

# What's On? Nov & Dec



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)

## Support this Winter

Our support doesn't stop through the upcoming winter period, but there are some additions and changes that people may want to keep up to date with, these will be highlighted on the website and our social media channels.....



**Connections**                      **Winter Activities and supports**                      **Podcasts**

**Housing support**                      **Information**

**RAMH Advent Calender**

**Competitions**                      **Social media content**

Information on additional activities and supports can be found on our social media channels on the website, by speaking with your key worker or emailing [enquiries@ramh.org](mailto:enquiries@ramh.org)



## 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 and East 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>



<b>Mondays</b>	
<b>Wellbeing Miles</b> Robertson Park Renfrew 11.30am–12pm	Walking a mile is a great way to introduce activity to your week and connect with others.
<b>Renfrew Social Hub</b> Renfrew Trinity Hall 12.30–2pm	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 looking to help reduce isolation and increase your confidence
<b>Singing for Wellbeing</b> Renfrew Trinity Hall 3–4.30pm	An energetic group who like to sing and have some fun along the way. No previous experience needed just a love of music and singing with others.
<b>Tuesdays</b>	
<b>Paisley Social Hub</b> Paisley Methodist Hall 6–8pm	Contact Plus is a group of people who get together for Peer-to-Peer support There is a varied programme of activities. You will be warmly welcomed to 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>Womens 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 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>The Garden taskforce</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. The group focus on the up keep of the garden and development of the whole outdoor space at head office
<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



Fridays	
<b>Nutrition with Numbers</b> CIRCLE Starting 11 <sup>th</sup> Nov 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> 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.
Saturdays	
<b>Football Group</b> 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.
 <b>Branching Out Programme</b>	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. Our course in Renfrewshire will start in January with the course held on Wednesdays. The waiting list for those interested in attending is open now

### Renfrewshire 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)

<p><b>Community Link Service</b></p>	<p>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</p>
<p><b>Housing Support Service</b> 0141 237 0026</p>	<p>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</p>
<p><b>Causeway Newsletter</b> Issue 3 emailed out Fri 29<sup>th</sup> Nov</p>	<p>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</p>
<p><b>RAMH Community Garden</b> 21 Carlibar Road, Barrhead</p>	<p>Our 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. Open to everyone to use as they wish.</p>
<p><b>Appointments across the week</b></p>	
<p><b>1:1 Counselling</b></p>	<p>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.</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>



<b>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>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> Neilston Pool 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>Coping with Anxiety</b> <b>November</b> 12th, 13th, 18th <b>December</b> 12th, 13th 17th 10am-12pm (various locations)	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.
<b>Exploring Recovery</b> 5 <sup>th</sup> , 12 <sup>th</sup> 26 <sup>th</sup> Nov Clarkston halls 2-4pm	A 3 session course based around the CHIME recovery model explaining how connectedness, hope, sense of identity and meaning, and empowerment can support recovery
<b>Recovery Runs</b> 5-6pm Barrhead High	Running Group for all abilities. Supported session to get people out, connected and moving.



<b>Wednesdays</b>	
<p>"Where the wild things go" Nature Walk Dams to Darnley 12.30pm (meeting Darnley Mill Car Park)</p>	<p>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.</p>
<b>Thursdays</b>	
<p><b>Swimming Group</b> Eastwood Leisure 10am</p>	<p>Using swimming to help increase activity and gain 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><b>Social Support Group</b> 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><b>Wellbeing Miles</b> 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>
<b>Fridays</b>	
<p><b>Wellbeing Miles</b> Fairweather Park Newton Mearns 1–2pm</p>	<p>Walking group. Walking a mile is a great way to introduce activity to your week and connect with others.</p>
<b>Saturdays</b>	
<p><b>Football Group</b> 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>

### East Renfrewshire 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.

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

### Information sessions

The next information sessions are:

Monday 4 November

Monday 18 November

Monday 2 December

Sessions run from 10.30am - 12pm in

Ayrshire College, Lauchlan Way, Kilwinning KA13 6DE.

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

If you are unable to attend any of these session please get in contact  
and we can advise of alternative dates.



## RAMH Caravan

The RAMH caravan is now closed for bookings in 2024.

We will take bookings again early in 2025.

This is a pre-loved 6 berth caravan at Craig Tara in Ayr. Allowing service users to 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) or call 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 [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)

