

For more information on any events or if you would like this emailed to you each month please email [enquiries@ramh.org](mailto:enquiries@ramh.org) or call Agnes on 0141 847 8900

For ACUMEN event enquiries contact: [jade@acumennetwork.org](mailto:jade@acumennetwork.org) or call Jade 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

**DATE FOR YOUR DIARY**  
Come and have your say

**Wednesday**  
**25 September 2019**  
**11.45-12.30pm**

**Venue:** St Fergus Church Hall, Blackstoun Road, Paisley PA3 1LU) adjacent to RAMH HQ building.

**RHSS will host this meeting as part of their Open Day**



**ALL WELCOME**

**ADVANCE DATE FOR YOUR DIARY**

**Friday 4<sup>th</sup> October 2019**

Wynd Centre  
6 School Wynd  
Paisley  
PA1 2DB

**Stakeholders.**

The next Stakeholders meeting will be hosted by RAMH RHSS as part of their Open Day on Wednesday 25 September 2019.

The first part of the event (9.30-11.40) will be for RHSS stakeholders only, with ALL welcome to the Stakeholders meeting from 11.45-12.30pm. 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](mailto:enquiries@ramh.org)

**Venue:** St Fergus Church Hall, Blackstoun Road, Paisley PA3 1LU (adjacent to RAMH HQ building)

**Please let us know if you require transport as we can support you with this to attend.**

**RAMH Annual Conference and AGM**

RAMH's Annual General Meeting (AGM) and Conference will this year be held on Friday, 4<sup>th</sup> October from 9.30-1.30pm, in the Wynd Centre.

In addition to confirming the activities of the organisation for the last year, and plans for the coming year, we are delighted to be able to present the Documentary: *"RESILIENCE: The Biology of Stress and the Science of Hope"*.

Researchers have identified a dangerous biological syndrome caused by abuse and neglect during childhood. As **Resilience** reveals, toxic stress can trigger hormones that wreak havoc on the brains and bodies of children, putting them at a greater risk for disease, homelessness, prison time, and early death. While the broader impacts of poverty worsen the risk, no segment of society is immune. **Resilience**, however, also chronicles the dawn of a movement that is determined to fight back. Trailblazers in pediatrics, education, and social welfare are using cutting-edge science and field-tested therapies to protect children from the insidious effects of toxic stress—and the dark legacy of a childhood that no child would choose.

Numbers in attendance will be capped at 150, so if you are interested in attending, be quick to claim a place. Please email [reception@ramh.org](mailto:reception@ramh.org) or phone 0141 847 8900 to book a place. *Stephen*

**Gardening Group Initiative**



**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?

**If you are interested, please contact:**

Paul Henderson on 0141 404 7788

**RAMH Caravan at  
Craig Tara**



**Caravan open for  
bookings.....**

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

[rona.mcgreevy@ramh.org](mailto:rona.mcgreevy@ramh.org)

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

As the summer draws to a close, why not give yourself something to look forward to as we head towards the Autumn – and book a short break to RAMH’s newly upgraded caravan. We still have some availability from early September through to 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:**

	<b>Peak: Easter / July / Aug / Sept weekend / Oct week</b>	<b>Off Peak</b>
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](mailto:stephen@ramh.org) or [shirley@ramh.org](mailto:shirley@ramh.org) with your request.

**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](mailto:stephen@ramh.org)  
or [shirley@ramh.org](mailto:shirley@ramh.org) with  
your request.**

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!



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

**Opening Hours  
Tuesday, Wednesday &  
Thursday  
10am till 4pm**

**RAMH Reuse Superstore**

Remember, RAMH clients receive a 30% discount on furniture items

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



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><b>Every Monday</b>  <b>10am-12 noon</b>  <b>Please drop in – ALL WELCOME</b>  <b>Venue:</b> Charleston Centre,  49 Neilston Road, Paisley  PA2 1LU</p>	<p><b>Smoking Cessation group</b>  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: <a href="mailto:reuben@ramh.org">reuben@ramh.org</a> or on 0141 404 7788</p>
<p><b>Every Monday</b>  <b>Time:2-4pm</b>  <b>Venue:</b> Trinity Church Hall,  13 Paisley Road, Renfrew  PA4 8JH</p> 	<p><b>THE VOICE: Sing for Wellbeing</b>  Renfrewshire Community Service is looking for people to join our 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 Margaret Rose on 0141 404 7788  Come on, give it a go and try this new group</p>
<p><b>Every Monday</b>  <b>Meet 10.30am at Renfrew Victory Baths</b>  <b>10.45am-11.45</b>  <b>Venue:</b> Renfrew Victory Baths, Inchinnan Rd, Renfrew  PA4 8ND  <b>ALL WELCOME</b></p>	<p><b>Renfrewshire Swimming Group</b>  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.  <b>Self-Referral/ Referral Required</b>  <b>Costs:</b> £2.45  <b>Contact:</b> Graham Cossar on 0141 404 7788  <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a> to let us know you are coming along.</p>
<p><b>Every Monday</b>  <b>2-4pm</b>  <b>Venue:</b> Lady Lane, Paisley</p>	<p><b>Information Hub - Paisley Foodbank</b>  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.  <b>Contact:</b> Reuben Millward  <b>Email:</b> <a href="mailto:reuben@ramh.org">reuben@ramh.org</a> <b>Tel:</b> 0141 404 7788</p>
<p><b>Every second Monday</b>  <b>2, 16, 30 September 2019</b>  <b>11am – 1pm</b>  <b>Venue:</b> Arc - Auchenback Resource Centre  64 Aurs Drive, Barrhead,  East Renfrewshire, G78 2LW  <b>ALL WELCOME</b></p>	<p><b>Time 2 Talk</b>  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.  <b>Self-referral/Referral required</b>  <b>Contact:</b> <a href="mailto:lee.millar@ramh.org">lee.millar@ramh.org</a> or on 0141 881 8811</p>
<p><b>Every second Monday</b>  <b>9, 23 September 2019</b>  <b>10am-12 noon</b>  <b>Venue:</b> Dunterlie Community Centre, Stewart Street,  BARRHEAD, G78 1AL  <b>ALL WELCOME</b></p>	<p><b>Men Do Talk</b>  A fortnightly men's group offers support to talk about issues that affect men in a safe and relaxing environment.  <b>For more information contact:</b> <a href="mailto:lee.millar@ramh.org">lee.millar@ramh.org</a> or on 0141 881 8811</p>

<p><b>Monday</b></p> <p><b>2, 9, 16, 23, 30 September 2019</b></p> <p><b>2 – 3.30pm</b></p> <p><b>Venue:</b> 21 Carlibar Road, Barrhead G78 1AA</p>	<p><b>Gardening Project</b></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><b>For more information contact:</b> <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a>, 0141 881 8811</p>
<p><b>Monday</b></p> <p><b>2, 9, 16, 23, 30 September 2019</b></p> <p><b>10am – 12pm</b></p> <p><b>Venue:</b> Auchenback Resource Centre (The ARC), 64 Aurs Drive, Barrhead G78 2LW</p>	<p><b>Directions Course:</b></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><b>Self-referral/referral required</b></p> <p><b>Contact:</b> David Cowie 0141 881 8811 / <a href="mailto:david.cowie@ramh.org">david.cowie@ramh.org</a></p>
<p><b>Monday</b></p> <p><b>2, 9, 16, 23, 30 September 2019</b></p> <p><b>11.30am-12.30pm</b></p> <p><b>Venue:</b> St Andrew's Parish Church, Ralston Road, Barrhead, G78 2QR</p>	<p><b>Mind Kind</b></p> <p>Are you looking to better your own wellbeing? Or are you interested in learning various mindfulness, relaxation &amp; meditation techniques?</p> <p><b>Contact:</b> Zoe Nisbet on 0141 881 8811 or <a href="mailto:zoe.nisbet@ramh.org">zoe.nisbet@ramh.org</a></p>
<p><b>Drop In Session times:</b></p> <p><b>Monday 5pm-6pm</b></p> <p><b>Thursday 10am-12noon</b></p> <p><b>Venue:</b> UWS Robertson, Sports Centre at Thornly Park Campus, Caplethill Rd, Paisley PA2 7TR</p>	<p><b>Supported Gym Sessions</b> 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 if open. Supported drop in session times are for those who want to work out or get advice direct from Physical activity worker who will be present in the gym at these set times.</p> <p><b>Venue:</b> UWS Robertson Sports Centre</p> <p><b>Costs:</b> cost £2.50 pay as you go</p>
<p><b>Tuesday</b></p> <p><b>24 September 2019</b></p> <p><b>1-3pm</b></p> <p><b>Venue:</b> Unit 55/Embroidery Mill/Abbey Mill Business Centre, Paisley PA1</p>	<p><b>Carers Group</b> – The group is a joint peer support group between RAMH and the Carers centre.</p> <p><b>Self-referral/referral required</b></p> <p><b>For more information contact:</b></p> <p><b>Email:</b> <a href="mailto:reuben@ramh.org">reuben@ramh.org</a> - or <b>Tel:</b> 0141 404 7788</p>


<p><b>Second Tuesday of every month</b></p> <p><b>1-2.30pm</b></p> <p><b>Venue:</b> Renfrewshire Council Offices, Customer Service Centre, Renfrewshire House, Paisley, PA1</p> <p><b>Open to All</b></p>	<p><b>Paisley Community Drop-In Hub</b>  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.  <b>Contact:</b> Reuben Millward  <b>Email:</b> <a href="mailto:reuben@ramh.org">reuben@ramh.org</a> <b>Tel:</b> 0141 404 7788</p>
<p><b>Every Tuesday</b></p> <p><b>3, 10, 17, 24 September 2019</b></p> <p><b>1pm-3pm</b></p> <p><b>ALL WELCOME</b></p> <p><b>Venue:</b> Dalmeny Centre, Barnes St, Barrhead, G78 1EH</p>	<p><b>LINK Club</b>  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  <b>Self-referral/Referral required</b></p> <p><b>Contact:</b> Zoe Nisbet on 0141 881 8811 or <a href="mailto:zoe.nisbet@ramh.org">zoe.nisbet@ramh.org</a></p>
<p><b>Every Tuesday Evening</b></p> <p><b>3, 10, 17, 24 September 2019</b></p> <p><b>Meet 4pm at Barrhead Foundry</b></p> <p><b>4.15pm-5.15pm</b></p> <p><b>Venue:</b> Barrhead Foundry, Main Street, Barrhead G78 1SW</p> <p><b>ALL WELCOME</b></p>	<p><b>East Renfrewshire Swimming Group (Barrhead)</b> 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><b>Costs:</b> £3.90 without an access card; £3.30 with an access card and £2.30 concession.</p> <p><b>Contact:</b> Graham Cossar on 0141 881 8811 or <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a> to let us know you are coming along.</p>
<p><b>Wednesday</b></p> <p><b>4<sup>th</sup> September 2019</b></p> <p><b>6pm – 7pm</b></p> <p><b>Venue:</b> 8 Carlibar Road, G78 1AA</p>	<p><b>Wellbeing Book Club</b>  On the first Wednesday of each month Causeway 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><b>For more information please contact:</b> Lee Millar on 0141 881 8811/ <a href="mailto:lee.millar@ramh.org">lee.millar@ramh.org</a></p>
<p><b>Wednesday</b></p> <p><b>4, 11, 18, 25 September 2019</b></p> <p><b>1pm-3pm</b></p> <p><b>Venue:</b> Arthurlie House , Springhill Road Barrhead G78 2SE</p>	<p><b>Women in Recovery East Renfrewshire (WIRE)</b>  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><b>Self-referral/Referral required</b>  <b>Contact:</b> Christine on 0141 881 8811 or <a href="mailto:christine@ramh.org">christine@ramh.org</a></p>

<p><b>Wednesday</b></p> <p><b>4, 11, 18, 25 September 2019</b></p> <p><b>10-10.45am</b></p> <p><b>Venue:</b> Eastwood Leisure Centre, Rouken Glen Rd, Giffnock, Glasgow G46 6UG <b>ALL WELCOME</b></p>	<p><b>Wellbeing Group</b></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><b>Contact:</b> Graham Cossar on 0141 881 8811 or <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a> to let us know you are coming along.</p>
<p><b>Wednesday</b></p> <p><b>4, 11, 18, 25 September 2019</b></p> <p><b>Meet 10.45am at Eastwood Leisure Centre</b></p> <p><b>11am-12noon</b></p> <p><b>Venue:</b> Eastwood Leisure Centre, Rouken Glen Rd, Giffnock, Glasgow G46 6UG <b>ALL WELCOME</b></p>	<p><b>East Renfrewshire Swimming Group</b></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><b>Costs:</b> £3.90 without an access card; £3.30 with an access card and £1.95 concession.</p> <p><b>Contact:</b> Graham Cossar on 0141 881 8811 or <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a> to let us know you are coming along.</p>
<p><b>Wednesday</b></p> <p><b>4, 11, 18, 25 September 2019</b></p> <p><b>2pm – 3pm</b></p> <p><b>Venue:</b> Rouken Glen Park</p> <p><b>All Welcome</b></p>	<p><b>Couch 2 5K</b></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><b>Contact:</b> Graham Cossar on 0141 881 8811 or <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a></p>
<p><b>1<sup>st</sup> Wednesday of every month</b></p> <p><b>10.30pm-12.00pm</b></p> <p><b>Venue:</b> Johnstone Town Hall, Houston Square Johnstone PA5 8FA <b>Open to All</b></p>	<p><b>Renfrewshire Community Drop-In Hub</b></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><b>Contact:</b> Reuben Millward <b>Email:</b> <a href="mailto:reuben@ramh.org">reuben@ramh.org</a> <b>Tel:</b> 0141 404 7788</p>
<p><b>Thursday</b></p> <p><b>2-4pm</b></p> <p><b>Week 1 St James Street</b> <b>Weeks 2-8 various locations</b></p> <p><b>Referral Required</b></p>	<p><b>Walking Group</b></p> <p><b>8 Sessions - Next Group: Thursday 29<sup>th</sup> Aug through to October 2019.</b></p>

<p><b>Thursday</b></p> <p><b>8 August – 19 September 2019 (6 sessions)</b></p> <p><b>1.30pm – 2.30pm</b></p> <p><b>Venue:</b> 14 St James Street, Paisley</p>	<p><b>Stress Hub</b></p> <p>Manage your stress using the practical approaches.</p> <p><b>Contact:</b> <a href="mailto:margaretrose@ramh.org">margaretrose@ramh.org</a> or on 0141 404 7788.</p> <p>1;1 anxiety management also available contact; <a href="mailto:fiona.mccrae@ramh.org">fiona.mccrae@ramh.org</a> for further details.</p>
<p><b>Thursday</b></p> <p><b>5, 12, 19, 26 September 2019</b></p> <p><b>5-7pm</b></p> <p><b>Venue:</b> Causeway, 8 Carlibar Road, Barrhead G78 1AA</p> <p><b>ALL WELCOME</b></p>	<p><b>Singing for Wellbeing</b> 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><b>Self-referral/Referral required</b></p> <p><b>For more information contact:</b> Christine Murray 0141 881 8811 or <a href="mailto:christine@ramh.org">christine@ramh.org</a></p>
<p><b>Thursdays (last Thursday of the month)</b></p> <p><b>26 September 2019</b></p> <p><b>6.30pm – 8pm</b></p> <p><b>Venue:</b> Sandlers Cottage, Eastwood Park Rouken Glen Road Giffnock, Glasgow G46 6UG</p>	<p><b>Carers' Group – Monthly</b></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' perspective.</p> <p><b>Contact:</b> Jacqui Heron on 0141 881 8811 or <a href="mailto:jacqui@ramh.org">jacqui@ramh.org</a></p>
<p><b>Every Thursday</b></p> <p><b>5, 12, 19, 26 September 2019</b></p> <p><b>1.30pm – 3.30pm</b></p> <p><b>ALL WELCOME</b></p> <p>(Please be advised our programme can take us out of the halls, so inform Lee if you are coming along)</p>	<p><b>Social Support Group</b></p> <p>A social support drop-in to help to increase your social connections</p> <p><b>Self-referral/Referral required</b></p> <p><b>Venue:</b> Clarkston Halls, Clarkston Road, Glasgow, G76 8NE</p> <p><b>For more information contact:</b> Christine Murray <a href="mailto:christine@ramh.org">christine@ramh.org</a> or on 0141 881 8811</p> 
<p><b>Thursday, Friday, Tuesday</b></p> <p><b>5, 6, 9, September 2019</b></p> <p><b>9.30am – 12.30</b></p> <p><b>Venue:</b> Eastwood Health and Care Centre, Drumby Crescent, Glasgow G76 7HN</p>	<p><b>Stress Management Hubs</b></p> <p>Suitable for people who would like to learn tools and techniques to address and reduce their stress and anxiety.</p> <p><b>Self-referral/referral required</b></p>

<p><b>Thursday, Friday, Tuesday</b>  <b>26<sup>th</sup>, 27<sup>th</sup> September, 1<sup>st</sup></b>  <b>October</b>  10am-1pm  <b>Venue:</b> Auchinback  Resource Centre (The ARC),  64 Aurs Drive, Barrhead G78  2LW</p>	<p><b>For more information contact:</b> Christine Murray or David Cowie  on 0141 881 8811/ <a href="mailto:christine.murray@ramh.org">christine.murray@ramh.org</a> –  <a href="mailto:david.cowie@ramh.org">david.cowie@ramh.org</a></p>
<p><b>Friday</b>   <b>30 August 2019</b>  <b>(for 6 sessions)</b>   <b>1.30-2.30pm</b>  <b>Venue:</b> 14 St James Street,  Paisley</p>	<p><b>Gentle Yoga and Relaxation</b>  A gentle introduction to yoga, no previous experience or  equipment required. Relaxation techniques for mind and body.  with Margaret Rose   <b>Contact:</b> <a href="mailto:margaretrose@ramh.org">margaretrose@ramh.org</a> or on 0141 404 7788</p>
<p><b>Friday</b>   <b>1.30pm-3.30pm</b><b>Venue:</b>  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><b>East Renfrewshire Walking Group</b>   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  <b>Self-Referral/Referral Required</b>  <b>Cost:</b> Free  <b>Contact:</b> Graham Cossar on 0141 881 8811 or email:  <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a> to let us know you are coming along.</p>
<p><b>Friday</b>   <b>6, 13, 20, 27 September</b>  <b>2019</b>   <b>12pm-3pm</b>  <b>Venue:</b> YES Project, Rouken  Glen Park</p>	<p><b>'DIG IN' (Self Managing Gardening Group)</b>  Seasonal self-managed gardening group giving opportunity to  share, exchange and further develop existing knowledge and  skills around gardening and wellbeing self-management.   <b>Self-referral/Referral required</b>   <b>Contact:</b> Lee Millar, <a href="mailto:lee.millar@ramh.org">lee.millar@ramh.org</a> or on 0141 881 8811</p>
<p><b>Every Friday</b>   <b>6, 13, 20, 27 September</b>  <b>2019</b>   <b>10am-12 noon</b>   <b>Venue:</b> 21 Carlibar Road,  Barrhead G78 1AA   <b>ALL WELCOME</b></p>	<p><b>The SHED</b>  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.  <b>Contact:</b> Christine Murray on 0141 881 881 <a href="mailto:Christine@ramh.org">Christine@ramh.org</a></p>
	<p><b>RAMH would like to thank all of their Volunteers for their  commitment and hard work to support our service delivery.</b></p>



<p><b>Saturday</b></p> <p><b>7, 14, 21, 28 September 2019</b></p> <p><b>10.15am</b> for changing / catch up <b>Game:</b> 10.30 – 11.30am</p> <p>We are encouraging members and spectators to come along and watch the game &amp; meet new people. If you wish to then play simple referral process follows. <b>Open to men and women!</b></p>	<p><b>Saturday Football (Renfrewshire RAMhs) –.</b> Football is a great way to keep fit, meet others and have fun or just get out to spectate.</p> <p><b>Venue:</b> UWS Robertson Sports Centre at Thornly Park Campus, Caplehill Rd, Paisley PA2 7TR <b>Costs:</b> cost for pitch hire is £2 per head <b>Contact:</b> You can also keep up to date or communicate with the team leaders by email <a href="mailto:steven.mcadam@ramh.org">steven.mcadam@ramh.org</a> or physical activity worker <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a> or phone 0141 404 7788.</p> 
<p><b>Every 1<sup>st</sup> Sunday of the Month</b></p> <p><b>1pm – 4pm</b></p> <p><b>Venue:</b> Café on the Corner/Catherine Rose 196 Cross Arthurlie Street Carlibar Road BARRHEAD G78 2QX</p>	<p><b>Lean On Me Wellbeing Café</b> 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><b>GP Practices Renfrewshire</b></p> <p><b>Open to all patients in the Renfrewshire practices</b></p>	<p><b>Community Link - Renfrewshire</b> Community Link Workers are based in all GP practices and please make an appointment through your GP practice.</p> <p><b>Contact:</b> 0141 847 8900 for more details or email <a href="mailto:IreneB@ramh.org">IreneB@ramh.org</a></p>
<p><b>GP Practices East Renfrewshire</b></p> <p><b>Open to all patients in the East Renfrewshire practices</b></p>	<p><b>Community Link – East Renfrewshire</b> Community Link Workers are now based in all GP practices Please make an appointment through your GP practice.</p> <p><b>Contact:</b> 0141 847 8900 for more details or email <a href="mailto:IreneB@ramh.org">IreneB@ramh.org</a></p>
<p><b>Universal Credits</b></p> <p><b>REMEMBER THERE ARE CHANGES HAPPENING</b></p> <p><b>If you need any advice on where to get help speak to your local RAMH service</b></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"> <li>• Income Support</li> <li>• income-based Jobseeker’s Allowance (JSA)</li> <li>• income-related Employment and Support Allowance (ESA)</li> <li>• Working Tax Credit</li> </ul> <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><b>Every 4<sup>th</sup> Monday</b></p> <p><b>6-8pm</b></p> <p><b>Venue:</b> Bianco e Nero (formerly Saporitos in the back room) 27 Gauze St, Paisley PA1 1ES</p>	<p><b>PAISLEY BIPOLAR GROUP</b></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 <a href="http://www.bipolarscotland.org.uk">www.bipolarscotland.org.uk</a>. It costs nothing to attend our group and we hope to see you there.</p> <p><b>Contact</b> Bipolar Scotland on 0141 560 2050 for more info <a href="http://www.bipolarscotland.org.uk">www.bipolarscotland.org.uk</a></p>
<p><b>Wednesday</b> <b>(4<sup>th</sup> Wednesday of every month)</b></p> <p>Contact Lesley Lesley Fyfe Administrator T: 0141 560 2050</p> <p><a href="mailto:lesleyf@bipolarscotland.org.uk">lesleyf@bipolarscotland.org.uk</a> <a href="http://www.bipolarscotland.org.uk">www.bipolarscotland.org.uk</a></p> <p><b>Venue:</b> Orchardhill Parish Church, 12 Church Rd, Giffnock G46 6JR</p>	<p><b>EAST RENFREWSHIRE BIPOLAR SELF-HELP GROUP</b></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 4<sup>th</sup> 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 <a href="http://www.bipolarscotland.org.uk">www.bipolarscotland.org.uk</a>. It costs nothing to attend our group and we hope to see you there☺!!</p>
<p><b>Throughout 2019</b></p> <p><b>Check the list and contact Meal Makers on 387 6390</b></p>	<p><b>Meal Makers</b> 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 <b>contact Meal Makers direct on 0141 387 6390</b> and they will take all the details over the phone or <b>email <a href="mailto:hello@mealmakers.org.uk">hello@mealmakers.org.uk</a></b></p>

# ACUMEN

Colour Coded Key	Argyll & Bute	Inverclyde	West Dumbarton	East Renfrewshire	Renfrewshire
<p><b>Every Monday</b></p> <p><b>1pm-3pm</b></p> <p><b>Self-Managed Group</b> If you would like to join this group please contact Michael on 0141 847 8900!</p>	<p><b>Acumen Drama Group</b> 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. <b>ALL WELCOME</b> <b>Venue:</b> Dunterlie Community Centre, Stewart Street, Barrhead G78 1AL <b>Please contact ACUMEN Office for further details:</b> 0141 847 8900</p>				
<p><b>Monday</b></p> <p><b>02<sup>nd</sup> September 2019</b></p> <p><b>2pm-4pm</b></p>	<p><b>East Renfrewshire and Glasgow South Mental Health Services Engagement Group.</b> People with lived experience of mental health, mental health service providers and third sector providers welcome to sit on this Greater Glasgow and Clyde Engagement Group. <b>For more information please contact</b> Michael on 0141 847 8900 <b>Venue:</b> GAMH 11 Dava Street, Govan Glasgow G51 2JA</p>				
<p><b>Monday</b></p> <p><b>09<sup>th</sup> September</b></p> <p><b>12:30- 2pm</b></p>	<p><b>Anti Stigma conversation and workshop</b> Come along and join the conversation about how to talk about mental health and challenge stigma. All welcome <b>For more information contact</b> <a href="mailto:Michael@acumennetwork.org">Michael@acumennetwork.org</a> <b>0141 847 8900</b> <b>Venue:</b> Arthurlie Halls, Springhill Road, Barrhead G78 2SE</p>				
<p><b>Monday</b></p> <p><b>16<sup>th</sup> September</b></p> <p><b>12pm-3pm</b></p>	<p><b>Thinkin A'heid Conversation and Recovery Café</b>  ACUMEN Network, along with the RAMH Self-Management team and See Me Scotland are putting on a Recovery Café at Clarkston Hall. We will be discussing stigma surrounding mental health and how we can tackle it in the community.  <b>ALL WELCOME contact Michael on</b> <a href="mailto:Michael@acumennetwork.org">Michael@acumennetwork.org</a>  <b>Venue:</b> Clarkston Halls, Clarkston Road, Clarkston, East Renfrewshire</p>				
<p><b>Every Tuesday</b></p> <p><b>1.30-3pm</b></p>	<p><b>Photo Editing with Diane and Sarah</b> <b>Venue:</b> Kintyre Link Club, Campbeltown Community Education Centre, Stewart Road, Campbeltown, PA28 6AT. Everyone welcome to come along and join in. <b>For more information call</b> Tracy Chambers 07535036953</p>				
<p><b>Every Wednesday</b></p> <p><b>12.30-3pm</b></p>	<p><b>Crafts Workshop</b> <b>Venue:</b> Kintyre Link Club, Campbeltown Community Education Centre, Stewart Road, Campbeltown, PA28 6AT. Come along and try your hand at craft making. <b>For more information call</b> Tracy Chambers 07535036953</p>				

<p><b>Every Wednesday</b></p> <p><b>3-4pm</b></p> <p><b>Listen on 98.4FM or at <a href="http://www.pulseonair.co.uk">www.pulseonair.co.uk</a></b></p>	<p><b>'Mental Health on Air'</b></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><b>For more information please contact: <a href="mailto:jade.gallagher@ramh.org">jade.gallagher@ramh.org</a> or Tel: 0141 847 8900</b></p>
<p><b>Wednesday</b></p> <p><b>18<sup>th</sup> Septemeber</b></p> <p><b>11-12:30</b></p>	<p><b>MENTAL HEALTH REFERENCE GROUP</b></p> <p>A forum brining people with lived experience together with service providers, members of the community and the HSCP.</p> <p><b>Venue:</b>Broomhill Gardens Community Hub, Greenock.For more information contact <a href="mailto:Rachel@acumennetwork.org">Rachel@acumennetwork.org</a> or 0141 847 8900</p>
<p><b>Wednesday 18<sup>th</sup> September</b></p> <p><b>2-4pm</b></p>	<p><b>Oban Lorn and Isles Mental Health Forum</b></p> <p>A forum brining people with lived experience together with service providers, members of the community and the HSCP.</p> <p><b>Venue:</b> Oban, Corran Halls</p> <p><b>For more information please contact <a href="mailto:Tina@acumennetwork.org">Tina@acumennetwork.org</a></b></p>
<p><b>Every Thursday</b></p> <p><b>1pm – 3pm</b></p>	<p><b>Bute Golfies</b></p> <p><b>Venue:</b> Port Bannatyne Golf Club, Bannatyne Mains Rd, Rothesay PA20</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><b>Please contact ACUMEN Office for further details: 0141 847 8900</b></p> <p><b>ALL WELCOME</b></p>
<p><b>Every Thursday</b></p> <p><b>From 11am</b></p>	<p><b>Bingo and lunch</b></p> <p><b>Venue:</b> Kintyre Link Club, Campbeltown Community Education Centre, Stewart Road, Campbelltown, PA28 6AT</p> <p>Eyes down come and join the fun.</p> <p><b>For more information call Tracy Chambers 07535036953</b></p>