


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
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FIRST Crisis has a <u>new</u> freephone number 0800 221 8929	FIRST Crisis – new Freephone number The Freephone number for FIRST Crisis is: 0800 221 8929. Please use this number for free calls
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DATE FOR YOUR DIARY Come and have your say Friday 21 June 2019 2-5pm Venue: Dunterlie Community Centre, Stewart Street, BARRHEAD, G78 1AL RAMH Causeway Housing will host this meeting.  ALL WELCOME	Stakeholders. The next Stakeholders meeting will be hosted by RAMH Causeway Housing. This meeting is scheduled for Friday 21 June 2019 at 2-5pm RAMH invite all stakeholders – people who use our service, their family, friends and carers to come along for tea/coffee and biscuits to find out about our services and how you can get involved and contribute to service delivery and planning Tel: 0141 847 8900 or email enquiries@ramh.org Venue: Dunterlie Community Centre, Stewart Street, Barrhead G78 1AL Please let us know if you require transport as we can support you with this to attend
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RAMH Caravan at Craig Tara  Caravan open for bookings..... To enquire about availability please contact 0141 847 8900 rona.mcgreevy@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: <table border="1"> <thead> <tr> <th></th> <th>Peak: Easter / July / Aug / Sept weekend / Oct week</th> <th>Off Peak</th> </tr> </thead> <tbody> <tr> <td>Mon-Fri</td> <td>£200</td> <td>£150</td> </tr> <tr> <td>Fri-Mon</td> <td>£180</td> <td>£130</td> </tr> <tr> <td>Week</td> <td>£350</td> <td>£250</td> </tr> </tbody> </table> 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.		Peak: Easter / July / Aug / Sept weekend / Oct week	Off Peak	Mon-Fri	£200	£150	Fri-Mon	£180	£130	Week	£350	£250
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	RAMH would like to thank all of their Volunteers for their commitment and hard work to support our service delivery.
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<p>ADVANCE DATE FOR YOUR DIARY</p>	<p>RAMH Annual Conference and AGM Friday, 4th October 2019 Further details will follow</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.</p> <p>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. 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>
 <p>RAMH Reuse Superstore Houston Square Johnstone PA5 8DT</p> <p>Opening Hours Tuesday, Wednesday & Thursday 10am till 4pm</p>	<p>RAMH Reuse Superstore</p> <p>Remember, RAMH clients receive a 30% discount # on furniture items</p> <p>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</p>  <p>Lifeskills would like to give our thanks to our team of volunteers who support our service day to day, enabling us to deliver services to our clients and serve the community by donating their time in activities within the RAMH Reuse Superstore</p>
<p>Gardening Group Initiative</p> 	<p>Renfrewshire Community Service is looking for people to get involved in a new gardening initiative. Are you an avid gardener? or are you a beginner to gardening and would like to give it a go?</p> <p>If you are interested, please contact: Paul Henderson on 0141 404 7788</p>
<p>Every Monday 10am-12 noon Please drop in – ALL WELCOME Venue: Charleston Centre, 49 Neilston Road, Paisley PA2 1LU</p>	<p>Smoking Cessation group This group is run by the NHS – It is open without referral to anyone from RAMH or the general public. The purpose of this group is to provide practical information, guidance on methods on quitting as well as some moral support on offer from the staff who facilitate the group. For further information contact: reuben@ramh.org or on 0141 404 7788</p>

<p>Every Monday Time:2-4pm Venue: Trinity Church Hall, 13 Paisley Road, Renfrew PA4 8JH</p> 	<p>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>
<p>Every Monday Meet 10.30am at Renfrew Victory Baths 10.45am-11.45 Venue: Renfrew Victory Baths, Inchinnan Rd, Renfrew PA4 8ND ALL WELCOME</p>	<p>Renfrewshire 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. Self-Referral/ Referral Required Costs: £2.45 Contact: Graham Cossar on 0141 404 7788 graham.cossar@ramh.org to let us know you are coming along.</p>
<p>Every Monday 2-4pm Venue: Lady Lane, Paisley</p>	<p>Information Hub - Paisley Foodbank 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. Contact: Reuben Millward Email: reuben@ramh.org Tel: 0141 404 7788</p>
<p>Monday 17 June (for 5 weeks) 10am-12noon Venue: 14 St James Street, Paisley</p>	<p>Self Esteem Group to explore self-esteem and provide peer support. For more information contact: fiona.mccrae@ramh.org</p>
<p>Every second Monday 10 and 24 June 2019 11am – 1pm Venue: Arc - Auchenback Resource Centre 64 Aurs Drive, Barrhead, East Renfrewshire, G78 2LW 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 Contact: Lisa Jane McGuinness on 0141 881 8811 or lisajane.mcguinness@ramh.org</p>
<p>Every second Monday 3 and 17 June 2019 10am-12 noon Venue: Dunterlie Community Centre, Stewart Street, BARRHEAD, G78 1AL 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. For more information contact: lee.millar@ramh.org or on 0141 881 8811</p>


<p>Monday</p> <p>3, 10, 17, 24 June 2019</p> <p>2 – 3.30pm</p> <p>Venue: 21 Carlibar Road, Barrhead G78 1AA</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. 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>25 June 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: Email: reuben@ramh.org - or Tel: 0141 404 7788</p>
<p>Tuesday</p> <p>18 June – 30 July 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: 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, 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 Email: reuben@ramh.org Tel: 0141 404 7788</p>


<p>Every Tuesday</p> <p>4, 11, 18, 25 June 2018</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>.</p> <p>Contact: Christine Murray on 0141 881 8811 or Christine@ramh.org</p>
<p>Every Tuesday Evening</p> <p>4, 11, 18, 25 June 2018</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>4, 11, 18, 25 June 2018</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>Tuesday</p> <p>4, 11, 18, 25 June 2018</p> <p>10.30am – 12pm</p> <p>Venue: 21 Carlibar Road</p>	<p>Creative Arts Greenspace Group</p> <p>Developing and creating art installations and displays in the garden space. Looking to make the garden space more vibrant and interactive. We are looking for people with a flare for design or a skill to build.</p> <p>All welcome!</p> <p>Contact: 0141 881 8811</p>
<p>Wednesday</p> <p>19 June 2019 (6 sessions)</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>19 June 2019</p> <p>Venue: Café on the Corner/Catherine Rose 196 Cross Arthurlie Street Carlibar Road BARRHEAD G78 2QX</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>5, 12, 19, 26, June 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>5, 12, 19, 26, June 2019</p> <p>10-10.45am</p> <p>Venue: Eastwood Leisure Centre, Rouken Glen Rd, Giffnock, Glasgow G46 6UG 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>Wednesday</p> <p>5, 12, 19, 26, June 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 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>Wednesday</p> <p>12, 19, 26 June 2019</p> <p>2pm – 3pm</p> <p>Venue: Rouken Glen Park</p> <p>All Welcome</p>	<p>Couch 2 5K</p> <p>Induction to running. Starting from beginner with the goal to progress to running set distances of 3 and 5k. Using running as a positive way to increase exercise and benefit mental and physical health and wellbeing in a group setting.</p> <p>Contact: Graham Cossar on 0141 881 8811 or graham.cossar@ramh.org</p>

<p>1st Wednesday of every month</p> <p>10.30pm-12.00pm</p> <p>Venue: Johnstone Town Hall, Houston Square Johnstone PA5 8FA 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>Thursday</p> <p>6, 13, 20, 27 June 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 For more information contact: Christine Murray 0141 881 8811 or christine@ramh.org</p>
<p>Thursdays (last Thursday of the month)</p> <p>27 June 2019 6.30pm – 8pm</p> <p>Venue: Sandlers Cottage, Eastwood Park Rouken Glen Road Giffnock, Glasgow G46 6UG</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' perspective. Contact: Jacqui Heron on 0141 881 8811 or jacqui@ramh.org</p>
<p>Every Thursday</p> <p>6, 13, 20, 27 June 2019</p> <p>12.30pm – 3.30pm 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>Thursday, Friday, Monday</p> <p>6, 7, 10 June 2019 9.30am-12.30pm Venue: Eastwood Health and Care Centre, Drumby Crescent, Glasgow G76 7HN 25, 26, 28 June 2019 1pm-4pm Venue: Auchenback Resource Centre (The ARC), 64 Aurs Drive, Barrhead G78 2LW</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</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>Friday 31 May 2019 (6 sessions)</p> <p>1.30-2.30pm Venue: 14 St James Street, Paisley</p>	<p>Gentle Yoga and Relaxation A gentle introduction to yoga, no previous experience or equipment required. Relaxation techniques for mind and body. with Margaret Rose</p> <p>Contact: margaretrose@ramh.org or on 0141 404 7788</p>
<p>Friday</p> <p>1.30pm-3.30pm Venue: 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 Cost: Free 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>7, 14, 21, 28 June 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>Friday</p> <p>7, 14 June 2019</p> <p>10am – 12pm</p> <p>Venue: Netherlee Pavilion, Linn Park Avenue, G44 3PG</p>	<p>Directions Course:</p> <p>"Directions", is a 6 session course designed as a soft introduction to employability related skills. Topics covered include; mental health awareness, confidence building, communication skills, qualities and attributes - and skills and strengths identification.</p> <p>Self-referral/referral required</p> <p>Contact: David Cowie 0141 881 8811 / david.cowie@ramh.org</p>
<p>Every Friday</p> <p>7, 14, 21, 28 June 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>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. 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>1pm – 4pm</p> <p>Venue: Café on the Corner/Catherine Rose 196 Cross Arthurlie Street 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>Universal Credits</p> <p>REMEMBER THERE ARE CHANGES HAPPENING</p> <p>If you need any advice on where to get help speak to your local RAMH service</p>	<p>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:)</p> <p>Child Tax Credit Housing Benefit</p> <ul style="list-style-type: none"> • Income Support • income-based Jobseeker’s Allowance (JSA) • income-related Employment and Support Allowance (ESA) • Working Tax Credit <p>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.</p>

<p>Every 4th Monday</p> <p>6-8pm</p> <p>Venue: Bianco e Nero (formerly Saporitos in the back room) 27 Gauze St, Paisley PA1 1ES</p>	<p>PAISLEY BIPOLAR GROUP</p> <p>If you live with Bipolar Disorder and you'd like to share information, advice and insights with other people who live with Bipolar, please come along to the Paisley Bipolar Self-Help Group. We meet on the 4th Monday of every month at Bianco e Nero (formerly Saporitos in the back room) 27 Gauze Street, Paisley PA1 1ES and you're very welcome to join – no referral 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 bipolar. This is your chance to share advice and insights in a friendly non-clinical setting and to meet new people. Our group also has occasional guest speakers who can talk about bipolar disorder from a range of angles (e.g. pharmacists, 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 J!!</p> <p>Contact Bipolar Scotland on 0141 560 2050 for more info www.bipolarscotland.org.uk</p>
<p>Energy Efficiency & Cost Cutting for your home and the workplace</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!</p> <p>An energy-smart clothes washer can save more water in one year than one person drinks in an entire lifetime!</p> <p>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>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				
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				
Tuesday 18 June 2019 2-4pm	Oban Lorn and Isles Mental Health Forum A forum bringing people with lived experience together with service providers, members of the community and the HSCP. All welcome contact Tina@acumennetwork				
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				
Wednesday 12 June 2019 11am-12:30	MENTAL HEALTH REFERENCE GROUP Bringing people with lived experience together with service providers, third sector and the HSCP to promote recovery in Inverclyde Venue: Broomhill Gardens Community Hub, Broomhill. Greenock For more information contact: rachel@acumennetwork. ALL WELCOME				
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: enquiries@acumennetwork.org or Tel: 0141 847 8900				
Thursday 27 June 2019 12.30-2pm	Recovery Renfrewshire Venue: The Wynd Centre, 6 School Wynd, Paisley PA1 2DB. Topic: HEALTHY MINDS RESOURCES PACKS Please contact ACUMEN Office for further details: 0141 847 8900 All welcome Group for people with lived experience and carer and welcome anyone with an interest in mental health recovery! Michelle Guthrie from NHS GG&C will be attending to talk about the FREE ONLINE resources that can be useful for self management, peer support and group work.				

<p>Every Thursday</p> <p>1pm – 3pm</p>	<p>Bute Golfies Venue: Port Bannatyne Golf Club, Bannatyne Mains Rd, Rothesay PA20 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</p>
<p>Every Thursday</p> <p>From 11am</p>	<p>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</p>