

"EACH DAY IS A CHALLENGE AND I MEET THAT CHALLENGE AND FEEL BETTER FOR IT"

"I CAN FEEL UP AND DOWN. I KNOW FEELING GOOD IS THE POSITIVE WAY"

"I'VE SEEN MY DESTINATION. I HAVE AN INDEFINITE TICKET. I WILL POP OFF AND ON AT STATIONS. I WILL GET TO MY DESTINATION"



You may notice on the side bars of this newsletter, personal affirmation quotes taken from a selection of stakeholders. These affirmations are used to positively contribute towards the self-management of their mental health and wellbeing.

**An affirmation by definition is:**

1. the action or process of affirming something
2. emotional support or encouragement.

Help in a Crisis Telephone Numbers for support when our service is closed

Crisis Team	0141 232 7060
Samaritans <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>	116 123
Mental Health Team out of hours	0845 650 173
NHS 24	111
Breathing Space (Mon- Thu, 6pm - 2am; Fri- Sun, 6pm - 6am)	0800 83 85 87
Saneline	0300 304 7000
Alzheimer Scotland <a href="mailto:helpline@alzscot.org">helpline@alzscot.org</a>	080 8 808 3000
Carers Scotland	0808 808 7777
Cruise Bereavement	0800 600 2227
LGBT Helpline <a href="mailto:helpline@lgbthealth.org.uk">helpline@lgbthealth.org.uk</a> (Tue & Wed only, 12pm - 9pm)	0300 123 2523
Emergency Social Work (out-of-hours)	0300 343 1505

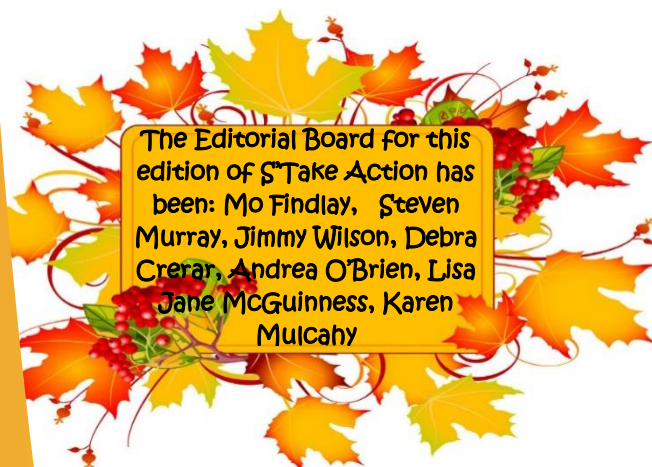
Other useful numbers:

**Foodbanks:**

St Andrews's Church, 146 Main Street, Barrhead  
Tel: 0141 881 8250  
Thornliebank Resource Centre, Robslee Drive, Thornliebank  
Tel: 0141 577 4535

Money Advice & Rights Team (MART)  
Freephone Number: 08000521023 or 0141 577 8420

Please note all telephone numbers are correct to the best of our knowledge at time of distribution and are for support information only.



Seasons greetings

"Tis the Season to be 'Savvy"

Set a budget and stick to it

Suggest a family and/or friends spend limit

Get crafty....make your own

Plan your meals and don't panic-buy – only what you need

Practice your leftover recipes

Join in the Causeway Winter Programme of events..... details to follow

Most of all Enjoy!!



S'Take Action warmly welcomes new members

Please contact RAMH Causeway for further details: 0141 881 8811

[www.ramh.org](http://www.ramh.org)  
Connect with us:



# S'Take Action Autumn Newsletter 2018



Welcome to the 'Relaunched' Edition of S'Take Action Quarterly Newsletter on none other than 10<sup>th</sup> October, World Mental Health Day! Further to Stakeholder consultation, we sincerely hope you are pleased with the design and content. Of course we always welcome your opinions and contributions, so please get in touch.



Should you wish a paper copy of the newsletter or to receive it by email, again please get in touch by contacting RAMH Causeway with your request. Tel: 0141 881 8811



## YOUNG PEOPLE AND MENTAL HEALTH IN A CHANGING WORLD

The World Federation for Mental Health is focusing the 2018 WMHDAY campaign on Young People and Mental Health in a Changing World. We want to bring attention to the issues our youth and young adults are facing in our world today and begin the conversation around what they need in order to grow up healthy, happy and resilient.

Let's all use this year to emphasize the needs of our young people.

It's time to take a stand and demand more for this vulnerable population – our future depends on it! #worldmentalhealthday/

<https://wfmh.global/world-mental-health-day-2018/>



"IT'S NOT THE THINGS I CAN'T DO, I'M PROUD OF THE THINGS I CAN DO"

"I HAVE FRIENDS WHO I CAN TRUST"

"I ALWAYS WANT TO ENJOY MY LIFE WITH MY FRIENDS AND FAMILY"

"UNDERSTAND ME AND TAKE ME FROM WHAT I AM"

### Bygone Barrhead

The name Barrhead comes from the agricultural term 'Barr', meaning long ploughed furrows for cultivating crops. It grew up rapidly however during the industrial revolution when the crystal clear waters of the Lavern and Kirkton attracted bleachers to the area. History was made here when in 1780 a small cotton spinning mill was built at Dovecothall. It, and a mill built in Penicuik during the same year, were the first cotton mills in Mainland Scotland. The mills, bleach-fields, print-works and copper and dye-works brought many people to live and work in the area.

By William Armour



Picture kindly provided by D Crerar

**A NEGATIVE THINKER SEES A DIFFICULTY IN EVERY OPPORTUNITY**

**A POSITIVE THINKER SEES AN OPPORTUNITY IN EVERY DIFFICULTY**

WRITER UNKNOWN



Information kindly provided by Jimmy Wilson



**Q. What is the most important subject a witch learns in school?**  
**A: Spelling**

**"ROCK BOTTON BECAME THE SOLID FOUNDATION ON WHICH I REBUILT MY LIFE"**

**WHO SAID THIS? J K ROWLING**

Information kindly provided by Jimmy Wilson

### My Wee Shield

Scarred and Battered

Quiet remembrance of battles won

Protection and Resilience  
Strength and Determination

Symbol of trying and not giving in to.  
My **DISORDER** which has been so prevalent throughout my life

Aye, it's scarred  
Aye, it's battle worn  
But it's still there keeping me safe from my ultimate

**WEAPON OF MASS DESTRUCTION**

Amnesties now happen  
Creating a breathing space which lets me develop new strategies.  
Arming myself with

**POSITIVITY, COMPASSION & HOPE**

Rested and reassured,  
My shield kick in again.

By Morag Findlay

"I WILL MAKE CHOICES THAT BENEFIT ME"

"IF I NEED SUPPORT I WILL ASK. IT'S PART OF OF MY RECOVERY"

### ACUMEN NEWS



Acumen are very fortunate to have secured a regular slot on our East Renfrewshire local radio station, Pulse Radio 98.4 FM. We have named it Mental Health on Air and we encourage listeners to tune in every Wednesday from 3-4pm or catch up on our listen again segment on [www.pulseonair.co.uk](http://www.pulseonair.co.uk).

Our aim is to make the show as diverse and thought provoking as possible whilst trying our best to offer as much information on support and self-management for our mental wellbeing. We hold open and frank discussions on all things mental health and often have guest speakers from both sides of the coin, service professionals to offer advice and information and service users to share their lived experience.

For further information please contact ACUMEN on 0141 847 8900.

### ACUMEN DRAMA GROUP

*"It's a safe and fun place to bring out your inner child and just relax and enjoy yourself with no expectations and pressures"*

The above quote is from one of our members of the Acumen Drama Group who has been attending for many years and enjoys being involved in all aspects of participating and performing in productions. For those of you who are unaware, Acumen have a long standing Drama group who are always looking to bring in new members to take part in as little or as much of the group as they feel comfortable. We encourage people to come along and brighten up their day through fun drama activities and to let their creative side shine. The sessions are free for all adults and run from 1-3pm every Monday, excluding public holidays, at the Dunterlie Community Centre, Stewart Street in Barrhead G78 1AL and they aim to promote positive wellbeing and become another stepping stone on the journey to recovery from mental ill health. For further information please contact ACUMEN on 0141 847 8900.

### RECOVERY CAFÉ – RAMH & ACUMEN

The Recovery café is a wonderful opportunity to bring people together to understand recovery within mental health and offer a safe and supportive environment for discussions to take place. The café's are held quarterly and provide a warm and engaging conversation style atmosphere. Each café has a unique theme which can at times run alongside ongoing Mental Health events. Our next café is going to be held in December, looking at physical activity and highlight the benefits this can have on our mental health. For further information or if you'd like to be involved in the planning side of the café's then please contact ACUMEN on 0141 847 8900 or Christine Murray at RAMH Causeway on 0141 881 8811.



**CAUSEWAY NEWS...Coming soon...."Lean on Me" Café**  
**Please contact RAMH Causeway for further details: 0141 881 8811**