

West Dunbartonshire Mental Health Forum

moving ahead...

March, 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 funded by West Dunbartonshire Community Health and Care Partnership (WDCHCP). Scottish Charity No. SC039187

UPDATE

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

Our Committee meet on the Second Monday of every month, alternating between a business meeting and a Development Day.

Since our last edition members of the committee have attended several meetings which include:

- Mental Health Development Group (at Riverview Resource Centre)
- The Public Partnership Forum, Consultation Day
- The VOX winter Festival
- Scottish Recovery Network Conference
- West Dunbartonshire CVS
- Goldenhill Resource Centre
- Education Department
- Youth Philanthropy Initiative (Young People from Vale of Leven Academy and Dumbarton Academy)
- Focus Group, Vale of Leven Academy

We also had a visit from John Russell and Marie Rooney.

Our Committee Members:

Liz Howie (Chair person)
Carol Dinning (Secretary)
David Harrison (Treasurer)
Anne Bardsley
Andy Binnie
Julie Forsyth
Liz Moore
Stuart McEwan
George Drain



ANNUAL GENERAL MEETING

Liz Howie, who chairs the Committee, welcomed people to the meeting and introduced **John Russell**, *Head of Mental Health, Learning Disability and Addiction Services West Dunbartonshire Community Health and Care Partnership*

John stated that it had been a very successful year for the Forum and that he admired the committee who give up their time and their commitment to keep the forum running.

The WDCHCP find it difficult to get feedback from the community on how people think services are working but the survey completed by the forum gave them a lot of information on this. It not only focussed on mental health issues but also the issue of physical ill health which can impact on mental health.

John thanked the members of the outgoing committee and presented them all with certificates of appreciation (On Behalf of WDMHF) for the work they have done over the last year.

The forum received a grant of £10,000 from Awards for All Scotland which amongst other things allowed them to employ Ann Pryce as a sessional worker and her contribution has been greatly valued.

A big thank you to the West Dunbartonshire Community Health and Care Partnership for the funding they provide us with every year it is very much appreciated.

A special thanks to George Murphy, Public Involvement Officer, WDCHCP who is our link with services, he has been a invaluable support to the forum over the years.

Thanks also go to WDCVS for all the support that they have given the forum over the years.

We the forum continue to fight stigma and be the voice of service user and carers in West Dunbartonshire.

JOIN US
TODAY

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

WHO IS PENNY CURTIS?

I am Penny Curtis and I head a division within the Scottish Government's Health and Social Care Directorates. The division includes the Mental Health Unit (MHU), the Protection of Rights Unit (PoRU) and the Restricted Patient Team. We support Scottish Ministers to deliver their policy and service improvement priorities. The MHU's priorities are set out in 3 strategy documents that we developed – the Mental Health Strategy, the Dementia Strategy and the Suicide Prevention Strategy. We work with partners in the statutory and third sector and with people with lived experience and carers to deliver the commitments in the strategies. The PoRU is responsible for the mental health legislation including taking the new Mental Health Bill through Parliament; work on regulation of care and developing the new care standards, and on Adult Support and Protection. The Restricted Patient Team supports Ministers in their oversight and scrutiny of day to day management of patients on restriction and compulsion orders.



Penny Curtis

Acting Head of Mental Health and Protection of Rights Division

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CLYDEBANK HEAR TO INFORM EVENT

The aim of Hear to Inform is for people with hearing loss, their families and carers to learn more about hearing loss, hearing aids and other local services which may help. The welcoming environment encourages people to ask questions and share experiences.

George Wilmshurst, one of Action on Hearing Loss's volunteers spoke about his experience of hearing loss and of using this to help others. This was followed by Gillian Frazer, an audiologist, who explained more about how hearing aids can help and how to get the best from them.

Action on Hearing Loss was very pleased to welcome Ann Pryce & Liz Moore to the recent Hear to Inform events in Clydebank.

Ann and Liz spoke about the work of West Dunbartonshire Mental Health Forum, and how they can help people improve their mental health and wellbeing, the Community Police Officer spoke about how to keep you safe. Participants also heard about how LinkUp volunteers can provide information about virtually anything and how Visibility's Let's Get Digital offers people with visual impairments information and hands on, practical, training in the use of digital technology.

The final speaker was Malaika Rose from Action on Hearing Loss who demonstrated the variety of products that are available to help people with hearing loss, such as vibrating alarm clocks, louder phones, and TV listeners. Participants got the opportunity to try these out while relaxing over tea and biscuits. The event can be summed up by the comment of one of those attending who said "I will use Visibility for an elderly friend, LinkUp for a housebound lady and Action on Hearing Loss for myself."



For further information about the services provided by
Action on Hearing Loss please contact Katy Green.
Tel: 0141 341 5338, Email: Katy.Green@hearingloss.org.uk
Or visit the website: www.actiononhearingloss.org.uk

PIONEER GROUP

The Pioneer Group was formed on 7th April 2014. We are a group of people who live in West Dunbartonshire. We all have a diagnosis of dementia.

The purpose of the our Group is to:

- Raise awareness of dementia in West Dunbartonshire
- Be a voice for people with dementia
- Advise and support people with dementia who are recently diagnosed
- Educate family members

Members of our group are keen to meet with groups and organisations in West Dunbartonshire to talk about living with dementia and to help support people who are going through a diagnosis or coming to terms with being told that they have dementia.



We would be delighted to speak to your group.

If you would be interested in meeting with us this can be arranged through Fiona Kane, Alzheimer Scotland Dementia Advisor on 0141 410 5303 or email fkane@alzscot.org

NEW MANAGER FOR MENTAL HEALTH

My Name is Marie Rooney, many thanks for this opportunity to say Hello and introduce myself to members of the Mental Health Forum.

I joined the CHCP a few months ago, my background is in Mental Health Nursing. Over the last 24 years, I have worked in hospital and community settings, but I'm new to this area. I have been made very welcome by the Forum members I have already met and look forward to working closely with you in the coming years. Like my boss John Russell, I very much value the unique contribution WDMHF make and see the organisation as a shining example of how to channel that experience of mental illness into improving mental health services for the future.

As you will know, services are always changing and our challenge is to deliver better services on a very tight budget, so I'm always keen to hear the Forum's feedback and suggestions.

There are lots of developments in West Dunbartonshire, we're working across services to try and help improve access and take on board the feedback we get. One new development is our Psychological Therapy Group Programme, which is just getting off the ground. This offers a variety of groups for different conditions and will be delivered across the West Dunbartonshire area.

This includes;

- a CBT group
- a Mindfulness group and an Emotional Skills group

If you're involved with the Primary Care Mental Health Team or the Community Mental Health Team, you can get information from your worker.

As well as the Mental Health Team, in Clydebank, I work with the Acquired Brain Injury team in Dumbarton, the Primary Care Mental Health Team, and the Mental Health Officer's team, which makes for a very interesting job.

I look forward to seeing Forum Members at your events and working with you in the next wee while.

All the best,

A handwritten signature in black ink that reads "Marie Rooney".



RECIPE FOR STOVIES!

Serves: 4

INGREDIENTS

- 6 to 8 large potatoes, diced chunkily
- 1 handful chopped carrot
- 1 handful chopped swede
- 1 large onion, chopped
- 4 Scottish Lorne sausage, cut into 9 or 6 links, diced or left over roast beef
- 2 dessertspoons gravy granules
- salt and black pepper, to taste



METHOD

Prep: 15min › Cook: 30min › Ready in: 45min

Layer the potatoes, carrot, turnip, onion and sausage in a saucepan, leave some space at the top. Add about 1 mugful of water. Bring to the boil, then simmer for 30 to 40 minutes. Make sure they don't boil dry. Once cooked take off heat and put gravy granules over the mix. Stir through until it thickens up and browns.

ENCHANTED EMOTIONS

Levensgrove Plus Art planning group recently held the "Enchanted Emotions" Art Exhibition. This exhibition provided an unique experience for everyone to enjoy thought provoking art created by local artists with a lived experience of mental ill health. The exhibition allowed us to share the emotional impact art can have on us.

This was the fourth successful year Levensgrove Plus put on this event and this year was especially significant in embracing the POWER that art has to tackle STIGMA and promote RECOVERY.

Our guest speaker this year was DAMIEN PECK, local author of the recently published "EDEN SEED" who "never fails to be intrigued by the hidden weaknesses and strengths in people, the spirit of creation and the many mysteries of antiquity".

Over 100 people enjoyed this event.



Thought provoking art in lovely surroundings!

Would you like to contribute?

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

Prevention

Prevention is better than cure

Living for the moment not for the hour

Earning your worth, giving your all.

Remembering pride cometh before a fall

Many people talk very few do

So most of their toil is left to the few

When the work's over who's left to care

Only the workers who are left in despair

Jobs done work's over

No more dancing through the clover

Poor times have come

No work to do

The many will suffer under the few

by George Drain

Cut me out and keep me handy

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 812010

POLICE

Non Emergency 101

UTILITIES

Water Helpline0845 601 8855
Electric Faults and Emergencies
.....0845 272 7999
Gas Emergencies0800 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 Bureau01389 761380
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

Thanks to the editorial team:

Anne Bardsley, Carol Dinning,
George Drain and Liz Howie