

November 2017 and FORTHCOMING EVENTS NEWSLETTER

<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>Tuesday 31st October 11am-3pm approximately</p> <p>(Lunch and transport available FREE !!!)</p> <p>Aspiring Communities</p> <p>Johnstone Town Hall 25 Church St, Johnstone PA5 8EG</p>	<p>Connectedness in our Communities: Just a reminder that there will be a series of public consultation events, along with completion of some simple questionnaires looking at 2 key themes: Do people feel isolated and lonely in their communities and what actions, resources or events helps people feel more Socially connected? We are working with other local organisations including the CAB, Foodbank, ROAR and housing associations to disseminate the questions to as many and as varied groups as possible. We are supported by a Psychology graduate who has adapted a survey on 'Loneliness' from The University Of California Los Angeles (UCLA) . We hope that the responses and information we receive back will allow us to plan for more explicit support or initiatives to help promote greater social connectedness Contact Stephen McLellan: stephen@ramh.org or 0141 847 8900 for more details</p>		
<p>STV Appeal</p>	<p>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 pantomime (all costs covered). Or you still have time during October 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</p>		
<p>RAMH Reuse Superstore Houston Square Johnstone PA5 8DT</p> <p>Opening Times: Tues, Wed, Thursday 12noon until 4.30pm Call 0141 237 7600 for more details</p> <p>RAMH Reuse Superstore has lovely Autumn bargains in store now!</p>	<p>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 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 arriving regularly, Merry-go-Round have a wide range of affordable baby and toddler items such as cots, toys and a wide range of clothing and much more.</p> <p>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.</p>		

<p>Collect for RAMH!</p> <ul style="list-style-type: none"> • Paisley Co-op Friday 27 October 2017 • Tesco Extra, Linwood Friday 24th November, 2017 	<p>Can you support mental health services for local people by giving just 2 hours for your time? Collect for us and you'll be empowering people to recover from mental ill health.</p> <p>You can volunteer for either 12-2pm, 2-4pm or 4-6pm session.</p> <p>Contact enquiries@ramh.org or 0141 847 8900</p>
<p>Friday</p> <p>27 October 2017</p> <p>3, 10, 17, 24 November 2017</p> <p>1 December 2017</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 – ARC – Auchenback Resource Centre, 60 Aurs Drive, Barrhead, G78 2LW</p> <p>For more information contact: David Cowie 0141 881 8811 or David.Cowie@ramh.org</p>
<p>Thursday 2nd</p> <p>Friday 3rd</p> <p>Monday 6th</p> <p>November 2017</p> <p>9.30am – 1pm</p>	<p>Stress Management Hubs</p> <p>Suitable for people who would like to learn tools and techniques to address and reduce their stress and anxiety.</p> <p>Self-Referral / Referral required</p> <p>Venue: Williamwood Medical Centre, 85 Seres Road, Clarkston, Glasgow, G76 7NW (Upstairs Meeting Room)</p> <p>For more information contact: Christine Murray or Lee Millar on 0141 881 8811 or Christine@ramh.org / lee.millar@ramh.org</p>
<p>Monday</p> <p>6, 13, 20, 27 November 2017</p> <p>6pm-7pm</p> <p>New Group</p> <p>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>Monday (Every 2nd Monday)</p> <p>6 and 20 November 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>7, 14, 21, 28 November 2017</p> <p>6pm-7.30pm</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 7, 14, 21, 28 November 2017</p> <p>10am-12pm</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: Eastwood Health & Care Centre, Drumby Crescent, Glasgow G76 7HN Times: 10am – 12pm For more information contact: mary.spence@ramh.org or Mary - 0141 881 8811</p>
<p>Thursday 9,16, 23, 30, November 2017</p> <p>1pm-3pm</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 – 14 St James Street, Paisley PA3 2HT For more information contact: David Cowie 0141 404 7788 or David.Cowie@ramh.org</p>
<p>Monday 13, 20, 27 November 2017</p> <p>10am-12pm</p>	<p>Self-Esteem Suitable for people who would like to improve their self-esteem and would benefit from learning and developing strategies to do so. Self-Referral / Referral required Venue: 14 St James Street, Paisley For more information contact: Email: fiona@ramh.org or Paul at pbh@ramh.org Tel: 0141 404 7788</p>
<p>Monday 13, 27 November 2017</p> <p>11am – 1pm</p> <p>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 or lisajane.mcquinness@ramh.org</p>
<p>Tuesday 14 November 2017</p> <p>6-8 pm (This event takes place on the second Tuesday of each month). All Welcome</p>	<p>The Culture Club Comedy- Cinema-Theatre-Gigs The culture club is a social club for people who would like to meet up and go to cultural activities and events with others. Venue: Methodist Central Hall, 2 Gauze St, Paisley PA1 1EP For more information: Email: jacqui@ramh.org or tel: 0141 881 8811</p>
<p>Thursdays</p> <p>5 weekly sessions from 16th November 2017 until 14th December 2017</p> <p>1.30pm – 3pm</p>	<p>Mindfulness (East Renfrewshire) An opportunity to join a small weekly group for 5 sessions, with the aim of introducing you to the skill of Mindfulness. Each session has a different theme. Mindfulness 5 weekly sessions, gives you an opportunity to experience, learn and gain skills through the practice of mindfulness. Self-referral/Referral required Venue: To Be Confirmed For more information contact: Irene Brown 0141 881 8811 or IreneB@ramh.org</p>

<p>Friday 17, 24 November and 1, 8 December 2017</p> <p>9.30 to 11.00am</p>	<p>Assertiveness Skills An opportunity to be involved in a weekly group of 4 sessions with the aim of introducing individuals to the skill of assertiveness. During the course of the 4 sessions, attendees will have the opportunity to learn, explore and acquire the knowledge required, in order to be more assertive, communicate more effectively and have your options and voice heard.</p> <p>Self-referral/Referral required Venue: 21 Carlibar Road, Barrhead G78 1AA For more information contact: Christine@ramh.org or 0141 881 8811</p>
<p>Thursday 23rd Friday 24th Monday 27th November 2017</p> <p>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.</p> <p>Self-Referral / Referral required Venue: Voluntary Action, 56 Kelburn Street, Undercover, Barrhead G78 1LR For more information contact: Christine Murray or Lee Millar on 0141 881 8811 or Christine@ramh.org / lee.millar@ramh.org</p>
<p>Wednesday 25 October 1, 8, 15, 22, 29 November 6, 13, 20 December</p> <p>10am-12pm</p>	<p>Skills Sharing workshops 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 our 9 week programme of skills exchange workshops.</p> <p>DIY workshop will start on Wed 25th of October</p> <p>Self-Referral / Referral required Venue: 21 Carlibar Road, Barrhead, G78 1AA For more information contact: Christine Murray on 0141 881 8811 or Christine@ramh.org</p>
<p>Tuesday 28 November 2017</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 Venue: Unit 55/Embroidery Mill/Abbey Mill Business Centre, Paisley PA1 For more information contact: Email: reuben@ramh.org Tel: 0141 404 7788</p>
<p>Thursday 30 November 2017</p> <p>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.</p> <p>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</p> <p>10am-12 noon</p> <p>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.</p> <p>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.</p> <p>Venue: Charleston Centre, 49 Neilston Road, Paisley PA2 1LU For further information contact: reuben@ramh.org or on 0141 404 7788</p>

<p>Every Monday</p> <p>1.15ppm - 3pm</p> <p>ALL WELCOME</p>	<p>Walk and Talk group</p> <p>This group meets every Monday to gain the benefits of exercise through walking whilst discussing mental health issues and providing an opportunity for peer support.</p> <p>Self-referral/Referral required</p> <p>Venue: Cowan Park, Barrhead, G78 2SJ (We meet at the Memorial)</p> <p>Contact: lisajane.mcguinness@ramh.org or 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>Every Tuesday</p> <p>1.30pm-3.00pm</p> <p>(Lifeskills, Houston Square)</p> <p>Open to All</p>	<p>Renfrewshire Community Drop-In Hub</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>Venue: Lifeskills, Houston Square Johnstone, Renfrewshire</p> <p>Contact: Reuben Millward</p> <p>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</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: Andrea O'Brien or Graham Cossar 0141 881 8811 or andrea.obrien@ramh.org / graham.cossar@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</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>Venue: Sunshine Recovery Cafe St. Matthew's Church, Gordon Street, Paisley every Wednesday, 1pm - 4pm.</p> <p>Contact: Reuben Millward</p> <p>Email: reuben@ramh.org Tel: 0141 404 7788</p>
<p>Every Wednesday</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>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.</p> <p>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.</p> <p>Venue: Erskine Library, 15 Bridgewater Place, Erskine, PA8 7AA Contact: Reuben Millward Email: reuben@ramh.org Tel: 0141 404 7788</p>
<p>Every Wednesday</p> <p>Meet 10.45am at Eastwood Leisure Centre</p> <p>11am-12noon 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.</p> <p>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</p> <p>Self-referral/Referral required Venue: Clarkston Road, Glasgow, G76 8NE For more information contact: Lee Millar, 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 you confidence as part of a group.</p> <p>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.</p> <p>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. If you wish to then play simple referral process follows.</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 would like further details or would like to refer to this service, please contact Paul B Henderson on 0141 404 7788</p> <p>Venue: UWS Robertson Sports Centre at Thornly Park Campus, Caplethill Rd, Paisley PA2 7TR</p> <p>Costs: cost for pitch hire is £2 per head</p> <p>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</p>
<p>GP Practices</p> <p>New practices included for all existing patients Renfrewshire</p>	<p>Community Link</p> <p>Community Link Workers are now based in Riverview, Linwood, Ludovic, Bishopton and Tannahill GP practices. We are looking to develop this service over the next few months and will keep you updated. Please pop in if you require support or</p> <p>Contact: 0141 847 8900 for more details or email smcl@ramh.org</p>
<p>GP Practices</p> <p>For all existing patients East Renfrewshire</p>	<p>Community Link</p> <p>Community Link Workers will be based in Clarkston, Levern, Williamwood, Mearns, Elmwood, Gleniffer, Eastwoodmains and MacLean GP practices.</p> <p>Contact: 0141 881 8811 for more details or email smcl@ramh.org</p>
<p>FIRST Crisis has a <u>new</u> freephone number 0800 221 8929</p>	<p>FIRST Crisis – new Freephone number</p> <p>As of 1st June the Freephone number for FIRST Crisis is: 0800 221 8929</p>
<p>DATE FOR YOUR DIARY</p> <p>Tuesday 5th December 2017</p> <p>1pm-3pm</p> <p>The Link Club (East Renfrewshire) will host this meeting. ALL WELCOME Come and have your say</p>	<p>Stakeholders.</p> <p>The next Stakeholders meeting will be hosted by the Link Club (East Renfrewshire).</p> <p>This meeting is scheduled for Tuesday 5th December 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</p> <p>Tel: 0141 847 8900 or email enquiries@ramh.org</p> <p>Venue: Dalmeny Centre, Barnes St, Barrhead, G78 1EH.</p> <p>Please let us know if you require transport as we can support you with this to attend.</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 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
Tuesday 31st October 2017 10.30am-3pm	Connecting our Community Event Venue: Johnstone Town Hall , Johnstone Join us to have a blether and share your views on social isolation Lunch will be provided. For enquires please call: Rachel McLean 0141 847 8900				
Thursday 23 November 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 98.4FM or at www.pulseonair.co.uk				
Wednesday 8 November 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 13 November 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 30 November 2017 12pm-2pm	Recovery Renfrewshire Venue: St Mirin's Cathedral Church Hall, Inle 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				