

What's On? October 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 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 or phone Agnes or Helen on 0141 847 8900 and they will be able to direct your enquiry to the right person.

Save the Date – Friday 8 October 2021

RAMH AGM: 10.15am

RAMH Conference will start at 11.00am and finish by 12.30pm.

You are warmly invited by Stephen McLellan and the team at RAMH to the RAMH AGM and Annual Conference - Trauma Informed Awareness and Practice

Speaker: Dr Graeme Grandison, non-clinical lead for The National Wellbeing Hub

After the challenges of the past 18 months RAMH will return with a larger online conference this year that explores the importance of an evidence-based awareness and informed practice around Trauma. Key speakers will include advisors on current thinking and implications for the workforce in this area.

Register for this session now at reception@ramh.org and we will send you the ZOOM link - there is NO COST for this conference, as we want to share this discussion widely with all who are interested.

Regards

Stephen McLellan
RAMH Chief Executive



NO SUBSTITUTE

FOR LIFE

10 OCTOBER



No Substitute For Life is an annual memorial football tournament held in Ferguslie, Renfrewshire to celebrate the memory of those we have lost to suicide. This is a 7-a-side tournament for ALL, to raise awareness of suicide and show support for all those looking for help and advice around their own mental health.

7-A-SIDE TOURNAMENT

SUPPORT & CRISIS INFORMATION

FAMILY FUN ACTIVITIES

PERFORMERS AND SPEAKERS

REFRESHMENTS

FREE! COME ALONG AND SHOW YOUR SUPPORT



RAMH 
recovery across mental health

PLEASE SEND ANY ENQUIRIES TO FOUNDATION@STMIRREN.COM

Renfrewshire Community Services

To make a referral to RCS please call **0141 404 7788** or download a referral from ramh.org and return to referrals@ramh.org or for more information please email enquiries@ramh.org

<p>First Crisis Freephone: 0800 221 8929 or Tel: 0141 848 9090 for information. 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>Hear For You Helpline Freephone 0800 221 8904</p>	<p>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>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>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>1:1 Anxiety Management</p>	<p>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.</p>

<p>1:1 Physical Activity support</p>	<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.</p> <p>Contact: graham.cossar@ramh.org</p>
<p>Living Life to the Full</p> <p>Mid 7-week course, started 15th September. Check back in future for more details.</p>	<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> <p>Contact: lisa.ellis@ramh.org</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>Physical Activity Hub Fountain Gardens Paisley, Monday 1-2pm (meeting at the fountain)</p>	<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: graham.cossar@ramh.org</p>

<p>Branching Out Clyde Muirshield Lochwinnoch Tuesdays 10.30-1.30pm</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. 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 graham.cossar@ramh.org</p>
<p>Time to Grow Online Garden Workshops From 19th October, Tuesdays 1.30pm-2.30pm</p>	<p>Starting 19th October leads over zoom by Kathleen one of the Countryside Rangers from Whitelee. This will be an educational workshop with a new topic each week also however with people encouraged to bring their own questions about their own garden to generate information sharing and discussion</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>For more details please email james.power@ramh.org</p>
<p>RAMH Information Webinar Wednesdays at 6-6.45pm</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 james.power@ramh.org</p>

<p>Culture Club Every other Friday at 3pm. 8th, 22nd October.</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>Contact: james.power@ramh.org</p>
<p>Football Group Power League Paisley, Saturdays 10.30-11.30am</p>	<p>The football group meets weekly for full contact 7-aside games at the power league football centre in Paisley. This group is for anyone wishing to participate in a fun friendly competitive game of 7 aside in a peer supportive setting. At present anyone wishing to attend the group would follow usual referral pathways or email steven.mcadam@ramh.org for more information.</p>
<p>Steering Group Tuesday 5th October, 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: fiona.mccrae@ramh.org or James.power@ramh.org</p>
<p>Digizone RAMH REstore, Causeyside Street (Old Mothercare) Thursdays 12pm-2pm</p>	<p>We have rebooted the Digizone in the RAMH REstore (previously in the Charleston Centre).</p> <p>A RAMH information worker and a peer volunteer will be stationed there every Thursday from 12-2pm to show people self-management resources and answer any questions. This could be everything from help with using a phone to how to refer to RAMH.</p> <p>If people would be more comfortable making an appointment, you can do by emailing: james.power@ramh.org</p>



Causeway (East Renfrewshire)

To make a referral to Causeway please call 0141 881 8811 or download a referral from ramh.org and return to referrals@ramh.org or for more information please email enquiries@ramh.org

<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>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.</p> <p>Contact: mary.spence@ramh.org or lisa.ellis@ramh.org</p>
<p>1:1 Anxiety Management</p>	<p>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; and how it impacts physically; how their thinking affects their anxiety and the impact it has on behaviour. The course aims to improve your ability to manage your anxiety.</p> <p>Contact: lee.millar@ramh.org Tel: 0141 881 8811</p>
<p>1:1 Physical Activity Support</p>	<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.</p> <p>Contact: graham.cossar@ramh.org</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>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>Living Life to the Full</p> <p>Mid 7-week course, started 15th September. Check back in future for more details.</p>	<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>
<p>Stress Hub (East Renfrewshire Only) Friday 15th October and Monday 18th October, 12-1.30pm</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. Contact mary.spence@ramh.org</p>
<p>Physical Activity Hubs Cowan Park Barrhead, Thursdays 1-2pm Rouken Glen Park Eastwood, Fridays 2-3pm</p>	<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: graham.cossar@ramh.org</p>
<p>Time to Grow Online Garden Workshops From 19th October, Tuesdays 1.30pm-2.30pm</p>	<p>Starting 19th October leads over zoom by Kathleen one of the Countryside Rangers from Whitelee. This will be an educational workshop with a new topic each week also however with people encouraged to bring their own questions about their own garden to generate information sharing and discussion</p>

<p>Lockdown, Lighten Up Café 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: james.power@ramh.org</p>
<p>RAMH Information Webinar Wednesdays at 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>For more details please email louise.barr@ramh.org or james.power@ramh.org</p>
<p>Culture Club Every other Friday at 3pm. 8th, 22nd October.</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>For more details please email james.power@ramh.org</p>
<p>Link Club Tuesdays at 3.30-4.30pm</p>	<p>Weekly online social connections group for people living in East Renfrewshire.</p> <p>Contact: zoe.nisbet@ramh.org</p>
<p>Singing For Wellbeing 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: lee.millar@ramh.org</p>
<p>Community Garden</p>	<p>We encourage people to use the garden space at 21 carlibar rd in their own time if they wish. The garden is equipped with a number of things to help you be mindful and connect with nature. We have mindfulness cards, positivity quotes, bug hotel, heather and rose beds, 4 raised beds and ample seating. Please use the space in the best way to benefit your own mental health and wellbeing.</p> <p>Contact: graham.cossar@ramh.org</p>



Garden Project

Tuesdays 10am-12pm and 1pm-3pm



The Garden Project is now closed however basic garden maintenance of the space will happen tuesday morning for those who wish to help maintain the space over winter

For more details please email graham.cossar@ramh.org

Football Group

Power League Paisley, Saturdays
10.30-10.30am

The football group meets weekly for full contact 7-aside games at the power league football centre in Paisley. This group is for anyone wishing to participate in a fun friendly competitive game of 7 aside in a peer supportive setting. At present anyone wishing to attend the group would follow usual referral pathways or email steven.mcadam@ramh.org for more information.

Steering Group

Tuesday 5th October, 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: james.power@ramh.org

Men Do Talk

Friday 8th and 22nd October 12.30pm

Men's group meeting over Zoom. Offers support to talk about issues that affect men in a safe and relaxing environment.

Contact: lee.millar@ramh.org

Time 2 Talk

Thursday 7th and 21st October

A peer led recovery focused discussion online group. A chance to discuss issues that are affecting your mental health and wellbeing.

Contact: rena.kilpatrick@ramh.org



<p>Social Support Group Rouken Glen Park: Davieland Road entrance (Next to the pond) Thursdays 2.30-3.30pm</p>	<p>This group meets weekly and supports people to make new social connections within their community and reduce isolation. People can choose to walk and talk within the park and spend time socialising or can go straight to the socialising.</p> <p>Contact: lee.millar@ramh.org</p>
<p>Branching Out Wednesdays 11am-2pm</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 graham.cossar@ramh.org</p>



Argyle and Bute

ACUMEN is delivering a supported self-care planning service, which has been funded by Argyle & 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/>

The poster features a large blue handprint graphic with five fingers. Each finger is connected to a circular callout box containing a question. The central text reads 'GIVE YOURSELF A HAND'. At the bottom, there is a QR code, the website URL 'www.sscp.ramh.org', and logos for RAMH and ACUMEN.

ACUMEN
RAMH IS A CHARITY REGISTERED IN SCOTLAND: SC010430

HIGH FIVE YOUR DAY
AND LOOK AFTER YOURSELF

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?

GIVE YOURSELF A HAND

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

RAMH recovery across mental health

ACUMEN



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 and send it to 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

Samaritans: 116 123 www.samaritans.org

NHS 24: 111 www.nhs24.com

Text **SHOUT** to 85258 www.giveusashout.org

