

# What's On? Sept & Oct



The “What’s on” guide includes our supports and events for the following two months. If you have any comments queries or suggestions with our work, please send these to

[enquiries@ramh.org](mailto:enquiries@ramh.org) or phone 0141 847 8900

For more information on any of our events or if you would like this document emailed to you contact our information workers

[james.power@ramh.org](mailto:james.power@ramh.org) or [graham.cossar@ramh.org](mailto:graham.cossar@ramh.org)

# Upcoming Awareness Days

## ***International Overdose Awareness Day (IOAD) – 31st August***

International Overdose Awareness Day (IOAD) – held on August 31 every year – is the world’s largest annual campaign to end overdose, remember without stigma those who have died and acknowledge the grief of family and friends left behind. Our theme for 2024 is “Together we can”, highlighting the power of our community when we all stand together.

## ***World Suicide Prevention Day – 10th September***

The theme for World Suicide Prevention Day is "Changing the Narrative on Suicide" with the call to action "Start the Conversation"

On Tuesday 10th September we have organised two walks – starting 1pm – and planting of trees of remembrance at:

### **Renfrewshire**

RAMH HQ  
41 Blackstoun Road  
PA3 1LU

### **East Renfrewshire**

RAMH Community Garden  
21 Carlibar Road  
G78 1AA

We'll also be partnering with “Walk Lighter” again this year to meet and walk lighter...together.

The walk on Saturday 14th September will start at 11am, meeting at Barshaw Park in Paisley with a member of our First Crisis and Community Team joining the walk.

If you've been affected by suicide, please join us on the day, or for more information.

call 0141 847 8900 or email [enquiries@ramh.org](mailto:enquiries@ramh.org)

## ***Employability Week (Renfrewshire) Mon 2nd to Fri 6 Sept.***

If you are looking for work or starting to think about work, there are lots of events in different sectors to give you inspiration. The week aims to provide you with the opportunity to identify future goals, potential careers and the steps you need to get there.



## ***Employability Day – 13th September***

Employability Day 2024 is a UK wide campaign that promises to be the most important one yet. Against the backdrop of social, political and economic changes, Friday 13th September, presents an opportunity for the whole sector to come together and showcase the impactful work achieved over the past few years.



## SMHAF 2024

We'll be taking part in the Scottish Mental Health Arts Festival again this year with the events below. The theme this year is **In/Visible**.

Visit [www.mhfestival.com](http://www.mhfestival.com) for the national programme or enquire about our events by calling 0141 847 8900.

**SCOTTISH**  
**MENTAL HEALTH**  
**ARTS FESTIVAL**

### Renfrewshire

#### **Invisible Footsteps – A Walk With Robert Tannahill, Paisley Poet**

Wed 16 October, 1pm – 4pm; Sat 19 October, 1pm – 4pm Meet for 1pm at Tannahill's Cottage, Queen Street, Paisley, PA1 2TT

An interactive walk led by local artist and historian Lil Brookes which will visit key points in Tannahill's life and works. The walks will include poetry recitals and music. Participants will also be invited to sketch pictures in charcoal and write their own poetry which will be shown for the remainder of the festival in a flash exhibition after the event. To book a place, email James Power at [james.power@ramh.org](mailto:james.power@ramh.org) or call 0141 4047788.

#### **RASA Gathering**

Thursday 24th, 12-2pm, Tannahill Centre & Ferguslie Library

Renfrewshire Anti-Stigma Alliance will host a gathering of its organisations and general public where a new "5 Tips to Reduce Stigma" resource will be launched. The gathering will also be an opportunity for people to view the flash exhibition of work made during the RAMH Invisible Footsteps event.

### East Ren

Causeway Integrated services will be putting forward a number of different plans and activities for the Scottish Mental Health Arts Festival hoping to engage a number of people in this year's theme of In/Visible. These include:

- **Collaborative Poem**
- **Garden Mural**
- **Mobile artwork and info hours**

If you would like to know more or learn how you can be involved with these plans please contact Fiona at [fiona.temple@ramh.org](mailto:fiona.temple@ramh.org)

### North Ayrshire

#### **'To Tell or Not to Tell': the risks versus the inspiration of the lived experience story. Special guest Darren McGarvey**

Tues 15 October, 7 – 9pm, Harbour Arts Centre, 116 Harbour Road, Irvine, KA12 8PZ

An event exploring the value and challenge of sharing a lived experience, the potential over disclosure of sharing a trauma focussed story, the vulnerability for the individual sharing the trauma experience versus the potential of the Recovery focussed story to inspire and support the recovery of others. Peers of North Ayrshire Recovery College will share their recovery stories and Darren McGarvey will share his thinking on the risks in sharing a personal story in a public context.

#### **Unveiled voices**

Tues 22 October, 7 – 9pm, Harbour Arts Centre, 116 Harbour Road, Irvine, KA12 8PZ

An evening providing a platform for individuals in mental health recovery to share their poetry and their own recently recorded unique songs. They will be joined by guest poets and performers.

## Renfrewshire Services

To make a referral to call 0141 404 7788 or visit [ramh.org/refer](http://ramh.org/refer) or for more information please email [enquiries@ramh.org](mailto:enquiries@ramh.org)

<p><b>First Crisis</b>          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><b>Housing Support Services</b></p>	<p>RAMH Housing Support Services continues to operate 24 hours a day, every day, in Renfrewshire providing support to people in their own homes</p>
<p><b>Appointments across the week</b></p>	
<p><b>1:1 Counselling</b></p>	<p>Counselling service for 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 <b>suitable for mild to moderate mental health issues.</b></p>
<p><b>1:1 Employability Support</b></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><b>1:1 Anxiety Management</b></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><b>1:1 Graded Exposure</b></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><b>Mondays</b></p>	
<p><b>Wellbeing Miles</b>          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>



<b>Renfrew Social Hub</b> 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 improve your mental wellbeing.
<b>Singing for Wellbeing</b> 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.
<b>Tuesdays</b>	
<b>Paisley Social Hub</b> 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.
<b>Wednesday</b>	
<b>Wellbeing Miles</b> 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.
<b>Women’s Group</b> 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”.
<b>Anxiety Management Group</b> Paisley Wynd Centre	Group 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.
<b>Thursdays</b>	
<b>Garden Group</b> 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.
<b>Taskforce</b> RAMH Head Office 10am-12pm	This group meets at the same time and in place of the garden group but it’s focus is on construction, woodwork and



	general D.I.Y. The group will be building a bike shed for their next project.
<b>Wellbeing Miles</b> 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
<b>Fridays</b>	
<b>Nutrition with Numbers</b> CIRCLE Starting 2 <sup>nd</sup> September 12-3pm for 6 weeks	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>Wellbeing Miles</b> 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
<b>1:1 Gym Support</b> 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
<b>Living Life to the Full</b>	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.
<b>Saturdays</b>	
<b>Football Group</b> Power league 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 Map



## East Renfrewshire Services

To make a referral to call 0141 881 8811 or visit [ramh.org/refer](http://ramh.org/refer) or for more information please email [enquiries@ramh.org](mailto:enquiries@ramh.org)

<b>Community Link Service</b>	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
<b>Housing Support Service</b> 0141 237 0026	RAMH Housing Support Service continues to operate 24 hours a day, every day in East Renfrewshire providing support to people in their own homes
<b>Causeway Newsletter</b> Issue 2 emailed out Mon 30th Sep	Causeway have redeveloped their services newsletter, giving a view on groups experiences and current supports. Newsletter is compiled by information peer volunteer and emailed out to all active clients with email permissions
<b>Appointments across the week</b>	
<b>1:1 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, training or a move back into education.
<b>1:1 Anxiety Management</b>	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.
<b>Mondays</b>	
<b>Men Do Talk</b> Dunterlie Resource Centre 10am–12pm	A men's peer led support group providing support and discussing issues



	that impact on mental health and wellbeing.
<b>Time 2 Talk</b> 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.
<b>Wellbeing Miles</b> 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
<b>Tuesdays</b>	
<b>Swimming Group</b> 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.
<b>Link Club</b> Dalmeny Resource Centre 1–3pm	Weekly social connections group for people living in East Renfrewshire.
<b>Nutrition with Numbers</b> Arthurlie House, Barrhead 1pm - 3pm Sept 3rd 10th 17th 24th Oct 1st 15th 22nd	“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 well-being benefits of a healthy and balanced diet. Open to all 19+ living in East Ren.
<b>Coping with Anxiety</b> Auchenbach Centre 17th, 18th, 23rd Sept 10:00am - 12:00pm  Thorntree Hall.10th, 17th and 18th October. 10am - 12pm	For people who struggle with anxiety and similar feelings like stress and would like to improve skills to manage this and have a better under-standing of how it is impacting their life.
<b>Recovery Runs</b> 5-6pm Barrhead High	Running Group for all abilities. Supported session to get people out, connected and moving.
<b>Wednesday</b>	
<b>Nature Walk</b> Dams to Darnley 1pm (meeting Darnley Mill Car Park)	This walk helps you connect closer with nature, walking within the scenic Dams to Darnley Country park. This will be a longer walk both in distance and duration than the rest of the wellbeing miles programme.
<b>Thursdays</b>	
<b>Social Support Group</b> Clarkston Halls 1.30–3.30pm	This group meets weekly and supports people to make new social connections within their community and reduce isolation.





<b>Wellbeing Miles</b> 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
<b>Garden Group</b> 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.
<b>Fridays</b>	
<b>Wellbeing Miles</b> 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.
<b>Saturdays</b>	
<b>Football Group</b> Power league 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 Map



## 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

There will be an information session to find out more about the service on September 9<sup>th</sup>, 1.30pm at Ayrshire College, Lauchlan Way, Kilwinning KA13 6DE.

If you would be interested in joining the session, please call 01294 447355 to book a place.

Visit [ramh.org/north-ayrshire-wellbeing-recovery-college/](http://ramh.org/north-ayrshire-wellbeing-recovery-college/) to find out more.

## RAMH Caravan

The RAMH Caravan continues to take bookings! 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 [sandra@ramh.org](mailto:sandra@ramh.org)



## 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.

If you would like to register interest in attending or would like information about the programme pop us an email to [enquiries@acumennetwork.org](mailto:enquiries@acumennetwork.org)

## 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](http://www.breathingspace.scot)
- **Samaritans:** 116 123 [www.samaritans.org](http://www.samaritans.org)
- **NHS 24:** 111 [www.nhs24.com](http://www.nhs24.com)
- **Text SHOUT** to 85258 [www.giveusashout.org](http://www.giveusashout.org)

## Save the Date



Annual  
General  
Meeting



RAMH is a Charity registered in Scotland No. SCO 10430

**Hope Inclusion Respect Empowerment**

