

# West Dunbartonshire Mental Health Forum

*moving ahead...*

SUMMER, 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 which include the editorial, finance and admin groups meeting several times a week.

Since our last edition members of the committee have organised a networking meeting with service providers and other partner organisations in order to exchange information which was very successful.

The committee have also been heavily involved in the continued running of the One Step at a Time programme. We have had a successful 10 week wellbeing course and also a ladies wellbeing course with a gent's wellbeing course planned for late August. There is a well attended weekly Arts & Crafts group on a Tuesday and a digital support group on a Thursday. 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)  
David Harrison (Treasurer)  
Carol Dinning (Secretary)  
Linda Ashby  
Anne Bardsley  
Stuart McEwan  
Liz Moore

## THE OLDER PERSON'S COMMUNITY MENTAL HEALTH SERVICES

The Older Person's Community Mental Health Services has been in existence for over ten years. Across West Dumbarton there are two teams. We are part of the Greater Glasgow & Clyde Health Board and West Dunbartonshire Health & Social Care Partnership. We aim to provide a locally based service that is responsive to older people with Mental Health needs in the West Dunbartonshire and Helensburgh areas.



Both teams see the clients either in their own home, or at the clinics at the two sites of Goldenhill and Cairnmhor. The main aim of the service is to provide care for people who have severe and enduring mental health needs including memory problems/dementia. Both teams contribute to provide assessment/treatment, medication and psychological interventions.

In keeping with Government HEAT Targets, we provide Post Diagnostic Support for those who have had a recent diagnosis of Dementia. This is mainly carried out over a 12 month period by one of our Alzheimer Scotland link workers or the nursing staff. Alzheimer Scotland workers link in with the consultant psychiatrist at their clinics at the point of diagnosis. As well as having the Alzheimer Scotland link workers in the 2 Teams, we work very closely with them and help with some of their group programmes such as carer education.

Both teams consist of nursing staff, occupational therapists, physiotherapist, psychologists, consultant psychiatrists and junior medical staff, care home liaison nurses and Alzheimer Scotland link workers and are managed by Gerry Montgomery Team Leader.

Last year we won the Team of the Year award at the WDHSCP employee recognition awards. This award was well deserved for the effort and contribution the staff make to the well-being of their clients

We operate Monday to Friday and in evenings and weekends the Crisis Team and Out of Hours cover for any problems that may occur at those times.

The Dumbarton team can be contacted on 01389 812032  
and the Clydebank team are on 0141 941 4444.

JOIN US  
TODAY

If you would like to become a member of  
WDMHF please Contact **01389 742294** or  
Email [wd.mhf@btconnect.com](mailto:wd.mhf@btconnect.com)

# THE WEST END PROJECT

This innovative project is part of The Mungo Foundation and is based in the Castlehill area of Dunbarton. The project offers a Day Opportunities/Outreach Service for adults who are experiencing social isolation and who have varying degrees of physical disabilities. The project specialises in personalisation and looks at people's needs on an individual basis, this includes physical, educational, emotional and mental needs. The staff team work flexible hours to meet the individual support needs of the people who use the service. The project liaises closely with colleges, community, education and multi-disciplinary professionals. The project aims to empower individuals to make decisions, increase their independence, develop social networks and enhance their quality of life.

Individuals are actively encouraged to participate in the wider community. The service is available to: Adults with a physical disability 16 years +, Adults with acquired brain injury and Adults with sensory impairments.



The project has been part of the local community for nearly 18 years and in that time has offered a very diverse support service including a cooking program, art therapy, reiki therapy, creative writing, computer skills, gardening, crafts, support to attend various groups and classes to name but a few... Basically you ask and we try to deliver....

The project has a very active service user forum thus continual development is always at the forefront of the agenda. The success of the project has not gone unrecognised as it has won 3 Scottish Care At Home awards as well as retaining an excellent grading of 6 in all themes from The Care Inspectorate.

All referrals must be made, through the single shared assessment process. This can be accessed through Social Work Services or the Health Board. The service is available to individuals who are resident in West Dunbartonshire.



# ANGLING

Angling is one of the most popular hobbies in Scotland today, open to all types of people regardless of age, gender and abilities, this gives people an opportunity to socialise and relax either in groups or in their own company. The three main types are game fishing, sea fishing, and course fishing, in this area all three are easy to access.

Game fishing is accessible in the lochs, rivers and reservoirs in the surrounding area for salmon, sea trout and brown trout. There are also a few commercial trout fisheries in West Dunbartonshire which you can fish at a reasonable price.

Sea angling is available in the Clyde estuary local sea

lochs (Loch Long, Gareloch and Loch Fyne). These sea lochs hold many different species of fish, cod, mackerel, pollock, coal fish to mention a few.

Course angling is available in some of the hill lochs on the Kilpatrick hills, the Forth and Clyde Canal and Loch Lomond.

Loch Lomond, holds a few different species of coarse fish like pike, roach, perch, bream, dace and eels. Loch Lomond also is home to the powan, which is basically a fresh water herring.



## RECOVERY THROUGH RECOVERY

Skylark IX is one of those brave little ships, which sailed to Dunkirk in May 1940 to help rescue the Allied Forces, who were stranded on the beaches, facing death or capture.

Her story is a fascinating one, and if anyone is interested in finding out more, the full details can be found on our Facebook page. <https://www.facebook.com/SkylarkixRecoveryTrust/>

Although The Skylark Trust celebrates Skylark's history and the fact that she saved over 600 men, it is the work that she is doing now, 76 years later, that leaves us feeling proud and determined to continue with this project.

Over the last two years, clients from Alternatives have not only been involved with fundraising to



SKYLARK IX

restore this little ship, but some have been involved in a skills programme, where they meet weekly at Ben View Resource Centre and learn woodworking skills under the tutorship of local wood carver, John Woodcock.

John has great experience and awareness of the difficulties facing those in recovery and the success of this project has us looking to find a way to continue to develop this scheme.

As Skylark has recently moved to Irvine to await refurbishment, the Ben View skills team will begin working towards a woodworking qualification and will travel to Irvine once a week to assist with the refurbishment of the boat.

Even in their spare time, the Alternatives clients come together to raise money to help restore Skylark. The latest venture in April was the challenge of a 56 mile walk in 24 hours around the Isle of Arran and the "Skylark 9" completed this in 23 hours, raising over £500 for the Skylark Trust.

This Dunkirk little ship was written off when she slipped under the waters of the River Leven in 2010, but here she is today on the road to recovery and still continuing to help others with their own individual recovery, while they in turn are helping to save her.

Skylark just keeps on providing hope for those who need a little help through life's troubles – recovery through recovery!



JOHN WOODCOCK

# SAMARITANS' SCOTLAND – WEST DUNBARTONSHIRE

Every six seconds, someone contacts Samaritans for help. Whether it's by phone, email, SMS or face-to-face, our volunteers provide those people with crucial space and time to talk about their feelings.

Ultimately, Samaritans' vision is that fewer people

die by suicide. However you don't have to be suicidal to call us, in fact most people who contact us are not. Whatever you're going through, we are here around the clock, every single day of the year, to listen and offer confidential support when things are getting to you.

That's not an easy task for our volunteers but it's one that they've shown amazing commitment to for over 60 years. Samaritans began in 1953 in London, founded by a vicar called Chad Varah. There are now 201 branches across the UK and Republic of Ireland, with 19 in Scotland.

Volunteer-run, Samaritans service today still operates on Chad's guiding principles of confidential, non-judgmental support. We have

no religious affiliation.

Currently, Samaritans has 1000 volunteers across Scotland. That's 1000 volunteers right across the



country who give up their own time to help people who need it and show them unparalleled understanding and empathy. People for whom life had taken an unexpected turn, people who had seen problems build up or people who just couldn't quite put their finger on what was causing their distress. They all needed a safe space, with someone who was an expert listener. Those volunteers give them that.

This year, as well as saying a massive thank you to our existing volunteers, we want to encourage more people to come on board. If you've ever wondered whether volunteering with Samaritans is for you, please visit [www.samaritans.org/volunteer-us](http://www.samaritans.org/volunteer-us)

**If you are struggling, you don't have to suffer in silence.**

**Call 116 123**

*(it's free and this number won't show up on your phone bill)*

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

or

Visit: [www.samaritans.org](http://www.samaritans.org)

to find details of the nearest branch.

**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](mailto:wd.mhf@btconnect.com)**



**Facebook: West Dunbartonshire Mental Health Forum**

Cut me out and keep me handy

## USEFUL CONTACT NUMBERS FOR WEST DUNBARTONSHIRE

### HOSPITALS

Vale of Leven .....01389 754121  
Royal Alexandra Hospital .....0141 887 9111  
Gartnavel Royal .....0141 211 3600

NHS 24 Helpline ..... 111

### ADULT MENTAL HEALTH SERVICES

Riverview Resource Centre ....01389 812070  
Goldenhill Resource Centre...0141 941 4400  
Primary Care Mental Health Team.....01389 828203  
Older Adults Community Mental Health Services.....01389 812032

### POLICE

Non Emergency ..... 101

### 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

### OTHER USEFUL CONTACT NUMBERS

Citizens Advice Bureau  
C.A.B. Dumbarton .....01389 744690  
C.A.B. Alexandria .....01389 752727  
C.A.B. Clydebank .....0141 435 7590  
DACA.....01389 731456 / 0141 952 0881  
Women's Aid.....01389 751036  
Domestic Abuse .....0800 027 1234  
Samaritans .....08457 909090  
Alzheimer Scotland .....0808 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 Fellowship .....01389 726800  
Lomond and Argyll Advocacy Service .....01389 726543  
Turning Point .....0141 427 8200  
Welfare Rights .....01389 73705

### USEFUL WEBSITES

Living Life to the Full ..... [www.lttf.com](http://www.lttf.com)  
Glasgow STEPS ..... [www.glasgowsteps.com](http://www.glasgowsteps.com)  
Mood Gym ..... [www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au)  
Mood Café ..... [www.moodcafe.co.uk](http://www.moodcafe.co.uk)  
Mood Juice..... [www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)

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