



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). 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).

OUR COMMITTEE MEMBERS THIS YEAR ARE:

- Liz Howie (Chairperson)
- 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

ADVISOR:

Ingram Wilson (WDCHCP - Mental Health)



Ann Pryce at work in the Bell Centre

MOVING ON

REPORTED BY LIZ HOWIE - WDMHF

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.

To contact Ann telephone 01389 607989 or visit www.ampstressservices.co.uk

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



If you would like to become a member of WDMHF please contact 01389 742294 or email wd.mhf@btconnect.com or VISIT www.wdmhf.co.uk

WATERCOLOURS AND WEEDS EVENT LEVENGROVE PARK



Pictured above are the planning group from l to r: Tam Hall, Harry McCormack, Mark Felbar, Jacqui Boyce, Lorraine Davin, Andy Binnie, Jennifer Corcoran, Jon Bishop, Kwasi Addo and Ingram Wilson.

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 21st 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."

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

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.



Lily Kennedy MBE (Pictured above)



WEST DUNBARTONSHIRE PRIMARY CARE MENTAL HEALTH TEAM

The Primary Care Mental Health Team (PCMHT) is part of NHS Greater Glasgow and Clyde and West Dunbartonshire Community Health Partnership. PCMHT's aim to provide a locally based service to adults who are experiencing common mental health issues of a mild to moderate nature.

The PCMHT comprises of mental health practitioners, clinical psychologists and a team leader. All staff have a range of health/social work professional qualifications and have prior experience of working in mental health services.

The team offer a stepped approach model of service to people who wish to engage with the service including:

- **Healthy reading information**
- **Information/advice about common mental health issues**
- **Signposting people to services that can be of help**

PCMHT do not provide a counselling service or medication advice and will always advise patients to discuss this with their GP. They provide a routine service and do not offer urgent or emergency appointments. Anyone can self refer to the service or be referred by a GP or other health care professional to an advice clinic, which is a 45 minute session enabling a practitioner and the individual to focus on current difficulties and agree a plan for the way forward which may include psychological therapies.

Picture above: Some members of the PCMHT dressed in pink for Breast Cancer Awareness Day

Once an individual has attended an advice clinic they will be able to re-contact the service at any time within 6 months for further help, advice and guidance.

**FOR MORE INFORMATION
CALL 01389 812010**

outside
the box

PEOPLE WORKING TOGETHER EVENT

Some members of the forum went to an event in Edinburgh which was organised by Outside the Box at the end of September.

The event was called People Working Together and that is what it was about – lots of examples of different ways in which people work together. There were examples of peer support, volunteers supporting people to stay in their community, community gardens and Healthy Kitchens, and people coming together to influence change. Most of the projects were led by voluntary organisations but some were led by a local authority or the NHS.

One of the groups sharing what they do was Stepping Stones. It was good to see an organisation from West

Dunbartonshire featured at a national event. There were even projects from Oxford and Swansea as well as groups from all over Scotland.

Much of the discussion was about mental health and wellbeing, even though that wasn't the focus of the day.

We came away with lots of ideas and lots of useful contacts.

**THERE WILL SOON BE A
REPORT FROM THE EVENT
ON THE OUTSIDE THE BOX
WEBSITE: WWW.OTBDS.ORG**

GOLDENHILL TASK GROUP UPDATE

WRITTEN BY PETER CLAUGHAN

The Task group have recently completed work with Sharon Stott at Leven Valley, on the design of new information leaflets for the centre, which we hope will be more eye catching and user friendly than in the past.

We have also been involved in further helpful discussions with our colleagues in West Dunbartonshire Mental Health Forum about the development of a "resource room" within Goldenhill Resource Centre specifically for service user and mental health network agency use. This will be an exciting development and we hope will bring existing agencies working in the Clydebank area and beyond even closer together. It is anticipated that the "resource room" will be fully operational early in 2012.

The forum currently has two committee members who are also members of the Task Group.

We are always open to new members joining our Task Group so if you want to come along and join in please give us a call and we hope to see you soon!

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

CHOOSE LIFE BY ROSE STEWART

Choose Life is the Scottish Government's suicide prevention initiative, it was set up in 2003 when figures being presented at a public health conference identified the soaring suicide rate in Scotland, particularly among young men. The initiative was intervention activities. In West Dunbartonshire we have chosen to dedicate a post to the work of Choose Life, this began in 2004 and will run until at least 2013; the present Choose Life Development Officer is Rose Stewart who is part of the Health Improvement Team which is part of the development of the Community Health and Care Partnership (CHCP).

West Dunbartonshire CHCP has focussed on suicide intervention/prevention training programmes. The aim of this particular activity is to enhance the participants' knowledge and ability to assist a person at risk to avoid suicide. While some programmes focus on professional caregivers there is also a big focus on community development. Currently in West

Dunbartonshire we have eight active trainers.

The training available in West Dunbartonshire is:-

- **Skills Training On Risk Management (STORM)**
- **Applied Suicide Intervention Skills Training (ASIST)**
- **Safe TALK**
- **Suicide TALK**
- **Scottish Mental Health First Training (SMHFA)**

To find out more about these programmes or the work of Choose Life go to www.chooselife.net or find out more about the work of Choose Life locally go to the CHCP website www.wdchcp.org.uk

To take part in a suicide intervention training or organise training for a group contact Rose Stewart on 01389 744666 or at rose.stewart@west-dunbarton.gov.uk

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 | **visit:** www.wdmhf.co.uk | **text:** 0776 086 8831

✂ Cut me out and keep me handy

USEFUL CONTACT NUMBERS FOR WEST DUNBARTONSHIRE

HOSPITALS

Vale of Leven 01389 754121
Royal Alexandra Paisley.....0141 887 9111
Gartnavel Royal0141 211 3600

NHS 24 HELPLINE08454 24 24 24

ADULT MENTAL HEALTH SERVICES

Riverview Resource Centre.....01389 812070
Goldenhill Resource Centre0141 941 4400
Primary Care Mental Health team01389 812010

POLICE

Alexandria 01389 823000
Clydebank 0141 532 3300
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

OTHER USEFUL CONTACT NUMBERS

Citizens Advice Bureau 01389 761380
Women's Aid 01389 751036
Domestic abuse 0800 027 1234
Samaritans..... 08457 909090
Alzheimer Scotland..... 0808 808 3000
Alzheimer Scotland (Region)..... 01389 733334
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 & Argyll Advocacy Service..... 01389 726543
Turning Point..... 0141 427 8200
Welfare Rights 01389 737050

For more useful contacts see our website