

What's On? July & August



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.

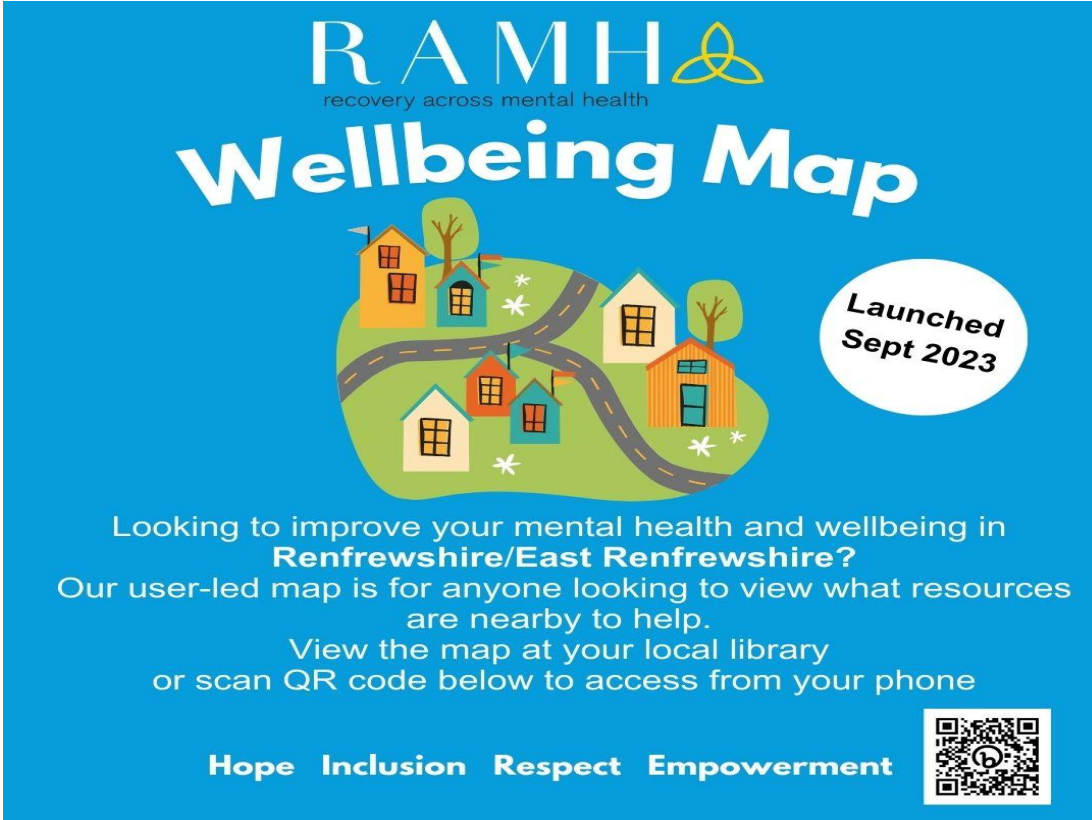
For more information on any events or if you would like this emailed to you,
Contact james.power@ramh.org for Renfrewshire,
graham.cossar@ramh.org for East Ren,
or phone Helen on 0141 847 8900.

Wellbeing Maps

20,000+ views

Our Wellbeing Maps launched last year have now both exceeded 10,000 views in just over 10 months!

These resources help people to find wellbeing locations in Renfrewshire and East Renfrewshire. These are User-led maps for anyone looking to view what mental health resources that are nearby. The 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. We would encourage people to continue to use and share the maps and add a location to the map yourself if not already detailed by emailing it to enquiries@ramh.org



The poster features the RAMH logo at the top, with the tagline 'recovery across mental health'. Below the logo is the title 'Wellbeing Map' in large white letters. A central illustration shows a winding road through a green landscape with several colorful houses and trees. To the right of the illustration is a white circular badge that says 'Launched Sept 2023'. Below the illustration, the text reads: 'Looking to improve your mental health and wellbeing in Renfrewshire/East Renfrewshire? Our user-led map is for anyone looking to view what resources are nearby to help. View the map at your local library or scan QR code below to access from your phone'. At the bottom left, the text 'Hope Inclusion Respect Empowerment' is displayed. At the bottom right, there is a QR code.

East Renfrewshire



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 Saturdays and Sundays 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
Housing Support Services	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
Appointments across the week	
1:1 Counselling	We are pleased to inform you that we have now re-opened the RAMH Counselling intervention to new referrals from Friday 7/6/24 to Adults aged over 16 in Renfrewshire who identify as experiencing challenges in their mental health. The service will continue to use a brief 6 session model, (which will be reviewed at 4 sessions). This model is suitable for <i>mild to moderate mental health issues</i> .
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.
1:1 Graded Exposure	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.
Mondays	
Wellbeing Miles Robertson Park Renfrew (Meeting at the Pond) 11.30am–12pm	Walking group. Walking a mile is a great way to introduce activity to your week and connect with others



Renfrew Social Hub Renfrew Trinity Hall 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 programme 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.
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 to make you more socially connected
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	The group is currently working on a community project building bird boxes to be displayed around the local area as part of the Ferguslie Discovery trail
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 tbc	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 RAMH HQ 12-12.45pm	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

<p>Living Life to the Full Next course starts in at the end of June</p>	<p>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 more.</p>
<p>Saturdays</p>	
<p>Football Group Powerleague Paisley 10.30–11.30am</p>	<p>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.</p>

Discovery Trail

RAMH will be launching its “discovery trail” in Ferguslie highlighting the areas unique history as well as shining a light on today’s points of interest and the people and the groups that are making the area thrive. -

The Trail will run across Ferguslie from 1/7/24 and is designed to be an interactive 4km trail (around 6000 steps) that will take you to 8 key points of interest where we will have added information boards to give you a little info on that destination, as well as a QR code to find out more if you are interested.

This is a combination of physical activity and learning in the outdoors that will be good for everyone's physical and mental wellbeing.

Along the route we will also be have strategically placed our "Paisley Pandas". Each panda will have its own name and you add the names as they discover them to the "Find the Pandas" sheet and once complete these can be submitted into a draw for a chance to win one of the pandas to keep forever.

RAMH
Recovery, Action, Mental Health

RAMH's Discovery Trail is coming to Ferguslie from the 1st of July. Learn more about Ferguslie's fascinating past while visiting the interesting places of today!

This is an interactive 4km trail (around 6000 steps) that will lead you around Ferguslie and highlight all the things that make the area a great place to live. Walking is great for your physical wellbeing and connecting with people and places in your community can be really beneficial for your mental health, so use this map and lets discover the potential!

1. RAMH
2. Glencoats Park
3. Dalskeith
4. Ferguslie Sports Centre
5. Community Circus
6. The Tannahill Centre
7. St Mirren FC
8. The Sculpture House

Following in Ferguslie Footsteps!

DID YOU HEAR ABOUT...

The Darkwood Crew
"local residents group helping Ferguslie flourish"
www.darkwoodcrew.co.uk
admin@darkwoodcrew.co.uk
07780437578

Pals of the Privies
Glencoats Park restored by the people of Ferguslie.
glencoatspark@gmail.com

RAMH
"Local mental health provider"
41 Blacksloan Road
0141 847 8900
enquiries@ramh.org

The Tannahill Centre
Community hub in the centre of Ferguslie

Own Yer Bike
"teaching children how to repair and maintain their bikes"
Falcon Crescent
ownyerbike@gmail.com
07761 673985

Logos: ONE REN, SOLVING PROBLEMS, RAMH, POLICE, etc.



Causeway (East Renfrewshire)

To make a referral to Causeway Integrated Service please call 0141 881 8811 or Causeway Housing on 0141 237 0026 or download a referral from ramh.org and return to referrals@ramh.org 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 0141 237 0026	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.
Wellbeing Miles Rouken Glen Park Eastwood 1–2pm	Walking group. Walking a mile is a great way to introduce activity to your week and connect with others



Tuesdays	
Swimming Group The Foundry 10am	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.
Link Club Dalmeny Resource Centre 1–3pm	Weekly social connections group for people living in East Renfrewshire.
Exploring Recovery Venue tbc 23 rd , 30 th July 6 th Aug	A 3 session course based around the CHIME recover model explaining how; connectedness, hope, sense of identity and meaning and empowerment can support recovery
Coping with Anxiety Dunterlie Centre 16 th 17 th 23 rd July Mearns Library 15 th 16 th 20 th August	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.
Recovery Runs 5-6pm Barrhead High	Running Group for all abilities. Supported session to get people out, connected and moving.
Wednesdays	
Garden Workshop Ramh Community Garden 10 th July	Garden workshop led by the Countryside Rangers
Natural Connections Dams to Darnley Country Park 17 th July – 21 st Aug	A 6 week outdoor greenspace activities course led by the rangers service in the Dams to Darnley Country Park.
Thursdays	
Social Support Group Clarkston Halls 1.30–3.30pm	This group meets weekly and supports people to make new social connections within their community and reduce isolation.
Wellbeing Miles RAMH Community Garden, 21 Carlibar Road, Barrhead 1–2pm	Walking group. Walking a mile is a great way to introduce activity to your week and connect with others
Garden Group RAMH Community Garden, 21 Carlibar Road, Barrhead 2–4pm	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.
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-aside 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.

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.

Information sessions

The next information sessions will take place from Mid-August with the new term beginning Mid-September. Please call/email for more details. Recovery College Office Michael Lynch Centre 71 Princes Street Ardrossan KA22 8DG 01294 447355 Paul.mitchell@ramh.org

These sessions are for anyone who is interested in finding out more about the Recovery College, and 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. Recovery College is all about self-management for mental health, learning together, with a strengths based approach, to build individual's wellbeing and recovery.



ACUMEN

RAMH ACUMEN has received funding from the Renfrewshire Community Mental Health and Well-being Fund to deliver our Talk Menopause programme across Renfrewshire in 2024/5 Our workshop sessions will provide a friendly and welcoming space where participants will be given

- Information about local, national and digital supports and resources around menopause and mental health
- An opportunity to share lived experience around menopause and mental health
- A creative activity - we will be making 'menopause crowns' from natural materials
- A resource pack which will contain information, a guide to keeping a menopause journal and a Menopause Meals booklet
- An invitation to participate in the creation of a Menopause Voices soundscape piece which will promote the voice of lived experience and challenge stigma.

Tues	30th July	6.15 - 8.15pm	Kirklandneuk Community Centre Renfrew
Thurs	29th August	6.15pm - 8.15pm	Howwood Village Hall

To register email enquiries@acumennetwork.org



RAMH Caravan

RAMH Caravan is now taking bookings for throughout 2024.

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



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

Samaritans: 116 123

NHS 24: 111

Text SHOUT to 85258

www.breathingspace.scot

www.samaritans.org

www.nhs24.com

www.giveusashout.org

