



What's On? July 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.

Hope Inclusivity Respect Empowerment

RAMH Postcards for Loneliness



We're reaching out
to you... so you know
how to reach us



Last month (June) for loneliness awareness week we distributed postcards across Renfrewshire and East Renfrewshire to highlight ways people can reach out and access our support.

The postcard is a discrete way to pass on information to people who may need our support but may not know all the ways to access it. If you would like one of these cards to pass on to a neighbour, friend, or even family member you can pick them up from our community offices ;

- 14 St James Street Paisley (Renfrewshire)
- 8 Carlibar Rd Barrhead (East Renfrewshire)



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

First Crisis Freephone: 0800 221 8929 or Tel: 0141 848 9090 for information. 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.
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.
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, training or a move back into education. fiona.mccrae@ramh.org
1:1 Anxiety Management	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.
Anxiety Management Group	This is a group for individuals who are struggling to control their anxiety. 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.
Living Life to the Full	Widely recognised course based on the principles of 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. Its interactive,

	with mini booklets and encourages goal setting to guide towards making life change
1:1 Graded Exposure Support	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.
RAMH Housing Support Service	Continues to operate 24 hours a day, every day, in Renfrewshire and East Renfrewshire providing support to people in their own homes.
Wellbeing Miles Walks throughout the week, please call office for details	Walking a mile is a great way to introduce activity to your week and connect with others, our new wellbeing programmes allows options through the week to add structure and get outside and moving. Contact: rachael.mclaren@ramh.org for more details
Bottle Greenhouse Project RAMH Headquarters, Thursdays 11am-12pm	A working party creating a greenhouse out of plastic bottles for the new garden space at headquarters. Contact: rachael.mclaren@ramh.org
Renfrewshire Social Hub Trinity Church, Renfrew Mondays 12.30-2pm	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. Contact: rachael.mclaren@ramh.org
Singing For Wellbeing Group, Trinity Church, Renfrew, Mondays 3-4.30pm	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. Contact: rachael.mclaren@ramh.org

Football Group Power League Paisley, Saturdays 10.30-11.30am	The football group meets weekly for 7-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 aside in a peer supportive setting. email colette.fleming@ramh.org
Contact Plus Methodist Church Hall In Paisley, Tuesdays 6-8pm	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.
Nutrition with Numbers	New “Nutrition with Numbers” course; Improve your number skills and learn in the company of like-minded people.. “Nutrition with Numbers” aims to improve numeracy skills while learning the wellbeing benefits of a healthy and balanced diet.
Garden Group RAMH HQ Blackstoun Rd Ferguslie Thurs 10-12	We have re-established our garden group at our headquarters in Ferguslie. This is a group where service users use the space to be outdoors, engage in physical activity, while getting the wellbeing benefits that greenspace can offer. Once the project is finished we will be opening this greenspace up for everyone to use to improve their mental health and wellbeing rachael.mclaren@ramh.org

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

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.
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. Contact: lisa.ellis@ramh.org
1:1 Anxiety Management	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 : mary.spence@ramh.org
RAMH Housing Support Services	Continues to operate 24hours a day, every day, in Renfrewshire and East Renfrewshire providing support to people in their own homes.
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.

<p>Living Life to the Full Tuesday 4th July 10am - 11.30am Dunterlie Resource Centre</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>Wellbeing Miles Rouken Glen Park Eastwood, Mondays 1-2pm Cowan Park Barrhead, Thursdays 1-2pm Fairweather Park Newton Mearns Fri 1-2pm</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. graham.cossar@ramh.org</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. colette.fleming@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: 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. Mary.spence@ramh.org</p>
<p>Link Club Dalmeny Centre, Tuesdays 1-3pm</p>	<p>Weekly social connections group for people living in East Renfrewshire. Contact: colette.fleming@ramh.org</p>
<p>Community Garden 21 Carlibar Road, Barrhead</p> <p>Garden Group Thurs from 3pm</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: colette.fleming@ramh.org</p>

Football Group Power League Paisley, Saturdays 10.30-11.30am	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 aside in a peer supportive setting. At present anyone wishing to attend the group would follow usual referral pathways or email colette.fleming@ramh.org for more information.
Men Do Talk Dunterlie Resource Centre, Barrhaed Monday 17th 10am-12	A men's peer led support group providing support and discussing issues that impact on mental health and wellbeing. Contact: graham.cossar@ramh.org
Time 2 Talk Auchenback Resource Centre, Barrhead, Monday 10 th , 24th 11am-1pm	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
Exploring Recovery Next course August	Introductory course based around CHIME model of recovery. Full of tips, techniques and strategies for getting well and staying well. Contact mary.spence@ramh.org
Anxiety Management Group	This is a group for individuals who are struggling to control their anxiety. 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.

North Ayrshire Recovery College

If you are interested in any of the below courses or finding out more about the North Ayrshire Recovery College, please call the office on 01294 447355 or email louise.mathieson@ramh.org

Woodland Wakeup	In the beautiful surroundings of Eglinton Park, there will be campfire cooking, mindfulness activities and philosophical discussion, enjoy some hammock time, and natural crafting & tool work, explore the woods & have a go on a rope swing.
Wellbeing Walks	Weekly walk in partnership with KA Leisure for physical wellbeing & building connection. This is a gentle walk suitable for all fitness levels.
Drum for Wellbeing	Join with Drum4urLife for 4 weeks of drumming fun, connecting with others and building confidence. We encourage you to give this a try: Everyone has a heartbeat so everyone can drum on a djembe drum!
Ayrshire College Health & Wellbeing	A Level 4 Health & Wellbeing Course in Partnership with Ayrshire College. Students will explore a range of health and wellbeing topics. These are aimed at raising participant's awareness of health and wellbeing choices that can impact on life chances and opportunities. This course will assist participants in building confidence, self-awareness and provide an opportunity to develop employability skills such as working with others, planning and problem solving.
I Matter	POWWOWs are Penumbra's workshops on wellbeing. With an informal discussion format we will share knowledge and experience. The 5 sessions: Anxiety Matters, I Matter, Assertiveness Matters, Fitness Matters, Sleep Matters.
Peer2Peer	The role of peer experience is fundamental to any recovery college. This introductory course will embed your understanding of peer within the college. We all have an individual journey and an individual story. You will meet and hear from some of our Peer Volunteer Trainers who will offer hope and inspiration for your recovery.
Exploring Recovery	A foundational course based around the CHIME recovery model exploring how Connectedness, Hope, Sense of Identity, Meaning and Empowerment can



	support recovery. The course includes: What is recovery? What is self-management? What can I do to get well and stay well? Full of tips, techniques and strategies and is co-facilitated by one of our Peer Volunteer Trainers who will share their personal story and experience of recovery
From Trauma to Recovery Level 1 – Zoom	Wisdom of Story is based on a different story each session, as a focus for discussion of self-help strategies that can lead to positive wellbeing and recovery. An ongoing craft activity is also included in every session. Workshops include: “Being Me” emphasises the importance of valuing yourself, “Try Something New” focuses on strategies that could help you on your wellbeing and recovery journey. “Keep On Keeping On” looks at why we sometimes give up and what may help us to keep going. “The Kindness Within” is about self - care and being kind to yourself.
Practice Development Forum	To offer ongoing learning and practice for peer working, facilitation and course development. These sessions are for Peer Trainee’s, Peer Volunteers, Peer Workers and Peer Tutors. This monthly forum will involve sharing learning and reflective practice and contributing to NAWARC developments.
Zen Photography	Practice mindfulness by using photography in the context of self-exploration, communication, creative expression and personal development. Photography can help people increase self-knowledge and develop their self-esteem. It can also be empowering and improve resilience. The simple process of taking a picture provides an opportunity to be present in the moment, to be attentive to your mind and connect with your thoughts and emotions. Only a phone with your thoughts and emotions. Some of the photographs pictured in this curriculum are from a previous course.
WRAP	Discover a simple and powerful process for creating the life and wellness you want. With WRAP, you can discover simple, safe, and effective tools to create and maintain wellness. Develop a daily plan to stay on track with your life and wellness goals. Identify what throws you off track and develop a plan to keep moving forward. Gain support and stay in control and stay in control even in a crisis. The WRAP process supports you to identify the tools that keep you well and create action plans to put

	them into practice in your everyday life. All along the way, WRAP helps you incorporate key recovery concepts and wellness tools into your plans and your life.
Touch of Glass	This proposal is for a beginner's level copper foil creative glass class. Intended to support NAWRC students on their recovery journeys, using creativity as an aid as well as developing and learning new skills. The aim is for the students to use the topic of self-reflection to design and produce a small copper foiled mirror, or the topic could be confidence where they could produce a small picture frame for one of their proudest moments etc., for them to take home at the end of the 8 weeks.
Confident & Assertive	Acknowledge what makes you absolutely unique and work towards the best version of yourself by learning skills in: Communication Knowing my human rights Handling criticism well Asking for what I want Be clear about my boundaries Respect myself and respect others Work on Win/Win solutions to problems
Song Writing	Maureen Malcolm Gourley, a singer song writer with lived experience who teaches music students at The Conservatoire in Glasgow. Our hope is to create at least one song that may be recorded.

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RAMH Acumen would like to invite you to talk about Create and Connect

**As part of the Gaun Yourself programme of events in partnership with
ER Culture and Leisure**

Gaun Yourself is a lived experience guide to better mental health and wellbeing and this month we are exploring the benefits of Art and Nature for positive wellbeing and how we can self manage with the resources available in our local communities, libraries and organisations.

**Acumen RAMH will be holding drop in information sessions across
ER Libraries and this month we are in**

**Mearns Library
20th July 23 1-4pm**

**Giffnock Library
27th July 23 1-4pm**

In this session we will be talking about the benefits of creativity and connecting with nature for mental health

**to register or for more info email
enquiries@acumennetwork.org**

RAMH 
recovery across mental health



@ERCL4

f /ERCultureandLeisure



RAMH Caravan

RAMH Caravan Now taking bookings for new season from April 2023.

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 Sandra on 0141 847 8900 or Sandra@ramh.org



Information

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 free phone 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

Samaritans: 116 123

NHS 24: 111

Text SHOUT to 85258

www.breathingspace.scot

www.samaritans.org

www.nhs24.com

www.giveusashout.org

