

# West Dunbartonshire Mental Health Forum

*moving ahead...*

September, 2014

## 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 the West Dunbartonshire Mental Health Forum's Newsletter. The Committee meet on the second Monday of every month, alternating between a business meeting and a development day. Since our last edition we have moved office but no worries it is just to Annexe 1 around the back of the Benview building, which gives the members of our committee with mobility issues ease of access to the office, contact details will remain the same.

Members of the committee have attended several meetings since the last edition including The Strategy Meeting with the West Dunbartonshire Community Health & Care Partnership (WDCHCP) which has now been disbanded pending the streamlining of CHCP's across Scotland and will be known as the West Dunbartonshire Health & Social Care Partnership (WDHSCP) as of April 2015. We have also been meeting with Selina Ross, WDCVS, to update our Policies & Procedures. The Mental Health Improvement Network which we attend on a regular basis has asked us to offer a Coffee, Cake & Chat event during Suicide Prevention Week on Friday 12th September between 10am-2.30pm in The Concorde Centre, Dumbarton.

WDMHF will be holding our A.G.M. on Friday 7th November 2014 at 10am-12pm in St. Patricks Church Hall, Dumbarton.

If you wish to attend our A.G.M. we would appreciate it if you could contact the office so that we can estimate numbers for catering purposes.

### Our Committee Members:

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



## INSPIRATIONAL WALKS IN LEVENGROVE PARK

My name is Andy Binnie; I'm a committee member with West Dunbartonshire Mental Health Forum, I am also a committee member of the Levensgrove Art Planning group.

A few years ago, I went along to an art exhibition, in Levensgrove Park, Training Suite, at the end of the exhibition, as it was a lovely evening, myself and several of the volunteers decide to go for a stroll around the park.

On passing St Serf's Chapel I happened to notice a plaque that indicated that some of Robert the Bruce's remains were interred in the grounds of the park. I mentioned this to some of my colleagues, and thought that this was entirely plausible as Robert the Bruce died in Cardross Parish which Levensgrove Park was once part of.

It was mutually agreed that I would volunteer to lead Inspirational Walks around the park. Before taking my first party of people around the park I had to do a lot of research on the rich history of Levensgrove and its surroundings which I have continued to research to this day and still find it very interesting and enjoyable.

I have recently been awarded my SVQ Level 4 in Communication and also my Walk Leaders Certificate.

WDMHF Committee would like to congratulate Andy on his achievements. WELL DONE ANDY!!

JOIN US  
TODAY

If you would like to become a member of WD-MHF please Contact **01389 742294** or Email **[wd.mhf@btconnect.com](mailto:wd.mhf@btconnect.com)**

## CHEERIO MIKE!



Mike Foley, Strategy Officer – Mental Health, West Dunbartonshire Community Health & Care Partnership retired on Thursday 31st July 2014, after 30 years of service.

Liz Howie (Chairperson) and David Harrison (Treasurer) attended Mike's retirement event where they presented him with a small token of our thanks.

Over the years Mike has supported the forum and we would like to thank him for all his hard work and wish him well in his retirement.



## HUG (ACTION FOR MENTAL HEALTH)



HUG is a network of people with experience of mental health problems. In the jargon we are known as a collective advocacy group but in reality we are a group of people who by speaking out want to change the world, even if a little cautiously and politely.

Our priorities are set by our members the main one being to challenge stigma with the priority in that area being with Young people. We do this through mental health awareness raising with anyone from psychiatrists to support workers to students. We work with young people by using drama in schools (having reached about 9000 young people now) by visiting PSE classes and through the creation of animation dvds and resource packs.

We work with the media and are often on BBC Alba, we create promotional materials like our postcards. We produce awareness raising DVD's and we participate in the mental health and arts film festival.

Our current other priorities are around welfare reform, employment and keeping the services we value going.

Much of our work is carried out by visiting members across Highlands to find out their views and act on these. Current reports that have been produced as a result of recent meetings are on Telehealth, Self directed support, the TAG network, green spaces at New Craigs, Views on See me and so on.

We speak with officials and politicians at a local, regional, national and international and are very keen for groups within and outwith Scotland to support each other in a democratic structure.

We try to involve a wide variety of people and now have 'SPEAK: this is me' our young peoples group and 'Live life well' our group for people over 50. We are working with VOX (Voices of Experience) around domestic abuse and mental health and have a small group of parents whose children have been taken into care. We work with the local LGBT forum and are working to gain a presence in our local prison.

We rely on our members for our activity and voice and have a valued and vibrant group of volunteers working in all types of areas.

*By Grahan Morgan  
Voices of Experience*



## WOULD YOU CREDIT IT?

Did you know you can access training and qualifications in your community? West Dunbartonshire Council's Community Learning and Development Section has been an SQA accredited centre for the last six years. During this time numerous local residents and projects have benefitted from having access and support to over 40 different awards.

The awards available range from **Core Skills, Financial Awareness awards, Personal Achievement awards, Award in Volunteering Skills, Gardening Workstart award, Introduction to Community Work and the new Personal Presentation award.** Individuals will gain a great deal from undertaking these awards and as part of the Working 4 U service individuals who are looking to gain employment will be supported to get involved in further courses which will prepare them for work.

Last year the centre received recognition from SQA in the form of a 'Highly Commended' STAR award for Lifelong Learning; this endorsed the innovative work carried out with service users, partners and agencies from across West Dunbartonshire.

If you would like more information on accessing these awards or to discuss embedding these awards in to your current project then please contact SQA Co-ordinator Alan Deans direct on 01389-738546 or by email [alan.deans@west-dunbarton.gov.uk](mailto:alan.deans@west-dunbarton.gov.uk)



## YOUTH PHILANTHROPY INITIATIVE

Liz Howie Chair of WDMHF and Ann Pryce, Sessional Worker, were invited to Vale of Leven Academy to talk to some S3 pupils. They had nominated the forum as the community group of their choice to be entered into an award scheme run by the Youth Philanthropy Initiative. The reason they selected WDMHF was that they had become aware of the effects of bullying and exam stress on pupils.

The pupils had to design a presentation for delivery to a group of judges, who then decide which project will win the award of £3000. Unfortunately the girls did not win although they did come along to one of our Coffee, Cake & Chat events and delivered their presentation, they certainly were our winners.

For more information on the Youth Philanthropy Initiative go to [www.goypi.org](http://www.goypi.org)

WELL DONE GIRLS!

Thank You for Choosing WDMHF



## THE MEN'S SHED



Local man The Gorgeous George Drain is recruiting likeminded men who have reached retirement, live with long term unemployment or who just want to come and share their skills with each other and will be made welcome in the "Men's Shed" model.

Loneliness, isolation and other conditions caused by life's circumstances can

lead to more serious mental and physical health problems which can often lead on to hospital admission or other medical interventions.

There are now 15 plus "sheds" in use or being planned in Scotland including this Clydebank Mens "Shed" model which is specifically a place for men to meet not only to share their skills and ideas but also to develop themselves. The Men's Shed is a safe environment where confidentiality is the norm where you can meet informally have a chat, a cup of tea and use the activities on offer. The 'Shed' is an ideal way to put purpose back in your life, So get up, Get out and Get on with it.

There is a meeting on Wednesday 8th October at 2pm in West Dunbartonshire CVS office, Arcadia Business Centre, Clydebank.

**For more information**

email: [mens.shedclydebank@gmail.com](mailto:mens.shedclydebank@gmail.com)

# LINNVALE LIFELONG LEARNERS

We are a Social Inclusion Group; our activities are currently available in and around the Clydebank area. We are a constituted group and receive support from local agencies.

We offer:

- A cinema group on a Tuesday
- Lunch group at Clydebank College (monthly)
- Sewing Group every Thursday afternoon
- (currently full and has a waiting list)
- Jewellery and craft group every Friday

For more information contact:

George on 07730384634 • Margaret on 0141 951 2234  
Betty on 0141 952 3953

## WORDSEARCH

U Q E Z J Y L A V E X S T F L  
N O I T A C A V L G A C Y Q O  
Q X D C C T G T T G A K V P L  
Z T F U P F S U N F L O W E R  
H O Q Q T A C A O X A D Q H X  
H E A T C I I Q L T Q U C N Y  
B V B D Q C N A E O H A V W F  
F A N P D E C S M P E V L U S  
G A S K B C I F R B O P A W K  
S N V E A R P C E C G O I N O  
F S I S B E L J T D F M L D G  
U I O T W A K J A X M Q E B F  
A I Y S A M L F W I V N A F G  
I T A C E O H L N G D B Y V F  
T F Z C G K B G O V W N P Y C

BEACH  
BASEBALL  
ICE CREAM  
SWIMMING  
PICNIC  
VACATION  
SUNFLOWER  
WATERMELON  
SANDCASTLE  
HEAT  
BOATING  
POOL

## 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 .....111

### ADULT MENTAL HEALTH SERVICES

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

### POLICE

Non Emergency .....101

### 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

### OTHER USEFUL CONTACT NUMBERS

Citizens Advice Bureau .....01389 761380  
Leven Addictions Service.....01389 812018  
Alternatives.....01389 734500  
Women's Aid.....01389 751036  
Domestic Abuse .....0800 027 1234  
Samaritans .....08457 909090  
Alzheimer Scotland .....0808 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 Fellowship .....01389 726800  
Lomond and Argyll Advocacy Service  
.....01389 726543  
Turning Point .....0141 427 8200  
Welfare Rights .....01389 737050  
Dumbarton Area Council on Alcohol  
(DACA).....01389 731456 / 0141 952 0881

### Thanks to the editorial team:

Anne Bardsley, Andy Binnie,  
Carol Dinning, and Liz Howie

## THE DAY MA DUG ATE MA WALLIES

Ma mooth wis sair, so the wallies came oot  
The relief fe the pain ah wantit te shout  
But ah wis tired so selp upon the chair  
But when ah woke up I wailed in despair  
The dug had chewed ma wallies up  
Whit harm wid befall him, he wis only a pup  
Then I saw a bit oh chewed gum  
Then the rest oh ma wallies and I was quite overcome  
Back te the dentist te get a new set  
Only these wans will stay in ma mooth, that you can bet



*by Anne Bardsley*

Now that you have seen a few of Anne's articles why not try and contribute a story, recipe, poem or photographs of your own!

### Would you like to contribute?

Use the details below to contact us.  
West Dunbartonshire Mental Health Forum, Annexe 1, Benview Re-  
source Centre, Strathleven Place, Dumbarton, G82 1BA.  
Tel: 01389 742294, email: wd.mhf@btconnect.com