

# What's On? July 2021

Please remember we are open for all referrals, so please contact us by phone or email on 0141 847 8900 or [referrals@ramh.org](mailto:referrals@ramh.org) We are also happy to answer any questions for you.

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. 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**

Now that we appear to have discovered the summer, I hope everyone will have an opportunity to make the most of it.

We are anticipating further moves towards opening up more in the coming weeks.

In anticipation of greater opportunities to come together, we are starting to plan for the 'No Substitute For Life' suicide awareness event. This is a football-based competition which remembers people who have completed suicide, but seeks to highlight resources and supports which can prevent future incidences.

We anticipate this being in October.

More information to follow, but start getting fit now.

Best wishes,

*Stephen*

## Renfrewshire

**To make a referral to Renfrewshire Community Services please call 0141 847 8900 or download a referral from [ramh.org](http://ramh.org) and return to [referrals@ramh.org](mailto:referrals@ramh.org) or for more information email [enquiries@ramh.org](mailto:enquiries@ramh.org)**

<b>First Crisis</b> <b>Freephone: 0800 221 8929</b> <b>or Tel: 0141 848 9090 for information.</b> Available Monday- Friday 9am-8pm and Saturday and Sunday 9am-5pm.	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.
<b>Hear For You Helpline</b> <b>Freephone 0800 221 8904</b>	This is for anyone in Renfrewshire who would feel better from getting something off 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.
<b>1:1 Telephone and Video Counselling</b>	<b>Up to six sessions for people who experience mild to moderate depression and anxiety.</b> <b>Focus is on self-management skills, using self-management NHS workbooks and signposting to other services where appropriate.</b>
<b>1:1 Employability Support</b>	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.
<b>1:1 Anxiety Management</b>	Support for individuals who are struggling to control their anxiety. This will be completed either over the phone or using an on line platform using the What's Up? app to help people to understand why they become anxious; how their thinking affects their anxiety which in turn affects how people behave and aims to improve their ability to control their anxiety.

<b>1:1 Physical Activity support</b>	<p>Offering people support to increase physical activity, focusing on a person centred programme and working in their local area initial 1:1 support leading to more integrated peer and group supports when appropriate. The support looks to gently add more physical activity and social connections into people's weekly structure. Contact <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a></p>
<b>Living Life to the Full</b>  8 week course begins Wednesday 14 <sup>th</sup> July from 10.30 – 12.00	<p>RAMH Community services, will deliver this widely recognised course based on the principles of CBT (Cognitive Behaviour Therapy).</p> <p>The course aims to improve wellbeing and resilience, covering how to manage low mood, stress and anxiety. The course explores topics such as 'Why do I feel so bad?'; 'I'm not good enough' and 'Why does everything always go wrong?' and more. The course is interactive, with mini booklets and encourages goal setting to guide towards making life change.</p>
<b>Stress Hub</b>  Friday 2 <sup>nd</sup> and Monday 5 <sup>th</sup> July 12 – 1.30pm	<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>Contact:</p>
<b>What's the script?</b>	<p>A series of drama workshops with a trained coordinator running over the summer. For people with lived experience of mental health to come together to create imaginative pieces of visual and audio performance to raise awareness of men's mental health. Contact: <a href="mailto:Michael.charles@acumennetwork.org">Michael.charles@acumennetwork.org</a></p>
<b>RAMH Housing Support Services</b>	<p>Continues to operate 24 hours a day, every day, in Renfrewshire and East Renfrewshire providing support to people in their own homes.</p>

<b>Physical Activity Hubs</b> RAMH HQ, Ferguslie, Mondays 1-2pm	<p>Activity hubs look to connect people wanting to increase their physical activity in an outdoor greenspace. Referral into the group would at present still follow usual referral pathways due to covid guidelines and numbers attending each session.</p> <p>For more details please email <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a></p>
<b>Lockdown, Lighten Up Café</b> Mondays 10.30-11.30am	<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>For more details please email <a href="mailto:james.power@ramh.org">james.power@ramh.org</a></p>
<b>Mind Kind</b>  New course coming soon, taster session Friday 30th July	<p>For various mindfulness, relaxation and meditation techniques.</p> <p>Week 1: An Introduction to Mind Kind: What is self care?  Week 2: Dealing with Setbacks  Week 3: Progressive Muscle Relaxation  Week 4: Mindful Living  Week 5: Food and our Mood  Week 6: Evaluation &amp; Useful Resources</p> <p>For more details please email <a href="mailto:zoe.nisbet@ramh.org">zoe.nisbet@ramh.org</a></p>
<b>RAMH Information Webinar</b> Wednesdays at 6-7pm  7 <sup>th</sup> July- coping with worry 14 <sup>th</sup> July- making routines 21 <sup>st</sup> July- part of summer connections event 28 <sup>th</sup> July- self-management videos	<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>For more details please email <a href="mailto:louise.barr@ramh.org">louise.barr@ramh.org</a> or <a href="mailto:james.power@ramh.org">james.power@ramh.org</a></p>
<b>Culture Club</b> Every other Friday at 3pm, 2 <sup>nd</sup> , 16 <sup>th</sup> and 30 <sup>th</sup> July	<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.  Contact: <a href="mailto:james.power@ramh.org">james.power@ramh.org</a></p>

<b>Football Group</b> <b>Power League Paisley</b> Saturday mornings	The football group has now returned to weekly full contact games at the power league football centre in Paisley. This group is for anyone wishing to participate in a fun friendly competitive game of 5 aside in a peer supportive setting. At present anyone wishing to attend the group would follow usual referral pathways or email <a href="mailto:steven.mcadam@ramh.org">steven.mcadam@ramh.org</a> for more information.
<b>Steering Group</b>  Tuesday 6 <sup>th</sup> July at 2pm	Do you want to help shape RAMH community services in the future? This will be a space where YOU can have YOUR say on our upcoming activities.  Contact: <a href="mailto:fiona.mccrae@ramh.org">fiona.mccrae@ramh.org</a> or <a href="mailto:James.power@ramh.org">James.power@ramh.org</a>
<b>Self-management Cook Along</b>	RAMH Self Management will be hosting a virtual cook along, where you will participate in a cooking lesson from the comfort of your own kitchen, in the company of other budding chefs, live on Zoom from their kitchens. Should be of interest to those keen to learn more about easy to prepare, low cost, healthy meal options. Please book early as places are limited.  Contact: <a href="mailto:rena.kilpatrick@ramh.org">rena.kilpatrick@ramh.org</a>
<b>My Voice</b> Monday 5 <sup>th</sup> July 11am-12pm	A new peer support group set up by the Self-Management team along with service users in our steering group.  Contact: <a href="mailto:fiona.mccrae@ramh.org">fiona.mccrae@ramh.org</a>
<b>RAMH Tree Map</b>	Interactive Tree Map. Encouraging people to go out walking during the winter and into 2021 by spotting notable trees around the local area. You're also able to add your own tree by emailing <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a>

<b>Wellness Walking</b>	<p>Walking plan that is accessible and manageable for everyone to increase their walking as part of a positive physical activity. The plan is progressive adding an additional walk each week and allows for plenty of rest days which is also important. In addition, there is also a focus on different themes each time you go out to help stay engaged.</p> <p>Contact: <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a></p>
<b>Greenspace Guide</b>	<p>A guide that we hope to encourages you to get out into nature and the make the most of the green spaces we are so lucky to have on our doorstep.</p> <p>Being in nature has been proven through research to improve mental and physical health.</p> <p>Available online at: <a href="https://online.pubhtml5.com/hcqr/cvzu/#p=1">https://online.pubhtml5.com/hcqr/cvzu/#p=1</a></p>



## East Renfrewshire

To make a referral to Causeway please call 0141 881 8811 or download a referral from [ramh.org](http://ramh.org) and return to [referrals@ramh.org](mailto:referrals@ramh.org) or for more information please email [enquiries@ramh.org](mailto:enquiries@ramh.org)

<b>1:1 Telephone and Video Counselling</b>	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.
<b>1:1 Employability Support</b>	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.  Contact: <a href="mailto:mary.spence@ramh.org">mary.spence@ramh.org</a> or <a href="mailto:lisa.ellis@ramh.org">lisa.ellis@ramh.org</a>
<b>1:1 Anxiety Management</b>	Support for individuals who are struggling to control their anxiety. This will be completed either over the phone or using an on line platform using the What's Up? app to help people to understand why they become anxious; how their thinking affects their anxiety which in turn affects how people behave and aims to improve their ability to control their anxiety.  Contact: <a href="mailto:lee.millar@ramh.org">lee.millar@ramh.org</a>
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<b>RAMH Housing Support Services</b>	Continues to operate 24 hours a day, every day, in Renfrewshire and East Renfrewshire providing support to people in their own homes.



<b>Community Link Service</b>	<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>
<b>Living Life to the Full</b>  8 week course begins Wednesday 14 <sup>th</sup> July from 10.30 – 12.00	<p>RAMH Community services, will deliver this widely recognised course based on the principles of CBT (Cognitive Behaviour Therapy).</p> <p>The course aims to improve wellbeing and resilience, covering how to manage low mood, stress and anxiety. The course explores topics such as ‘Why do I feel so bad?’, ‘I’m not good enough’ and ‘Why does everything always go wrong?’ and more. The course is interactive, with mini booklets and encourages goal setting to guide towards making life change.</p>
<b>Stress Hub</b>  Friday 2 <sup>nd</sup> and Monday 9 <sup>th</sup> July 12 – 1.30pm	<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>Contact <a href="mailto:mary.spence@ramh.org">mary.spence@ramh.org</a></p>
<b>What’s the script?</b>	<p>A series of drama workshops with a trained coordinator running over the summer. For people with lived experience of mental health to come together to create imaginative pieces of visual and audio performance to raise awareness of men's mental health.</p> <p>Contact: <a href="mailto:Michael.charles@acumennetwork.org">Michael.charles@acumennetwork.org</a></p>
<b>Physical Activity Hubs</b> Cowan Park, Barrhead, Thursdays 1-3pm Rouken Glen Park, Eastwood, Fridays 2-4pm	<p>Activity hubs look to connect people wanting to increase their physical activity in an outdoor greenspace. Referral into the group would at present still follow usual referral pathways due to covid guidelines and numbers attending each session.</p> <p>Contact <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a></p>

<p><b>Lockdown, Lighten Up Café</b> Every Monday 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>For more details please email: <a href="mailto:james.power@ramh.org">james.power@ramh.org</a> or <a href="mailto:louise.barr@ramh.org">louise.barr@ramh.org</a></p>
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<p><b>RAMH Information Webinar</b> Wednesdays at 6-7pm</p> <p>7<sup>th</sup> July- coping with worry 14<sup>th</sup> July- making routines 21<sup>st</sup> July- part of summer connections event 28<sup>th</sup> July- self-management videos</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>For more details please email <a href="mailto:louise.barr@ramh.org">louise.barr@ramh.org</a> or <a href="mailto:james.power@ramh.org">james.power@ramh.org</a></p>
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<p><b>Link Club</b> Tuesdays at 3.30-4.30pm</p>	<p>Weekly online social connections group for people living in East Renfrewshire.</p> <p>Contact: <a href="mailto:zoe.nisbet@ramh.org">zoe.nisbet@ramh.org</a></p>

<p><b>Singing For Wellbeing</b> Fridays at 2-3pm</p>	<p>Being delivered over Zoom. Singing for well being group is a peer support group using the medium of singing to raise spirits reduce their isolation and promote self management.</p> <p>Contact: <a href="mailto:lee.millar@ramh.org">lee.millar@ramh.org</a></p>
<p><b>Community Garden</b></p>	<p>We encourage people to use the garden space at 21 Carlibar Rd in their own time if they wish. The garden is now back looking in good shape and we would welcome people to come and use the space safely to relax, be mindful and connect with nature.</p> <p>Contact: <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a></p>
<p><b>Garden Project</b> Tuesdays 10am-12pm and 1pm-3pm</p> 	<p>The Garden Project is back up and running allowing those interested in working and maintaining our garden space to meet with others who also enjoy being outside and active. We have 2 times on a Tues where people are actively working in the garden allowing others to benefit from this community space throughout the week. We have a labyrinth, mindful activity cards, plenty of seating and a variety of wildlife</p> <p>For more details please email <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a></p>
<p><b>Football Group</b> <b>Power League Paisley</b> Saturday mornings</p>	<p>The football group has now returned to weekly full contact games at the power league football centre in Paisley. This group is for anyone wishing to participate in a fun friendly competitive game of 5 aside in a peer supportive setting. At present anyone wishing to attend the group would follow usual referral pathways or email <a href="mailto:steven.mcadam@ramh.org">steven.mcadam@ramh.org</a> for more information.</p>
<p><b>Steering Group</b> Tuesday 6<sup>th</sup> July at 2pm</p>	<p>Do you want to help shape RAMH community services in the future? This will be a space where YOU can have YOUR say on our upcoming activities.</p> <p>Contact: <a href="mailto:fiona.mccrae@ramh.org">fiona.mccrae@ramh.org</a> or <a href="mailto:james.power@ramh.org">james.power@ramh.org</a></p>

<b>Men Do Talk</b>  2nd, 16th and 30th July at 12.30pm	Men's group meeting over Zoom. Offers support to talk about issues that affect men in a safe and relaxing environment.  Contact: <a href="mailto:lee.millar@ramh.org">lee.millar@ramh.org</a>
<b>Time 2 Talk</b>  1st, 15th and 29th July	A peer led recovery focused discussion online group. A chance to discuss issues that are affecting your mental health and wellbeing.  Contact: <a href="mailto:rena.kilpatrick@ramh.org">rena.kilpatrick@ramh.org</a>
<b>Self-management Cook Along</b>	RAMH Self Management will be hosting a virtual cook along, where you will participate in a cooking lesson from the comfort of your own kitchen, in the company of other budding chefs, live on Zoom from their kitchens. Should be of interest to those keen to learn more about easy to prepare, low cost, healthy meal options. Please book early as places are limited.  Contact: <a href="mailto:rena.kilpatrick@ramh.org">rena.kilpatrick@ramh.org</a>
<b>My Voice</b>  Monday 5th July 11am-12pm	A new peer support group set up by the Self-Management team along with service users in our steering group.  Contact: <a href="mailto:Fiona.mccrae@ramh.org">Fiona.mccrae@ramh.org</a>
<b>RAMH Tree Map</b>	Interactive Tree Map. Encouraging people to go out walking during the winter and into 2021 by spotting notable trees around the local area. You're also able to add your own tree by emailing <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a>
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<p><b>Greenspace Guide</b></p>	<p>A guide that we hope to encourages you to get out into nature and the make the most of the green spaces we are so lucky to have on our doorstep.</p> <p>Being in nature has been proven through research to improve mental and physical health.</p> <p>Available online at: <a href="https://online.pubhtml5.com/hcqr/cvzu/#p=1">https://online.pubhtml5.com/hcqr/cvzu/#p=1</a></p>
<p><b>Branching Out</b></p> <p>Begins 7<sup>th</sup> July</p>	<p>Branching Out is an innovative development for adults who use mental health services in Scotland. For each client, the service consists of around three hours of activities per week in a woodland setting, over 12 weeks.</p> <p>Activities are adapted to suit the client group, site and time of year, and generally include: physical activity e.g. health walks and tai chi; conservation activities e.g. rhododendron clearance and bird box construction. bushcraft, e.g. fire lighting and shelter building; and environmental art e.g. photography and willow sculptures.</p> <p>For more details please email <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a></p>

## Argyle and Bute

ACUMEN is delivering a supported self-care planning service, which has been funded by Argyll & Bute Health and Social Care Partnership's Living Well Grant, with the charities Support in Mind Scotland and the Listening Service.

We can help you get started on your Self-Care Plan, refer you to a qualified counsellor if you need it and link you in with other groups and support services in your area if you want that. Find out more at: <https://sscp.ramh.org/>

**ACUMEN**  
RAMH IS A CHARITY REGISTERED IN SCOTLAND: SC010430

**HIGH FIVE YOUR DAY**  
AND LOOK AFTER YOURSELF

**GIVE YOURSELF A HAND**

What can I do if I'm not feeling like myself today?

What do other people need to know about me to help me if I'm struggling?

Who can I call/speak to if I'm really struggling?

How am I feeling today?

What has helped me in the past if I have been struggling?

[www.sscp.ramh.org](https://sscp.ramh.org/)

**RAMH** recovery across mental health

**ACUMEN**





# Self Management's **SUMMER CONNECTION**

Tune into our event to celebrate our work over the last year from 1–4pm on the 21st of July. The day will be themed around Scottish Recovery Network's CHIME framework:

- Connectedness
- Hope
- Identity
- Meaning
- Empowerment

We will have a range of activities including mindfulness, poetry readings and more and special guest speaker Suzie Baines from You Matter Always.

For the Zoom link email [james.power@ramh.org](mailto:james.power@ramh.org) or [louise.barr@ramh.org](mailto:louise.barr@ramh.org)

In line with restrictions, we are hoping to have some people attend this event in-person. If you are unable to join the event online but still want to get involved, please email [fiona.mccrae@ramh.org](mailto:fiona.mccrae@ramh.org)

## 21ST JULY

[ramh.org](http://ramh.org)

**RAMH**   
recovery across mental health



ACUMEN NETWORK

PRESENTS

# WHAT'S THE SCRIPT?

ONLINE DRAMA GROUP  
Expressing experiences of mental health

A series of drama workshops  
With a trained coordinator

**Starting Summer 2021**

**Contacts:**

[michael.charles@acumennetwork.org](mailto:michael.charles@acumennetwork.org)

**07920428117**

We would like to get together a group of people with lived experience of mental health coming together to create imaginative pieces of visual and audio performance to raise awareness of men's mental health. If interested, please get in touch!

**RAMH**   
recovery across mental health





For details of the North Ayrshire Wellbeing and Recovery College visit <https://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    [www.breathingspace.scot](http://www.breathingspace.scot)

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

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

Text **SHOUT** to 85258    [www.giveusashout.org](http://www.giveusashout.org)

