

September 2017 and FORTHCOMING EVENTS NEWSLETTER

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| <p>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</p> | | | |
| <p>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)</p> | | | |
| Colour Coded Key | Renfrewshire | East Renfrewshire | No colour – FOR EVERYONE |
| <p>FIRST Crisis has a <u>new</u> freephone number 0800 221 8929</p> | <p>FIRST Crisis – new Freephone number As of 1st June the Freephone number for FIRST Crisis is: 0800 221 8929</p> | | |
| <p>Friday 1st September Sainsbury's Giffnock</p> <p>Saturday 16th September Intu, Braehead</p> | <p>Give just 2 hours for mental health! Help us collect at Sainsbury's Local, Fenwick Road Giffnock from 10-12pm, 12-2pm or 2-4pm. Email karen.mcintyre@ramh.org to get involved. Or phone 0141 847 8900.</p> <p>Give just 3 hours for mental health! Help us collect at Intu Braehead while our singing and drama group perform. 12pm-3pm, with a break. Email karen.mcintyre@ramh.org to get involved. Or phone 0141 847 8900.</p> | | |
| <p>DATE FOR YOUR DIARY</p> <p>Monday 4th September 1-3pm Trinity Church Hall, 13 Paisley Road, Renfrew PA4 8JH ALL WELCOME Come and have your say</p> | <p>Stakeholders meeting The next Stakeholders meeting will be hosted at the Renfrew Club. This meeting is scheduled for Monday 4th September 2017, 1-3pm. 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 Tel: 0141 847 8900 or email enquiries@ramh.org Venue: Trinity Church Hall, 13 Paisley Road, Renfrew PA4 8JH Please let us know if you require transport as we can support you with this to attend.</p> | | |
| <p>Wednesday 6th September 2017 6-8pm</p> <p>Eastwood House Eastwood Park Rouken Glen Road, Glasgow G46 6UX</p> | <p>SDS - East Renfrewshire Open Forum Events SDS Forum East Renfrewshire are in the process of organising open forum events over the coming months. They hope these will be an opportunity to raise awareness of the range of services open to existing and new clients throughout the local area. All events will last 2 hours and will have a structured format for the first hour to include short (5/10 minute) talks delivered at each table by individual organisations. Following this, those attending will be given the chance to have light refreshments and mingle with services to find out more. This event will be targeted specifically at young people Date: Wednesday 6th September Time: 6-8pm Venue: Eastwood House, Eastwood Park Rouken Glen Road, Glasgow G46 6UX Contact: Veronica Dunn on 0141 638 2525 or email veronica@sdsforumer.org before Wednesday 5th July at latest. Web: www.sdsforumer.org</p> | | |

Monday 25th September 2017
12-4 pm (Drop in)
Renfrewshire Community Service
1st Year Birthday
Everyone Welcome!

Pop along to Renfrewshire Community Service 1 year anniversary celebration. Renfrewshire Community Service are hosting an event to showcase some of the fantastic work carried out by individuals accessing the service.

Refreshments and light bites

Venue: 14 St James Street ,PA3 2HT **Further information -Contact:** 0141 40477 88 Fiona (fiona.mccrae@ramh.org)



STV Appeal

STV Appeal
 If you are a family receiving support from RAMH we can support you to have a family day trip, e.g. train to Edinburgh and visit to zoo, or trip to the beach at Ayr with lunch (all costs covered). Or you still have time to book our caravan in Ayr, which can also be paid from the fund. Your children must be 18 or under.
Contact: Shirley McCuish or Stephen McLellan on 0141 847 8900

RAMH Reuse Superstore
 Houston Square
 Johnstone
 PA5 8DT
NEW Opening Times:
 Tues, Wed, Thursday 12noon until 4.30pm
 Call 0141 237 7600 for more details

Special Open Day on Saturday 9 September 10am until 4pm in support of Choose Life who are running an event in Houston Square to launch Suicide Awareness Week with the support of the Samaritans.


RAMH Reuse Superstore has lovely Autumn bargains in store now!

Visit our Johnstone premises for best quality furniture, white goods, clothing, vintage & collectibles, all at great prices.

RAMH Re-use Superstore also hosts two charities who are also social enterprises: Spruce Carpets have a display of affordable rugs, runners and door mats, all made from new carpet cut offs, new stock has just arrived this week, Merry-go-Round who have a full department they make available to parents, a wide range of affordable baby and toddler items such as cots, toys and a wide range of clothing and much more.

Due to public demand, we have sourced best value NEW single divan beds at £95 per set and NEW Double divan bed sets £125 each 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.

Last chance to book the caravan at Craig Tara contact RAMH on 01292 886674



Our 3 bedroom caravan is 35 feet x 12 feet wide, with one double and 2 twin bedrooms (with brand new quality mattresses for this season) and is equipped as follows:
 Spacious lounge area, with gas fire, flat screen Freeview TV/DVD combi, portable CD player and a variety of children’s board games provided.
 Kitchen with full size gas cooker, fridge with freezer box, microwave, kettle, crockery and cutlery supplied.
 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:

| | Peak: July/Aug/Sept weekend/Oct week | Off Peak |
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| Mon – Fri | £170 | £130 |
| Fri – Mon | £150 | £110 |
| Week | £300 | £220 |

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| <p>Monday</p> <p>4th, 11th, 25th September</p> <p>6pm-7pm</p> <p>New Group ALL CARERS WELCOME</p> | <p>Carers' - Nurture Group - NEW GROUP</p> <p>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.</p> <p>Venue: 14 Lowndes Street, Barrhead, G78 2QX</p> <p>For more information contact: andrea.obrien@ramh.org or 0141 881 8811</p> |
| <p>Every 2nd Monday</p> <p>11th September 2017 (Closed on 25th September 2017)</p> <p>10am-12 noon</p> <p>All Welcome</p> | <p>Men Do Talk</p> <p>A fortnightly men's group offers support to talk about issues that affect men in a safe and relaxing environment.</p> <p>Venue: Dunterlie Community Hall, Stewart Road, Barrhead, 10-12 noon</p> <p>For more information contact: lee.millar@ramh.org or on 0141 881 8811</p> |
| <p>Tuesday</p> <p>6-7.30pm 5th, 12th, 19th September 2017</p> <p>10th, 17th, 24th October 2017</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>Tuesday</p> <p>12th, 26th September</p> <p>6pm – 8pm</p> <p>Phone David 881 8811</p> <p>East Renfrewshire group</p> | <p>Recovery Works</p> <p>Weekly drop in for people with a lived mental health experience who are exploring employability support. This also supports people who are in work and are looking for self-management strategies to sustain their employment</p> <p>Self-referral/Referral required</p> <p>Venue: 14 Lowndes Street, Barrhead, G78 2QX</p> <p>For more information contact: David Cowie 0141 881 8811 or David.Cowie@ramh.org</p> |
| <p>Thursday</p> <p>31st Aug 7th, 14th, 21st, 28th September 2017 & 5th Oct 2017</p> <p>2pm-3pm 6 Week programme</p> | <p>Relaxation</p> <p>If you feel you would benefit from learning and applying relaxation to your life contact andrea.obrien@ramh.org or Tel: 0141 404 7788</p> <p>Venue: 14 St James Street, Paisley PA3 2HT</p> |
| <p>Monday</p> <p>4th & 18th September 2017</p> <p>11am – 1pm</p> <p>ALL WELCOME</p> | <p>Time 2 Talk</p> <p>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.</p> <p>Self-referral/Referral required</p> <p>Venue: Arc - Auchenback Resource Centre 64 Aurs Drive, Barrhead, East Renfrewshire, G78 2LW</p> <p>Contact: Christine or Lisa on 0141 881 8811 or christine@ramh.org or lisajane.mcquinness@ramh.org</p> |

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| <p>Tuesday</p> <p>12th September 2017</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: cultureclubrenfrewshire@outlook.com or call: 0141 849 2297</p> |
| <p>Tuesday 19th September 2017 1pm-3pm</p> <p>ALL WELCOME Come along and try. Enjoy the chat!</p> | <p>Recovery Café</p> <p>The next recovery Café is taking place in September, providing an opportunity to discuss and share experiences around mental health and recovery, within a relaxed informal environment, including a nominated Guest Speaker.</p> <p>ESOL group will host the recovery café. Fun activity & Refreshments</p> <p>Contact: Christine@ramh.org or 0141 881 8811</p> <p>Venue: Thorntree Hall, Thornliebank Main St., Thornliebank, G46 73F</p> |
| <p>Tuesdays</p> <p>5th, 12th, 19th, 26th September</p> <p>6pm-8pm</p> <p>Renfrewshire Group</p> | <p>Recovery Works</p> <p>Weekly drop in for people with a lived mental health experience who are exploring employability support. This also supports people who are in work and are looking for self-management strategies to sustain their employment</p> <p>Self-referral/Referral required</p> <p>Venue: Charleston Centre, 49 Neilston road, Paisley, PA2 6LY</p> <p>For more information contact: David Cowie 0141 404 7788 or David.Cowie@ramh.org</p> |
| <p>Thursday</p> <p>7th 14th, 21st, 28th September</p> <p>10-12pm</p> | <p>Life to Work Skills Group</p> <p>Weekly group looking at work skills development for people with a lived experience of mental health issues.</p> <p>Self-referral/Referral required</p> <p>Venue – 14 St James Street, Paisley PA3 2HT</p> <p>For more information contact: David Cowie 0141 404 7788 or David.Cowie@ramh.org</p> |
| <p>Tuesdays</p> <p>Taster Session: 26th September 11am-12noon</p> <p>Thereafter, 6 sessions from Tuesday 3rd October till Tuesday 7th November 2017 11am – 12 noon</p> | <p>Mindfulness (East Renfrewshire)</p> <p>Following attendance at the taster session there will be an opportunity to join a small weekly group for 6 sessions, with the aim of introducing you to the skill of mindfulness. Each session has a different theme. Mindfulness 6 weekly sessions gives you an opportunity to experience, learn and gain skills through the practice of mindfulness.</p> <p>Self-referral/Referral required</p> <p>Venue: Auchinback Resource centre, 60 Aurs Dr, Barrhead, Glasgow G78 2LW</p> <p>For more information contact: Karen Mulcahy 0141 881 8811 or karen.mulcahy@ramh.org</p> |
| <p>Tuesday</p> <p>19th September – 10 October 1-3pm (review week 17th October)</p> | <p>Healthy Eating on a Budget</p> <p>Looking at cooking healthy meals on a limited budget.</p> <p>Self-referral/Referral required</p> <p>Venue: St Fergus Church Hall, Blackstoun Road, Paisley</p> <p>For more information contact: Amanda McLaughlin. amanda@ramh.org or 0141 404 7788</p> |

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| <p>Friday 15th September 1.30pm-2.30pm</p> | <p>Fit Me Fridays - Physical Activity Taster Sessions Low Level Physical Activity aimed to introduce gentle exercise, purpose and structure for people with limited physical health or fitness levels. Come and try a variety of physical activities such as exercise to music, relaxation exercise and more! Venue: TBC Contact: Andrea O'Brien andrea.obrien@ramh.org or Tel: 0141 404 7788</p> |
| <p>Breathing Space 'Show an Act of Kindness today'</p>  | <p>Breathing Space- 52 weeks of Kindness – for better Mental Health in Scotland. Studies have shown that acts of kindness not only bring happiness to others, but can also benefit our own mental wellbeing. By helping others we can relieve the impact of stress on our health and improve our mood and self-esteem. There's also evidence to suggest that being kind makes you and others around you kind. When we witness an act of kindness, it can give us an elevated feeling and bring a renewed faith in human nature. Contact: 0800 838587 – Breathing Space</p> |
| <p>Thursday 28th September 2017 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: Andrea O'Brien on 0141 881 8811 or andrea.obrien@ramh.org</p> |
| <p>Every Monday 1.30pm – 3pm ALL WELCOME</p> | <p>S'TAKE Action Do you have an interest in Media, Creative Writing, and Photography etc.? Do you have a story to tell and want to share it? Come along and get involved in RAMH Causeway's Stakeholders quarterly Newsletter! Self-referral/Referral required Venue: Murray Room, The Foundry, Barrhead For more information contact: andrea.obrien@ramh.org or 0141 881 8811</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>Every Tuesday 1pm-3pm ALL WELCOME</p> | <p>LINK Club 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 Self-referral/Referral required Venue: Dunterlie Community Centre, Barrhead Contact: Christine Murray on 0141 881 8811 or Christine@ramh.org</p> |

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| <p>Every Tuesday 1.30pm-3.00pm (Lifeskills, Houston Square)</p> <p>Open to All</p> | <p>Renfrewshire Community Drop-In Hub 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. Venue: Lifeskills, Houston Square Johnstone, Renfrewshire Contact: Reuben Millward Email: reuben@ramh.org Tel: 0141 404 7788</p> |
| <p>Every Tuesday Evening</p> <p>5-6pm (Timing can change occasionally as subject to court availability. Advised in advance)</p> <p>All Welcome –come along and try this activity</p> | <p>Badminton Group 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. Self-referral/Referral required Venue: The FOUNDRY, Barrhead Sports Centre, Main Street, Barrhead G78 1SW For further information contact: Andrea O'Brien 0141 881 8811 or andrea.obrien@ramh.org to let us know you are coming along</p> |
| <p>Every Wednesday</p> <p>1pm - 3pm</p> <p>Sunshine Recovery Cafe St. Matthew's Church, Gordon Street, Paisley every Wednesday,</p> <p>Open to people using the Sunshine Recovery Café</p> | <p>Renfrewshire Community Drop-In Hub 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. Venue: Sunshine Recovery Cafe St. Matthew's Church, Gordon Street, Paisley every Wednesday, 1pm - 4pm. Contact: Reuben Millward Email: reuben@ramh.org Tel: 0141 404 7788</p> |
| <p>Every Wednesday</p> <p>1pm-3pm</p> | <p>Women in Recovery East Renfrewshire (WIRE) 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. Self-referral/Referral required Venue: Arthurlie House , Springhill Road Barrhead ,G78 2SE Contact: Christine on 0141 881 8811 or christine@ramh.org</p> |
| <p>Every Wednesday</p> <p>1pm -3pm</p> <p>ALL WELCOME</p> | <p>Working Party A group of people with Mental Health experiences giving time to support project development. This year working on developing the Green Space at 21 Carlibar Road. Self-referral/Referral required Venue: 14 Lowndes Street, Barrhead, G78 2QX Contact: Lee Millar on 0141 881 8811 or lee.millar@ramh.org</p> |
| <p>Every Wednesday 10.30-12 noon (Erskine Library)</p> <p>Open to All</p> | <p>Renfrewshire Community Drop-In Hub 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. Venue: Erskine Library, 15 Bridgewater Place, Erskine, PA8 7AA Contact: Reuben Millward Email: reuben@ramh.org Tel: 0141 404 7788</p> |

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| <p>Every Wednesday</p> <p>Meet 10.45am at Eastwood Leisure Centre</p> <p>11am-12noon</p> <p>All Welcome</p> | <p>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. Venue: Eastwood Leisure Centre Costs: £3.90 without an access card; £3.30 with an access card and £1.95 concession. Contact: Lee Millar on 0141 881 8811 or lee.millar@ramh.org to let us know you are coming along.</p> |
| <p>Every Thursday</p> <p>1.30pm – 3.30pm</p> <p>ALL WELCOME</p> | <p>Social Support Group A social support drop-in to help to increase your social connections Self-referral/Referral required Venue: Clarkston Road, Glasgow, G76 8NE For more information contact: lee.millar@ramh.org or on 0141 881 8811</p> |
| <p>Every Thursday</p> <p>5-7pm</p> <p>All Welcome</p> | <p>Singing for Wellbeing 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 your confidence as part of a group. Self-referral/Referral required Venue: FOUNDRY, Barrhead Sports Centre, Main Street, Barrhead G78 1SW For more information contact: Christine Murray 0141 881 8811 or christine@ramh.org</p> |
| <p>Every Friday</p> <p>10am-12 noon</p> <p>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</p> |
| <p>Saturday</p> <p>10.30 – 11.30am (leave time for changing ahead of kick off)</p> <p>NEW MEMBERS WELCOME Come along and watch the game, meet new people.</p> | <p>Saturday Football – The Paisley Lions have been having a Saturday morning game for many years. It is a great way to keep fit, meet others and have fun. If you want to join in the game, please contact Paul Henderson for a chat beforehand. Venue: UWS Robertson Sports Centre at Thornly Park Campus, Caplehill Rd, Paisley PA2 7TR Costs: cost for pitch hire is £2 per head Contact: You can also keep up to date or communicate with Steven McAdam who is the football group leader by e-mail steven.mcadam@ramh.org and he often pops in the office on a Tuesday</p> |
| <p>GP Practices</p> <p>For all existing patients Renfrewshire</p> | <p>Community Link Community Link Workers are now based in Riverview, Linwood and Bishopton GP practices. Please pop in if you require support or Contact: 0141 847 8900 for more details</p> |
| <p>GP Practices</p> <p>For all existing patients East Renfrewshire</p> | <p>Community Link Community Link Workers will be based in Clarkston, Lavern, Williamwood, Mearns, Elmwood, Gleniffer, Eastwoodmains and MacLean GP practices. Contact: 0141 881 8811 for more details or email smcl@ramh.org</p> |

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| <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 Venue: 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 www.bipolarscotland.org.uk. It costs nothing to attend our group and we hope to see you there😊!!</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>Throughout 2017</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).</p> <p>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>Throughout 2017</p> | <p>Venture Scotland provide a range of outdoor activities across Scotland. They will work with unemployed people ages 16-30, to enable them to develop skills and confidence while experiencing outdoor activities. For further information and referral please contact the manager of your RAMH service or Venture Scotland directly on: 0141 552 8173</p> |

ACUMEN

| Colour Coded Key | Argyll & Bute | Inverclyde | West Dumbarton | East Renfrewshire | Renfrewshire |
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| Monday 4th , 11th , 18th September 2017 1pm-3pm | ACUMEN Drama Venue: Dunterlie Community Hall, Stewart Street Barrhead G78 1AL New comers welcome friendly informal group, have lots of fun and make new friends. | | | | |
| Thursday 14 th September 2017 11am-1pm | 'ERA Group' (East Renfrewshire ACUMEN) NEW MEMBERS WELCOME Venue: The ARC (Auchenback Resource Centre), 64 Aurs Drive, Barrhead Please contact ACUMEN Office for further details: 0141 847 8900 | | | | |
| Every Tuesday 4-5pm | 'Mental Health on Air' Every Tuesday (4-5pm) 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. For more information please contact: pauline@acumennetwork.org or Tel: 0141 847 8900 People can listen on 94.4FM or at www.pulseonair.co.uk | | | | |
| Wednesday 13 th September 2017 10am-12pm | Helensburgh & Lochside Group Opportunity for support, access to information and to share your experiences in a warm & welcoming atmosphere. Confidentiality Respected Venue: 39 West King Street, Helensburgh Please contact ACUMEN Office for further details: 0141 847 8900 All Welcome with lunch included | | | | |
| Monday 11 th September 2017 12pm-2pm | 'Inverclyde Issues Forum' Your Voice Venue: 12 Clyde Square, Greenock Please contact ACUMEN Office for further details: 0141 847 8900 All Welcome with Lunch included | | | | |
| Thursday 28 th September 2017 12pm-2pm | Recovery Renfrewshire Venue: St Mirin's Cathedral Church Hall, Incle Street, Paisley PA1 1HR Please contact ACUMEN Office for further details: 0141 847 8900 All Welcome and lunch included | | | | |
| Every Friday 12pm-2pm | 'Mental Health Who Cares' Venue: Dalmuir Community Education Centre, Duntocher Road, West Dunbartonshire Please contact ACUMEN Office for further details: 0141 847 8900 | | | | |