

ACUMEN



RAMH is a Scottish registered charity:
SCO10430

Welcome...

This quarter we'd like to start off by wishing our members a very happy New Year and wishing you all the best for 2020!

We hope you find the content of this newsletter useful and relevant, but we are always open for suggestions! If you come across an event, article, video or resource that you think would benefit your fellow ACUMEN members, please email it to **enquiries@acumennetwork.org** and we will do our best to include it.

We hope to see you out and about this month at some of the events listed in this edition, but until then – happy reading!

In This Issue...

Winter Wellness!

We have not one But TWO events in Inverclyde to kick off 2020, we hope you're able to make it along!

Walk a Mile: Lochgilphead Style!

Everything you need to know about the event, hosted in partnership with A&B Council and See Me Scotland!

Upcoming Events

A list of events coming up across January, February and March that may be of interest to our members.

...and MORE!

Winter Wellness

The **Mental Health Reference Group** are hosting two events in early 2020, with the aim of '**Connecting Communities, Challenging Stigma**'.

Both events will feature information stalls, as well as facilitators offering taster sessions of activities that may help to improve your mental wellbeing over the winter months and hopefully beyond.

We'll have health walks, recovery shares, mindfulness, upcycling activities, WRAP workshops and so much more – so be sure to join us!

Monday 20th January 2020 at Port Glasgow Town Hall from 1.00pm – 4.30pm

Monday 24th February 2020 at Greenock Town Hall from 1.00pm – 4.30pm

What Would You Like to See?

This newsletter is for YOU, so what would you like to see?

If you are interested in getting involved – either by submitting suggestions or writing your own original content, get in touch!

Useful Resources

NHS 24: 111

Samaritans: 116 123

Breathing Space: 0800 838 597

NHS Inform: www.nhsinform.scot

Mental Welfare Commission: www.mwscot.org.uk

SRN: www.scottishrecovery.net

Mind: www.mind.org.uk

Big ER Lunch

Michael Charles, Development Worker for East Renfrewshire, attended this year's Big ER Lunch at The Eglinton Arms Hotel in Eaglesham on Thursday 5th December 2019.

The aim of the event was to provide information on services to people in the community, with lunch and lots of performances, with the Acumen Drama Group and the RAMH Singing Group both putting on performances!



Walk a Mile: Lochgilphead

Acumen, in partnership with **See Me Scotland** and **Argyll & Bute Council** will be hosting a Walk a Mile event in Lochgilphead on **Saturday 25th January** to raise awareness and challenge the stigma around mental health.

The walk will set off from **Blarbuie Woods Octagon** at **10.30am**, making our way to Manse Brae Council Car Park, before arriving at **Lochgilphead Community Centre** around **12pm** for hot drinks, refreshments and mental health information and stalls.

Please note if you prefer, you can join the walk at Manse Brae if the route from the woods is too challenging.

We hope to see you there, and ask that you share your experience, feedback and photos/videos across social media using the hashtag **#SeeMeMidArgyll**



Mental Health on Air

Mental Health on Air is a radio show brought to you by ACUMEN and Pulse Radio.

Join us on air every **Wednesday** from **3.00pm – 4.00pm** for interesting and open discussions on a diverse range of subjects related to mental health and wellbeing.

You can listen on Pulse Radio 98.4FM
or at www.pulseonair.co.uk

For more information, please contact michael.charles@acumennetwork.org

Living WellFEST 2020

Living WellFEST 2020 will take place at Parish Church Halls (Colquhoun Street, Helensburgh) between 12.00pm – 3.00pm on Saturday 11th January.

With free entry and more than 30 activities, stalls and healthy, hearty food on offer it's set to be a fun, informative and social event for all.

Look out for Acumen's stall and workshop on mental wellbeing. For more information, please contact audrey.baird@acumennetwork.org

Upcoming Events

What? Mental Health Carers' Group
When? Thursday 9th January 2020
Time: 12.00pm - 3.00pm
Where? Dochas Centre, 50 Campbell St,
Lochgilthead, PA31 8JU
More Info: tina@acumennetwork.org

What? Arthurlie Family Information Session
When: Wednesday 15th January 2020
Time? 3.00pm – 4.00pm
Where? Arthurlie Family Centre, Auburn Drive,
Barrhead, G78 2EX
More Info: michael.charles@acumennetwork.org

What? Stigma Workshop
When? Thursday 16th January 2020
Time? 11.00am – 2.00pm
Where? Campbeltown Link Club, Kintyre
Community Education Centre, Campbeltown
More Info: michael.charles@acumennetwork.org

What? Mental Health Carers' Group
When? Friday 17th January 2020
Time? 1.00pm – 3.00pm
Where? North Argyll Carers' Centre, Albany St,
Oban PA34 4AL
More Info: tina@acumennetwork.org

What? Winter Wellness
When: Monday 20th January 2020
Time? 1.00pm – 4.30pm
Where? Port Glasgow Town Hall, Shore St, Port
Glasgow, PA14 5HD
More Info: enquiries@acumennetwork.org

What? Stigma Workshop
When? Wednesday 22nd January 2020
Time? 11.00am – 1.00pm
Where? Belville Community Garden Trust,
Belville Street, Greenock, PA15 4UN
More Info: michael.charles@acumennetwork.org

What? ACUMEN Exchange Meeting
When? Thursday 23rd January 2020
Time: 11.00am – 3.00pm
Where? Kintyre Community Education Centre,
Campbeltown, PA28 6AT
More Info: tina@acumennetwork.org

What? Walk a Mile: Lochgilthead Style
When? Saturday 25th January 2020
Time? 10.30am
Where? Blarbuie Woods Octagon to Manse
Brae to Lochgilthead Community Centre
More Info: enquiries@acumennetwork.org

What? Cuppa & a Blether
When? Wednesday 29th January 2020
Time: 1.00pm – 3.00pm
Where? Arthurlie House, Springhill Road,
Barrhead, G78 2SE
More Info: michael.charles@acumennetwork.org

What? Stigma Workshop
When? Thursday 30th January 2020
Time? 11.00am – 1.00pm
Where? Salvation Army, Regent Street,
Greenock, PA15 4NP
More Info: Michael..charles@acumennetwork.org

What? Winter Wellness
When? Monday 24th February 2020
Time? 1.00pm – 4.30pm
Where? Greenock Town Hall, Clyde Square,
Greenock, PA15 1LY
More Info: enquiries@acumennetwork.org

Something to Add?

If you have an event coming up during April, May or June 2020 please contact enquiries@acumennetwork.org and we'll do our best to include it!