


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

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 ALL
<p>FIRST Crisis has a <u>new</u> freephone number 0800 221 8929</p>	<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>RAMH Annual Fundraiser 2019</p> <p>Date: Friday 26th April 2019 Venue: The Lynnhurst Hotel, Park Road, Johnstone, PA5 8LS</p> <p>Time: 7.15pm – 1.00am</p> <div data-bbox="279 1205 470 1400" style="text-align: center;">  </div>	<p style="text-align: center;">**TICKETS ON SALE NOW**</p> <p>The RAMH Dinner & Dance 2019 will take place on Friday 26th April 2019 from 7.00pm – 1.00am at The Lynnhurst Hotel in Johnstone proudly sponsored by our 2019 headline sponsors, Bridge of Weir Leather.</p> <p>Tickets are now available for £40pp or £350 per table of 10.</p> <p>The evening will include: a glamorous red carpet arrival complete with complimentary fizz reception courtesy of the Lynnhurst, a delicious three-course meal and fantastic live entertainment as well as our raffle and auction with some fantastic prizes up for grabs – all hosted by writer and broadcaster Vanessa Collingridge.</p> <p>We hope to welcome you along on the night to celebrate another year of hard work, achievements and successes by all of those involved in RAMH services.</p>		
<p>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. Email stephen@ramh.org or shirley@ramh.org with your request.</p>	<p>We have been successful again in getting money from this fund to support families with children to have a “treat”. So please let me know if there are any families who have not taken advantage of this, and who might benefit from a trip to the Panto or Cinema.</p> <p>Examples of ways we have used this fund is to fund: Caravan holiday; Decorating a child’s bedroom; Purchasing a washing machine for a family; Days out and special treats. Staff who have used the fund to support the people who use their service, should send Stephen or Shirley an email with an update on how this benefitted the family, as this is what enables us to apply for more money!</p>		

RAMH Caravan at Craig Tara



Caravan open for bookings.....

**To enquire about availability
please contact 0141 847 8900**

david.bone@ramh.org

**Get in quick and secure your
preferred dates!**

Why not get in the holiday feeling and book a short break to RAMH's newly upgraded caravan, available to book between April and October.

Our 3 bedroom caravan (one double, with a tv, and 2 twin bedrooms) has central heating and double glazing and is equipped with:

Spacious lounge area - fire, new flat screen Freeview TV/DVD combi, dab radio 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 have been frozen at last years prices and are fully inclusive of gas, electricity and Haven entertainment passes.

RAMH Service User Rates:

	Peak: Easter / July / Aug / Sept weekend / Oct week	Off Peak
Mon-Fri	£200	£150
Fri-Mon	£180	£130
Week	£350	£250

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. We can also fund a summer day out / event for a family. Email stephen@ramh.org or shirley@ramh.org with your request.

Universal Credits

**REMEMBER THERE ARE
CHANGES HAPPENING**

**If you need any advice on where
to get help speak to your local
RAMH service**

As you will be aware, Universal Credit reform is rolling out across the Country. It becomes active mid / late September in many areas. Can I remind anyone who is in receipt of Working Tax credits that this is one of the existing elements which is being rolled into 'Universal Credit' (The others being:)

Child Tax Credit

Housing Benefit

- Income Support
- income-based Jobseeker's Allowance (JSA)
- income-related Employment and Support Allowance (ESA)
- Working Tax Credit

You need to be aware that it is your responsibility to notify DWP of any change in your circumstances or you may experience issues when claiming.



**RAMH Reuse Superstore
Houston Square
Johnstone
PA5 8DT**

**Come along to a
Barrhead 'pop-up' shop**

RAMH Reuse Superstore

Working with DIY Dunterlie Programme

We have 2 new providers on board, Parent Network Scotland and Prestige Analysis. Parent Network Scotland will be delivering a series of accredited Parent Development Awards to the Dunterlie Parent & Toddler Group. In addition Parent Network Scotland will be hosting a monthly Family Hub 1 Saturday per month at Dunterlie Centre offering parent led activity.

The RAMH Reuse Pop Up Shop will support by bringing along a wide range of baby and toddler goods such as toys, clothes and equipment i.e. cots, play pen, high chair etc. All checked to Revolve safety standards

The first Hub takes place on **Saturday 30 March 2019,**
11am until 2pm at the Dunterlie Resource Centre, 38
Stewart St, Barrhead, Glasgow G78 1AL

RAMH Reuse Superstore "You said, we did"

as a result of listening to our customers and clients, we have done two things,

Firstly, we have increased our opening times, the store is now open Tuesday, Wednesday, Thursday
10am-4pm

Secondly, the Apollo range of bed sets continue to be in great demand, and we have now added to the range the option of 2 or 4 drawers for much needed storage.

We continue to be well supported within the local communities who donate to us. With the valued support of our volunteers, this enables us to offer quality goods at affordable prices to our customers

Every Monday

8 April onwards

Venue: Trinity Church Hall, 13
Paisley Road, Renfrew PA4 8JH



THE VOICE: Sing for Wellbeing

Renfrewshire Community Service is looking for people to join our new singing group. Do you know singing is good for your physical and mental health?

You don't have to be able to sing, or you could be a singer, the group is open to everyone.

If you are interested, please contact Fiona McCrae on 0141 404 7788



Come on, give it a go and try this new group

<p>Every Monday</p> <p>Meet 10.30am at Renfrew Victory Baths</p> <p>10.45am-11.45</p> <p>Venue: Renfrew Victory Baths, Inchinnan Rd, Renfrew PA4 8ND</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>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>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. 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>Every second Monday</p> <p>1, 15 and 29 April 2019</p> <p>11am – 1pm</p> <p>Venue: Arc - Auchenback Resource Centre 64 Aurs Drive, Barrhead, East Renfrewshire, G78 2LW</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>Contact: Lisa Jane McGuiness on 0141 881 8811 or lisajane.mcguiness@ramh.org</p>
<p>Every second Monday</p> <p>8 and 22 April 2019</p> <p>10am-12 noon</p> <p>Venue: Dunterlie Community Centre, Stewart Street, BARRHEAD, G78 1AL</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>For more information contact: lee.millar@ramh.org or on 0141 881 8811</p>
<p>Monday</p> <p>1, 8, 15, 22 and 29 April 2019</p> <p>2 – 3.30pm</p> <p>Venue: 21 Carlibar Road, Barrhead</p>	<p>Gardening Project</p> <p>We are looking for people who want to learn, develop their skills and knowledge in a garden space as well as maintaining the current garden.</p> <p>For more information contact: graham.cossar@ramh.org, 0141 881 8811</p>



<p>Drop In Session times:</p> <p>Monday 5pm-6pm</p> <p>Thursday 10am-12noon</p> <p>Venue: UWS Robertson, Sports Centre at Thornly Park Campus, Caplethill Rd, Paisley PA2 7TR</p>	<p>Supported Gym Sessions Suitable for people looking for a quiet gym facility to exercise and improve general fitness. Physical activity worker will complete an induction and ParQ (Health Questionnaire) on first visit then use of the gym is open.</p> <p>Supported drop in session times are for those who want to work out get advice direct from Physical activity worker who will be present in the gym at these set times.</p> <p>Venue: UWS Robertson Sports Centre</p> <p>Costs: cost £2.50 pay as you go</p>
<p>Tuesday</p> <p>23 April 2019</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:</p> <p>Email: reuben@ramh.org - or Tel: 0141 404 7788</p>
<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>Renfrew 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</p> <p>Email: reuben@ramh.org Tel: 0141 404 7788</p>
<p>Tuesday</p> <p>9 April 2019 (6 sessions)</p> <p>10.30am-12pm</p> <p>Venue: 14 St James Street, Paisley</p>	<p>Control Your Stress - Identify your anxious thoughts, feelings and behaviours and learn new strategies to manage them.</p> <p>Self-referral/referral required</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>Second Tuesday of every month</p> <p>1-2.30pm</p> <p>Venue: Renfrewshire Council Offices, Customer Service Centre, Renfrewshire House, Paisley, PA1</p> <p>Open to All</p>	<p>Paisley 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</p> <p>Email: reuben@ramh.org Tel: 0141 404 7788</p>
<p>Tuesday</p> <p>2, 9, 16, 23 and 30 April 2019</p> <p>12-1pm</p> <p>Venue: Dalmeny Community Centre, Barnes Street, Barrhead, G78 1EH</p>	<p>An Introduction to Yoga and Relaxation</p> <p>An opportunity to be taught basic yoga techniques, before learning breathing techniques to improve mind-set and overall wellbeing.</p> <p>Contact: Zoe Nisbet 0141 881 8811 or zoe.nisbet@ramh.org</p> <p>Fully booked but taking names for the next course.</p>

<p>Every Tuesday</p> <p>2, 9, 16, 23 and 30 April 2019</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>2, 9, 16, 23 and 30 April 2019</p> <p>4pm-6pm Drop In</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>
<p>Every Tuesday Evening</p> <p>2, 9, 16, 23 and 30 April 2019</p> <p>Meet 4pm at Barrhead Foundry</p> <p>4.15pm-5.15pm</p> <p>Venue: Barrhead Foundry, Main Street, Barrhead G78 1SW</p> <p>ALL WELCOME</p>	<p>East Renfrewshire Swimming Group (Barrhead) 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 £2.30 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>Wednesday</p> <p>10, 17, 24 April 2018</p> <p>1.30pm – 2.30pm</p> <p>Venue: 14 St James Street, Paisley</p>	<p>Stress Hub</p> <p>Manage your stress using the practical approaches.</p> <p>Contact: margaretrose@ramh.org or on 0141 404 7788</p>
<p>Wednesday</p> <p>17 April 2019</p> <p>Venue: Café on the Corner, Carlibar Road, Barrhead, G782QX</p>	<p>Wellbeing Book Club</p> <p>Every third Wednesday of the month Café on the Corner will host a wellbeing book club. This will be a chance for people to enjoy some books and socialising with a focus on mental wellbeing.</p> <p>For more information please contact: Lee Millar on 0141 881 8811/ lee.millar@ramh.org</p>

<p>Wednesday</p> <p>3, 10, 17 and 24 April 2019</p> <p>1pm-3pm</p> <p>Venue: Arthurlie House , Springhill Road Barrhead G78 2SE</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>Contact: Christine on 0141 881 8811 or christine@ramh.org</p>
<p>Wednesday</p> <p>3, 10, 17 and 24 April 2019</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 a variety of mild physical activities (walks), mindful activities and ways to de-stress and improve their mental and physical wellbeing. The group will look to take advantage of being outside and its effects on mental wellbeing (weather dependent).</p> <p>Contact: Graham Cossar on 0141 881 8811 or graham.cossar@ramh.org to let us know you are coming along.</p>
<p>Wednesdays</p> <p>3, 10, 17 and 24 April 2019</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>3rd Thursday 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</p> <p>Email: reuben@ramh.org Tel: 0141 404 7788</p>
<p>Last Thursday 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</p> <p>Email: reuben@ramh.org Tel: 0141 404 7788</p>

<p>Every Thursday</p> <p>4, 11, 18 and 25 April 2019</p> <p>5-7pm</p> <p>Venue: Causeway, 8 Carlibar Road, Barrhead G78 1AA ALL WELCOME</p>	<p>Singing for Wellbeing A group of people with a lived 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.</p>  <p>Self-referral/Referral required</p> <p>For more information contact: Christine Murray 0141 881 8811 or christine@ramh.org</p>
<p>Thursdays (last Thursday of the month)</p> <p>25 April 2019 6.30pm – 8pm</p> <p>Venue: Sandlers Cottage, Eastwood Park Rouken Glen Road Giffnock, Glasgow G46 6UG</p>	<p>Carers' Group – Monthly</p> <p>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>Contact: Jacqui Heron on 0141 881 8811 or jacqui@ramh.org</p>
<p>Every Thursday</p> <p>4, 11, 18 and 25 April 2019</p> <p>12.30pm – 3.30pm</p> <p>ALL WELCOME</p> <p>(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</p> <p>A social support drop-in to help to increase your social connections</p> <p>Self-referral/Referral required</p> <p>Venue: Clarkston Halls, Clarkston Road, Glasgow, G76 8NE</p> <p>For more information contact: Lee Millar, lee.millar@ramh.org or on 0141 881 8811</p> 
<p>Thursday, Friday, Monday</p> <p>4, 5 and 8 April 2019 9.30am-12.30pm</p> <p>Venue: Eastwood House, Rouken Glen Road, G46 6UG</p> <p>25, 26 and 29 April 2019 1pm-4pm</p> <p>Venue: Auchenback Resource Centre (The ARC), 64 Aurs Drive, Barrhead G78 2LW</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>For more information contact: Christine Murray or David Cowie on 0141 881 8811/ christine.murray@ramh.org – david.cowie@ramh.org</p>

<p>Friday</p> <p>19 April – 24 May 2019 for 6 sessions</p> <p>1.30-2.30pm</p> <p>Venue: 14 St James Street, Paisley</p>	<p>Gentle Yoga and Relaxation</p> <p>A gentle introduction to yoga, no previous experience or equipment required. Relaxation techniques for mind and body.</p> <p>with Margaret Rose</p> <p>Contact: margaretrose@ramh.org or on 0141 404 7788</p>
<p>Friday</p> <p>1.30pm-3.30pmVenue: Walks will meet and leave from the 'Café on the Corner' Barrhead, with weekly walks at various points across Barrhead and East Renfrewshire</p>	<p>East Renfrewshire Walking Group</p> <p>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</p> <p>Self-Referral/Referral Required</p> <p>Cost: Free</p> <p>Contact: Graham Cossar on 0141 881 8811 or email: graham.cossar@ramh.org to let us know you are coming along.</p>
<p>Friday</p> <p>5, 12, 19 and 26 April 2019</p> <p>12pm-3pm</p> <p>Venue: YES Project, Rouken Glen Park</p>	<p>'DIG IN' (Self Managing Gardening Group)</p> <p>Seasonal self-managed gardening group giving opportunity to share, exchange and further develop existing knowledge and skills around gardening and wellbeing self-management.</p> <p>Self-referral/Referral required - although the group is not taking new referrals at present.</p> <p>Contact: Lee Millar, lee.millar@ramh.org or Irene Brown, IreneB@ramh.org or on 0141 881 8811</p>
<p>Every Friday</p> <p>5, 12, 19 and 26 April 2019</p> <p>10am-12 noon</p> <p>Venue: 21 Carlibar Road, Barrhead G78 1AA</p> <p>ALL WELCOME</p>	<p>The SHED</p> <p>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 Christine@ramh.org</p>
<p>Friday</p> <p>26 April 2019</p> <p>11am – 2pm</p> <p>Venue: Whitelee Windfarm</p>	<p>Branching Out Project</p> <p>This is a 13 week course working in the outdoors learning a lot of new skills incorporating the John Muir award (conservation).</p> <p>Referral required</p> <p>Contact: Graham Cossar, 0141 881 8811 or graham.cossar@ramh.org</p>

<p>Saturday</p> <p>2, 9, 16, 23, 30 March 2019</p> <p>10.15am for changing / catch up Game: 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.</p> <p>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 the team leaders by email steven.mcadam@ramh.org or physical activity worker graham.cossar@ramh.org or phone 0141 404 7788.</p> 
<p>Every 1st Sunday of the Month</p> <p>12.30pm – 3pm</p> <p>Venue: Café on the Corner, Carlibar Road BARRHEAD G78 2QX</p>	<p>Lean On Me Wellbeing Café Hosted by Café on The Corner this is a drop in café that will focus on people's wellbeing with RAMH presence at the event, to help talk things through with people who are struggling with wellbeing.</p>
<p>GP Practices Renfrewshire</p> <p>Open to all patients in the Renfrewshire practices</p>	<p>Community Link - Renfrewshire Community Link Workers are based in all GP practices and please make an appointment through your GP practice. Contact: 0141 847 8900 for more details or email IreneB@ramh.org</p>
<p>GP Practices East Renfrewshire</p> <p>Open to all patients in the East Renfrewshire practices</p>	<p>Community Link – East Renfrewshire Community Link Workers will be based in all GP practices by the end of January 2019. Please make an appointment through your GP practice. Contact: 0141 881 8811 for more details or email IreneB@ramh.org</p>
<p>Energy Efficiency & Cost Cutting your home the workplace</p>  <p>for and</p>	<p>True or false? To use less hot water, wash dishes by hand. False! An automatic dishwasher uses about six gallons less of hot water than washing by hand. Over a year that adds up to 2,000 gallons! An energy-smart clothes washer can save more water in one year than one person drinks in an entire lifetime! A crack as small as 1/16th of an inch around a window frame can let in as much cold air as leaving the window open three inches!</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 www.bipolarscotland.org.uk</p> <p>Venue: Orchardhill Parish Church, 12 Church Rd, Giffnock G46 6JR</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 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>Throughout 2019</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>

ACUMEN

Colour Coded Key	Argyll & Bute	Inverclyde	West Dumbarton	East Renfrewshire	Renfrewshire
Every Monday 1pm-3pm ALL WELCOME!	Acumen Drama Group 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. Venue: Dunterlie Community Centre, Stewart Street, Barrhead G78 1AL Please contact ACUMEN Office for further details: 0141 847 8900				
Monday April 2019 CANCELLED	'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				
Every Tuesday 1.30-3pm	Photo Editing with Diane and Sarah Venue: Kintyre Link Club, Campbeltown Community Education Centre, Stewart Road, Campbeltown, PA28 6AT. Everyone welcome to come along and join in. For more information call Tracy Chambers 07535036953				
Every Wednesday 12.30-3pm	Crafts Workshop Venue: Kintyre Link Club, Campbeltown Community Education Centre, Stewart Road, Campbeltown, PA28 6AT. Come along and try your hand at craft making. For more information call Tracy Chambers 07535036953				
Every Wednesday 3-4pm Listen on 98.4FM or at www.pulseonair.co.uk	'Mental Health on Air' 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. For more information please contact: rona@acumennetwork.org or Tel: 0141 847 8900				
Thursday 25 April 2019 12.30-2pm	Recovery Renfrewshire Venue: The Wynd Centre, 6 School Wynd, Paisley PA1 2DB. Topic: What makes a good Mental Health professional? Please contact ACUMEN Office for further details: 0141 847 8900 ALL WELCOME and lunch included.				
Every Thursday 1pm – 3pm	Bute Golfies Venue: Port Bannatyne Golf Club, Bannatyne Mains Rd, Rothesay PA20 0PH Come along for a cuppa and a chat, find out what's going on in your local area, share your experiences and stories. Please contact ACUMEN Office for further details: 0141 847 8900 ALL WELCOME				
Every Thursday From 11am	Bingo and lunch Venue: Kintyre Link Club, Campbeltown Community Education Centre, Stewart Road, Campbeltown, PA28 6AT Eyes down come and join the fun. For more information call Tracy Chambers 07535036953				