

SUMMER
EDITION
2011

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. We are based at the Benview resource centre in Dumbarton and are currently funded by West Dunbartonshire Community Health and Care Partnership (WDCHCP).

UPDATE

COMMITTEE RECRUITMENT

To help support the West Dunbartonshire Mental Health Forum we are looking for interested and motivated individuals to join our committee with experience and skills particularly in the following areas: administration and office, committee work and office bearers.

WDMHF currently meets monthly. Reasonable expenses will be reimbursed. Training and mentoring provided, **if you would like to know more please contact Liz Howie on 01389 742294 or Ingram Wilson on 0141 562 2447.**

Our next Annual General Meeting has been provisionally booked for Tuesday 6th September. More information will follow shortly.

OUR NEW COMMITTEE MEMBERS THIS YEAR ARE:

Liz Howie (*co-opted acting chairperson*)
Carol Dinning (*secretary*)
Harry McCormack (*treasurer*)
Eileen Gorie
Stuart McEwan
Margaret Finnarty
Julie Forsyth
Elaine McCulloch (*co-opted*)
Andy Binnie (*co-opted*)

ADVISORS:

Ingram Wilson
WDCHCP - Mental Health



(From left to right): Ingram Wilson, Isobel Plunket and Dave Plunket

MOVING ON

WDMHF would like to thank the following former committee members for their contributions – Fiona Gray, Hannah McLean, Ann Pryce, Karen McKinley and Alison McCurley. We would like to wish them well for the future.

We also would like to thank former advisor of many years Isobel Plunkett who has recently retired. A special presentation was held at Tea in the Park cafe, Dalmuir on Friday 24th June to mark the occasion. Issy's hard work and experience has been invaluable to the development of WDMHF and other community groups and we wish her well in her retirement.

Liz Howie

Co-opted acting Chairperson
West Dunbartonshire Mental Health Forum



**IF YOU WOULD LIKE TO
BECOME A MEMBER OF
WDMHF PLEASE CONTACT
01389 742294 OR EMAIL:
WD.MHF@BTCONNECT.COM**

Membership includes a free quarterly newsletter and relevant information regarding future meetings and events.



RECOVERY 2: PEER SUPPORT IN WEST DUNBARTONSHIRE – CONFERENCE 2011

Almost 100 people attended this year's conference. The focus was Peer Support. We had a variety of speakers to share ideas that are being developed locally, we heard about national research and practices from other areas. Local groups and services provided a range of information stalls.

WHAT PEOPLE SAID:

"Today is about showing what is possible and making us think differently"

– **John Russell**, (Head of Mental Health, Learning Disability and Addiction Services, West Dunbartonshire Community Health and Care Partnership)

"You need to remember all the good things that are happening in West Dunbartonshire."

– **Richard Leckerman** (Breathing Space)

"Conference was even better than last year's."

People have told the WDMHF how important it is to have meaningful activities to do as part of the recovery journey and as important as getting the treatment and care.

We also heard the changes being made to Welfare Benefits and local services which

support people around employability such as Stepping Stones and Work Connect.

Mike Foley, Strategy Officer, West Dunbartonshire Community Health and Care Partnership informed us: *"West Dunbartonshire Community Health and Care Partnership provide training for other staff to raise awareness about people with a mental health problem going back to work and the contribution staff can make as good colleagues. This is another type of Peer Support."*

The conference gave people an opportunity to enjoy themselves as well as a way to find out what is happening both locally and nationally. It enabled us to listen to each other and perhaps think differently about what we do for each other as services, peers, friends and colleagues.

WDMHF and the work we do with services are built on effective partnerships.

We asked people for ideas for next years conference. Here are a few of the suggestions:

**Addressing stigma and discrimination
Financial Inclusion and Benefits
Protection of Services**

WDMHF would like to thank the following partners of the planning group who all contributed to making the day successful.

Goldenhill Resource Centre
Riverview Resource Centre
West Dunbartonshire Carers Centre
Richmond Fellowship
Stepping Stones
ACUMEN
West Dunbartonshire Community for Voluntary Services
CAOS
West Dunbartonshire Community Health and Care Partnership

FURTHER THANKS TO:

All the information stalls/providers/ speakers and participants and finally our advisor Ingram Wilson who kept us all right on the day.

A FULL REPORT ON THE CONFERENCE WILL BE PRODUCED AND BE AVAILABLE SHORTLY.



LEVENGROVE HORTICULTURE PROJECT

REPORTED BY TOMMY HOLLYWOOD



Levensgrove Horticulture Project which was started in 2009 provides accessible acreage with greenhouses, poly-tunnels, raised beds, groundworks and a training room. The project is a partnership between the WD CHCP, HEEDS, Greenspace and WD Education Services.

Tam Hall, Work Connect, the Gardening Employment Support Worker is on site five days a week to offer guidance and assistance and he also runs an in house training programme. This valuable resource offers not only training and meaningful activity it also offers social interaction and the basis for moving into further training or employment in the horticulture field. The core ethos is around individuals using their abilities, learning skills, being productive, and helping each other. The Gardening Employment Support worker supports 4 volunteer assistant gardeners plus 1 admin volunteer from Work Connect who help him with the daily upkeep and smooth running of the site.



At the moment there are 11 plots in use by various groups leaving four available for development. In a typical week there are 52 people consistently using the facilities with this increasing to 85 on

average when the weather is good. Future plans include refurbishing outbuildings to provide wet weather facilities, a sensory garden, an orchard, an orchard garden and develop peer support volunteers.

Some of the project users (plotters) have said that the benefits they have felt are enjoying being outdoors, socialising and the satisfaction of seeing something grown from seed to harvest and then eating it.

BENEFITS OF EATING WELL

The benefits of eating well enhances emotional and physical wellbeing and of course the same type of healthy balanced diet is also recommended for general good physical health and will help reduce risks of heart disease, cancer and stroke.

If you would like further information on accessing Levensgrove Horticulture Project please contact Tam Hall, Work Connect, Gardening Employment Support Worker on 0141 562 2445 or 0753 471 4686

“WEE DAY IN” IS A BIG SUCCESS

WRITTEN BY SHARON HALFPENNY

Over 100 people attended an open day about local addiction services on Wednesday (May 11) in the Barclay Church in Dalmuir.

The event, organised by the Future of Addiction Services Team (FAST), highlighted the range of support available to people with a drug or alcohol problem and allowed service users and services providers to share information and ideas about recovery.

The Wee Day In is one of a series of events and activities designed to celebrate recovery in West Dunbartonshire and encourage people who are struggling with a drug or alcohol problem to seek support.

Delegates heard inspiring stories from members of FAST who spoke about their own experiences of recovery.

Tom Jackson, West Dunbartonshire Joint Manager for Addiction Services, thanked FAST for being a “critical friend” and helping develop local services.

He said: “FAST told us that people needed out-of-hours support and we now have the HEAR helpline which is extending its hours to five evenings a week.

“There are many more people with an addiction problem than those using services – only about a third of dependent drug

users and 10% of those with an alcohol problem seek support - so we need people like John, Pat, Liam, Thomas and the rest of FAST who are our recovery champions and we all need to think about what we can do to challenge the stigma attached to addiction.”

Other speakers from the Community Health Care Partnership and Alternatives highlighted the importance of projects to support people in recovery find employment volunteering, education and training and break down the isolation often linked with a drug or alcohol problem.

A Question and Answer Panel of experts from local treatment services also addressed questions about challenging stigma associated with addiction and encouraging community support.

FAST meet every Monday from 10am in the Cairnmhor Committee Room at Leven Addiction Services in Dumbarton and hold a drop-in at the Concord Centre from 12.30 – 2.30pm.

For more information contact 07502369418 or email: fastnews@hotmail.co.uk

For out-of-hours contact HEAR on 0141 952 8815.

GOLDENHILL TASK GROUP

WRITTEN BY PETER CLAUGHAN

Following the completion of the Scottish Recovery Indicator (SRI) pilot, Goldenhill Task Group was established. The Task Group consists of service users, carer representatives and 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.

Since the last edition of the newsletter, we received the completed service user questionnaires. We were pleased by the levels of satisfaction expressed around the service in general and will continue to focus on greater service user involvement around individualised Recovery Care Planning.

The Task Group gave a presentation at the recent successful WDMHF Recovery

Conference, and as always, we were happy of the opportunity to discuss the work we do.

The Task Group continue to work on an action plan developed with Maureen Birss (Operational Management at Goldenhill) and we are currently up to date with our objectives.

The Task Group is open to all service users involved in Goldenhill and we are always happy to welcome new “recruits” into the group.

For further information or to arrange to come to a meeting please contact Peter Claghan or Shiona Bennett at Goldenhill on 0141 941 4400

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

WOULD YOU LIKE TO CONTRIBUTE TO THE NEWSLETTER?

The Editorial Group would welcome any relevant contributions from members and associated groups for future editions.

PLEASE CONTACT:

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