

# West Dunbartonshire Mental Health Forum *moving ahead...*

## WHO ARE WE?

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).  
Scottish Charity No. SC039187

## UPDATE

Welcome to The West Dunbartonshire Mental Health Forums winter edition of our newsletter. The committee have monthly meetings, on the second Monday of the month, and are getting to know one another as a group.

Over the last few months members of our committee have attended several different meetings including the Annual General Meetings of Stepping Stones, ACUMEN, Benview Resource Centre and The Mental Health Network (Greater Glasgow). We also attended the Watercolours and Weeds event in Levensgrove Park (see page 2) and The People Working Together event in Edinburgh facilitated by Outside the Box (see page 3).

**The forum would like to wish all our members a Merry Christmas and a Happy New Year!**

**Our committee members are:**

**Liz Howie (Chair)**  
**Andy Binnie (vice-chair)**  
**Carol Dinning (Secretary)**  
**Isobel Plunkett (treasurer)**  
**Derek Barrowman**  
**Julie Forsyth**  
**Eileen Gorie**  
**David Harrison**  
**Elaine McCulloch**  
**Stuart McEwan**  
**Paul McToal**  
**Charlene Scullion**



## moving on

>>> Reported by Liz Howie <<<

Ann Pryce is a native of West Dunbartonshire. From the tender age of 10 years she suffered several bouts of depression and left school at the early age of 15 years with no formal qualifications. After enduring several family tragedies she suffered further episodes of acute depression throughout the 70's and 80's.

In 1985 Ann resolved to turn her life around and with the support of her GP joined a local women's group and went on to help set up Dumbarton District Women's Aid and they opened a woman's refuge where whilst working as a volunteer she began to build up her confidence and eventually became employed as a children's worker.

At the age of 32 Ann returned to full time education gaining several formal qualifications including qualifying as an

Aromatherapist and achieving an SVQ in Social Care.

Ann has started her own business AMP Stress Services located within The Bell Centre in Dumbarton High Street and she has continued to be an active member of WDMHF.

Ann has been responsible for setting up a relaxation group on a Tuesday evening within Benview Resource Centre and hopes one day to see a stress and relaxation centre made available for the community.

Well done Ann we wish you continued success for the future.

**To contact Ann**  
**Telephone: 01389 607989**  
**or visit**  
**[www.ampstressservices.co.uk](http://www.ampstressservices.co.uk)**

**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) or VISIT [www.wdmhf.co.uk](http://www.wdmhf.co.uk)**



# WATERCOLOURS AND WEEDS EVENT LEVENGROVE PARK

SCOTTISH  
MENTAL  
HEALTH  
ARTS & FILM  
FESTIVAL



As part of the Scottish Mental Health, Arts and Film Festival week West Dunbartonshire hosted a 'Watercolours and Weeds' event in Levensgrove park on Friday 21<sup>st</sup> of October 2011.

**Ingram Wilson, Rehab/Employability coordinator, WDCHP said:** *"I am delighted that so many local artists and groups have contributed to this event, the planning group have done a wonderful job in bringing a fantastic art exhibition to Levensgrove, and hopefully will be the first of many art activities which allow people to contribute in a meaningful way which enhances their mental health and wellbeing."*

This event was put together by a range of agencies, groups and volunteers from across West Dunbartonshire. The event attracted over 105 visitors on the day and feedback was very positive.

**Community Development Worker, Alan Deans told us** *"The Watercolours and Weeds event is a great example of what can be achieved in such a short space of time when partners, agencies, groups and volunteers from across West Dunbartonshire work together in order to support such events which provide opportunities*

*to showcase the meaningful activity being carried out by individuals, groups and services from across West Dunbartonshire".*

Hopefully this event will act as a catalyst for future events using a variety of themes which will include Health, Arts and Film



Thanks also to Lily Kennedy MBE (pictured) and WDCHCP (Mental Health) for their support.