

# West Dunbartonshire Mental Health Forum

*moving ahead...*

**AUTUMN  
EDITION  
2012**

## WHO WE ARE

West Dunbartonshire Mental Health Forum (WDMHF) is a body of volunteers, service users and carers who work in partnership with local and national services for the benefit of our members. We are based in the Benview Resource Centre in Dumbarton and are currently funded by West Dunbartonshire Community Health and Care Partnership (WDCHCP), Scottish Charity Number SC039187

## UPDATE

Welcome to the autumn edition of the newsletter. The Committee have meetings on the second Monday of every month, one being a business meeting the other a development day.

Since our last edition as usual committee members have attended several meetings including Riverview Service User Forum, Levensgrove Art Planning Group, Strategy meetings, The Scottish Mental Health Art & Film Festival and the Public Partnership Forum.

We also held a very successful event in Dalreoch Church Hall to celebrate World Mental Health Day –see page 3, Jackie Baillie MSP tabled a motion at the Scottish Parliament which commended the forums work and wishes us success in raising awareness of mental health issues.

Unfortunately we have lost three members of the committee who have had to resign for personal reasons; we would like to thank Eileen Gorie, Paul McToal and Isobel Plunkett for all their hard work for the forum over the years.

### Our Committee Members:

Liz Howie (Chairperson)  
Andy Binnie (Vice Chairperson)  
Carol Dinning (Secretary)  
Derek Barrowman  
Julie Forsyth  
David Harrison  
Tommy Hollywood  
Elaine McCulloch  
Stewart McEwan  
Charlene Scullion



## Inspirational Walks

Inspirational Walks were launched in June 2012 following an idea put forward by Art Planning Group Vice-Chairman Andy Binnie to promote Levensgrove Park and its history whilst providing a therapeutic advantage to those who attend by way of exercise.

To date there have been six walks consisting of up to 20 people from all walks of life. Andy spent the best part of eight months researching the rich history of the park and its surrounding areas. The park was gifted to the people of Dumbarton in 1885 by Dr Peter Denny and Mr John McMillan.

For more information or to organise taking part in a walk please contact:

**LEVENGROVE ART PLANNING**  
Tel: 07534714686

Email [harry.mccormack@west-dunbarton.gov.uk](mailto:harry.mccormack@west-dunbarton.gov.uk)  
or visit the Facebook page  
[www.facebook.com/levensgroveartplanning](http://www.facebook.com/levensgroveartplanning)

**JOIN US  
TODAY**

If you would like to become a member of WDMHF please contact 01389 742294 or email [wd.mhf@btconnect.com](mailto:wd.mhf@btconnect.com)

# BENVIEW RESOURCE CENTRE, Dumbarton



Benview is a community resource centre which was established in 1994 to meet the needs of vulnerable people within the local community.

A steering group was established consisting of members of the local community and communications began with West Dunbartonshire Council who awarded funding for the services that would be provided by the Centre.

In addition to these services, the Centre opened its doors to local groups / organisations who have continued to

use Benview as a meeting place for the community.

The Centre provides a daily social lunch club for older people. The emphasis of this service is on the social aspect, we provide a warm, caring and safe environment where people can come together to enjoy the company of others, for many who come along this is the only activity they have outside their own home.

There are 20 volunteers who alongside the development worker ensure all aspects of the service are meeting the needs of the members. The input from volunteers has been pivotal to the success of this service. Volunteers provide assistance in all aspects of delivery of the lunch club and more importantly companionship for the members during their time at the Centre.

In addition to this a community bathing service is available to any adult who

is identified as needing assistance in bathing. This service is mainly carried out in the member's home but several who do not have the facilities they need are carried out within Benview.

The Centre also has four office bases which it hires out to voluntary organisations that also have access to the Centres meeting rooms to meet with their service user and run groups and activities to meet their needs.

We also have four meeting rooms which are hired out to local user groups and other organisations. We have a small meeting room, a training suite, a comfortable lounge and our main hall which is multi-functional and can hold up to 75 people, which are available for to hire 7 days a week from 9am -10pm

The Centre is directly involved with over 500 individuals using the service on a weekly basis and it is our vision to extend the use of the Centre.

## TO FIND OUT MORE:

Tel: 01389 733030



on Facebook



Web: [benviewcentre.org.uk](http://benviewcentre.org.uk)

## Alzheimer Scotland



Dementia affects 82,000 people in Scotland. Alzheimer's disease is the main form of dementia. The second most common is vascular dementia. As yet there is no cure.

Alzheimer Scotland in West Dunbartonshire provide home support and daycare services to people with dementia.

The Dementia Advisor, Fiona Kane, provides information, advice and support to people with dementia, their families and friends and works in the local

community to help raise awareness of dementia in West Dunbartonshire to ensure that no-one goes through dementia on their own.

Alzheimer Scotland have monthly drop in cafes in The Clipper Pub, Dumbarton, in the Radnor Hotel Clydebank and also, a musical memories group in Benview Resource Centre, Dumbarton and in the Radnor Hotel in Clydebank.

Alzheimer Scotland is Scotland's foremost voluntary organisation working for people with dementia and their carers.

### Alzheimer Scotland:

- speaks out for the rights and concerns of people with dementia and their carers;
- operates services on over 60 sites throughout Scotland providing practical services such as day, evening and weekend centres, home care and befriending and carers' support services;
- provides the website: [www.alzscot.org](http://www.alzscot.org);
- supports a network of carers' groups;
- has a network of Dementia Advisors across Scotland;
- has a Specialist Dementia Nurse programme;
- publishes leaflets, booklets, reports and a quarterly newsletter keeping carers and professionals up-to-date;
- has a research programme.

### ALZHEIMER HELPLINE:

24HR FREEPHONE  
DEMENTIA HELPLINE,

**0808 808 3000**

which provides information and  
advice to **ANYONE**  
affected by **DEMENTIA**.

For further information on Alzheimer Scotland support or drop in services please contact:

**Fiona Kane**, Dementia Advisor at Benview resource centre  
in Dumbarton on **01389 768062** or **07787 445 163**

# WDMHF World Mental Health Day - Conference 2012



World Mental Health Day 10<sup>th</sup> October, raises public awareness about mental health issues. The day promotes open discussion of mental disorders, and investments in prevention, promotion and treatment services.

Depression affects more than 350 million people of all ages, in all communities, and is a significant contributor to the global burden of disease. Although there are known effective treatments for depression, access to treatment is a problem in most countries and in some countries fewer than 10% of those who need it receive such treatment.

On Wednesday 10<sup>th</sup> of October the Forum held a conference to mark World Mental Health Day at Dalreoch Church Hall. Over sixty people attended from members and service providers. Gemma Doyle M.P. opened proceedings, followed by a very informative talk by Dr Joe Bouch Consultant psychiatrist Goldenhill, Live Active coordinator John Gardner and a healthy eating talk and demonstration by Christine Park and Adele McGinn from Health Improvement.

After a light lunch we were treated to an excellent drama enacted by Mental Health in Mind which was warmly appreciated by all. There followed several



George Murphy - Public Participation Officer WDHCP

informative talks from Tam Hall, Levensgrove Project, Kirsty Davidson Riverview Service Users Forum, Eric Makeham Community Learning, Linda Allan and Gillian Grant Universal Comedy and finally our own David Harrison.

In addition to the various speakers there were information stalls (with freebies) from Stepping Stones, Alzheimer Scotland, Dumbarton Credit Union, Riverview, Welfare Rights, Health Improvement, L.E.A.D Scotland, Acumen, Community Learning, W.D. C.V.S., Hearing Loss and Live Active.

Feedback forms completed on the day were very positive and indicated that everyone enjoyed the occasion. The forum would like to thank everyone who helped make the event a huge success with special thanks to George Murphy for compering, M&S and W.D. Community Health and Care Partnership for catering.



Joe Bouch - Consultant Psychiatrist

## What you said

“Excellent, I have never been to anything like this before and have been very impressed!”

“Very good event, more diversity than a variety show!..and not a single dull moment!”

On the Web:

[www.who.int/mediacentre/events/annual/world\\_mental\\_health\\_day/en/index.html](http://www.who.int/mediacentre/events/annual/world_mental_health_day/en/index.html)

WDMF would like to apologise for an error in our last newsletter:  
In our Useful contact list, The Richmond Fellowship Scotland Phone number should have been:  
**01389 764516**

# Advance Statements

by: Drew Lyall

The Mental Health (Care & Treatment) (Scotland) Act 2003 introduced a number of significant features designed to ensure greater representation on the part of service users. Central to this was the provision for people who might receive treatment and services to set down how they would wish to be treated should they become unwell. This is known as an advance statement. An Advanced Statement is completed by a service user when s/he is well, and sets out preferences for the type of treatment received in the future. Anyone can make an advance statement, as long as they understand the nature and likely consequences of the types of preferred treatments listed. It is not necessary to have received treatment for mental ill health in the past. An advance statement can also include any treatments that you would prefer not to receive. Where possible, it is helpful to provide a brief explanation as to why you would prefer to have, or not to have, certain treatments. It is also important to remember that under the terms of the 2003 Act, the use of the term treatment extends beyond medication.

All those who provide treatment under the terms of the 2003 Act must take account of a valid advance statement. In circumstances where treatment decisions are made that go against an advance statement, an explanation must be provided in writing, with copies to other relevant people and the Mental Welfare Commission for Scotland.

An advance statement must be signed by the person it concerns, and witnessed by someone else who can confirm that the person making the statement understands what it contains and the effect this might have. For a list of those who can witness an advance statement, please refer to the guidance note referred to below.

Anyone considering writing an advance statement can expect support in doing this if required. Support might be available from: a family member; an independent advocate; support worker; social worker; mental health officer; community nurse; occupational therapist; or your doctor. If you are unsure how to access support, WD Mental Health Forum, can help you with this. The Scottish Government have provided information that offers further guidance for drawing up an advance statement. This can be found by accessing the following internet link:

[www.scotland.gov.uk/Publications/2004/10/20017/44081#2](http://www.scotland.gov.uk/Publications/2004/10/20017/44081#2)

## Riverview Resource Centre Service Users Forum

Are you, or have you in the past six months been involved with Riverview Resource Centre or its community based clinics in the Dumbarton/Alexandria areas? If so would you be interested in giving your opinion on your experience of the service and how it can be improved?

Riverview Resource Centre has recently developed a service user forum in line with the Scottish Recovery Indicator. The aim of the forum is to gain a real sense of how the service operates and how it can be developed from an individual's perspective. The forum currently meets once a month and involves looking at specific areas of the service and what can be changed to enhance patients' experiences.

If you feel that you would like to give your opinion as a way of developing the service for the future please contact:  
Kirsty Davidson or Emma Jardine  
on 01389 812070.

### WOULD YOU LIKE TO CONTRIBUTE TO THE NEWSLETTER?

Use the details below to contact us.

West Dunbartonshire Mental Health Forum, Room 2, Benview Resource Centre,  
Strathleven Place, Dumbarton G82 1BA Tel. 01389 742294

Email: [wd.mhf@btconnect.com](mailto:wd.mhf@btconnect.com)

Cut me out and keep me handy

### USEFUL CONTACT NUMBERS FOR WEST DUNBARTONSHIRE HOSPITALS

Vale of Leven .....01389 754121  
Royal Alexandra Hospital .....0141 887 9111  
Gartnavel Royal .....0141 211 3600  
NHS 24 Helpline .....08454 24 24 24

### ADULT MENTAL HEALTH SERVICES

Riverview Resource Centre ....01389 812070  
Goldenhill Resource Centre...0141 941 4400  
Primary Care Mental  
Health Team.....01389 812010

### POLICE

Alexandria.....01389 823000  
Clydebank .....0141 532 3300  
Dumbarton .....01389 822000  
Helensburgh .....01436 633600

### UTILITIES

Water Helpline .....0845 601 8855  
Electric Faults and  
Emergencies.....0845 272 7999  
Gas Emergencies .....0800 111 999

### COUNCILS

West Dunbartonshire Council.01389 737000  
Argyll and Bute Council.....01546 602127  
Council Contacts  
Anti-social behaviour.....01389 772048  
Roads/Lighting faults  
and complaints.....0800 373 635  
Emergency homelessness.....0800 197 1004  
Emergency housing repairs  
and Emergency caretaking....0800 197 1004

### CITIZENS ADVICE BUREAU

Dumbarton Office .....01389 744690  
Alexandria Office .....01389 752727  
Clydebank Office .....0141 435 7590

### OTHER USEFUL CONTACT NUMBERS

Alzheimer Scotland .....0808 808 3000  
.....01389 733334  
Breathing Space.....0800 83 85 87  
CARA (Challenging and  
respond to abuse) .....01389 738595  
Domestic Abuse .....0800 027 1234  
HEAR.....0141 952 8815  
Lomond and Argyll  
Advocacy Service.....01389 726543  
Samaritans .....08457 909090  
Stepping Stones  
(Mental Health) .....0141 941 2929  
The Richmond Fellowship.....01389 764516  
Turning Point .....0141 427 8200  
Welfare Rights .....01389 737050  
Women's Aid.....01389 751036

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Andy Binnie, Carol Dinning,  
Tommy Hollywood and Liz Howie

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