

West Dunbartonshire Mental Health Forum

moving ahead...

**SPRING
EDITION
2013**

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 spring 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 with the Community Health & Care Partnership, Benview Resource Centre Board meeting, a Welfare Reform Seminar run by Third Sector Partnership forum facilitated by West Dunbartonshire Community and Volunteering Services, on behalf of the forum.

The forum held their Annual General Meeting on the 26th March in Benview Resource Centre which was well attended.

Anne Conner from Outside the Box gave us a presentation on the new Office of Scottish Charity Regulator (Oscr) law and the advantages of becoming a Scottish Charitable Incorporated Organisation (SCIO).

Our committee members:

Liz Howie (Chairperson)
David Harrison (Treasurer)
Carol Dinning (Secretary)
Andy Binnie
Yvonne Donaghey
Julie Forsyth
Tommy Hollywood
Stewart McEwan
Iain McGuinness
Liz Moore



Eileen Gorie



On Wednesday 8th of May Liz and Carol met with Eileen to present her with a small token of appreciation for her many years of tireless work on behalf of the forum. Eileen was a member of the committee for many years representing the forum on numerous occasions including The Vale Monitoring Group and A.P.I.G. meetings.

Eileen's contribution to the forum and her timely words of wisdom will be sadly missed by all who know her.

**JOIN US
TODAY**

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

Hearing loss and Mental Health.



Action on Hearing loss (formerly known as the RNID) is the largest UK charity working with and for the deaf and hard of hearing community across the UK. Hearing loss affects 1 in 6 of the population – that's 850,000 people in Scotland.

The impact of hearing loss is far greater than not being able to hear the television, or someone talking. Hearing loss increases isolation and loneliness.. Research highlights that 68% of those with hearing loss feel isolated because of their deafness, and 90% believe that hearing people don't realize how difficult being deaf can be. Public transport, public places and meeting new people causes difficulties for 75% of people with hearing loss, and 1 in 6 had difficulties getting an appointment at their GP surgery.

What this has to do with mental health? Around 25% of the general population have a mental health issue at some point in their lives. For those with hearing

loss, the figure rises to 40%. It can also affect short term memory and concentration levels. This affects people's ability to access other services in the community or communicating with friends and family. As a result of this, many people with hearing loss become withdrawn from social, community and family life. All of which has a major impact on wellbeing and mental health. Lost hearing cannot be replaced, however modern digital hearing aids from the NHS can go a long way to reducing that isolation and ensuring that those with hearing loss are still able to participate in family and community life.

In West Dunbartonshire we provide free hearing aid maintenance to NHS hearing aid users as well as advice on hearing loss in community venues and local nursing homes.

For further information contact
Action on Hearing Loss on:-
0141 341 5338
or visit our web site at:-
www.actiononhearingloss.org.uk

MEADOW UNITED



Meadow United is a committee-lead football group for disabled adults (male and female) at the age of 18 and over who reside or receive services in West Dunbartonshire. The group, which was established in 2011, meet for football sessions three times a week at the Meadow Centre, Dumbarton on Monday, Thursday and Saturday.



Meadow United aims to promote health and wellbeing in a sporting and social environment. This is done through the football sessions which are usually 5 to 7-a-side matches and organised social events and outings.

The group's short history has been successful primarily through the Big Lottery's Awards for All Grant of £5,640 which enabled us to fund our Heritage, Fitness and Awareness Project. This project included hosted football matches with invited guests, a weekend to Oban, outings to Xcape Braehead, Edinburgh Castle, Stirling Castle, Strathclyde Park, Irvine, Dumbarton Castle, Kelvingrove Art Gallery and a Christmas meal.

Meadow United is going from strength to strength and currently has spaces available.

For anyone interested who comes under the above criteria please contact:

harrymccormack.meadowutd@yahoo.co.uk

 We also have a facebook page which provides more information. 

Ten Years of see me...

Believe it or not, 'see me' is now ten years old! The campaign was launched in the autumn of 2002 with the ambition that, within in a generation we would put an end to the stigma of mental ill-health. So, what's happened since then? Through our work in targeted national and local advertising, through developing a bank of people able to talk about their experiences of mental illness, recovery and support, through funding and supporting local anti-stigma projects from Shetland to Stranraer, through our work with equalities groups, and specific campaigns on children and young people, and through our constant challenging of poor media reporting, things in Scotland have started to change. In a recent national poll, nearly half of the population thinks that there is less stigma and discrimination since 2002, and the percentage of

the population who think that 'people with mental health problems are often dangerous' is back down to the lowest figure ever (15%). Nearly half of the population remembers seeing some 'see me' advertising which is great as we haven't done any mainstream national advertising since 2010.

There is still some way to go. 'see me' is now focused on changing behaviour and discrimination rather than attitudes and stigma. We have

to tackle discrimination in public services, in workplaces and in our local communities. We will continue to need everyone's help!

For more information contact:
1/3 Great Michael House
14 Links Place
Edinburgh EH6 7EZ
Tel: 0131 554 0218
Email: info@seemescotland.org
Or visit our website:
Web: www.seemescotland.org



extracted from website courtesy of See Me

My name is Anne Bardsley

Some of you will know me and others not. I have been a user of various services since a baby starting off in care, under the social work department. While in care I moved many, many times and that came at a price. The price was high because it came with abuse in almost every children's home and various foster homes.

It all took it's toll and the trauma of this and other events in my life caused me to attend my first psychiatric hospital at the grand old age of sixteen where I was given ECT to "kill off bad behaviour brain cells" and the abuse carried on from there. Don't get me wrong I was no angel I fought back with feet and fists too. Until this finally took a turn for the worse and I landed in the state hospital. The abuse in there was horrendous and as it was a closed shop no one would listen to your complaints and if you actually

had the audacity to complain you were given something to complain about. Happily these days are gone and are far behind me. My recovery was slow but it happened. It can happen to you too.

On the 6th of February I held a book launch for my new book "Echoes of my Time" which follows me from being

in care to my recovery today. It was a special night for me and not only did I get closure I made some new friends. Echoes of my Time is priced £10 and I will be at a meeting of the mental health forum to give you the opportunity to buy what some call a brave and inspiring book.



Mental Health: Who Cares? is a support and information Group for people with an interest in mental health issues.

If you care for someone with mental ill health or if you care for yourself because of your mental ill health come along and meet people who understand.

We meet on Fridays in Dalmuir Community Centre between 12.00 pm and 2.00 pm

Contact 0141 562 1094 or 01389 738670 to find out more.



Mind Waves

POSITIVE NEWS ABOUT MENTAL WELLBEING

Mind Waves is an innovative project promoting mental health and wellbeing through positive use of the media.

There is a team of Community Reporters who are based at Outside the Box and we are always seeking new members. We offer support and training for people who want to create and share news stories about activities which promote mental wellbeing.

The team have written over 60 pieces – from news about local community projects, people doing things that cheer up themselves and other people, to reflective pieces about what mental wellbeing means and what the Community Reporters have got from being part of Mind Waves. It is now being read by people in 43 countries.

We have also produced notes with tips for any group which wants to promote its positive message about mental wellbeing and tell people what they are doing.

These are some of the things people have said about the project:

“It’s good to help spread the word about the positive things that happen.”
 “For me being a Community Reporter is about saying goodbye to my comfort zone – but in a good way.”

You can get involved by becoming a volunteer Community Reporter.

You can also help by suggesting stories about local activities that promote people’s wellbeing, especially when it is a group of people doing something together or it is supporting inclusive, mental wellbeing-friendly communities.

You can find out more at www.otbds.org/mindwaves or phone 0141 419 0451.

Mind Waves News is at: mindwavesnews.wordpress.com

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 Helpline08454 24 24 24

ADULT MENTAL HEALTH SERVICES

Riverview Resource Centre01389 812070
 Goldenhill Resource Centre...0141 941 4400
 Primary Care Mental Health Team.....01389 812010

POLICE

Alexandria.....01389 823000
 Clydebank0141 532 3300
 Dumbarton01389 822000
 Helensburgh01436 633600

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 Council01546 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 Office01389 744690
 Alexandria Office01389 752727
 Clydebank Office0141 435 7590

OTHER USEFUL CONTACT NUMBERS

Alzheimer Scotland0808 808 3000
01389 733334
 Breathing Space.....0800 83 85 87
 CARA (Challenging and respond to abuse)01389 738595
 Domestic Abuse0800 027 1234
 HEAR0141 952 8815
 Lomond and Argyll Advocacy Service.....01389 726543
 Samaritans08457 909090
 Stepping Stones (Mental Health)0141 941 2929
 The Richmond Fellowship01389 726800
 Turning Point0141 427 8200
 Welfare Rights01389 737050
 Women’s Aid.....01389 751036

WOULD YOU LIKE TO CONTRIBUTE TO THE NEWSLETTER?

Use the details below to contact us.

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Email: wd.mhf@btconnect.com

Thanks to the editorial team:

Andy Binnie, Carol Dinning, Tommy Hollywood and Liz Howie