



# Who is RASA?



**RASA**



## Renfrewshire Anti Stigma Alliance (RASA)

Tackling mental health stigma and discrimination and promoting connection and inclusion, in various ways, across Renfrewshire.

# Welcome FROM RASA

Hi, Everyone

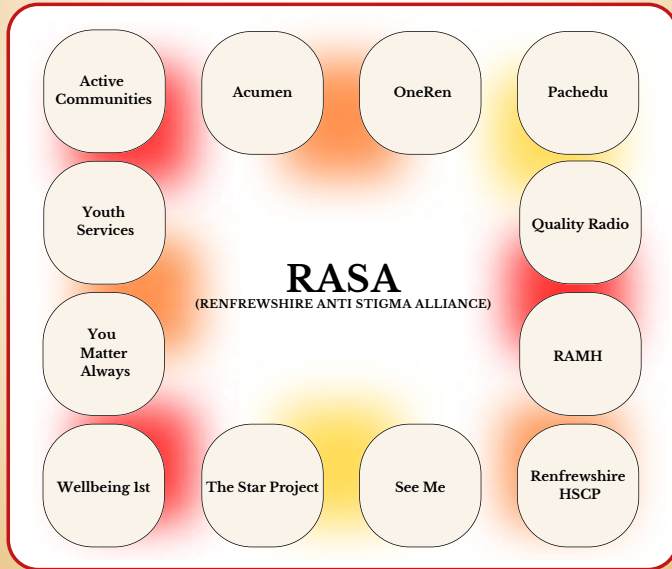
Welcome to the RASA (Renfrewshire Anti Stigma Alliance) 'Who We Are' booklet. Shining a spotlight on the statutory, voluntary and community groups who work individually and collectively to end mental health stigma and discrimination, across Renfrewshire, in a proactive, meaningful and collaborative way.

RASA believes in compassionate communities working together to challenge directly the negative beliefs and attitudes that many people in Scotland continue to hold. Through combining our efforts, we can raise awareness, improve attitudes and work together to create environments, services and communities that are welcoming, inclusive, compassionate and fair.

This little booklet will highlight the WHO, WHAT, WHY and HOW of RASA.

## Who and What is RASA

RASA is an alliance that is made up of 12 partner organisations who are taking action, individually and collectively, to tackle mental health stigma and discrimination and make a lasting difference in their local community...and beyond.



## Why we do what we do

Stigma and discrimination can make people feel like they don't matter. It can affect someone's self-worth, self-esteem, confidence, character, resilience and can have a detrimental and potentially devastating impact on people's lives. It can make mental health problems worse and stop people from seeking help and treatment. The actions, inactions and reactions of others should not be underestimated.

RASA appreciates how hard it can be to cope with mental illness and mental health problems without having to deal with stigma and discrimination. We are mindful of the harmful effects that negative attitudes or beliefs can have on someone. And we are aware of the actions (intentional or unintentional) that can create barriers and inequality for people living with mental health problems.

More than 70% of people in Scotland with a mental health condition have experienced some form of stigma and discrimination. (See Me Scotland).

Nearly nine out of ten people with mental health problems say that stigma and discrimination have a negative effect on their lives. (Mental Health Foundation)

Almost 20 million adults never speak about mental health. (Mind)

In the Scottish Mental Illness Stigma Study (SMISS), which was completed in 2022, it was shown that:

92% of participants say that they have experienced stigma in relationships with family and friends in the last year.

53% said that they respected themselves less because they will not recover or get better.

77% said they had been treated unfairly at work.

Of those who had faced stigma in mental healthcare services, 58% had avoided calling an ambulance or attending A&E in relation for emergency mental healthcare.

These are some of the reasons why we do what we do.

## How?

Individually and collectively, we tackle mental health stigma and discrimination through connection, communication and conversation.

We hold various events and campaign throughout the year to help create a sense of belonging, build strong community connections and improve mental health and wellbeing.

RASA events and campaigns include:

Walk-A-Mile (Spring style)

Walk-A-Mile (Christmas style)

Listen and Learn

Wellbeing in the Park

Spread A Little Kindness

Poems with Purpose

Poems with Purpose 2





# Active Communities

We believe it's not up to us to tell the community what they want. We prefer to listen, find out what people need and support them to make changes that will improve their lives for the long term.

At Active Communities, we take a community-led approach to health and wellbeing that puts people's needs first - because that's what matters.

## Our Vision

Our vision is to create happy, healthy communities in Renfrewshire that help people of all ages and abilities feel good about themselves.

## Our Mission

Our mission is to empower local people by inspiring, supporting and enabling them to improve their health and wellbeing.

We're building an active, healthy, and inclusive community that people want to be part of.

## Our values

**We champion.**

We empower and inspire people in the community who need us the most.

**We care.**

We are determined to include everyone and give people a place to belong.

**We connect.**

We listen, involve, and bring people together.

**We celebrate.**

We recognise that all achievements should be celebrated, enjoyed, and make us all feel good.

**We are courageous.**

We constantly challenge ourselves and have the strength and passion to make a difference in people's lives.

Find out more at:

Active Communities - [www.activecommunities.co.uk](http://www.activecommunities.co.uk)



# Acumen

## Advancing Community Understanding of Mental & Emotional Needs

ACUMEN is a service within RAMH.

Acumen's purpose is collective advocacy on behalf of its members to promote the wider involvement of experts by experience and carers in shaping mental health service and the promotion of recovery and wellbeing.

At ACUMEN we work alongside people on their journey to leading fulfilling and independent lives. It is important that people of lived experience in mental health remain at the forefront in planning and delivery services. Having people with lived experience involvement, is about making sure that mental health services, organisations and policies are led and shaped by the people best placed to know what works and what does not. Involving them brings unique insight and taps into a valuable resource that can help improve the quality of services approaches to the Mental Health Sector in Scotland.

### We deliver services across Renfrewshire.

- Promotion and expansion of lived experience groups across Renfrewshire
- Contribution and attendance at the Mental Health and Local Steering Groups
- Key partner in the development of across the Mental Health Strategy
- Undertake and support various consultations, focus groups
- Increase the meaningful involvement of past/present services users and/or their families to shape future service delivery models
- Contribute to the future planning and delivery of mental health services
- Locality strategic subgroups groups

Find out more at:

Acumen – <https://ramh.org/services/lived-experience/>



# OneRen

## Who We Are

OneRen is a local charitable trust providing culture, leisure, sporting and health opportunities to help people enjoy active and healthy lives.

We are passionate about the part we play in improving life-long physical and mental health in every one of our communities. Our trust provides a range of affordable, accessible and ambitious services that are open to all and that improve personal, social and economic outcomes.

Our goal is to improve the people of Renfrewshire's health and wellbeing by working in partnership to design and deliver a range of life-enhancing and accessible cultural, leisure and sporting opportunities that meet local needs and improve life chances across the population.

## Health + Wellbeing Team + What We Do

Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. There are three clearly identifiable aspects to health: physical, mental, and social.

Our team offers support for all aspects of health and wellbeing through a range of different services:

Walking, Live Active Referral Scheme, Vitality Classes, Sporting Memories, Easy Exercise, Social Prescribing - all of these can be self-referred.

You can get further information and meet the team

@ [www.oneren.org/wellbeing/active-wellbeing/](http://www.oneren.org/wellbeing/active-wellbeing/)





# Pachedu

## Pachedu “Who We Are & Why We Do What We Do” for RASA.

Pachedu, a Paisley-based charity, was founded in 2016. Pachedu ‘Amongst Ourselves’ works with diverse minorities across Renfrewshire and the wider West of Scotland. Our goal is to support and encourage them to be more visible and active in shaping their own communities. We do this through projects, activities and other forms of engagement that promote physical and mental health, bridge cultural and generational divides, encourage integration and foster socio-economic advancement, all in ways that are culturally appropriate for these communities.

As an organisation working with people largely from the Global South who are now living in Scotland, the fight against stigma is a thread that weaves its way through so much of our work, which is why it makes perfect sense for Pachedu to be a member of Renfrewshire Anti Stigma Alliance. We make concrete efforts to challenge the stigma of racism through events such as our annual “Rediscover Africa” day, an opportunity to bring people from different communities together and change the narrative around Africa and Africans. Tackling the stigma of racism also forms a key element of the work we do with our School of African Cultures project for children of African descent, providing a safe space where young people can learn about their heritage in a positive context and providing them with knowledge to challenge negative stereotypes and again change the African narrative.

Challenging the stigma around mental health is also an important part of our work under our Health and Wellbeing Project. Through our Men’s Group and our group for women, Women Included Connected and Empowered (WICE), we provide safe spaces for adults from our communities to discuss mental health issues, address negative perceptions around such issues, and explore resources and approaches to talk about and manage mental health in culturally appropriate ways. This work has expanded to include the development of a Mental Health Toolkit which will be made available to mental health practitioners, enabling them to understand the stigma around mental health in minority ethnic communities and treat people from these communities in ways that respect cultural differences.

As a member of RASA, we are able to share knowledge and experience with our partners around challenging various forms of stigma from a minority ethnic perspective, all of which is mutually beneficial to all RASA members in challenging stigma of all kinds across Renfrewshire.

Find out more at:

Pachedu - <https://pachedu.org/>



# Quality Radio

## Who we are:

Quality Radio is for all the people of Paisley and Renfrewshire broadcasting on 107.5 FM and on the Quality Radio App and "Alexa, Play Quality Radio UK"

Quality Radio provides a voice and a community resource through entertainment, local news, community information, discussion and the expression of opinion. The service has a local Renfrewshire focus with people from all communities and all ages involved in its operation. Quality Radio is a registered charity with OSCR No. SC049193.

Visit online: <https://qualityradio.uk/> Email: [admin@qualityradio.uk](mailto:admin@qualityradio.uk)

## What we do:

Quality Radio plays a mix of music. The main types of music broadcast over the course of each week include a broad mix of mainstream current popular songs; classic hits and easy listening; Country music has a special programme and there is music from Scottish singers and songwriters, specialist genres like Blues and Rock music also feature.

Quality Radio has types of speech output broadcast over the course of each week to include community information, interviews, arts and culture, discussion and advice from organisations to include Renfrewshire Citizens Advice, NHS Greater Glasgow & Clyde and Health Matters from local health workers.

Music request shows for the Royal Alexandra Hospital, Paisley; sheltered housing tenants and Forces veterans at the Erskine homes.

There is also SQA broadcast training for school pupils.

## Who do we partner with?

Renfrewshire Citizens Advice Bureau supply a weekly update on related subjects.  
Jeanette, a Renfrewshire Practice Nurse who provides weekly updates on all current health matters.

Star Project Paisley have regular activity updates, produced and presented on-air.

Renfrewshire Council weekly requests for sheltered accommodation tenants.

Erskine Charity has two regular programmes broadcast each week.

Updates of information from NHS Greater Glasgow & Clyde are broadcast daily.  
Renfrewshire schools with the Radio Academy course.

Recovery Across Mental Health (RAMH) Paisley regular information inserts.



# RAMH

RAMH supports people aged 16 and over across Renfrewshire in their recovery from mental ill health, helping with problems such as anxiety, low mood and depression, loneliness and bereavement.

## **We offer a range of free, confidential services which include:**

- Immediate support in crisis situations for people.
- Individualised care and practical support to people in their own homes
- One-to-one counselling sessions with a qualified counsellor One-to-one psycho-educational supports around topics such as anxiety and self-esteem. This can also be delivered as part of short courses.
- Employability support to help individuals gain or maintain employment, access to learning opportunities and/or volunteering opportunities
- A range of social, creative, therapeutic, educational and physical activity groups
- Support to family, friends, carers and the wider community through information and education

Our supports are free and confidential, self-refer by visiting [ramh.org](http://ramh.org) or calling 0141 847 8900.



# Renfrewshire Health and Social Care Partnership

Renfrewshire Health and Social Care Partnership deliver adult social care services and all community health services for adults and children in the Renfrewshire area.

We are committed to listening to the voices of people with lived and living experience at every stage of the development and delivery of our services. Their ideas and insight can help us to tailor services to ensure they meet the range of needs and challenges that people face every day. We work collaboratively with individuals and families with lived and living experience, as well as frontline workers and partners, to tackle stigma through training and awareness raising (for example around mental health, alcohol and drug use), and encourage early engagement with services and support recovery. Examples include:

- The Choose Life Service Co-ordinator continues to work closely with a range of services to further the work of suicide prevention including delivering a comprehensive training programme.
- CIRCLE (Continuing in Recovery Changes Lives Entirely) has been developed to provide enhanced recovery focused and trauma-informed support to local people who are on an addiction and/or mental health recovery journey.
- The Adult Community Mental Health Team has a range of professionals who receive referrals from GPs or another health and social care professional. The team will carefully assess health needs and decide where and how they can best support you in your recovery.



You can get further information at  
[www.renfrewshire.hsc.scot/article/4938/Mental-Health-Services](http://www.renfrewshire.hsc.scot/article/4938/Mental-Health-Services)

# See Me

## See Us make a difference

Ending mental health stigma is a national priority – and See Me is working with organisations like RASA across Scotland to make it a reality.

As Scotland's national programme to end mental health stigma and discrimination, we at See Me are committed to taking action against stigma, to create a fairer, more inclusive Scotland for everyone.

Research we carried out across Scotland found that 71% of people with a mental health condition have experienced stigma and discrimination.

Being treated differently or unfairly like this can stop people from speaking out and getting help when they need it most – and we know that's not good enough.

However, tackling stigma isn't a one-person job – which is why See Me is working with organisations right across the country to make a difference.

Through the wider See Us movement, we're working with organisations, community groups and individuals to make that change.

From employers to schools, grass-roots groups to people who are passionate about making a difference, there's a place for everyone in the movement – and we've got lots of tools and resources available online to help you take action, wherever you are.

Head to our website and sign up to show your support for See Us. You'll get access to our activity pack, and you'll receive updates from across the movement straight to your inbox.

It's on all of us to create the change that people with experience of mental health problems need – come be a part of it.

Be a part of the See Us movement at [www.seemescotland.org/SeeUs](http://www.seemescotland.org/SeeUs)



# The STAR Project

The STAR Project (est. 1999) is an award-winning community organisation that delivers long-lasting, positive social outcomes, building safer, more connected and resilient communities in Renfrewshire.

Community members access the Project through agency referral or word-of-mouth and throughout our Support, Equip, Include strategy (2016-2021), we have worked with a total of 22,296 individuals in more than 300 different ways.

STAR Project has a solid track record of positive impact across vulnerable or disengaged individuals, families facing disadvantage and likely poor outcomes. In the heart of the multi-deprived area, where individuals and families face well-documented challenges, we facilitate opportunity and aspiration, boost life chances, engender community ownership and celebrate every success.

Our Community Matters strategy focuses on tackling the impact of poverty, deprivation and associated stigma prevalent in our communities through a systemic approach to building resilience. We apply this across all our group, individual and community services and supports through the themes of wellbeing, connections, and creativity, recognising what our people and communities told us helped them through the pandemic, what they need most to recover and move forward and that we all have a right to thrive.

We utilise creativity, culture and playfulness as a conduit for expression, exploration and positive change; recognise the importance of our wellbeing and emotional health, inspiring confidence, hope and aspiration; improve connections, and recognise the loss or lack of them, to self, others and wider community, thus creating a more sustainable impact and a robust platform for change and growth.

## Vision

Our vision is safer, more connected and resilient families and communities where opportunity is equal and diversity is embraced.

## Mission

Using a person-centred approach to build genuine positive relationships, we will deliver diverse, responsive and creative supports and services which recognise community need, aspiration and potential.

**We are Fearless - We are Playful - We are Here**

0141 889 5850 12-14 Wallace St. Paisley PA3 2BU [www.facebook.com/STARProjectPaisley](http://www.facebook.com/STARProjectPaisley)



# You Matter Always

You Matter Always (YMA) is a, for impact, mental (mind) health & wellbeing initiative that aims to remind you of all that you are, rather than all that you think, have been told, and/or in turn told yourself you are not.

YMA strives to remind you, in numerous ways, that YOU are worthy of love and belonging NOW...AS IS!

It appreciates the significant contribution that having a healthy sense of self and self-worth can make to your health and wellbeing, relationships, work and more.

YMA consists of five key reminders

Your **THOUGHTS** matter

Your **FEELINGS** matter

Your **VOICE** matters

Your **STORY** matters

Your **LIFE** matters

**ALWAYS!**

The foundations of YMA were built on the wise words of Dr Maya Angelou who states that:

**“People will forget what you said, people will forget what you did, but people will never forget how you made them feel.”**

YMA is designed to help people grow through what they are going through and adopts a strengths-based approach to all that it is and strives to be. It consists of numerous elements including: tools for wellbeing, workshops, training courses, individualised connection cards, peer support, community events and more.


In short, YMA is about...

**CONNECTION, CONVERSATION, COMPASSION,  
COLLABORATION and COMMUNITY.**

Find out more at:

You Matter Always – [www.youmatteralways.co.uk](http://www.youmatteralways.co.uk)





**Here are a few suggestions on how you  
can help tackle stigma and improve public  
attitudes towards mental illness**

Avoid or question myths

Know and share facts

Challenge inappropriate language and behaviour

Ask and listen to understand

Be mindful of your self-talk (inner dialogue)

Join a local anti-stigma group/movement

*Please remember how important  
you are and how much you  
matter... Always!*

If you are struggling there are organisations,  
in addition to your GP, that can help.  
If you are in crisis or experiencing distress and  
need to speak to someone, you might find the  
following numbers helpful.

## *Useful Contacts*

**Breathing Space: 0800 83 85 87**

**Childline Scotland: 0800 1111**

**First Crisis: 0800 221 8929**

**NHS 24: 111**

**NHS Inform: 0800 22 44 88**

**Renfrewshire Bereavement Network: 0800 038 6020**

**Samaritans: 116 123**

**SHOUT: Text the word 'SHOUT' to 85258.**





# STIGMA to SUPPORT

YES...mental health is being addressed more  
But it's an area that we need to continue to explore.  
And one that's still a bit of an enigma  
Is the importance of tackling mental health stigma.  
A topic that remains misunderstood  
Which in the 21st Century, isn't good  
Because stigma is defined as a mark of disgrace  
And is still prevalent in society and the workplace.  
It's a negative mindset that we must replace  
To create a more equitable human race.  
Stigma is not just a set of unfair beliefs,  
It's a toxic presence causing unspeakable griefs.  
It's where misconception and judgment take root  
And can leave a person's character in disrepute.  
Experiencing stigma can cut like a knife  
And destroy many aspects of someone's life.  
Tackling stigma should be in the core foundation  
Of a lot of policies and legislation.  
And, along with all the existing campaigning,  
It should be fully embodied in mental health training.  
An action that everyone can value and import  
Is the need to proactively change stigma to support.