



recovery across mental health

# What's On? September 2020

Our work has changed in unimaginable ways during the coronavirus pandemic but our message remains the same: to promote recovery from mental ill health and to empower people to build independent, fulfilled lives. We're now seeing a change in restrictions which will allow us work with a more physical presence, however this comes with new challenges. This newsletter includes our forthcoming events in the following month - we hope you will find these helpful and will try to engage with some of them. We recognise this newsletter has come a few days late this month and would like to apologise, this is due to a number of staff being on leave. If you have any comments or suggestions, please send these to us.

For more information on any events or if you would like this emailed to you each month please email [james.power@ramh.org](mailto:james.power@ramh.org) or phone Agnes or Helen on 0141 847 8900 and they will be able to direct your enquiry to the right person.

A message from our Chief Executive,  
Stephen McLellan

Hi everyone,

I hope you are all staying safe.

The last couple of weeks has seen us ask web developers to tender to provide us with a brand new web site. We have now selected a suitable company who will work with us in the coming weeks to make our new site accessible and relevant. We recognise that, now perhaps more than ever, people are using technology to access support and information and we want to be make this as straight forward as possible. Thanks to everyone who helped us source, interview and select the successful organisation.

Take care

Stephen

RAMH caravan at Craig Tara is now open for bookings. Currently access to facilities are limited and the pool is not yet open, but the shop, launderette, take-aways and outdoor activities are open. If any of your service users are looking for a break, please let them know this is now available. Please contact Rona ([rona.mcgreevy@ramh.org](mailto:rona.mcgreevy@ramh.org)) for more info. Remember the STV or hardship fund is available if you wish to apply to this for monies towards a break for your service users.



## Renfrewshire Community Services

<p>1:1 Telephone and Video Counselling</p>	<p>Up to six sessions for people who experience mild to moderate depression and anxiety. Focus is on self-management skills, using self-management NHS workbooks and signposting to other services where appropriate.</p>	<p>To make a referral call 0141 847 8900 or visit <a href="http://ramh.org">ramh.org</a> to download a referral form.</p>
<p>1:1 Employability Support</p>	<p>Support for individuals aged 16 and over who are experiencing mental health problems, to focus on improving and developing their skills and experience to improve opportunities for employment, training or a move back into education.</p>	<p>To make a referral call 0141 847 8900 or visit <a href="http://ramh.org">ramh.org</a> to download a referral form.</p>
<p>Anxiety Management Group. Fridays 12-1pm.</p>	<p>This is a group delivered over Zoom. Stress Hub suitable for those who would like to learn about tools, techniques and self-management resources to address and reduce their stress and anxiety. We aim to keep this simple and straightforward.</p>	<p>To make a referral call 0141 847 8900 or visit <a href="http://ramh.org">ramh.org</a> to download a referral form. For enquiries contact <a href="mailto:katie.mercer@ramh.org">katie.mercer@ramh.org</a>.</p>
<p>Lockdown, Lighten Up Café. Mondays 10.30-11.30am.</p>	<p>Drop-in recovery café over Zoom. This is a chance for people to catch up with old and new friends, whilst having a cuppa and chatting about how they're feeling or anything else that's important to them. A great opportunity just to listen in.</p>	<p>To make a referral call 0141 847 8900 or visit <a href="http://ramh.org">ramh.org</a> to download a referral form. For enquiries email <a href="mailto:james.power@ramh.org">james.power@ramh.org</a></p>
<p>RAMH Information Webinar. Every Wednesday 6-7pm.</p>	<p>Information webinars using Zoom covering weekly topics on how to manage your wellbeing during lockdown. Helpful resources shared on self-management. A great opportunity just to listen in.</p>	<p>Available to all. For more information email <a href="mailto:james.power@ramh.org">james.power@ramh.org</a> or <a href="mailto:katie.mercer@ramh.org">katie.mercer@ramh.org</a></p>



<p>Culture Club. Friday 11th and 25th September at 3pm.</p>	<p>A club to make social connections by talking about film, TV, theatre, books, music and art. We'll be asking attendees to watch, read or listen to something and then come along prepared to discuss it, or anything else that's caught your attention in the week.</p>	<p>Available to all. For more information email <a href="mailto:james.power@ramh.org">james.power@ramh.org</a></p>
<p>RAMH Activity Hub drop-ins. See below table for details.</p>	<p>Activity hubs that will be available for client, guests or general public to drop in to with no prior assessment. A chance to meet, connect with others, and increase activity in a fun friendly outdoor environment.</p>	<p>For more information contact 0141 8818811 or email <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a>, or simply turn up on the day.</p>
<p>RAMH First Crisis. Available Monday- Friday 9am-8pm and Saturday and Sunday 9am-5pm.</p>	<p>Out of hours crisis service which provides a short term support to anyone in Renfrewshire aged 16 or over, experiencing a crisis in their mental health.</p>	<p>Freephone: 0800 221 8929 or Tel: 0141 848 9090 for information.</p>
<p>RAMH Housing Support Services</p>	<p>Continues to operate 24 hours a day, every day, in Renfrewshire and East Renfrewshire providing support to people in their own homes.</p>	<p>Phone 0141 847 8900 or email <a href="mailto:jackiec@ramh.org">jackiec@ramh.org</a> for information.</p>
<p>Community Link Service</p>	<p>Continues to operate for GP Practices Monday – Friday. Please call the practice and ask for an appointment with the Link Worker if there is anything non-medical that we can support you with. No issue is too small, or too big – give us a call.</p>	<p>Phone your GP surgery and ask for appointment with the Link Worker.</p>



<p>RAMH Helpline Support</p>	<p>RAMH are extending our Helpline Support until the end of September. This is for anyone in Renfrewshire who would feel better from getting something of their chest. The Helpline will continue to be manned by experienced RAMH staff, who can help with a listening ear. They will also be there to help people find alternative support on a variety of connected issues by putting you in touch with other expert help. The Helpline remains available Monday-Friday 9am till 5pm.</p>	<p>Freephone 0800 221 8904 or email <a href="mailto:enquiries@ramh.org">enquiries@ramh.org</a> for more details.</p>
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#### RAMH Activity Hub drop-ins

- [Barshaw Park, Glasgow Rd Paisley Rd, Mondays 2pm meeting at the café](#)
- [Community Garden @ 21 Carlibar Rd Barrhead, Tuesdays 2pm meeting in the garden](#)
- [Rouken Glen Park, Rouken Glen, Wednesday 10am meeting at The Pavillion](#)
- [Cowan Park, Aurs Rd, Barrhead, Fridays 1pm meeting at the war memorial](#)



## Causeway (East Renfrewshire)

1:1 Telephone and Video Counselling	Up to six sessions for people who experience mild to moderate depression and anxiety. Focus is on self-management skills, using self-management NHS workbooks and signposting to other services where appropriate.	To make a referral call 0141 881 8811 or visit <a href="http://ramh.org">ramh.org</a> to download a referral form.
1:1 Employability Support	Support for individuals aged 16 and over who are experiencing mental health problems, to focus on improving and developing their skills and experience to improve opportunities for employment.	To make a referral call 0141 881 8811 or visit <a href="http://ramh.org">ramh.org</a> to download a referral form.
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Lockdown, Lighten Up Café. Every Monday 10.30-11.30am.	Drop-in recovery café over Zoom. This is a chance for people to catch up with old and new friends, whilst having a cuppa and chatting about how they're feeling or anything else that's important to them. A great opportunity just to listen in.	To make a referral call 0141 847 8900 or visit <a href="http://ramh.org">ramh.org</a> to download a referral form. For enquiries email <a href="mailto:james.power@ramh.org">james.power@ramh.org</a>
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Link Club. Every Tuesday, 1pm.	Weekly social connections group for people living in East Renfrewshire.	To make a referral call 0141 881 8811 or visit <a href="http://ramh.org">ramh.org</a> to download a referral form. Email <a href="mailto:zoe.nisbet@ramh.org">zoe.nisbet@ramh.org</a> for details.

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RAMH Housing Support Services	Continues to operate 24 hours a day, every day, in Renfrewshire and East Renfrewshire providing support to people in their own homes.	Phone 0141 237 0026 or email <a href="mailto:joe@ramh.org">joe@ramh.org</a> for information.
Community Link Service	Continues to operate for GP Practices Monday – Friday. Please call the practice and ask for an appointment with the Link Worker if there is anything non-medical that we can support you with. No issue is too small, or too big – give us a call.	Phone your GP surgery and ask for appointment with the Link Worker.
Garden Group	Garden group working back in the community space at 21 Carlibar Road. Due to restrictions still in place the group has had to come at different points throughout the week. The garden is now back looking in good shape with the addition of our new labyrinth, we welcome back people to use the space safely.	For more info on the garden or would like to help us maintain the space please contact our physical activity worker Graham on 0141 881 8811 or <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a>
Men Do Talk. Mondays, fortnightly 12pm.	Men's group meeting over Zoom. Offers support to talk about issues that affect men in a safe and relaxing environment.	For more information please contact <a href="mailto:lee.millar@ramh.org">lee.millar@ramh.org</a>

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## ACUMEN

<p>Sm-art class. Thursdays from 10th September.</p>	<p>Participants will learn about various free apps that can be downloaded to smart phones and the techniques to use those apps to create art. A banner will be then produced showcasing creative pieces by all the participants which will be displayed publicly in the near future and at events held by RCCP to showcase how connecting with others in a creative setting can tackle loneliness.</p>	<p>Any queries and registering of interest in taking part can be emailed to <a href="mailto:enquiries@acumennetwork.org">enquiries@acumennetwork.org</a></p>
<p>Renfrewshire Connectedness Champions Zoom Conversation Café.</p>	<p>Renfrewshire Connectedness Champions project is to host a range of Zoom Conversations Cafes through August and September looking at peoples experience of Loneliness and Isolation through Lockdown? This will be facilitated by the Champions.</p>	<p>For more info please contact ACUMEN enquiries <a href="mailto:enquiries@acumennetwork.org">enquiries@acumennetwork.org</a></p>

For information on events at the North Ayrshire Wellbeing and Recovery College please visit [nawarc.com](http://nawarc.com)

To make a referral to RAMH call [0141 8478900](tel:01418478900) for Renfrewshire or [0141 881 8811](tel:01418818811) for East Renfrewshire. Alternatively, download a referral form from [ramh.org](http://ramh.org) and send it to [referrals@ramh.org](mailto:referrals@ramh.org).

**Crisis Supports:** If you live in Renfrewshire contact [FIRST Crisis](tel:08002218929) on freephone [0800 221 8929](tel:08002218929) (or standard rate [0141 848 9090](tel:01418489090)).

We are available 7 days a week, 365 days a year, Monday-Friday 9am-8pm and Saturday-Sunday 9am-5pm.

If you live outside Renfrewshire and need immediate help contact:

**Breathing Space:** 0800 83 85 87 <http://breathingspace.scot/>

**Samaritans:** 116 123 [www.samaritans.org](http://www.samaritans.org)

**NHS 24:** 111 [www.nhs24.com](http://www.nhs24.com)

