

What's On? May & June



How is your mental health?

This newsletter includes our forthcoming events in the following two months – we hope you will try to engage with some of them. If you have any comments or suggestions, please send these to enquiries@ramh.org.

For more information on any events or if you would like this emailed to you each month, contact james.power@ramh.org for Renfrewshire or graham.cossar@ramh.org for East Renfrewshire or phone 0141 847 8900.



**MENTAL
HEALTH
AWARENESS
WEEK**
13-19 MAY 2024

Recovery Steps



Mental Health Awareness Week is a time to challenge stigma and promote wellbeing. This year, we're introducing "Recovery Steps", a series of events designed to bring people together and support good mental health through movement – this year's theme.

Step Count Challenge with One Ren

We're teaming up with One Ren to organise a Step-count Challenge promoting mental wellbeing through movement. Track your steps throughout the week, contributing to a collective goal of covering as much ground as possible. Every step counts, symbolising progress and support for mental health.

To join, visit bit.ly/recoverysteps. Start tracking your steps and be part of the movement!

Photography Exhibition: Capturing Movement

Movement signifies more than just physical motion – it's about progress in mental health journeys. RAMH invites you to participate in a photography exhibition centred around the theme of Movement. Submit a photo and share a brief narrative on how movement intersects with mental wellbeing. Selected entries will be displayed during Mental Health Awareness Week in Renfrew Sports Centre, showcasing the different experiences and perspectives within the community.

Submit your entries to enquiries@acumennetwork.org by May 10th to be part of the exhibition.

Fun Run with a difference

Join us on Thursday May 16th, from 12-2 pm at Renfrew Sports Centre for a Fun Run with a difference. Rather than focusing on distance, this event celebrates individual journeys. Whether you're sprinting a 10k or walking 100m, the goal is to showcase solidarity for those embracing positive steps towards mental wellness.

Contact Colette Fleming at colette.fleming@ramh.org or call 0141 881 8811. Participation is encouraged for all, with a suggested donation of £3 supporting our work, or free if fundraising for RAMH.



Renfrewshire Services

To make a referral to call 0141 404 7788 or visit ramh.org/refer 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 Saturdays and Sundays 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>Housing Support Services</p>	<p>RAMH Housing Support Services continues to operate 24 hours a day, every day, in Renfrewshire and East Renfrewshire providing support to people in their own homes</p>
<p>Appointments across the week</p>	
<p>1:1 Counselling</p>	<p>Counselling waiting list in Renfrewshire is currently closed</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 and 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</p>	<p>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>Mondays</p>	
<p>Wellbeing Miles Robertson Park Renfrew (Meeting at the Pond) 11.30am–12pm</p>	<p>Walking group. Walking a mile is a great way to introduce activity to your week and connect with others</p>
<p>Renfrew Social Hub Renfrew Trinity Hall 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 programme of varied activities. We are a warm</p>



	welcoming group to help reduce isolation and increase your confidence and have a laugh along the way which will improve your mental wellbeing.
Singing for Wellbeing Renfrew Trinity Hall 3–4.30pm	A warm and friendly group 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 looks to improve your mental wellbeing.
Tuesdays	
Paisley Social Hub Paisley Methodist Hall 6–8pm	Contact Plus is a mixed group of people who get together for Peer-to-Peer support who have a varied and interesting programme of activities. You will be warmly welcomed in the group it will make you more socially connected and increase your self-esteem.
Wednesday	
Wellbeing Miles Barshaw Park (meet at the front gate) 12.30-1.30pm	Walking group. Walking a mile is a great way to introduce activity to your week and connect with others.
Womens Group Paisley Wynd Centre 10.30am–12pm	A safe welcoming space for women to get peer-to-peer social support and participate in various activities over a “cuppa”.
Thursdays	
Taskforce RAMH Head Office 10am-12pm	
Garden Group RAMH Head Office 10am-12pm	This group uses 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 wellbeing.
Wellbeing Miles Johnstone (meeting at Ludovic Square) 2-2.45pm	Walking group. Walking a mile is a great way to introduce activity to your week and connect with others
Fridays	
Nutrition with Numbers	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.



Wellbeing Miles Ferguslie (meet at RAMH HQ) 12-12.45pm	Walking group. Walking a mile is a great way to introduce activity to your week and connect with others.
1:1 Gym Support UWS Gym Storrie Street	RAMH physical activity worker supports people to be confident and competent in using the gym facility. Based centrally in Paisley at the UWS campus gym you will be given a full induction and support by the worker to develop a programme that works for you
Living Life to the Full Next course starts in at the end of June	A 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.
Saturdays	
Football Group Powerleague Paisley 10.30–11.30am	The 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 in a peer supportive setting.

Wellbeing in the Park! Fountain Gardens – 18th May 12–4pm

This year, as part of Mental Health Awareness Week, Renfrewshire Anti Stigma Alliance (which RAMH is a part of) will be holding a 'Wellbeing in the Park' event, on the 18th of May (12pm-4pm) in Fountain Gardens, Paisley.

This free community event is about connection, conversation, and positive change. There will be lots of information and activities around wellbeing, and numerous opportunities to have fun outdoors including: a silent disco, bouncy castle, facepainting and more.

The event will include the summer 'Walk A Mile' (organised by RASA), information stalls (with people you can talk to and seek guidance from) such as: OneRen, RASA, Recovery Across Mental Health (RAMH), See Me Scotland, You Matter Always and more. There will be live entertainment from the Well Happy Band, Dirty Feet Dance Company, Paisley Opera, Rock Choir, and Quality Radio. So, come along, bring a picnic, and join in the fun.

We can't wait to meet you.



East Renfrewshire Services

To make a referral to call 0141 881 8811 or visit ramh.org/refer or for more information please email enquiries@ramh.org

Community Link Service	Community link workers connect people to resources and services within their local communities with the aim of improving mental and physical health and wellbeing. Speak to your GP practice in ER for more information
Housing Support Service	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
Appointments across the week	
1:1 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.
1:1 Anxiety Management	Support for individuals who are struggling to control their anxiety and 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.
Mondays	
Men Do Talk Dunterlie Resource Centre 10am–12pm	A men's peer led support group providing support and discussing issues that impact on mental health and wellbeing.
Time 2 Talk Auchenbach Resource Centre 11am–1pm	A peer led recovery focused discussion group. A chance to discuss issues that are affecting your mental health and wellbeing.



<p>Wellbeing Miles Rouken Glen Park Eastwood 1–2pm</p>	<p>Walking group. Walking a mile is a great way to introduce activity to your week and connect with others</p>
<p>Tuesdays</p>	
<p>Swimming Group The Foundry 10am</p>	<p>Using swimming to help increase activity, the group is supported by physical activity worker who is also 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>Link Club Dalmeny Resoure Centre 1–3pm</p>	<p>Weekly social connections group for people living in East Renfrewshire.</p>
<p>Wednesdays</p>	
<p>Branching Out Programme Whitelee Wind Farm 11am–2pm</p>	<p>Branching Out is an outdoor therapeutic programme for adults who use mental health services in Scotland. The service consists of 3 hours of woodland activities per week for a group of 12 participants delivered over a 3-month period.</p>
<p>Coping with Anxiety The Arc Barrhead: May 16th 17th, 20th Thorntree Hall Thornliebank: June 20th 26th 27th</p>	<p>For people who struggle with anxiety and similar feelings like stress and would like to improve skills to manage this and have a better understanding of how it is impacting their life.</p>
<p>Thursdays</p>	
<p>Social Support Group Clarkston Halls 1.30–3.30pm</p>	<p>This group meets weekly and supports people to make new social connections within their community and reduce isolation.</p>
<p>Wellbeing Miles RAMH Community Garden, 21 Carlibar Road, Barrhead 1–2pm</p>	<p>Walking group. Walking a mile is a great way to introduce activity to your week and connect with others</p>
<p>Garden Group RAMH Community Garden, 21 Carlibar Road, Barrhead 2–3pm</p>	<p>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>



Fridays	
Wellbeing Miles Fairweather Park Newton Mearns 1–2pm	Walking group. Walking a mile is a great way to introduce activity to your week and connect with others.
Saturdays	
Football Group Powerleague Paisley 10.30–11.30am	The 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 in a peer supportive setting.

Neilston Show! Saturday 4th May

The first Neilston Show took place in 1825, to exhibit traditional livestock and produce from around Neilston. This year marks 199 years since that original show, with a full programme of competitions and exhibitions for a great day out for all the family!

RAMH will have an information stall in with the trade stands promoting the work that we do across all our local authority areas. If you are there why not come over and speak with us?

ACUMEN

RAMH ACUMEN will be delivering workshop sessions as part of our **Talk Menopause** programme. These will give an opportunity to share lived experience around menopause and mental health.

The first workshop will be in Lochwinnoch in late May, we are just waiting on confirmation of the date but if you would like to register interest in attending or would like information about the programme pop us an email to enquiries@acumennetwork.org



North Ayrshire Recovery College



Our Recovery College in North Ayrshire is all about self-management for mental health, learning together, with a strengths based approach, to build individual's wellbeing and recovery.

We hold information sessions for anyone who is interested in finding out more about the Recovery College. These sessions are appropriate for those who may be interested in joining the Recovery College as a student or for those who may refer into the service.

Anyone who is 16+ and lives, works or studies in North Ayrshire can become a student at the Recovery College. At these sessions, you will meet some of the Recovery College Team, Hear Peer Volunteers Recovery Stories and get more information on the courses we offer.

Information sessions

7th, 13th & 27th May and 10th June 10.30am – 12pm

Michael Lynch Centre, 71 Princes Street, Ardrossan, KA22 8DG, 01294 447355

To register for any of the information sessions please [Click Here](#) or scan the QR code below.



Huge well done to Recovery College Manager Jeanette and Peers who completed the Glasgow Kiltwalk on Sunday 28 April! [Sponsor them here.](#)



RAMH Caravan

The RAMH Caravan is now take bookings for the new season! 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.

If you are interested in finding out more, please get in touch with Sandra on 0141 847 8900 or sandra@ramh.org



Wellbeing Maps

Where to find wellbeing in Renfrewshire and East Renfrewshire User-led maps for anyone looking to view what mental health resources are nearby. Places on the map are categorised by: RAMH; Support service; Health centres and pharmacies; Community spaces and transport; Foodbanks and money advice; Greenspaces; Culture, leisure and sport; Employability; Religious buildings and Addictions support. Add a location to the map yourself by emailing it to enquiries@ramh.org



East Renfrewshire



Renfrewshire

Helplines

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 www.breathingspace.scot
- **Samaritans:** 116 123 www.samaritans.org
- **NHS 24:** 111 www.nhs24.com
- **Text SHOUT** to 85258 www.giveusashout.org

