

What's On? January 2023



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 contact 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.

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>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 Graded Exposure Support</p>	<p>This is a short-term intervention of 6 sessions to support individuals challenge and overcome their anxiety through practice i.e., travelling independently. Develops and encourages systematic practice of either new or lost skills aimed at reducing 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>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>Wellbeing Miles Monday 11.30am–Robertson Park (meeting at the pond) Tuesday 1pm (Fountain Gardens (meeting at the fountain) Friday 1.30 pm– RAMH Head office</p>	<p>Walking a mile is a great way to introduce activity to your week and connect with others, our new wellbeing programmes allows three options through the week to add structure and get outside and moving. We have a one, two or three mile walk for you to choose from or do all three!</p>
<p>Winter Connections Monday 12.30-1.30pm– Renfrew Trinity Church Tuesday 6-7pm– Paisley Methodist Hall</p>	<p>We are expanding our Wellbeing Hubs in Paisley and Renfrew to be open groups for adults aged 16 and over dealing with issues around mental health and wellbeing. Hot drinks, snacks and a warm space during the winter.</p>
<p>Supported Gym Sessions Union Building, Storie Street Paisley, Wednesdays 10am and Tuesdays 3.30pm</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>1:1 Personal Training Programme WCS Wednesday mornings Renfrew Sports Centre</p>	<p>The health and fitness students at West College Scotland are again offering 1:1 personal training for RAMH Clients and volunteers. This programme focuses on diet and nutrition as well as gym based exercise to improve clients mental and physical health. The introductory session starts this month (14th Dec) with a 12 week tailored programme starting in January (11th). To discuss involvement contact graham.cossar@ramh.org or call 0141 4047788 before Friday 9th December</p>
<p>Garden Project Fridays 2pm Head Office, 41 Blackstoun Road</p>	<p>After the learning and success of our Community Garden in Barrhead we are looking to develop our greenspace at our head office in Ferguslie. The first phase of the greenspace development is a working party to prepare the separate outdoor areas. This group will be looking at creating a new outdoor wellbeing greenspace that is open and accessible. Contact: graham.cossar@ramh.org</p>



<p>Bottle Greenhouse Project RAMH Headquarters, Thursdays 11am-12pm</p>	<p>A working party creating a greenhouse out of plastic bottles for the new garden space at headquarters. Contact: lee.millar@ramh.org james.power@ramh.org</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>Wellbeing Hub Johnstone 5 Houstoun Square, Johnstone, PA5 8DT (Old Papamacs Venue) Thursdays 10.30am, start date to be confirmed</p>	<p>Our new Wellbeing Hub aims to improve mental health and wellbeing by providing a range of therapeutic activities you can try each week. This is a safe and welcoming group, that allows people to stay connected with others during their recovery.</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-a-side 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 a-side in a peer supportive setting. At present anyone wishing to attend the group would follow usual referral pathways or email rachael.mclaren@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 hosted 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>Living Life to the Full Wynd Centre, Paisley New course starts 19th January</p>	<p>Widely recognised course based on the principles of CBT (Cognitive Behaviour Therapy). 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. Contact: christine@ramh.org</p>
<p>Information Hub RAMH REstore, Causeyside Street (Old Mothercare) Wednesdays 10am-12pm</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. Contact: 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. Contact: joanne.shand@ramh.org or emily.brittan@ramh.org</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>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 Mid-course in January</p>	<p>Widely recognised course based on the principles of CBT (Cognitive Behaviour Therapy). 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. Contact: lisa.ellis@ramh.org</p>
<p>Physical Activity Hubs Cowan Park Barrhead, Thursdays 1-2pm Rouken Glen Park Eastwood, Mondays 2-3pm</p>	<p>Activity hubs look to connect people wanting to increase their physical activity in an outdoor greenspace. Contact: graham.cossar@ramh.org</p>
<p>Supported Gym Sessions Union Building, Storie Street Paisley, Wednesdays 10am and Tuesday 3.30pm</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>1:1 Personal Training Programme WCS Wednesday mornings Renfrew Sports Centre</p>	<p>The health and fitness students at West College Scotland are again offering 1:1 personal training for RAMH Clients and volunteers. This programme focuses on diet and nutrition as well as gym based exercise to improve clients mental and physical health. The introductory session starts this month (14th Dec) with a 12 week tailored programme starting in January (11th). To discuss involvement contact graham.cossar@ramh.org or call 0141 4047788 before Friday 9th December</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. Contact: graham.cossar@ramh.org</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. For more details please email: james.power@ramh.org</p>
<p>Social Support Group Thursdays 12th, 19th and 26th 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: rena.kilpatrick@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. Contact: jo.shand@ramh.org</p>
<p>Community Garden 21 Carlibar Road, 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. Contact: graham.cossar@ramh.org</p>
<p>Football Group 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 rachael.mclaren@ramh.org for more information.</p>

<p>Recovery Runs (running group for all abilities) 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. This activity caters for experienced to novice runners or simply those looking to improve fitness, no previous experience needed.</p>
<p>Men Do Talk Dunterlie Resource Centre, Barrhaed Monday 16th and 30th January</p>	<p>A men's peer led support group providing support and discussing issues that impact on mental health and wellbeing. Contact: lee.millar@ramh.org</p>
<p>Time 2 Talk Auchenback Resource Centre, Barrhead, Monday 9th and 23rd January</p>	<p>A peer led recovery focused discussion group. A chance to discuss issues that are affecting your mental health and wellbeing. Contact: lee.millar@ramh.org</p>



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	<p>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.</p> <p>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.</p> <p>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.</p> <p>For any further information about the Pantry or anything else, please ask staff instore.</p>
#ToddlerTuesday	<p>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</p>



#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



ACUMEN

The 'What's the Script?' group meet via Zoom on Wednesday evenings, 7.30pm to 9pm.

The group collectively develop scripts around particular mental health issues. These become audio and video pieces used to promote awareness around mental health. Participants research and draw on their own lived experience in developing scripts.

If you have an interest in creative writing and are interested in joining the group, please email enquiries@acumennetwork.org



For details of the North Ayrshire Wellbeing and Recovery College visit ramh.org/north-ayrshire-wellbeing-recovery-college/

To make a referral to RAMH call 0141 8478900 for Renfrewshire or 0141 881 8811 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 on freephone 0800 221 8929 (or standard rate 0141 848 9090).

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

