

West Dunbartonshire Mental Health Forum

moving ahead...

**SUMMER
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 Summer edition of our Newsletter

WDMHF Committee have committee meetings on the second Monday of every month

Since our last edition, committee members have represented WDMHF at several meetings including:

- Riverview Service User Forum
- Levensgrove Art Planning Group
- CHCP Strategy group
- Benview Resource Centre Board Meeting
- WD Mental Health Improvement Network

A few Committee members were invited to C.O.P.E (Caring over people's emotions) in Drumchapel)

Our Committee also had a development day, where we worked, in partnership with West Dunbartonshire CVS, to becoming a SCIO(Scottish Charitable Incorporated Organisation). We also worked with Outside The Box to develop the forum's skills and looked at ways to enhance the work that we do.

Our Committee Members are:

Liz Howie(Chair)
David Harrison (Treasurer)
Carol Dinning (Secretary)
Andy Binnie
Yvonne Donaghey
Julie Forsyth
Tommy Hollywood
Stuart McEwan
Liz Moore

We are sorry to say that Iain McGuinness has left the committee, we wish Iain well.

Alzheimer Scotland

Alzheimer Scotland has now moved to a brand new purpose built dementia resource centre at 6-8 Miller Street, Clydebank G81 1UQ. The resource centre was officially opened by Provost Douglas McAllister on Friday 7th June 2013.

Alzheimer Scotland hope the new centre will enhance the specialist support they already provide to people with dementia in West Dunbartonshire and are keen for the building to be seen as a resource for the whole community of West Dunbartonshire. In addition to providing day care support 5 days per week, the

Dementia Advisor, Fiona Kane will hold a drop in surgery every Wednesday from 24th July onwards from 10am-2pm and there are various activities in the centre every month which everyone is welcome to attend.

Fiona Kane, Dementia advisor has a monthly drop in café on the 2nd Monday of each month in The Clipper Pub, Dumbarton high street from 10:30am - 12 noon and various monthly groups which are open to both people with dementia and everyone in the community.



FOR MORE INFORMATION:

More details and a full list of Alzheimer Scotland monthly drop in please contact:

Fiona Kane, Dementia Advisor
on 0141 410 5303 or by email: fkane@alzscot.org

**JOIN US
TODAY**

*If you would like to become a
member of WDMHF*

Please contact us on

Tel: 01389 742294 or Email: wd.mhf@btconnect.com

2014 COMMUNITIES GRANTS

West Dunbartonshire CVS looks to support the local community and voluntary sector in a number of ways. One of our roles is to help groups and organisations such as yours to access additional funding.

Your organisation could benefit from applying to a Big Lottery small grant scheme called 2014 Communities and we could like to offer support to take up this opportunity.

The scheme provides funding of between £300 and £2000 per organisation to support people to be more physically active. This can mean that your members take part in more activity, you encourage more people to volunteer in physical activity or you bring people together to take part in an activity.



As a West Dunbartonshire community organisation you could apply for funding to help with a range of costs including running some taster sessions or running a dance or keep fit class.

If you are interested in applying please get in touch and we can support you to complete the application process. It's reasonably straightforward and quick to do and we can provide you with all of the support you need.



Either email us at fundingsurgery@wdcvs.com

or call us on
0141 941 0886.

If you would rather access the information and apply on your own you can find all of the details at www.biglotteryfund.org.uk

NEIGHBOURHOOD NETWORKS

Neighbourhood Networks is a support service based on a unique model called "Living Support Networks". This is a model that delivers support flexibly and responsively to a group of people who live within a reasonable distance of one another.

Within a network opportunities are provided that enable Members to support one another and to participate within their communities – boosting self-esteem, confidence and skills. Neighbourhood Networks seeks to enable people both individually and collectively to help themselves in improving their mental and physical health. The sharing of gifts/skills is actively promoted as giving and receiving support is pivotal to promoting personal growth. Networks offer continuity and long-term commitment to Network Members to sustain independent living and be more connected and involved within their communities, encouraging

and establishing positive and equal relationships with others as well as promoting a feeling of belonging.

In West Dunbartonshire people have been referred to Neighbourhood Networks through social work (learning disability services and mental health services (Riverview).

We have two well established networks in West Dunbartonshire, one in Clydebank and the other in Dumbarton. The Clydebank and Dumbarton networks are well connected to each other and members participate in regular joint social activities. Since their launch in 2011 both networks have made steady progress and positive experiences and opportunities are being realised. For example:

Throughout the past year Network Members have engaged positively with staff and volunteers to plan and produce

a community fashion show. This successful endeavour took place on 8th June at the Briggait in Glasgow. It gave people an opportunity to foster lasting relationships with members of their communities. Volunteers have reported that this has been both a positive and challenging endeavour for them to be involved in. They gained a respect for network members as equal partners and are keen to explore further options to work together.

To find out more about
Neighbourhood Networks
you can:

Visit our website at:
www.neighbourhoodnetworks.org

You can also contact our office on
0141 314 0027
Dee McIntosh (Network Manager)



BRAIN INJURY EXPERIENCE NETWORK

Brain injury experience network

BIEN



We are survivors not victims

The Brain Injury Experience Network (BIEN) has made a DVD called 'Getting your Head around Brain Injury'

BIEN is a user-led group where members have an Acquired Brain Injury. There is a wide age group that attends the meetings with the ages ranging from 19-66 years old.

People who live in West Dunbartonshire and have had an Acquired Brain Injury attend these meetings as it offers a supportive and safe environment for people to talk about their own experiences. Members identify a common bond and being able to relate to each other's difficulties and benefit from attending the group.



An acquired brain injury can be different for everyone; some have been a result of road traffic accidents, assaults, brain haemorrhage and other issues. Having an acquired brain injury can be a very traumatic experience for people and can result in issues with memory, concentration, attention and other difficulties.

Our group has been working very hard to promote the DVD and we hope it will raise greater awareness of acquired brain injury. Our DVD features seven people from our group speaking about their experiences since their acquired brain injury.

Everyone involved worked very hard to make this DVD a success in the hope of telling others about their journey and how their lives have changed. We have produced this DVD to show people there is life after a brain injury... to highlight the need for assistance for people with brain injury...to help other folk."

Our DVD is available from the Acquired Brain Injury Team based in Bridge Street, Dumbarton for free and some of the DVD is available on our BIENgroup Youtube page.

West Dunbartonshire Acquired Brain Injury Support:

Tel: 01389 737020

Eileen Gorie

(a valued Forum Member)



I've been involved in the life of the WDMHF for many years, and it has been a lively time - since 1995 when I became a non-executive director of the newly set up Lomond

Healthcare Trust - as a local housewife (with a background in educational psychology). Part of this job was to find out about local people's experience of health services and to pass it on to the Trust Board in no uncertain way!

There were then several voluntary organisations concerned with how well services were meeting people's need - one of them the WDMHF which is still flourishing.

From the first meeting I attended, it was clear that here was a group of people who were well-informed, "expert

through experience" and not afraid to question the professionals. I was never an office-bearer but watched as they and other committee members kept the Forum alive - and kicking! - sometimes through challenging times.

Why is it so important to have a lively Forum? Because the people who plan and deliver our mental health services don't just want our involvement in decision - making - they need it! Also, service users and carers need to understand the issues facing service - providers.

To get this involvement, we need to be consulted and "consultation", while clearly essential, can be a very vexed subject - is it sometimes no more than a "tick-box" exercise? Service users and carers, please note, are not stupid - and their time and skills are valuable.

When Forum members took part in a consultation on the future of the Vale

of Leven Hospital's Christie Ward, they mastered the very complex "Option Appraisal" process and brought it to a conclusion that revealed great clarity and independence of mind. The fact that that conclusion was not the one NHSGG&C adopted, illustrates why consultation is a vexed subject, but the Forum's opinions and comments are very much sought, and they continue to work steadfastly at making consultation and involvement truly collaborative and constructive.

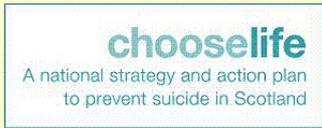
But why did I really keep coming from faraway Helensburgh for so many years?

Because my fellow committee members were, and are, such great people - and for the friendship, fun, support, encouragement and thought - provoking chat.

I've enjoyed every minute of it!

Eileen

Suicide Prevention is EVERYONE'S Business!



West Dunbartonshire has had an active multi agency suicide prevention and intervention action plan since 2005. Since the creation of the CHCP in 2010/11 the actions in the suicide prevention and intervention plan have been integrated into a Mental Health Improvement Plan for West Dunbartonshire overseen by a multi - agency mental health improvement group which covers all life stages including Mentally Healthy Infants, Children and Young People in line with local and National policy. The main strategy for Choose Life in West Dunbartonshire since 2005 has been to fund a full time post, working across all sectors of the CHCP with a focus on Mental Health Improvement and now located within the West Dunbartonshire Health Improvement Team, in February 2011 the management of this post moved to Health Improvement in line with the development of the CHCP.

Suicide intervention training in West Dunbartonshire tracks closely with the National programme for reducing suicide in Scotland following the recommended Living Works programmes (ASIST and safeTALK). These programmes are recognised as excellent across many parts of the world including USA, Finland and Australia. At the same time the Scottish Mental Health First Aid programme became available, although developed in Australia this programme complements the Living Works programmes and in 2012 the Scottish Mental Health First Aid for Young People became available. In 2007 the University of Manchester worked in collaboration with Scottish Government and NHS Health Scotland to roll out their own suicide intervention Skills Training on Risk Management (STORM). These programmes are available to everybody in West Dunbartonshire.

For more information or to book a course please contact:

Rose Stewart
Health Improvement Senior (Mental Health)
West Dunbartonshire Community Health & Care Partnership
Unit G3 - East Wing, Leven Valley Enterprise Centre,
Castlehill Road, Dumbarton, G82 5BN

Email: Rose.Stewart@west-dunbarton.gov.uk
Tel: 01389 744654
Main Line: 01389 744650

WOULD YOU LIKE TO CONTRIBUTE TO THE NEWSLETTER?

Use the details below to contact us.
 West Dunbartonshire Mental Health Forum, Room 2, 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 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
 Non Emergency Number.....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 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 603102
 Breathing Space.....0800 83 85 87
 CARA (Challenging and respond to abuse)01389 738595
 Domestic Abuse0800 027 1234
 HEAR.....0141 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

Thanks to the editorial team:

Andy Binnie, Carol Dinning,
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