

What's On? June/July



*John (Peer Volunteer) and Jozefa in our community garden space in
East Renfrewshire during "Mental Health Awareness week"*

The "What's On?" guide includes our supports and events for the following month. If you have any comments or queries, please send these to enquiries@ramh.org or phone 0141 847 8900

For more information on any of our support please contact our information workers james.power@ramh.org or graham.cossar@ramh.org

Awareness Days in June



2nd -8th June

Volunteers week is an annual UK-wide campaign held from the first Monday in June to celebrate and recognise the contribution of volunteers

RAMH have signed up to take part in the Renfrewshire Volunteers Fair at the Tannahill Centre on Monday 2 June, running from 12 noon to 2pm.

Additionally, we will be doing a “day in the life” of some of our current volunteers and peer volunteers to show their experiences and the valuable role they play within our service



9th -15th June

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK.

RAMH will be highlighting the work done by our housing team and their workers who help support our clients in their own homes as well as our housing units. They work alongside clients, carers and family to support people with their mental health live more independent fulfilled lives



9th – 15th June

Loneliness Awareness Week will take place from 9 -15 June 2025. “Meeting Loneliness Together”, this year's theme, is all about reducing the stigma around this natural human emotion.

Our BIG walk and Talk returns on Thursday 12th June looking to get people out active and connected we plan to start our walk 1pm at Tesco Barrhead walking through the Auchenback area up to the Craigie. This walk is open to anyone who wishes to join us but we would due to the distance and elevation ask participants have a level of fitness able to complete the route.



Renfrewshire

To make a referral to call 0141 404 7788 or visit ramh.org/refer 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 hour's 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 0141 847 8900	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	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.
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 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.

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.
Ferguslie Dye Gardners Sculpture House	Do you want to learn about naturally dyed textiles, while working with a small friendly group? Then why not join the Ferguslie Dye Gardeners? Based at Sculpture House Paisley, the Ferguslie Dye Gardeners is a free, fortnightly workshop for Renfrewshire residents (aged 16 and over) that want to grow, learn and meet people in a relaxed and informal environment.
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.
Women's 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	
Garden Group 41 Blackstoun Rd 10am- 12 (Peer Led)	Meeting to help maintain and develop our garden at head office, this group is a great way to meet people in a safe outdoor setting gaining the benefits of nature as you create a beautiful space for others to use and enjoy. To enquiry about joining this group email
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	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	
Football Group Power league 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

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 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
Causeway Newsletter	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
RAMH Community Garden 21 Carlibar Road, Barrhead	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.
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 Anxiety Management	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.



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	
Garden Group 21 Carlibar Rd 10am- 12	Meeting to help maintain and develop our Community garden, this group is a great way to meet people in a safe outdoor setting gaining the benefits of nature as you create a beautiful space for others to use and enjoy
Link Club Dalmeny Resource Centre 1–3pm	Weekly social connections group for people living in East Renfrewshire.
Mindful Movement Barrhead Centre 5.15-6.30pm	Our new <i>"Mindful Movement"</i> class is a combination of chair based exercise and mindful exercise looking to relax and strengthen you both mentally and physically, the sessions allow you to work at your own pace and build fitness and confidence.
Wednesdays	
"Where the wild things go" Nature Walk Dams to Darnley 12.30pm (meeting Darnley Mill Car Park) Peer led	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.
Branching out Whitelee Windfarm 11am-2pm Ends 25 th June	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

Living Life to the Full 3 rd 4 th 10 th 11 th July	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.
Natural Connections Dams to Darnley Country Park 11am-2pm	A 6 week greenspace course set in the beautiful dams to Darnley, a fun educational course helping you connect more with nature
Thursday	
Swimming Group 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.
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.
Friday	
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 Power league Paisley 10.30–11.30am	The group meets weekly for 7-a-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.

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.

Celebration of learning



RAMH Short Breaks

Once you've had one caravan holiday here, you'll unlikely want to go anywhere else! The site is perfect for children of all ages, and couples can enjoy a memorable breakaway here too.

RAMH's 6 berth caravan is situated at Haven Holiday Park Craig Tara Ayr. This allows those who use our service the opportunity to take advantage of a low cost and fun filled short break.

If you are interested in finding out more, please get in touch on 0141 847 8900.

RAMH
recovery across mental health

Short Breaks at Haven Craig Tara Ayr.

Prices will vary throughout the year however we offer a price match to keep cost low
email Sandra@ramh.org for more information or to book

Hope Inclusion Respect Empowerment

Helplines

If you live in Renfrewshire, contact FIRST Crisis on free phone 0800 221 8929 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

