

West Dunbartonshire Mental Health Forum

moving ahead...

DECEMBER, 2015

WHO WE ARE

West Dunbartonshire Mental Health Forum (WDMHF) represents service users and carers who work in partnership with services in the West Dunbartonshire local authority area. We are based at the Benview Resource Centre in Dumbarton and are currently supported by West Dunbartonshire Health & Social Care Partnership (WDHSCP). Scottish Charity No. SC039187

UPDATE

Welcome to the latest edition of the West Dunbartonshire Mental Health Forum newsletter.

Our committee meet on the second Monday of every month with several sub-groups meeting every week.

Since our last edition members of the committee have attended several meetings which include WDCVS, George Murphy, Public Involvement Officer WDHSCP, John Russell, Head of Mental Health, Learning Disability and Addiction Services WDHSCP, Marie Rooney, Integrated Operational Manager WDHSCP, Yvonne Milne, Project Team Leader Goldenhill Resource Centre, Claire Hubler, Education Dept., Kevin Mason, The Leamy Foundation and The Mental Health Improvement Network Sub-group.

We would like to thank George Drain, who has decided not to stand for re-election, for all his input over the last year and we wish him well for the future. We would also like to welcome Linda Ashby to our committee and hope that she enjoys working with us.

We are moving ahead with our One Step at a Time pilot Health & Wellbeing project and hope to be commencing our first groups mid-January.

The forum would like to take this opportunity to wish all our members a happy and safe festive season.

Our Committee:

Liz Howie (Chairperson)
Carol Dinning (Secretary)
David Harrison (Treasurer)
Linda Ashby
Anne Bardsley
Stuart McEwan
Liz Moore

WDMHF A.G.M. 2015

The Forum held their A.G.M. on Wednesday 21st of October in Benview resource Centre.

Liz Howie who chaired the meeting welcomed everyone to the event and introduced John Russell, Head of Mental Health, Learning Disability & Addiction Services West Dunbartonshire Health & Social Care Partnership (WDHSCP).



John thanked the committee for their hard work over the year and said that

although a lot of services are coming under pressure the forum is thriving. He explained that he has visited larger areas that do not have a forum which does as much work as WDMHF. He said it is important that the forum attends meetings with the service providers as a voice for their members. We have acquired funding from WDHSCP to rent another room in Benview.

We have also been working with Claire Hubler, Health Development Officer West Dunbartonshire Education Department, to develop a lesson plan to be rolled out into secondary schools and this another piece of fabulous work. The quarterly newsletter gives people lots of information about what's going on the area not just about mental health groups but in a wide variety of groups in the community which is another valuable resource that the forum provide.

Liz went on to thank the committee for all their hard work over the year and Tommy Hollywood for his work with the newsletter editorial group. She also thanked the WDHSCP staff for their help and continued support especially John Russell, Marie Rooney, Lynne Kennedy, Yvonne Milne and George Murphy.

We are also developing a new website which will include a 'young persons' page and running alongside will be an App suitable for Android and IOS devices.

Glynis Boyle, Development Worker for the forum then went on to give a short introduction to One Step at a Time, a pilot Health & Wellbeing Programme which will be delivered throughout 2016 as a phased initiative. The emphasis of the programme is to offer a variety of activities and short courses to residents living within West Dunbartonshire with mental health support needs and extending it to their carers.

After a light lunch our members went on to try some of the taster sessions on offer which included yoga, massage, Reiki, crochet, card making, jewellery making and make-up application.

JOIN US
TODAY

If you would like to become a member of
WDMHF please Contact **01389 742294** or
Email wd.mhf@btconnect.com
Web www.wdmentalhealthforums.org

SCOTTISH WOMEN'S INSTITUTE

The Scottish Women's Institute is Scotland's leading member based organisation created by women in 1917, designed to bring women together, with a vision to welcome every woman in Scotland to join us. We are here to educate, to share, to campaign, to learn, to socialise, and to build a community and of course, to have fun

Members who belong to the various Scottish Women's Institutes throughout Scotland and in the West Dunbartonshire and surrounding area enjoy varied activities and social events

MONTHLY MEETINGS:

Gartocharn
Cardross Millig
(Helensburgh) Garelochhead
Cove & Kilcreggan
Luss
Craigton in Bearsden
Croftamie

TEAM COMPETITIONS :

Curling
Bowling
Rural Olympics
Drama
Choir Competitions

LEARN NEW AND VARIED CRAFTS:

Photography
Blackwork
Lampshade making
Yeast Cookery and Pastry

There are also many social events from competing in Federation or local shows, to outings and get togethers



For further information contact:

More information can be found on our Facebook page:

www.facebook.com/DunbartonshireFederationSWRI/info

Or our Website:

www.spanglefish.com/swridunbartonshirefederation/

ST AUGUSTINE'S COMMUNITY HALL

St Augustine's Community Hall is situated directly behind the church on St Mary's Way Dumbarton. The hall consists of three differing sized meeting rooms the largest one able to accommodate groups of up to 65-70. We have disabled access and toilets both in the hall and the church and access to Wi-Fi and the Loop system, (in church).

Currently we have several groups letting our meeting rooms some of which include:

- Stepping Stones
- The Richmond Fellowship
- AA, CA & NA
- FAST (Recovery Group)
- Rainbows
- Carers of West Dunbartonshire
- West Dunbartonshire Community Council
- Get Connected Girls Group
- Local MP Surgery

There is a regular Friday drop in lunch café open to the public for homemade soup, toasties, tea, coffee and cake. The Church is also used as a venue by The Allsorts Choir, a Meditation Group and holds a monthly Acoustic Night.

St Augustine's Food for Thought is an integral part of our working life and is a referral only emergency food aid and support service, available 7 days per week to those in most need in our area. This service runs from the Community Hall Office, and referrals are taken from any statutory or voluntary organisation. We also provide advocacy, information and counselling support in the short and longer term. Our case load is growing by the day, especially with the homeless and lone parents with children.



This year will see the 5th Christmas Dinner held in the hall. Around 50 people, mostly in vulnerable situations, or alone, will join us and spend the afternoon together enjoying delicious food, some entertainment and good company. Spaces can be booked by your support worker or call us on 01389 734514.

You can email us on staugustinesec@btintenet.com

Food for Thought on staugustinesf4t@hotmail.com

Or telephone 01389 734514

LEVENGROVE PLUS EXHIBITION

Levensgrove Plus held an arts event on Thursday 5th of November to launch "Boots On", a film detailing the activities available at the project as part of the Scottish Mental Health Film & Arts Festival.

The event was themed as a movie premier with red a carpet, popcorn and all the trimmings with "Boots On" taking centre stage. Also on the programme was a performance by All sorts Choir, an exhibition of arts work including paintings, jewellery, sculpture and photography and talks by several local authors.

The occasion was very well attended and thoroughly enjoyed by all.



A LOOK AT MY JOURNEY BY DEBORAH GOLD

For many years I have struggled through life with mental health. I never thought I could get help and support and did not need to suffer on my own for so long, but I did.

I remember going through some sort of compulsion of cleaning, checking things were off, doors and windows were locked and things were in their proper places. This went on for years until one day I broke....and that's when I got help with my compulsions and social problems.

My mum took me to the doctor and I explained what was happening and how I felt and he diagnosed me with stress, anxiety and depression. He also mentioned that there were organisations out there that could help me, he gave me a telephone number to contact Stepping Stones, so I did with a lot of hesitation (Well let me tell you there was a lot of hesitation).

I was petrified to phone the number because I thought someone down the phone was going to laugh at me. I eventually managed to make the phone call and the first hurdle was over. They set me up an appointment to meet with a support worker to discuss my problems and how they could help me. I actually could see some light.

This is where my support started.

I had regular appointments with my support worker which was great because I could talk about my life and have someone to listen to me for a change.

My confidence started to shine through and I started to feel a bit stronger than I had ever been. I managed to start joining support groups and socialising with other members.

Today I do still struggle but I am more in control of my life and can deal with emotions and situations that arise because of the support at Stepping Stones. I have learned new ways of positive self-talk and I know what triggers my emotions.

I do feel able to cope with life challenges now and I know that Stepping Stones is at the other end of the phone if I need them.



POWER OF ATTORNEY

West Dunbartonshire Health & Social Care Partnership and the Council have joined forces with other organisations across Scotland to encourage local people and families to put a Power of Attorney in place to protect their futures.

Every year thousands of people across Scotland lose capacity – it could be an accident, a head injury, a stroke or an ongoing progressive illness. If an individual finds themselves in such a position and is unable to make decisions for themselves it is important that they have taken the legal steps to appoint someone with Power of Attorney.

If you are in hospital or a care environment or even your own home, no one can act for you – pay bills, manage your welfare or make key decisions - unless you have appointed someone to do so on your behalf.

This national campaign is encouraging everyone to “Start the Conversation” with their loved ones as the first step to giving Power of Attorney to someone they trust.

The sad truth is that every day across Scotland people of all ages are injured or suffer illness that incapacitates them. If there is no Power of Attorney in place then your loved ones will face a real struggle and mountains of red tape.

It may sound daunting, but information and advice is readily available – and this campaign is seeking to promote these important supports and help us all to plan for our futures.

For further information visit.

<http://www.mypowerofattorney.org.uk>

£10,000 PILOT PROJECT!

The forum are excited to announce that we have been successful in our application for £10,000 from Awards For All Scotland to carry out our One Step at a Time health and wellbeing pilot project as announced at our A.G.M.



Would you like to contribute an article to our Newsletter?

Use the details below to contact us.

**West Dunbartonshire Mental Health Forum,
Annexe 1, Benview Resource Centre,
Strathleven Place, Dumbarton, G82 1BA.**

Tel: 01389 742294

Email: wd.mhf@btconnect.com

USEFUL CONTACT NUMBERS FOR WEST DUNBARTONSHIRE

HOSPITALS

Vale of Leven01389 754121
Royal Alexandra Hospital0141 887 9111
Gartnavel Royal0141 211 3600

NHS 24 Helpline 111

ADULT MENTAL HEALTH SERVICES

Riverview Resource Centre01389 812070
Goldenhill Resource Centre...0141 941 4400
Primary Care Mental Health Team
.....01389 828203

POLICE

Non Emergency 101

UTILITIES

Water Helpline0845 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

OTHER USEFUL CONTACT NUMBERS

Citizens Advice Bureau
C.A.B. Dumbarton01389 744690
C.A.B. Alexandria01389 752727
C.A.B. Clydebank0141 435 7590
Women's Aid.....01389 751036
Domestic Abuse0800 027 1234
Samaritans08457 909090
Alzheimer Scotland0808 808 3000
.....0141 410 5303
Breathing Space.....0800 83 85 87
Stepping Stones (Mental Health)
.....0141 941 2929
CARA (Challenging and respond to abuse)
.....01389 738595
The Richmond Fellowship01389 726800
Lomond and Argyll Advocacy Service
.....01389 726543
Turning Point0141 427 8200
Welfare Rights01389 73705

USEFUL WEBSITES

Living Life to the Fullwww.littf.com
Glasgow STEPSwww.glasgowsteps.com
Mood Gymwww.moodgym.anu.edu.au
Mood Caféwww.moodcafe.co.uk
Mood Juice..... www.moodjuice.scot.nhs.uk

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