

West Dunbartonshire Mental Health Forum

moving ahead...

SPRING, 2016

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 during each week.

Since our last edition members of the committee have attended various meetings and have spent a great deal of time preparing for our One Step at a Time Pilot programme. The first group the ten week Wellbeing course is going well with approximately 14 members attending. The Creative Writing course six week course went well, feedback was very good and the attendees seem to benefit from the course and enjoy it. The Arts & Crafts group on a Tuesday evening is also still continuing and if you would like to attend either the Creative Writing or Arts & Crafts groups please contact the office for more information.

There will be a weekly digital support group commencing on Thursday 25th February from 1-3pm, this will be a basic introduction to using computers, laptops. Wednesday 2nd March sees the start of the Health Issues in the Community course with a ladies 6 week Wellbeing course beginning in May (see information leaflet enclosed). For more information on our One Step at a Time project please contact the office and someone will get back to you.

Our Committee:

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

JOURNEY OF ACHIEVEMENT IN LEVENGROVE HORTICULTURAL SERVICE

On Wednesday 25th of November service users, staff and partner agencies met in Levensgrove Horticultural Service within Levensgrove Park and celebrated Book Week Scotland. The event was organised by Laura Griffen (Employment Support Worker), Ingram Wilson (Rehab/Employability Co-ordinator, Mental Health) and Alan Deans (Community Development Worker - CCP) and supported by the Scottish Book Trust. Participants received a copy of the free book 'Journeys', a compilation from intrepid storytellers from across Scotland who share their journeys that mean the most to them – whether that's a trip around the world or a visit to a precious moment in the past. This book lets you leave your suitcase at home, and let's your imagination do the travelling for you and dip into tales of stunning landscapes, misadventures, relocations and relationships.



Everyone enjoyed the participatory reading sessions accompanied by a delicious freshly prepared in house buffet. The day finished with a special award ceremony where a number of service users received recognition for their valued contribution and involvement from Tam Hall, (Gardener Employment Support Worker).

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

THE LEAMY FOUNDATION

We are a group of residents based in West Dunbartonshire promoting self-improvement and wellbeing by engaging the most vulnerable in our community whose self-belief and lack of confidence limits their view of life and impacts the choices they make. Our key aim is provide individuals with opportunities to engage with others in their community and together grow in confidence.

The Carbon sprouts project at St. Mungo's is our first project and we are excited to have the opportunity to work with local schools, youth clubs and community organisations to establish a thriving 'Grow your own' community at St. Mungo's and beyond.

We will be providing Social gardening workshops at St. Mungo's and throughout the community. We will also be provide Cooking lessons looking at ways we can reduce food waste and save money. Come and join us for a tea, coffee. We would love to see you get involved and enjoy learning about food growing and food waste reduction.

Men's Bleather Group:

Our friends from the Men's Shed Clydebank and The Leamy Foundation have set up a number of Mens Bleather groups in Alexandria and Dumbarton. The groups will provide a place where men can chat and enjoy the experience of learning and sharing interests over a tea or coffee.

Tuesday 6pm-7.30pm in Benview, Dumbarton

Thursday 2pm-3.30pm St Mungo's Episcopal Church, Alexandria



For further information please contact:

Kevin on **07583 285 016** or at [knason@gmail.com](mailto:knamason@gmail.com)

WEST DUNBARTONSHIRE CITIZENS ADVICE BUREAU

West Dunbartonshire Citizens Advice Bureau now has offices in Alexandria, Clydebank and Dumbarton. Each office is open four days per week (check www.wdcab.co.uk for actual opening times). WDCAB can also be contacted by email, telephone and letter. However, most people access the drop-in service at each of our town centre offices.

When you approach the CAB, the first person you will discuss your issue with is likely to be one of our trained Volunteers. WDCAB currently has around 60 volunteers supported by a staff team and some casework specialists (money advice, benefits, etc.). If your query is complex and perhaps requiring ongoing support over a period of time then it is likely to be passed to one of the Managers or to a Caseworker.

Media coverage of the CAB service tends to focus on the benefits system and debt. However, WDCAB volunteers are also trained to deal with enquiries and problems relating to consumer issues, employment problems, housing issues, family law problems, neighbour disputes, legal issues, utilities problems, and any other issue ranging from holidays and passports/visas to financial products and education, etc. In addition to the services delivered by WDCAB volunteers we have a number of joint projects and can assist clients with NHS complaints, PensionWise enquiries, Kinship care issues, financial products (Money Advice Service) and access to support for Armed Services personnel and their families.

At WDCAB we aim to provide a holistic service which is based on the needs of the individual who approaches the Bureau. The client may simply require to be signposted to another organisation or agency, or may require advice to deal with a particular problem. Where the client requires our assistance in negotiating (by telephone or in writing) with third parties then our Volunteers can do that. Where the situations are not resolved then our volunteers may be able to arrange for some form of representation for example at Employment Tribunals, at Benefit Tribunals, or at the Small Claims Court, etc.

The priority for our Advisers is that the client is able to take control of his or her situation once more. We aim to work alongside our clients to ensure they get the result they are looking for – **our job is to assist not to take over.**

For contact details see useful numbers on back page.



DUMBARTON AREA COUNCIL ON ALCOHOL JAN. 2016

Founded in 1976 as part of the "Quality of Life" experiment, Dumbarton Area Council on Alcohol (DACA) is now celebrating 40 years of providing support, advice and guidance to anyone in West Dunbartonshire who is adversely affected by their own or someone else's alcohol use/misuse.

DACA's aim is to help people support themselves and to live a healthier happier life. This is not only beneficial to themselves but also to family, friends and the whole community.

A Client's Journey

Everyone who requests support from DACA will be offered an appointment with a counsellor to discuss their situation on a one to one confidential basis. Many of our clients are happy to continue in counselling and work towards achieving their goals and becoming self-supporting within their community. However others choose to become involved in the wider services we provide which include social drop in groups, health and wellbeing clinics, learning opportunities, outdoor activities and events which run throughout the year. Individuals are encouraged to create a support plan from the "menu" of activities which is unique to their needs.

DACA is a very client led service and there are regular client involvement meetings and working groups to develop ideas which in the past have included producing a recipe book through our "Come Dine With DACA" group and publishing "A Writer Writes" a book of stories and poems written by members of the Writing Group.

Our Support Team

Our Support Team is made up of a wide range of people from a variety of backgrounds. Our large volunteer team bring a wealth of experience which gives our clients the best chance of achieving positive outcomes. Since 1995, when we began keeping volunteering records, we have had over 140 volunteers from the local community in many roles including counsellors (who we train to accreditation standard) group support workers, receptionists and committee members. Volunteers help to provide out of hours services on 5 evenings across West Dunbartonshire.

Clients are offered the opportunity to become "informal volunteers". This helps build self-confidence and self-esteem for those wishing to help but do not wish to take on too much of a commitment. Some ex clients have gone on to become accredited counsellors or group-workers and gained employment within DACA and other organisations.

The Future

All attention is now focussed on DACA's 40th Anniversary Celebration which was launched in January at our annual "Scottish Night". One of our original counsellors and current board member, John Dalrymple, gave a flavour of the early days and of the thousands of people who have been supported by the service over the years and his hope that the service will continue for another 40 years.



Please contact DACA for support /advice or
info on the 40th Celebrations on
01389 731456 or 0141 952 0881.

SELF INJURY AWARENESS DAY (SIAD)

SIAD occurs on 1st March every year, and has done so for seventeen years or more.



SIAD is an international event that is recognised across the globe.

LifeSIGNS is proud to have supported Self-Injury Awareness Day for well over a decade, and we're the number one resource for SIAD material.

Raising awareness about self-injury is incredibly important. Awareness leads to understanding and empathy, banishing judgment and fear, and reducing the number of people who feel alone and suffer in silence.

Raising awareness is about educating people who do not self-injure, and reaching out to people who do.

LifeSIGNS can provide the resources and support, but we alone cannot fight stigma and educate everyone – we need your help. If you want people to understand self-injury better, then you need to do something, and we're very happy to help you.

If you'd prefer to live in a world where people understand self-injury and don't judge, where you can talk freely about mental health instead of being trapped in silence, then it's our shared responsibility to educate our friends, family members, and healthcare providers. We'll provide the resources, and we'd like you to do your bit. For LifeSIGNS, SIAD is every day! We're user-led and run solely by volunteers who have personal experience of self-injury.

We have grand ambitions for the years ahead, and we need our team of volunteers to grow. Please consider joining us in helping raise awareness about self-injury and supporting people in distress, throughout the year. Email: hello@lifesigns.org.uk

This is a great time to ask for help and support if you're ready to talk to someone about what's behind your self-injury. Help yourself before you help others.

For further information please visit our website at www.lifesigns.org.uk/siad.

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**

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 828203

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 behaviour01389 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
DACA.....01389 731456 / 0141 952 0881
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.lttf.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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