



May 2018 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</p> <p>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 ALL |
| FIRST Crisis has a <u>new</u> freephone number 0800 221 8929 | <p>FIRST Crisis – new Freephone number The Freephone number for FIRST Crisis is: 0800 221 8929. Please use this number for free calls</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, 2 x weekly course ticket for 147th Open at Cournoustie, 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>Mental Health Arts and Film Festival</p> <p>Tuesday 8 May 2018 12-1pm, Buffet Lunch</p> <p>All Welcome</p> <p>Venue: SMHAF Renfrewshire Hub, 31 High Street, Paisley</p> | <p>Caring Conversations</p> <p>Free ticket link: https://bit.ly/2IJvQMn Join us for the launch of the Festival which celebrates the best of creativity and wellbeing in Renfrewshire. There will be poetry performances, talks from SMHAF and See me, and a guided tour of the Caring Conversations exhibition. Brought together by Artist Josie Valley, the exhibition features work by people from across Paisley, exploring the theme of Mental Health Stigma in Health and Social Care. Come along and find out more about what will be happening in Renfrewshire for 2018's Scottish Mental Health Arts Festival.</p> | | |
| <p>Mental Health Arts and Film Festival</p> <p>Wednesday 9 May 2018 12 noon</p> <p>All Welcome</p>  | <p>Walk a Mile - Mental Health Arts & Film Festival Launch RAMH in partnership Renfrewshire Anti Stigma Alliance (RASA)</p> <p>Free and open to all – just come along on the day or you can sign up for the event online at https://www.eventbrite.com/e/walk-a-mile-tickets-44407452887 You can watch last years event on Youtube at https://www.youtube.com/watch?v=PMGn1bJmCw8 . Venue: Fountain Gardens, Paisley</p> | | |

Mental Health Arts and Film Festival
Wednesday
16th May 2018
10-12noon
Venue: Paisley Methodist Central, 7 Gauze Street, Paisley, PA1 1EP

Listen & Learn
 Films, discussion and participatory activities about mental health, wellbeing & recovery organised by the Renfrewshire Anti-Stigma Alliance (RASA). Also participation from members of the deaf community to celebrate Deaf Awareness Week 2018.
 The event will be chaired by Stephen McLellan
To book a place email: Bernadette.reilly@renfrewshire.gov.uk or: Dorothy.mccann@renfrewshire.gov.uk call:01416185600

Mental Health Arts and Film Festival
Saturday 19th and Sunday 20th May 2018
12-4pm
Venue: SMHAF Hub, 31 High Street, Paisley

Vivid Foliage
 Part of the Mental Health Arts Festival – Exhibition, Publication Launch & DIY print activities with Threadlines & RAMH. It will feature work from our clients who were involved in Threadlines. Mini DIY print shop. All activities are free and everyone welcome.

Thursday 17th and Friday 18th May 2018
9.30am-4.30pm
Small number of places available – All Welcome

Scottish Mental Health First Aid (SMHFA) Training.
 This is an excellent opportunity to find out more about Mental Health and how you can support people
Venue: 41 Blackstoun Road, Paisley.
Enquiries to: ramhtraining@ramh.org or **phone:** 0141 847 8900

RAMH caravan at Craig Tara



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 |
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| Mon-Fri | £200 | £150 |
| Fri-Mon | £180 | £130 |
| Week | £350 | £250 |


Book your holiday now
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.


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| <p>RAMH Reuse Superstore Houston Square Johnstone PA5 8DT</p> <p>Opening Times: Tues, Wed, Thursday 12noon until 4.30pm</p> <p>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 £115 and NEW Double divan beds at £145 from the Apollo range as well as a King size version for £185. 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. Delivery free of charge to clients</p> <p>We also accept donations of furniture, closing, equipment etc.</p> |
| <p>Every Monday</p> <p>7, 14, 21 May</p> <p>6pm-7pm</p> <p>ALL CARERS WELCOME</p> | <p>Carers' - Nurture Group An 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.</p> <p>Venue: 8 Carlibar Road, Barrhead G78 1AA For more information contact: jacqui@ramh.org or 0141 881 8811</p> |
| <p>Every second Monday</p> <p>14, 28 May 2018</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.</p> <p>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.mcguinness@ramh.org</p> |
| <p>Every second Monday</p> <p>7 May Venue: 8 Carlibar Road, Barrhead</p> <p>21 May 2018 Venue: Dunterlie Community Hall, Stewart Road, Barrhead</p> <p>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.</p> <p>For more information contact: lee.millar@ramh.org or on 0141 881 8811</p> |



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| <p>Every Monday</p> <p>Meet 10.30am at Renfrew Victory Baths</p> <p>10.45am-11.45</p> <p>All Welcome</p> | <p>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>Self-Referral/ Referral Required</p> <p>Venue: Renfrew Victory Baths, Inchinnan Rd, Renfrew PA4 8ND</p> <p>Costs: £2.45</p> <p>Contact: Graham Cossar on 0141 404 7788 graham.cossar@ramh.org to let us know you are coming along.</p> |
| <p>Monday</p> <p>7,14, 21 May 2018</p> <p>12-2pm</p> <p>Venue: The Wynd, School Wynd, Paisley</p> | <p>Healthy Eating on a Budget</p> <p>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</p> <p>Self-referral/Referral required</p> <p>For more information contact: amanda@ramh.org to Tel 0141 404 7788</p> |
| <p>Every Monday</p> <p>10am-12 noon</p> <p>Please drop in – All welcome</p> <p>Venue: Charleston Centre, 49 Neilston Road, Paisley PA2 1LU</p> | <p>Smoking Cessation group</p> <p>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>For further information contact: reuben@ramh.org or on 0141 404 7788</p> |
| <p>Tuesday</p> <p>15 May 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</p> <p>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>Venue: Dalmeny Centre, Barnes St, Barrhead, G78 1EH</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>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> |

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| <p>Tuesdays</p> <p>1 May 2018</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.</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>22nd May 2018</p> <p>1pm-4pm, Tea/Coffee</p> <p>All Welcome</p>  <p>Recovery Café Venue: United Reformed Church, Arthurlie Street, BARRHEAD, G78 2RB</p> | <p>Recovery Café We welcome you to join us for our next Recovery Cafe. The theme, 'Beginnings' ties into the Scottish Mental Health Arts and Film Festival, giving us the opportunity to talk about the good that can come from embracing something new!</p> <p>Along with refreshments, we will have guest speakers, group discussion and performances from RAMH Singing for Wellbeing Group and Acumen Drama Group who will portray this message through their funny but powerful sketches.</p> <p>See link below for more info: http://ramh.org/event/recovery-cafe/</p> <p>Furthermore, we are keen to tie in the theme of 'Beginnings' with celebrating art together. We therefore invite all service users to create a poem or piece of art that has the meaning of 'Beginnings', to be displayed on the day of the Café, Tuesday 22nd May 2018.</p> <p>Contact: Lisa on 0141 881 8811 or lisajane.mcquiness@ramh.org</p> |
| <p>Tuesday evenings</p> <p>1, 8, 15, 22, 29 May 5, 12, 19, 26 June</p> <p>6pm-7.30pm</p> <p>Open to both East Ren and Renfrewshire clients</p> | <p>Recovery Works 12 week course for those currently in employment, addressing work related issues.</p> <p>Self-referral/referral required</p> <p>Venue: 8 Carlibar Rd, Barrhead, G78 1AA</p> <p>For further information contact: Mary Spence 0141 881 8811 email: mary.spence@ramh.org or David Cowie - 0141 404 7788 email david.cowie@ramh.org.uk</p> |
| <p>Tuesday</p> <p>8, 15 and 22 May 2018</p> <p>2-3pm</p> <p>Venue – St James Street, Paisley</p> | <p>Mindfulness Group Experience the benefits of Mindful approaches to relaxation and wellbeing.</p> <p>Self-Referral/ Referral Required</p> <p>For more information contact: Louise Robertson 0141 404 7788</p> |
| <p>Tuesday</p> <p>15 May 2018</p> <p>1-3pm</p> <p>Venue: Unit 55/Embroidery Mill/Abbey Mill Business Centre, Paisley PA1</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>For more information contact: Email: reuben@ramh.org - or Tel: 0141 404 7788</p> |

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| <p>First Tuesday of every month</p> <p>1pm – 2.30pm</p> <p>Venue: Renfrew Health Centre, Ferry Road, Renfrew PA4 8RU</p> <p>Open to All</p> | <p>Renfrewshire Community Drop-In Hub 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. Contact: Reuben Millward Email: reuben@ramh.org Tel: 0141 404 7788</p> |
| <p>Every Tuesday</p> <p>2-3.30pm</p> <p>Venue: 41 Blackstoun Road, Paisley PA3 1LU</p>  | <p>Renfrewshire Therapeutic Gardening Group This group is open to 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 Venue : RAMH 41 Blackstoun road, paisley PA3 1LU For more info contact: margaretd@ramh.org or 0141 404 7788</p> |
| <p>Tuesday</p> <p>1, 8, 15, 22, 29 May 2018</p> <p>10.30am-12pm</p> <p>Venue: 14 St James Street, Paisley</p> | <p>Control Your Stress - The programme explores why we feel anxious and ways to reduce our anxiety Self-referral/referral required For more information contact: Email: reuben@ramh.org or Paul at pbh@ramh.org Tel: 0141 404 7788</p> |
| <p>Second Tuesday of every month</p> <p>1-2.30pm</p> <p>Venue: Renfrewshire Council Offices, Renfrewshire House, Paisley, PA1</p> <p>Open to All</p> | <p>Renfrewshire Community Drop-In Hub 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. Contact: Reuben Millward Email: reuben@ramh.org Tel: 0141 404 7788</p> |
| <p>Wednesdays</p> <p>2, 9, 16, 23 May 2018</p> <p>Tuesday 29 May at the Barnes St, Barrhead, G78 1EH</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> |

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| <p>Every Wednesday</p> <p>10-10.45am</p> <p>Venue: Eastwood Leisure Centre, Rouken Glen Rd, Giffnock, Glasgow G46 6UG</p> <p>All Welcome</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>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>Venue: Eastwood Leisure Centre, Rouken Glen Rd, Giffnock, Glasgow G46 6UG</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>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>Venue: 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>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>Venue: Johnstone Town Hall, Houston Square Johnstone PA5 8FA</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>Contact: Reuben Millward Email: reuben@ramh.org Tel: 0141 404 7788</p> |
| <p>Last Wednesday of the month</p> <p>10.30-12noon</p> <p>Venue: Erskine Library, 8 Bridgewater Place, Erskine PA8 7AA,</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>Contact: Reuben Millward Email: reuben@ramh.org Tel: 0141 404 7788</p> |

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| <p>Thursday</p> <p>3, 10, 24, 31 May 7 & 14 June 2018</p> <p>6 Sessions</p> <p>10-12noon Venue – 14 St James Street, Paisley PA3 2HT</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 For more information contact: David Cowie 0141 404 7788 or David.Cowie@ramh.org</p> |
| <p>Every Thursday</p> <p>5-7pm</p> <p>Venue: Causeway, 8 Carlibar Road, Barrhead G78 1AA</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. Self-referral/Referral required For more information contact: Christine Murray 0141 881 8811 or christine@ramh.org</p> |
| <p>Thursday, Friday, Monday</p> <p>3 & 4 of May 2018</p> <p>9.30am – 12.30pm</p> <p>Venue: Williamwood Medical Centre, 85 Seres Road, Clarkston, Glasgow, G76 7NW (Upstairs Meeting Room)</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 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</p> <p>24, 25 & 28 May 2018</p> <p>1pm – 4pm</p> <p>Venue: Dunterlie Resource Centre, 36 Stewart Street, Barrhead</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 For more information contact: Lee Millar on 0141 881 8811/ lee.millar@ramh.org</p> |
| <p>Thursday (last Thursday of the month)</p> <p>31 May 2018</p> <p>6.30pm – 8.00pm</p> <p>Venue: Sandler's Cottage, Eastwood Park, Rouken Glen Road, Giffnock G46 7JS</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. Contact: Jacqui Heron on 0141 881 8811 or Jacqui@ramh.org</p> |

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| <p>Every Thursday</p> <p>12.30pm – 3.30pm</p> <p>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</p> <p>4, 11, 18, 25 May 2018</p> <p>10-12pm</p> <p>Venue – Auchenback Resource centre, 64 Aurs Drive, Barrhead, G78 2LW</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 For more information contact: David Cowie 0141 881 8811 or David.Cowie@ramh.org</p> |
| <p>Every Friday</p> <p>10am-12 noon</p> <p>Venue: 21 Carlibar Road, Barrhead G78 1AA</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 Christine@ramh.org</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> |

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| <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>Venue: Bianco e Nero 27 Gauze St, Paisley PA1 1ES</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 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>Venue: Orchardhill Parish Church, 12 Church Rd, Giffnock G46 6JR</p> | <p>EAST RENFREWSHIRE BIPOLAR SELF-HELP GROUP 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 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> |

ACUMEN

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| 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>14th May 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>Every Tuesday</p> <p>11am – 1pm</p> | <p>Green Tree Group</p> <p>Venue: The Green Tree Room, Moat Centre, Rothesay , PA20 0BX</p> <p>Come along for a cuppa and a chat, find out what's going on in your local area, share your experiences and stories.</p> <p>Please contact ACUMEN Office for further details: 0141 847 8900</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>31 May 2018</p> <p>12pm-2pm</p> | <p>Recovery Renfrewshire</p> <p>Venue: St Mirin's Cathedral Church Hall, Incle 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 Thursday</p> <p>1pm – 3pm</p> | <p>Bute Golfies</p> <p>Venue: Port Bannatyne Golf Club, Bannatyne Mains Rd, Rothesay PA20 0PH</p> <p>Come along for a cuppa and a chat, find out what's going on in your local area, share your experiences and stories .</p> <p>Please contact ACUMEN Office for further details: 0141 847 8900</p> <p>All Welcome</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> |
| <p>Sunday</p> <p>20th May 2018</p> | <p>Walk Two Miles To Challenge Mental Health and Breakdown Barriers</p> <p>Venue: Meeting at Station Square 11.30 , the walk will start at 12noon. Tea, coffee and home baking available after the walk, also guest speakers and information stalls at the Masonic Hall, Albany Street Oban</p> <p>For more information contact Des.macmillian@seemechampion.org</p> <p>All Welcome</p> |