

What's On?

May



"Wellbeing In the Park" Fountain Gardens, Paisley

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

Mental Health Awareness Week

This year, Mental Health Awareness Week will take place from the **12th to 18th May**.

The Theme for 2025 is **“Community”**. Being part of a safe, positive community is vital for our mental health and wellbeing. Your community provides a sense of belonging, safety, support in hard times and can also give a sense of purpose. We will share info and resources throughout the week but why not join us at the events below



In Renfrewshire

Wellbeing in the Park returns to Paisley's Fountain Gardens on the **Saturday 17th May, 12noon–4pm**, as part of Mental Health Awareness Week. This free, community event is about connection, conversation, and positive change.

There will be lots of information and activities around wellbeing, and opportunities to have fun outdoors including: a silent disco, bouncy castle, face painting and more. The event will include the summer 'Walk A Mile', and there will be stalls from OneRen, RASA, RAMH, See Me Scotland, You Matter Always and more. Live entertainment comes courtesy of The Well Happy Band, Dirty Feet Dance Company, Paisley Opera, and Rock Choir.

In East Renfrewshire

East Renfrewshire Suicide Prevention Network is hosting a **Community event** to mark Mental Health Awareness week

For this years theme “Community” they are hosting a community information event alongside many local partners including RAMH on **Monday 12th May : 1pm to 4pm in Barrhead Foundry, Main Street Barrhead**.

The aim of the event is to showcase and promote the many services across East Renfrewshire communities which promote and support positive health and wellbeing. They will also be hosting some activities such as physical activity / mindfulness and Creative Arts.

The event is open to all and there is no need to book just drop in anytime between 1.00pm and 4.00pm.

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 Gardner's 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	Meeting to help maintain and develop our garden at head office, this group is a

10am- 12 (Peer Led)	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.
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-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.

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 Out now!	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	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.

Living Life to the Full 14 th 21 st 28 th May 4 th June Online Group	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.
Thursday	
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.
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-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.

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

The advertisement for RAMH Short Breaks at Haven Craig Tara features a blue border. At the top, the RAMH logo is followed by the text 'recovery across mental health'. Below this, the title 'Short Breaks at Haven Craig Tara' is displayed. The main image is a composite: the top half shows a scenic view of a beach and coastal buildings, while the bottom half shows two children sitting at a round table playing cards. To the right of the children's image, there is a text box with the RAMH logo, the text 'Prices will vary throughout the year however we offer a price match to keep cost low', the email 'Sandra@ramh.org', and the instruction 'for more information or to book'. At the bottom of the advertisement, the word 'Haven' is written in a stylized font. Along the bottom edge, four keywords are listed: 'Hope', 'Inclusion', 'Respect', and 'Empowerment'.

