

What's On? June 2022

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.

Coming up in June



A big thank you to all the volunteers at RAMH – much of our work could not be done without you.

As part of **Volunteers Week** we will be having a celebration for at the Tannahill Centre on June 6th with speeches from Chief Executive Stephen McLellan and Operations Manager Claire Gallagher.

For more information about the event contact george.waddell@acumennetwork.org

Carers Week is between 6-12 June, look out for the launch of our new Carers' Handbook for Renfrewshire made in partnership with Renfrewshire Carers Centre.

Renfrewshire Carers Centre have a full programme of events across Carers Week, for more information visit: <https://renfrewshirecarers.org.uk>

Make caring
Visible, Valued
and Supported

RAMH Caravan

RAMH's have invested in an updated, pre-loved 6 berth caravan so service users can take advantage of a low cost and fun filled short break.

The 3 bedroom caravan, with central heating and double glazing is equipped as follows:

- Spacious lounge area, with gas fire, flat screen Freeview TV/DVD combi, dab digital radio and a variety of children's board games provided
- Kitchen with full size gas cooker, fridge with freezer box, microwave, kettle, crockery and cutlery supplied
- Sleeping for 6 people over three bedrooms, one double and two twin bedrooms

If you are interested in finding out more, please get in touch with Rona on 0141 847 8900



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>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><i>*RCS Employability Service; Following the retirement last month by David Cowie, the RCS Employability Worker there will be some changes to this service over the coming weeks and months.</i></p> <p><i>The service is looking at ways to support any new referrals as well as those already on the waiting list whilst we identify a worker to lead and develop the service going forward.</i></p> <p><i>We will keep you updated with regard to these developments. We also thank David for his contributions to RAMH over the last 20 years and wish him all the best in his retirement.</i></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. 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>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. Contact: graham.cossar@ramh.org</p>
<p>Supported Gym Sessions Monday mornings</p>	<p>The gym facility at UWS has reopened for public use and RAMH physical activity workers can go through a PAR Q and basic introduction to get you involved with the Gym. Regular cardio and weight bearing exercises are a great way to sustain good mental health and RAMH can support you to get this started.</p>
<p>Renfrewshire Social Hub, Trinity Church Hall Renfrew, Mondays 12.30-2pm</p>	<p>Renfrewshire Social Hub is a mixed group of men & women who get together for Peer-to-Peer support. We make up a six-week program of varied activities. We are a warm welcoming group to help reduce isolation and increase your confidence and have a laugh along the way which will improve your mental wellbeing.</p>
<p>Singing For Wellbeing Group, Trinity Church Hall Renfrew, Mondays 3-4.30pm</p>	<p>Come along to a warm and friendly mixed group of people who like to sing and have some fun along the way. No previous experience needed just a love of music and singing along. The group will improve your mental wellbeing.</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 graham.cossar@ramh.org for more information.</p>
<p>Contact Plus Methodist Church Hall In Paisley, Tuesdays 6-8pm</p>	<p>The contact Plus is a mixed group of people who get together for Peer-to-Peer support who have a varied and interesting program of activities. You will be warmly welcomed in the group it will make you more socially connected and increase your self-esteem.</p>
<p>Light Up Café Mondays 10.30-11.30am</p>	<p>Drop-in social group 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>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. For more details please email james.power@ramh.org</p>
<p>Culture Club Friday 3rd and 17th June</p>	<p>An online Zoom 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: james.power@ramh.org</p>
<p>Digizone RAMH REstore, Causeyside Street (Old Mothercare) Thursdays 12pm-2pm</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. 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: joanne.shand@ramh.org or emily.brittan@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 Six-week-course</p>	<p>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: joanne.shand@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>Supported Gym Sessions Union Building, Storie Street Paisley, Mondays 10am</p>	<p>In Partnership with the UWS, we can offer gym inductions at their campus gym on storie street paisley. After induction and PAR-Q (health Questionnaire) you can pay as you go at a reduced cost (No joining fee or contract) you then have the option of joining physical activity worker for supported sessions Mon 10am or to attend independently through the week to increase exercise and improve health and wellbeing</p>
<p>Swimming Group Barrhead Foundry, Tuesdays, 10am</p>	<p>Using swimming to help increase activity, the group is supported by physical activity worker who also is in the water to give those attending motivation and confidence to participate with this hugely beneficial activity. A basic level of competency in the water is expected from those who attend.</p> <p>Contact: graham.cossar@ramh.org</p>



<p>Lighten Up Café Every Monday 10.30-11.30am</p>	<p>Drop-in social group 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>
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<p>Culture Club Friday 3rd and 17th June</p>	<p>An online Zoom 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>Social Support Group Clarkston Halls, Thursdays 1.30-3.30pm</p>	<p>This group meets weekly and supports people to make new social connections within their community and reduce isolation. Contact: lee.millar@ramh.org or emily.brittan@ramh.org</p>
<p>WiRE (Women in Recovery) Arthurlie House, Wednesdays 1pm-3pm</p>	<p>A group supporting women in recovery to form social connections and reduce isolation within their local community.</p>
<p>Link Club Dalmeny Centre, Tuesdays 1-3pm</p>	<p>Weekly social connections group for people living in East Renfrewshire.</p> <p>Contact: jo.shand@ramh.org</p>



<p>Community Garden</p> <p>21 Carlibar Rd Barrhead</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>
<p>Garden Group</p> <p>21 Carlibar Rd Barrhead, Tuesdays 1-2.30pm</p>	<p>The Garden Group has now returned to allow people to meet, work and develop our garden space. This is a great way to connect with nature and increase social connections in a safe quiet environment.</p> <p>For more details please email graham.cossar@ramh.org</p>
<p>Football Group</p> <p>Power League Paisley, Saturdays 10.30-10.30am</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 graham.cossar@ramh.org for more information.</p>
<p>Recovery Runs (running group for all abilities)</p> <p>Barrhead Running Track/Cowan Park, Mondays 5.30pm</p>	<p>RAMH causeway working alongside 'Lean on Me' are working together to get people out connected and moving to improve both physical and mental health and wellbeing.</p>

<p>Men Do Talk</p> <p>Dunterlie Resource Centre, Barrhaed, Monday 7th & 21st June, 10am -12pm</p>	<p>A men's peer led support group providing support and discussing issues that impact on mental health and wellbeing.</p> <p>Contact: lee.millar@ramh.org</p>
<p>Time 2 Talk</p> <p>Auchenback Resource Centre, Barrhead, Monday 14th and 28th June</p>	<p>A peer led recovery focused discussion group. A chance to discuss issues that are affecting your mental health and wellbeing.</p> <p>Contact: lee.millar@ramh.org</p>

RECOVERY COLLEGE

RAMH EAST RENFREWSHIRE

Are you experiencing negative issues in life that have stopped you in your tracks?

Do you live in East Renfrewshire?

Then why not join the ER Recovery College!

As a Recovery College student, you can learn how to increase:

- Your ability in coping and self-management skills
- Your sense of empowerment
- Your sense of connectedness with others
- Your sense of hope and optimism for the future

APPLY NOW

To apply now or to find out more please e-mail: mary.spence@ramh.org or call: 0141 881 8811



The Scottish Government
Riaghaltas na h-Alba



RAMH
recovery across mental health




WWW.RAMH.ORG

Recovery College is introducing 3 new courses Creative Recovery, Thinking about Work, and Live Life to the Full over the coming weeks.

To find out more contact Mary Spence or Louise Mathieson on 0141 881 8811 or mary.spence@ramh.org / louise.mathieson@ramh.org



RAMH REstore

Based at **24 Causeyside St (the old Mothercare shop)** in Paisley, REStore is RAMH's 'Charity Superstore'. With two floors of retail, we focus mainly on good quality used domestic furniture and other essential household items like white goods but also carry a wide selection of other stock including kids and adult clothing, shoes and accessories, toys, books, DVD's, CD's and vinyl as well as bric-a-brac, kitchen ware and household textiles.

A local delivery service is available for furniture sales. Please ask in store for details.

Our stock is donated to us so it varies regularly although this does mean we can't guarantee we'll have what you're looking for on any particular day.

We regularly have sales and promotions instore including #Toddler Tuesday and the ever popular #FreebieFriday. Check our social media to keep up to date with the latest in-store.

The first floor of ReStore is also home to RAMH's community pantry. Designed to tackle food waste and of course food poverty, the pantry has attracted over 300 members since opening and offers a low-cost shopping experience to our members while making use of food that would otherwise end up in landfill.

Community Pantry

Opened in February 2022 the Community Pantry is part of the Scottish Pantry Network and aims to tackle food waste by offering excess food from local suppliers to our members at a reduced cost.

Our Pantry is non means tested and open to all. To join simply visit the Pantry Wednesday-Friday between 10-3, fill in a short form, pay £1 membership and you're all set. Each time you shop you pay £2.50 and are able to choose food to the average value of £15. Our Pantry stock and stock levels vary each week.

We also run a 'pay it forward scheme' where members or customers of our store can choose to buy a membership and/or shop for somebody in need.

For any further information about the Pantry or anything else, please ask staff instore.



#ToddlerTuesday

Every Tuesday a selection of babies & kids clothing, shoes and accessories will be on sale at the front of the store along with a range of toys and other essentials. Clothing can be mixed and matched and is sold at 3 items for £1. Toys etc individually priced from 50p

Contact: nicola.smith@ramh.org

#FreebieFriday

Every Friday a selection of household goods, bric-a-brac, CDs, DVDs, kids & adult clothing, shoes and accessories are free to a good home. Occasionally we also have items of furniture to give away too. All will be displayed at the front of the store.

Contact: nicola.smith@ramh.org



Argyll 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/>

The poster features a large blue handprint graphic with five fingers. Each finger is surrounded by a circular callout box containing a question. The text 'GIVE YOURSELF A HAND' is written across the palm of the hand. At the bottom left is a QR code, and at the bottom right are the logos for ACUMEN, RAMH (Recovery Across Mental Health), and the Argyll and Bute Health and Social Care Partnership. The website address www.sscp.ramh.org is at the bottom left.

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

