

What's On?

February



Gleniffer Thistle Ladies Section pictured with RAMH CEO Peter Jung. Gleniffer recently completed a running challenge raising over £1100 for RAMH

The “What’s On?” guide includes our supports and events for the following month. If you have any comments queries or suggestions with our work, please send these to 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 or graham.cossar@ramh.org



Lets get *comfortable* in asking...

How's your mental health?

Time to Talk Day is the nation's biggest mental health conversation. Taking place on Thursday 6 February 2025, it is a day that friends, families, communities, and workplaces come together to talk, listen and change lives.

For Time to Talk Day, people across Scotland are encouraged to take the time to have a conversation about how they're feeling, to help combat the stigma that still exists around mental health.

The theme for this year's campaign is "**get comfortable and start talking about mental health**". Talking openly and honestly can be the first step towards better mental health for everyone. It can reduce stigma and help people feel comfortable enough to seek help when they need it.

RAMH will be out talking to people in their communities in the following times and locations:

PAISLEY – County Square, 9.30am

BARRHEAD – Main Street (outside health centre) 1pm

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 0141 847 8900</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 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 suitable for mild to moderate mental health issues.</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 understand why they become anxious and how their thinking affects their anxiety which in turn affects how people behave and aims to improve their ability to control their anxiety</p>



Mondays	
Renfrew Social Hub 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 to help reduce isolation and increase your confidence
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.
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 and 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”.
Anxiety Management Group Paisley Wynd Centre	Group support for individuals who are struggling to control their anxiety. Helps them understand how their thinking affects their anxiety which in turn affects how people behave and aims to improve their ability to control their anxiety.
Thursdays	
1:1 Personal Trainer Programme Renfrewshire Leisure Centre, WCS Campus 9.30am-12pm	Continuing our partnership with the Health and Fitness Students from West College Scotland to deliver weekly 1:1 personal training for our services users. Using the power of improved physical health to benefit mental health and wellbeing. This 12 week programme continues to benefit both students and service users in achieving their goals!

Fridays	
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 Starts on 7/2/25	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.
Branching Out Programme (this programme has currently started)	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.
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.

Renfrewshire Wellbeing Map



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

<p>Community Link Service</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>Housing Support Service 0141 237 0026</p>	<p>RAMH Housing Support Service continues to operate 24 hours a day, every day in East Renfrewshire providing support to people in their own homes</p>
<p>Causeway Newsletter</p>	<p>Causeway newsletter gives an overview on groups experiences and current supports. The newsletter is compiled by our information peer volunteer and emailed out to all active clients with email permissions</p>
<p>RAMH Community Garden 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, a bug hotel, heather and rose beds, 4 raised beds and ample seating. Open to everyone to use as they wish.</p>
<p>Appointments across the week</p>	
<p>1:1 Counselling</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>1:1 Anxiety Management</p>	<p>Support for individuals who are struggling to control their anxiety and to help people understand why they become anxious and how their thinking affects their anxiety which in turn affects how people behave and aims to improve their ability to control anxiety.</p>
<p>Living Life to the Full (Course dates soon to be released)</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.</p>



Mondays	
Men Do Talk Dunterlie Resource Centre 10am–12pm	A mens' 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. We walk at the groups pace and talk as we go. If you want to add some light supported physical activity to your week come and join us for a walk
Tuesdays	
Swimming Group (Peer-led) Barrhead 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.
Nutrition with Numbers St Andrews Church (Barrhead) 10-12pm	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.
Link Club Dalmeny Resoure Centre 1–3pm	Weekly social connections group for people living in East Renfrewshire.
Coping with Anxiety February 5 th (12-2pm) 6 th 13 th (10am-12pm) Thorntree Hall	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.
Wednesdays	
"Where the wild things go" Nature Walk Dams to Darnley 12.30pm (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. However the group does take stops and rests along the way.

Thursday	
1:1 PT Programme Renfrewshire Leisure Centre, WCS Campus 9.30am-12pm	Continuing our partnership with the Health and Fitness Students from West College Scotland to deliver weekly 1:1 personal training for our services users. Using the power of improved physical health to benefit mental health and wellbeing. This 12 week programme continues to benefit both students and service users in achieving their goals!
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.
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.

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/ to find out more.

RAMH Caravan

The RAMH Caravan is now **open for bookings** for stays from March 2025.

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



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

