information contact:</b> <a href="mailto:reuben@ramh.org">reuben@ramh.org</a> or on 0141 404 7788</p>
<p><b>Tuesday's</b>  <b>(9 January till 13 February)</b>  <b>6-8pm</b></p>	<p><b>Recovery Works</b>  Work skills development opportunities for people with a lived experience of mental health issues.  <b>Self-Referral/ Referral Required</b>  <b>Venue –</b>Charleston Centre, 49 Neilston Road, Paisley, PA2 6LY  <b>For more information contact:</b> David Cowie 0141 881 8811 or <a href="mailto:David.Cowie@ramh.org">David.Cowie@ramh.org</a> Paul Henderson: <a href="mailto:pbh@ramh.org">pbh@ramh.org</a></p>
<p><b>Tuesday</b>  <b>27 February</b>  <b>6, 13, 20, 27 March and 3 April</b>  <b>10.30am-12pm</b></p>	<p><b>Control Your Stress -</b> The programme explores why we feel anxious and ways to reduce our anxiety  <b>Self-referral/referral required</b>  <b>Venue:</b> 14 St James Street, Paisley  For more information contact:  <b>Email:</b> <a href="mailto:reuben@ramh.org">reuben@ramh.org</a> or Paul at <a href="mailto:pbh@ramh.org">pbh@ramh.org</a>  <b>Tel:</b> 0141 404 7788</p>

<p><b>Every Tuesday</b></p> <p><b>1pm-3pm</b></p> <p><b>ALL WELCOME</b></p>	<p><b>LINK Club</b></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><b>Self-referral/Referral required</b></p> <p><b>Venue:</b> Dalmeny Centre, Barnes St, Barrhead, G78 1EH.</p> <p><b>Contact:</b> Christine Murray on 0141 881 8811 or <a href="mailto:Christine@ramh.org">Christine@ramh.org</a></p>
<p><b>Every Tuesday Evening</b></p> <p><b>4-4.30 new players</b></p> <p><b>4.30-5.30 Drop in session</b></p> <p><b>5.30-6 Games/coaching</b></p> <p><b>All Welcome –come along and try this activity</b></p>	<p><b>Badminton Group</b></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><b>Self-referral/Referral required</b></p> <p><b>Venue:</b> The FOUNDRY, Barrhead Sports Centre, Main Street, Barrhead G78 1SW</p> <p><b>For further information contact:</b> Graham Cossar 0141 881 8811 or <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a> to let us know you are coming along.</p>
<p><b>Tuesday</b></p> <p><b>13 February 2018</b></p> <p><b>6-8 pm</b> (This event takes place on the second Tuesday of each month).</p> <p><b>All Welcome</b></p>	<p><b>The Culture Club</b></p> <p><b>Comedy- Cinema-Theatre-Gigs</b></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><b>Venue:</b> Methodist Central Hall, 2 Gauze St, Paisley PA1 1EP</p> <p><b>For more information:</b> Email: <a href="mailto:jacqui@ramh.org">jacqui@ramh.org</a> or <a href="mailto:IreneB@ramh.org">IreneB@ramh.org</a> tel: 0141 881 8811</p>
<p><b>Tuesday</b></p> <p><b>Starts 16 January 2018 for 6 weeks</b></p> <p><b>Time - 3-5pm</b></p>	<p><b>Eat Better Feel Better</b></p> <p>This cooking group is suitable for all individuals who are interested in improving their skills and knowledge on eating healthier. This is part on an NHS health improvement programme.</p> <p><b>Venue:</b> Salvation Army Hall, Mill Street, Paisley</p> <p><b>Self-Referral/ Referral Required</b></p> <p><b>Contact:</b> Margaret on 0141 404 7788</p>
<p><b>Tuesday</b></p> <p><b>23 Jan 2018 (taster session)</b></p> <p><b>Followed by 6 sessions</b></p> <p><b>Until 6 March 2018</b></p> <p><b>2-3pm</b></p>	<p><b>Mindfulness Group</b></p> <p>Experience the benefits of Mindful approaches to relaxation and wellbeing.</p> <p><b>Self-Referral/ Referral Required</b></p> <p><b>Venue</b> – St James Street, Paisley</p> <p><b>For more information contact:</b> Louise Robertson 0141 881 8811 or Paul Henderson: <a href="mailto:pbh@ramh.org">pbh@ramh.org</a></p>
<p><b>Tuesday</b></p> <p><b>27<sup>th</sup> February 2018</b></p> <p><b>1-3pm</b></p>	<p><b>Carers Group</b> – The group is a joint peer support group between RAMH and the Carers centre.</p> <p><b>Self-referral/referral required</b></p> <p><b>Venue:</b> Unit 55/Embroidery Mill/Abbey Mill Business Centre, Paisley PA1</p> <p><b>For more information contact:</b></p> <p><b>Email:</b> <a href="mailto:reuben@ramh.org">reuben@ramh.org</a></p> <p><b>Tel:</b> 0141 404 7788</p>
<p><b>Every Tuesday</b></p> <p><b>1.30pm-3.00pm</b></p> <p><b>(Lifeskills, Houston Square)</b></p> <p><b>Open to All</b></p>	<p><b>Renfrewshire Community Drop-In Hub</b></p> <p>Weekly 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><b>Venue:</b> Lifeskills, Houston Square Johnstone, Renfrewshire</p> <p><b>Contact:</b> Reuben Millward</p> <p><b>Email:</b> <a href="mailto:reuben@ramh.org">reuben@ramh.org</a> <b>Tel:</b> 0141 404 7788</p>

<p><b>Every Wednesday</b></p> <p><b>1pm-3pm</b></p>	<p><b>Women in Recovery East Renfrewshire (WIRE)</b></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><b>Self-referral/Referral required</b></p> <p><b>Venue:</b> Arthurlie House , Springhill Road Barrhead ,G78 2SE</p> <p><b>Contact:</b> Christine on 0141 881 8811 or <a href="mailto:christine@ramh.org">christine@ramh.org</a></p>
<p><b>Wednesday</b></p> <p><b>17 January till 7 March 2018</b></p> <p><b>8 week programme</b></p> <p><b>10-10.45am</b></p>	<p><b>Relaxation Group</b></p> <p>The group will meet prior to the swimming group, and focus on relaxation techniques and discuss ways to de-stress. It is hoped therefore allowing the group a more beneficial swim when entering the water.</p> <p><b>Venue:</b> Eastwood Leisure Centre, Rouken Glen Rd, Giffnock, Glasgow G46 6UG</p> <p><b>Contact:</b> Graham Cossar on 0141 881 8811 or <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a> to let us know you are coming along.</p>
<p><b>Every Wednesday</b></p> <p><b>Meet 10.45am at Eastwood Leisure Centre</b></p> <p><b>11am-12noon</b></p> <p><b>All Welcome</b></p>	<p><b>East Renfrewshire Swimming Group</b></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><b>Venue:</b> Eastwood Leisure Centre, Rouken Glen Rd, Giffnock, Glasgow G46 6UG</p> <p><b>Costs:</b> £3.90 without an access card; £3.30 with an access card and £1.95 concession.</p> <p><b>Contact:</b> Graham Cossar on 0141 881 8811 or <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a> to let us know you are coming along.</p>
<p><b>Every Wednesday</b></p> <p><b>Starts 31 January 2018</b></p> <p><b>2.15pm-3pm</b></p>	<p><b>'Access to Sport' Group</b></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><b>Venue:</b> Newton Mearns Baptist Church</p> <p><b>Contact:</b> Graham Cossar on 0141 881 8811 or <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a> to let us know you are coming along.</p>
<p><b>Every Wednesday</b></p> <p><b>10.30-12 noon</b> <b>(Erskine Library)</b></p> <p><b>Open to All</b></p>	<p><b>Renfrewshire Community Drop-In Hub</b></p> <p>Weekly 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><b>Venue:</b> Erskine Library, 15 Bridgewater Place, Erskine, PA8 7AA</p> <p><b>Contact:</b> Reuben Millward</p> <p><b>Email:</b> <a href="mailto:reuben@ramh.org">reuben@ramh.org</a> <b>Tel:</b> 0141 404 7788</p>
<p><b>Every Thursday</b></p> <p><b>5-7pm</b></p> <p><b>All Welcome</b></p>	<p><b>Singing for Wellbeing</b></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><b>Self-referral/Referral required</b></p> <p><b>Venue:</b> FOUNDRY, Barrhead Sports Centre, Main Street, Barrhead G78 1SW</p> <p>For more information contact: Christine Murray 0141 881 8811 or <a href="mailto:christine@ramh.org">christine@ramh.org</a></p>

<p><b>Thursday, Friday, Monday</b> <b>1, 2 and 5 February 2018</b></p> <p><b>9.30am – 12.30pm</b></p>	<p><b>Stress Management Hubs</b> Suitable for people who would like to learn tools and techniques to address and reduce their stress and anxiety. <b>Self-Referral / Referral required</b> <b>Venue: Williamwood Medical Centre, 85 Seres Road,</b> Clarkston, Glasgow, G76 7NW (Upstairs Meeting Room) <b>For more information contact:</b> Christine Murray or Lee Millar on 0141 881 8811 or <a href="mailto:Christine@ramh.org">Christine@ramh.org</a> - <a href="mailto:lee.millar@ramh.org">lee.millar@ramh.org</a></p>
<p><b>Thursday, Friday, Monday</b> <b>22, 23, 26 February 2018</b></p> <p><b>1pm – 4pm</b></p>	<p><b>Stress Management Hubs</b> Suitable for people who would like to learn tools and techniques to address and reduce their stress and anxiety. <b>Self-Referral / Referral required</b> <b>Venue: Dunterlie Resource Centre, 36 Stewart Street, Barrhead,</b> <b>For more information contact:</b> Lee Millar on 0141 881 8811/ <a href="mailto:lee.millar@ramh.org">lee.millar@ramh.org</a></p>
<p><b>Thursday</b> <b>1, 8, 15, 22 February 2018</b></p> <p><b>2-4pm</b></p>	<p><b>Life to Work Skills Group</b> Weekly group looking at work skills development for people with a lived experience of mental health issues. <b>Self-referral/Referral required</b> <b>Venue – 14 St James Street, Paisley PA3 2HT</b> <b>For more information contact:</b> David Cowie <b>0141 404 7788</b> or <a href="mailto:David.Cowie@ramh.org">David.Cowie@ramh.org</a></p>
<p><b>Thursday (last Thursday of the month)</b> <b>22 February 2018</b></p> <p><b>6.30pm – 8.00pm</b></p>	<p><b>Carers' Group – Monthly</b> 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. <b>Venue: Sandler's Cottage, Eastwood Park, Rouken Glen Road, Giffnock G46 7JS</b> <b>Contact:</b> Jacqui Heron on 0141 881 8811 or <a href="mailto:Jacqui@ramh.org">Jacqui@ramh.org</a></p>
<p><b>Every Thursday</b> <b>12.30pm – 3.30pm</b></p> <p><b>ALL WELCOME</b></p>	<p><b>Social Support Group</b> A social support drop-in to help to increase your social connections <b>Self-referral/Referral required</b> <b>Venue: Clarkston Halls, Clarkston Road, Glasgow, G76 8NE</b> <b>For more information contact:</b> Lee Millar, <a href="mailto:lee.millar@ramh.org">lee.millar@ramh.org</a> or on 0141 881 8811</p>
<p><b>Every Friday</b> <b>10am-12 noon</b></p> <p><b>All Welcome</b></p>	<p><b>The SHED</b> 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. <b>Contact:</b> Christine Murray on 0141 881 881 <a href="mailto:Christine@ramh.org">Christine@ramh.org</a></p>
<p><b>Every Friday</b> <b>Starts 12 January 2018</b> <b>Induction 12.30-2pm</b> <b>Followed by</b> <b>8 week programme</b> <b>Fridays 10.30-12.00pm</b></p>	<p><b>East Renfrewshire Walk n Talk</b> 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. <b>Venue:</b> Induction @ Auchenback Resource Centre on 12 January, then walking at various points across East Renfrewshire. <b>Cost:</b> Free <b>Contact:</b> Graham Cossar on 0141 881 8811 <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a> to let us know you are coming along</p>

<p><b>Friday</b></p> <p><b>26 January till 2 March 2018</b></p> <p><b>10.30am-12pm</b></p>	<p><b>Writing Group</b> – This groups explores the benefits of creative writing to manage mental health issues.</p> <p><b>Self-referral/referral required</b></p> <p><b>Venue:</b> 14 St James Street, Paisley</p> <p><b>For more information contact:</b> Paul at <a href="mailto:pbh@ramh.org">pbh@ramh.org</a> or</p> <p><b>Tel:</b> 0141 404 7788</p>
<p><b>Saturday</b></p> <p><b>10am for changing / catch up 10.30 – 11.30am</b></p> <p><b>We are encouraging members and spectators to come along and watch the game &amp; meet new people. If you wish to then play simple referral process follows.</b></p> <p><b>Open to men and women!</b></p>	<p><b>Saturday Football (Renfrewshire RAMhs)</b> –. It 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</p> <p><b>Venue:</b> UWS Robertson Sports Centre at Thornly Park Campus, Caplehill Rd, Paisley PA2 7TR</p> <p><b>Costs:</b> cost for pitch hire is £2 per head</p> <p><b>Contact:</b> You can also keep up to date or communicate with the team leaders by email <a href="mailto:steven.mcadam@ramh.org">steven.mcadam@ramh.org</a> or <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a></p>
<p><b>GP Practices</b></p> <p><b>Open to all patients in the practices listed</b></p>	<p><b>Community Link - Renfrewshire</b></p> <p>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.</p> <p><b>Contact:</b> 0141 847 8900 for more details or email <a href="mailto:smcl@ramh.org">smcl@ramh.org</a></p>
<p><b>GP Practices</b></p> <p><b>Open to all patients in the practices listed</b></p>	<p><b>Community Link – East Renfrewshire</b></p> <p>Community Link Workers are based in Clarkston, Lavern, Williamwood, Mearns, Elmwood, Gleniffer, Eastwoodmains and MacLean GP practices. Please make an appointment through your GP practice.</p> <p><b>Contact:</b> 0141 881 8811 for more details or email <a href="mailto:smcl@ramh.org">smcl@ramh.org</a></p>
<p><b>TASTER SESSIONS</b></p> <p>Tuesday evening 18.00 – 20.00 Relax &amp; Revive, Yoga/Pilates/ Tai Chi 6<sup>th</sup>,13<sup>th</sup>,20<sup>th</sup>,27<sup>th</sup> Feb</p> <p>Thursday morning 10.00 – 12.00 Crafty Crafts &amp; Chat 1<sup>st</sup>,8<sup>th</sup>,15<sup>th</sup>,22<sup>d</sup> Feb</p> <p>Sunday afternoon 13.00 – 15.00 Soup &amp; Chat Sunday 4<sup>th</sup>,11<sup>th</sup>,18<sup>th</sup>,25<sup>th</sup> Feb</p> <p><b>All sessions free</b></p>	<p><i>Kairos</i></p> <p><b>at Active Communities</b></p>  <p>Fantastic opportunity in Johnstone. A brand new space for all ladies in Renfrewshire. Vibrant, Innovate, Exciting and Welcoming.</p> <p>All sessions will be held in our base at</p> <p><b>Venue: 16 Quarry Street, Johnstone PA5 8DZ</b></p> <p>For more info pop in or call: Office 01505 391 459, Mobile 07426849548 <a href="mailto:karen@activecommunities.co.uk">karen@activecommunities.co.uk</a></p>

<p><b>Wednesday</b> <b>(4<sup>th</sup> Wednesday of every month)</b></p> <p>Contact Lesley Lesley Fyfe Administrator T: 0141 560 2050</p> <p><a href="mailto:lesleyf@bipolarscotland.org.uk">lesleyf@bipolarscotland.org.uk</a></p> <p><a href="http://www.bipolarscotland.org.uk">www.bipolarscotland.org.uk</a></p>	<p><b>EAST RENFREWSHIRE BIPOLAR SELF-HELP GROUP</b></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 4<sup>th</sup> Wednesday of every month (6:30-8pm) at</p> <p><b>Venue:</b> Orchardhill Parish Church, 12 Church Road, 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 <a href="http://www.bipolarscotland.org.uk">www.bipolarscotland.org.uk</a>. It costs nothing to attend our group and we hope to see you there☺!!</p>
<p><b>Every 4<sup>th</sup> Sunday</b></p> <p><b>6-8pm</b></p>	<p><b>Bipolar Scotland</b></p> <p>Monthly self-help group.</p> <p>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.</p> <p><b>Cost:</b> Free</p> <p><b>Venue:</b> Bianco e Nero, 27 Gauze St, Paisley PA1 1ES, Paisley</p> <p>Contact: 0141 887 3870 for more details</p>
<p><b>Throughout 2017</b></p> <p><b>Check the list and contact Meal Makers on 387 6390</b></p>	<p><b>Meal Makers</b> 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 <b>contact Meal Makers direct on 0141 387 6390</b> and they will take all the details over the phone or email <a href="mailto:hello@mealmakers.org.uk">hello@mealmakers.org.uk</a>.</p>



# ACUMEN

Colour Coded Key	Argyll & Bute	Inverclyde	West Dumbarton	East Renfrewshire	Renfrewshire
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<p><b>Every Monday</b> <b>1pm-3pm</b></p>	<p><b>Acumen Drama Group</b> 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. <b>Venue:</b> Dunterlie Community Centre, Stewart Street , Barrhead G78 1AL <b>Please contact ACUMEN Office for further details:</b> 0141 847 8900</p>
<p><b>The 2<sup>nd</sup> Monday of every month</b> <b>12pm-2pm</b></p>	<p><b>'Inverclyde Issues Forum'</b> Your Voice <b>Venue:</b> 12 Clyde Square, Greenock <b>Please contact ACUMEN Office for further details:</b> 0141 847 8900 <b>All Welcome with Lunch included</b></p>
<p><b>Every Wednesday</b> <b>3-4pm</b></p>	<p><b>'Mental Health on Air'</b> 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. <b>For more information please contact:</b><a href="mailto:pauline@acumennetwork.org">pauline@acumennetwork.org</a> or Tel: 0141 847 8900 People can listen on 98.4FM or at <a href="http://www.pulseonair.co.uk">www.pulseonair.co.uk</a></p>
<p><b>The last Thursday of every month</b> <b>12pm-2pm</b></p>	<p><b>Recovery Renfrewshire</b> <b>Venue:</b> St Mirin's Cathedral Church Hall, Inle Street, Paisley PA1 1HR <b>Please contact ACUMEN Office for further details:</b> 0141 847 8900 <b>All Welcome and lunch included</b></p>
<p><b>Every Friday</b> <b>12pm-2pm</b></p>	<p><b>'Mental Health Who Cares'</b> <b>Venue:</b> Dalmuir Community Education Centre, Duntocher Road, West Dunbartonshire <b>Please contact ACUMEN Office for further details:</b> 0141 847 8900</p>
<p><b>Tuesday</b> <b>6 February 2018</b> <b>12pm till 2pm</b> <b>Please add</b></p>	<p><b>Self Directive Support</b> <b>Venue -</b> Moat Centre, Stuart Street, Rothesay, PA20 0EP ACUMEN and Mental Health Foundation will be working with service users and carers to look at ways self-directed support could work across Argyll and Bute. <b>For more information contact</b> <a href="mailto:Fiona@acumennetwork.org">Fiona@acumennetwork.org</a></p>
<p><b>Wednesday</b> <b>4 February 2018</b> <b>4-6pm</b></p>	<p><b>ACUMEN Exchange</b> <b>Venue -</b> Hope Kitchen .Oban Come along have a cuppa and a chat, exchanging news and views about mental health and mental health services. <b>For more information contact</b> <a href="mailto:Tina@acumennetwork.org">Tina@acumennetwork.org</a></p>
<p><b>Thursday</b> <b>15 February 2018</b> <b>11-2pm</b></p>	<p><b>ACUMEN Exchange</b> <b>Venue –</b> Link Club , Campbeltown Come along have a cuppa and a chat, exchanging news and views about mental health and mental health services <b>For more information contact</b> <a href="mailto:Tina@acumennetwork.org">Tina@acumennetwork.org</a></p>