



West Dunbartonshire Mental Health Forum

moving ahead...

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. Based at Benview Resource Centre in Dumbarton, we are currently funded by West Dunbartonshire Community Health and Care Partnership (WDCHCP).



Fiona Gray - WDMHF Chairperson

UPDATE

2011 CONFERENCE

Wednesday 18th May
9.30 (Registration) until 4pm
Dalmuir Barclay Church
Durban Avenue, Clydebank
G81 4JH.

**IF YOU WISH TO ATTEND
CALL: 01389 608106**

OUR COMMITTEE MEMBERS THIS YEAR ARE:

Fiona Gray (chairperson)
Hannah McLean (vice chairperson)
Carol Dinning (secretary)
Harry McCormack (treasurer)
Eileen Gorie
Stuart McEwan
Margaret Finnerty
Alison McCurley
Julie Forsyth
Karen McKinley
Ann Pryce
Elaine McCulloch (co-opted)
Liz Howie (co-opted)

ADVISORS:

Ingram Wilson
WDCHCP
Isobel Plunkett
WDCHCP

A WORD FROM THE CHAIRPERSON

Well, Spring has arrived. Thank you to all our members and others who read the Christmas edition and took the time to give positive feedback.

Well, Spring is on the way. A time to think about Recovery. A 2011 Conference Planning Group has been established from a variety of our partner organisations led by WDMHF. The theme of this year's conference will be "Recovery 2: Peer Support in West Dunbartonshire". Guest speakers include Leslie Smith (Scottish Recovery Network) and Yvonne O'Hara (Partnership Manager, Department of Works and Pensions). Presentations from Stepping Stones, the Award winning Goldenhill Task Group and Work Connect Peer Support Group will enlighten and inform the audience on current West Dunbartonshire activity. Mental Health in Mind will once again enthral the participants with an "awesome" production of Forum Theatre.

The conference will take place on:
Wednesday 18th May
9.30 (registration) until 4pm
Dalmuir Barclay Church, Durban
Avenue, Dalmuir, Clydebank G81 4JH

Lunch and refreshments will be provided.

If you wish to attend please contact:
Conference Planning Group
West Dunbartonshire Mental Health Forum
Room 2, Benview Resource Centre,
Strathleven Place, Dumbarton G82 1BA
Tel. 01389 608106
(please leave a message)
or email: wd.mhf@btconnect.com

I look forward to seeing you there.

Fiona Gray

Chairperson
West Dunbartonshire
Mental Health Forum

WEST DUNBARTONSHIRE COMMUNITY HEALTH & CARE PARTNERSHIP UPDATE

I am pleased to report that West Dunbartonshire Community Health and Care Partnership (CHCP) has got off to a great start.

The partnership has been building on previous success, bringing services together with a common aim to improve and support people's health and wellbeing.

West Dunbartonshire Mental Health services in particular has had a long and successful history of working jointly with service users and other service providers to provide and deliver quality mental health care to the population of West Dunbartonshire.

I am very proud of the working relationship we have with all our partners and I am committed to building on this partnership in future years, to challenge stigma and deliver services which will improve mental health and wellbeing in West Dunbartonshire.

Joint planning for our annual "Recovery" conference is underway, I was thrilled by the success of last year's event which was led by our partners West Dunbartonshire Mental Health Forum. The conference demonstrated the passion and commitment that service users, carers and service providers have about their mental health care service provision.

I look forward with anticipation to this year's event and would like to thank the working group which are building on the success of last year and taking forward new ideas and innovation for this year.

John Russell

Head of Mental Health
West Dunbartonshire CHCP



**West Dunbartonshire
Mental Health Forum**

Room 2, Benview Resource
Centre, Strathleven Place,
Dumbarton G82 1BA

Tel: 01389 742294 or

Email: wd.mhf@btconnect.com

MENTAL HEALTH WHO CARES?



Mental Health Who Cares? (MHC) is a group of carers who offer peer support. Founded by carers and run by carers and self-carers, they provide support for people who experience mental ill health and their families by providing information with informal chat.

**MHC meet every Friday in Dalmuir
Community and Education Centre in
Clydebank from 12noon until 2pm.**

The group had a very successful day for the launch of their film "THE JOURNEY" on DVD which they hope to repeat for Mental Health Awareness Week in October.

**To find out more information on
Mental Health Who Cares?
Please visit our website
www.mentalhealthwhocares.co.uk**



**TO FIND OUT MORE
ABOUT MENTAL
HEALTH, PEER
SUPPORT AND
EMPLOYABILITY LOG
ON TO SRN WEBSITE.
WWW.
SCOTTISHRECOVERY.
NET**

MY JOURNEY TO RECOVERY

My name is Stuart McEwan and I live in Clydebank. I have experienced mental health issues (I suffer from depression, stress and anxiety) for a number of years but am now well on the road to recovery. When you have a mental health issue you can lose family, friends, self respect, confidence and your standing in the community. I experienced the loss of some of those but with the help from a number of individuals and organisations I have moved on and continue to move on. It can take a period of time for the medication to settle before you feel that you are able to cope a bit better and then begin to make your recovery plan.

A very large part of my recovery plan was being involved in training and volunteering over the past 20 years to help me move on with my life. I needed something that was fun, rewarding, flexible and varied so volunteering was the best option for me. I volunteer in Clydebank and Dumbarton with different organisations where I have a sense of purpose that stops me from feeling low and getting lost in the system. Volunteering has made life more interesting and rewarding where I am expanding on some of the skills that I already had because if I didn't have the ability to expand on my knowledge then I would have nothing. For my recovery plan I knew I had to be able to concentrate, learn and use my memory which I managed to do through volunteering, as well as being able to build my positive attitude and sense of humour.

Volunteering may not suit everyone as it may conflict with other priorities but it suits me my lifestyle as I can choose my path, it's flexible and accommodating to my mental health issue. For me volunteering is better than paid work as there is the possibility of variety in what you do and there is a lot less pressure. One of the reasons why I volunteer is to pay back society and organisations for their help and understanding in relation to my mental health issue as well as talking to people about me to begin to break down some of the barriers and myths surrounding mental health issues, to give

people a positive angle of mental health so they can take it on board and use it in a positive manner.

Through volunteering I have increased my self-esteem and confidence and that has been noticed by family and friends, they know that I am not living in a "bubble of mental health issues" and I am now looking to move on and beyond with my recovery plan.

Stuart McEwan
WDMHF Committee



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NEW DVD SHOWCASES ROUTES BACK TO WORK FOR PATIENTS: THE JOURNEY TO EMPLOYMENT

A DVD of moving stories told by former mental health patients and their efforts to get back into work has been funded by NHS and Greater Glasgow and Clyde.

"Journey to Employment" was made with collaboration with members of the Peer Support Development Group in Glasgow and its launch has been backed by Nicola Sturgeon, Cabinet Secretary for Health and Wellbeing.

Ms Sturgeon said: **"The Scottish government is committed to helping people with mental health problems to achieve their full potential.**

That includes being full, active and productive members of the community- and for lots of us a job is a very important part of that."

"For many people returning to work can be one of the best ways to help their recovery, providing the right help and support in a place for them."

Sylvia Collumb, NHSGG&C Programme Manager, (Mental Health and Employability) stated, **"Research shows that less than 40 percent of employers would consider employing someone with a mental health problem."**

"And whilst people with mental health problems have the highest levels of unemployment among any disabled person, they also have the highest want to work rate."

"However people can and do recover from even the most serious long-term mental health problems and the personal stories in this DVD is proof of that."

"I hope that patients and service users will find this film a useful "toolbox" which they can dip into for help, advice and guidance as they recover and prepare for their new life in employment."



For more information contact NHS Greater Glasgow and Clyde Communications on **0141 201 4429** or email **press.office@ggc.scot.nhs.uk**

GOLDENHILL TASK GROUP

Following the completion of Scottish Recovery Indicator (SRI) pilot, Goldenhill Task Group was established. The Task Group consists of service users, carer representatives, health and social work staff. All members have a commitment to make the services work better and be more aware of the role of service users in influencing the future service development.

The Winter months have proved a busy and productive time for the Task Group. We have finished our Service User Questionnaire which will be sent out Mid February. The more responses we get, the more we will be able to take account of the views of our clientele!

The Service User Notice board is "up and running" and being attended to by our volunteers.

Along with Maureen Birss (our Operational Manager) we have updated leaflets for Goldenhill which will soon be going to the printers.

Last, but not least – we are now an award winning service! The work of the Task Group has been recognised nationally by being awarded a "Highly Commended" Certificate by the Mental Health Nursing Forum Scotland for our continuing work in promoting service user representation. As always our thanks go to the carers, service users and staff who have made all this happen.

The Task Group remains open to new volunteers so if you have some spare time and a commitment to making mental health services in Clydebank more "user" focussed then please contact Peter Claughan or Shiona Bennett at Goldenhill for information.



USEFUL CONTACT NUMBERS FOR WEST DUNBARTONSHIRE

HOSPITALS

Vale of Leven 01389 754121
Paisley's Royal Alexandra 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

POLICE

Alexandria 01389 823000
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
Emergency planning 01389 737295

HELPLINES

Citizens Advice Bureau 01389 761380
Women's Aid 01389 751036
Domestic abuse 0800 027 1234
Samaritans 08457 909090
Alzheimer Scotland 0808 808 3000
Breathing Space 0800 83 85 87

If you would like to become a member of WDMHF and receive our regular updates, please contact a committee member or advisor at the following
Tel: 01389 742294
wd.mhf@abtconnect.com

FAST (Future of addiction Service Team)

The Future of Addiction Services Team (FAST) is a forum for people who currently access services from the addiction service providers throughout West Dunbartonshire, to come together and deliver input into the management, design and delivery of these services. The FAST group first came together in 2007 at a development day between clients and addiction services staff members. In 2008 FAST organised the very first Scottish Service User Conference and this was a resounding success.

The members of FAST have produced their own newsletter, the aim of which is to provide information and advice to the community regarding issues relating to alcohol and drug abuse and recovery.

FAST meet up every Monday morning at the Dumbarton Joint Hospital from 10am – 1pm.

FAST "WEE DAY IN" 11th May 2011

Barclay Church, Dalmuir.
For more details contact
Catriona Hamil at
catriona.hamil@west-dunbarton.gov.uk



Future of Addiction Service Team

For further information on Future of addiction Service Team,
Tel: 01389 737703 or **Email: fast@west-dunbarton.gov.uk**

THANKS TO THE EDITORIAL TEAM:

Charlene Scullion, Harry McCormack, Tommy Hollywood and Darren Nicholson