

# What's On? August 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](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.

**Hope Inclusivity Respect Empowerment**



# **CAR BOOT SALE**

## **SATURDAY AUGUST 19TH**



**11AM - 3PM**

**CAR PARK - BLACKSTOUN HOUSE  
ST FERGUS CHURCH GROUNDS  
BLACKSTOUN ROAD**

Pitches must be booked in advance  
**PITCH FEE £5**

**To book: 07923257504**

RAMH is a Charity registered in Scotland No. SCO 10430

**Hope Inclusivity Respect Empowerment**





### Interested in a pick-me-up?

We have joined Renfrewshire Council's **Team Up to Clean Up** for a 6-week project to help clean up the streets while improving mental health & wellbeing and physical activity. If this "grabs" your attention, please call 0141 404 7788 or email [rachael.mclaren@ramh.org](mailto:rachael.mclaren@ramh.org) for more information.

Existing walks will still occur next week but the change in walking schedule will start the week of the 24th July.

#### New Walking Schedule:

Monday; Robertson Park; 11.30am–12pm (Meet at pond)

Tuesday; Litter Picking Walk; 1–2pm

Wednesday; Barshaw Walk; 1.30-2.30pm (Meet at front gates)

Thursday; Johnstone Walk; 2–2.45pm (Meet at Ludovic Square)

Friday; Ferguslie Walk; 12–12.45pm (Meet at RAMH HQ)





## Renfrewshire Community Service

To make a referral to RCS please call 0141 404 7788 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>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>1:1 Telephone and Video Counseling</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, 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 Graded Exposure Support</b>	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.
<b>Wellbeing Miles</b> Monday; Robertson Park; 11.30am–12pm (Meet at pond) Tuesday; Litter Picking Walk; 1–2pm Wednesday; Barshaw Walk; 1.30–2.30pm (Meet at front gates) Thursday; Johnstone Walk; 2–2.45pm (Meet at Ludovic Square) Friday; Ferguslie Walk; 12–12.45pm (Meet at RAMH HQ)	Walking a mile is a great way to introduce activity to your week and connect with others, our new wellbeing programs allows options through the week to add structure and get outside and moving.



<b>Bottle Greenhouse Project</b>	A working party creating a greenhouse out of plastic bottles for the new garden space at RAMH headquarters, Blackstoun Road.
<b>Women's Group</b>	A safe welcoming space for women to get peer-to-peer social support and participate in various activities over a "cuppa".
<b>Renfrewshire Social Hub</b>	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.
<b>Singing For Wellbeing Group</b>	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.
<b>Football Group</b>	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 pathway.
<b>Contact Plus</b>	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.
<b>Nutrition with Numbers</b>	New "Nutrition with Numbers" course; Improve your number skills and learn in the company of likeminded people. "Nutrition with Numbers" aims to improve numeracy skills while learning the wellbeing benefits of a healthy and balanced diet.
<b>Garden Group</b>	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 green-space 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.
<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.

## Causeway (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.
<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; 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.
<b>Living Life to the Full</b>	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.
<b>Wellbeing Miles</b> Rouken Glen Park Eastwood, Mondays 1-2pm Cowan Park Barrhead, Thursdays 1-2pm Fairweather Park Newton Mearns 1-2pm	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.



<b>Swimming Group</b>	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.
<b>Social Support Group</b>	This group meets weekly and supports people to make new social connections within their community and reduce isolation.
<b>WiRE (Women in Recovery)</b>	A group supporting women in recovery to form social connections and reduce isolation within their local community.
<b>Link Club</b>	Weekly social connections group for people living in East Renfrewshire
<b>Community Garden Garden Group</b>	We encourage people to use the garden space at 21 Carlibar Road 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
<b>Football Group</b>	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.
<b>Men Do Talk</b>	A men's peer led support group providing support and discussing issues that impact on mental health and wellbeing.
<b>Time 2 Talk</b>	A peer led recovery focused discussion group. A chance to discuss issues that are affecting your mental health and wellbeing.
<b>Exploring Recovery</b>	Introductory course based around CHIME model of recovery. Full of tips, techniques and strategies for getting well and staying well.
<b>Coping with anxiety</b>	3 Group sessions. The Coping with Anxiety is for people who struggle with anxiety and similar feelings like stress and would like to have a

	<p>better understanding of how it is impacting their life.</p> <p>The aim of the course is to improve your skills to manage these feelings and learn about how they impact your behaviour and how they impact you physically.</p>
<b>Natural Connections Course</b>	<p>Natural Connections is a six-week course promoting wellbeing and recovery through positive interactions with nature and confidence building via completion of conservation tasks. Run in partnership with the Rangers Service and delivered in the beautiful Dams to Darnley Country Park</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>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>



## 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](mailto:louise.mathieson@ramh.org)

<b>Tuesday 1 August</b> <b>Wednesday 2 August</b> <b>Friday 4 August</b>	New Student Induction – For newly enrolled students to come along, meet some of the staff team and Peers, hear more about the Recovery College and connect with other new students.
<b>SUMMER SCHOOL WEEK 7 – 11 August</b>	<b>SUMMER SCHOOL WEEK 7 – 11 August</b>
<b>Monday 7/8</b>	Students are invited to take part in summer school workshops. There is a morning and afternoon session of each activity. The workshop activities are: Create with felt, Create & Make and Introduction to Bullet Journaling
<b>Tuesday 8/8</b>	Poetry workshop with Caroline Johnstone.
<b>Wednesday 9/8</b>	Music Making Day including, Drum Circle masterclass, circle singing and Drum for Fun with guest facilitator Dr Jane Bentley
<b>Thursday 10/8</b>	Picnic in the Park – Students are invited to join us in Eglinton Country Park for a Picnic and afternoon of fun.
<b>Friday 11/8</b>	Recovery College Open session – A session for anyone that is interested in finding out more about the Recovery College, the Courses and the Peer Pathway

## 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, 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](mailto: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](http://ramh.org) and send it to [referrals@ramh.org](mailto: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](http://www.breathingspace.scot)

[www.samaritans.org](http://www.samaritans.org)

[www.nhs24.com](http://www.nhs24.com)

[www.giveusashout.org](http://www.giveusashout.org)

