

What's On?

February 2023



This newsletter includes our forthcoming events in the following month – we hope you will find these helpful and will try to engage with some of them. If you have any comments or suggestions, please send these to us.

For more information on any events or if you would like this emailed to you each month contact james.power@ramh.org or phone Helen on 0141 847 8900 and they will be able to direct your enquiry to the right person.

RAMH Caravan

Now taking bookings for new season from April 2023.

RAMH's have invested in an updated, pre-loved 6 berth caravan so service users can take advantage of a low cost and fun filled short break.

The 3-bedroom caravan, with central heating and double glazing is equipped as follows:

- Spacious lounge area, with gas fire, flat screen Freeview TV/DVD combi, dab digital radio and a variety of children's board games provided
- Kitchen with full size gas cooker, fridge with freezer box, microwave, kettle, crockery and cutlery supplied
- Sleeping for 6 people over three bedrooms, one double and two twin bedrooms

If you are interested in finding out more, please get in touch with Rona on 0141 847 8900 or rona.mcgarrigle@ramh.org





Worried about the cost of energy?



Speak to our advisers
RAMH Restore – 24 Causeyside St,
Paisley PA1 1UN
Monday 6th February – 10am- 2pm



Join us at:
RAMH Restore
24 Causeyside Street, Paisley
PA1 1UN
Monday 6th Feb 10am – 12pm



Worried about the cost of bills?



Our advice is free, impartial and confidential

Whether it's communicating with your energy supplier, learning how to use your heating system more effectively or help with bills, we're here to support you.

Speak to a local adviser: www.renfrewshirecab.org.uk

0141 889 2121



Consumer
Scotland



Renfrewshire Community Services

To make a referral to RCS please call 0141 404 7788 or download a referral from ramh.org and return to referrals@ramh.org or for more information please email enquiries@ramh.org

<p>First Crisis Freephone: 0800 221 8929 or Tel: 0141 848 9090 for information. Available Monday- Friday 9am-8pm and Saturday and Sunday 9am-5pm.</p>	<p>Out of hours crisis service which provides a short term support to anyone in Renfrewshire aged 16 or over, experiencing a crisis in their mental health.</p>
<p>1:1 Telephone and Video Counselling</p>	<p>Up to six sessions for people who experience mild to moderate depression and anxiety. Focus is on self-management skills, using self-management NHS workbooks and signposting to other services where appropriate.</p>
<p>1:1 Employability Support</p>	<p>Support for individuals aged 16 and over who are experiencing mental health problems, to focus on improving and developing their skills and experience to improve opportunities for employment, training or a move back into education.</p>
<p>1:1 Anxiety Management</p>	<p>Support for individuals who are struggling to control their anxiety. This will be completed either over the phone or using an on line platform using the What's Up? app to help people to understand why they become anxious; how their thinking affects their anxiety which in turn affects how people behave and aims to improve their ability to control their anxiety.</p>
<p>1:1 Graded Exposure Support</p>	<p>This is a short-term intervention of 6 sessions to support individuals challenge and overcome their anxiety through practice i.e., travelling independently. Develops and encourages systematic practice of either new or lost skills aimed at reducing anxiety.</p>
<p>1:1 Physical Activity support</p>	<p>Offering people support to increase physical activity, focusing on a person centred programme and working in their local area initial 1:1 support leading to more integrated peer and group supports when appropriate. The support looks to gently add more physical activity and social connections into people's weekly structure.</p>



<p>RAMH Housing Support Services</p>	<p>Continues to operate 24 hours a day, every day, in Renfrewshire and East Renfrewshire providing support to people in their own homes.</p>
<p>Wellbeing Miles Monday 11.30am–Robertson Park (meeting at the pond) Tuesday 1pm (Fountain Gardens (meeting at the fountain))</p>	<p>Walking a mile is a great way to introduce activity to your week and connect with others, our new wellbeing programmes allows three options through the week to add structure and get outside and moving. We have a one, two or three mile walk for you to choose from or do all three! Contact: rachael.mclaren@ramh.org</p>
<p>Winter Connections Monday 12.30-1.30pm– Renfrew Trinity Church Tuesday 6-7pm– Paisley Methodist Hall</p>	<p>We are expanding our Social Hubs in Paisley and Renfrew to be open groups for adults aged 16 and over dealing with issues around mental health and wellbeing. Hot drinks, snacks, cups of soup and a warm space are provided. Contact: rachael.mclaren@ramh.org or james.power@ramh.org</p>
<p>Supported Gym Sessions Union Building, Storie Street Paisley, Wednesdays 10am and Tuesdays 3.30pm</p>	<p>The gym facility at UWS has reopened for public use and RAMH physical activity workers can go through a PAR Q and basic introduction to get you involved with the Gym. Regular cardio and weight bearing exercises are a great way to sustain good mental health and RAMH can support you to get this started.</p>
<p>Garden Project Fridays 2pm Head Office, 41 Blackstoun Road</p>	<p>After the learning and success of our Community Garden in Barrhead we are looking to develop our greenspace at our head office in Ferguslie. The first phase of the greenspace development is a working party to prepare the separate outdoor areas. This group will be looking at creating a new outdoor wellbeing greenspace that is open and accessible from March 2023. Contact: pbh@ramh.org</p>
<p>Nutrition with Numbers The courses will run on Fridays (10.15-12.45) Start dates to be confirmed & Tuesdays (12.30-3.00) in the centre of Paisley</p>	<p>New “Nutrition with Numbers” course; Improve your number skills and learn in the company of likeminded people with our new five-week “Nutrition with Numbers” course. “Nutrition with Numbers” aims to improve numeracy skills while learning the wellbeing benefits of a healthy and balanced diet. Courses will be running until end of March. Open to all 19+ living in Renfrewshire. For more information and to book a place call 0141 404 7788 or email rena.kilpatrick@ramh.org</p>



<p>Bottle Greenhouse Project RAMH Headquarters, Thursdays 11am-12pm</p>	<p>A working party creating a greenhouse out of plastic bottles for the new garden space at headquarters. Contact: lee.millar@ramh.org james.power@ramh.org</p>
<p>Renfrewshire Social Hub Trinity Church Hall Renfrew Mondays 12.30-2pm</p>	<p>Renfrewshire Social Hub is a mixed group of men & women who get together for Peer-to-Peer support. We make up a six-week programme of varied activities. We are a warm welcoming group to help reduce isolation and increase your confidence and have a laugh along the way which will improve your mental wellbeing.</p>
<p>Singing for Wellbeing Group, Trinity Church Hall, Renfrew, Mondays 3-4.30pm</p>	<p>Come along to a warm and friendly mixed group of people who like to sing and have some fun along the way. No previous experience needed just a love of music and singing along. The group will improve your mental wellbeing.</p>
<p>Women's Group Wynd Centre, Paisley Wednesdays 10.30am-12pm</p>	<p>A safe welcoming space for women to get peer-to-peer social support and participate in various activities over a "cuppa".</p>
<p>Football Group Powerleague Paisley, Saturdays 10.30-11.30am</p>	<p>The football group meets weekly for full contact 7-a-side games at the Powerleague Football Centre in Paisley. This group is for anyone wishing to participate in a fun, friendly competitive game of 7 aside in a peer supportive setting. At present anyone wishing to attend the group would follow usual referral pathways or email rachael.mclaren@ramh.org for more information.</p>
<p>Contact Plus Methodist Church Hall In Paisley, Tuesdays 6-8pm</p>	<p>The contact Plus is a mixed group of people who get together for Peer-to-Peer support who have a varied and interesting program of activities. You will be warmly welcomed in the group it will make you more socially connected and increase your self-esteem.</p>
<p>Light Up Café Mondays 10.30-11.30am</p>	<p>Drop-in social group hosted over Zoom. This is a chance for people to catch up with old and new friends, whilst having a "cuppa" and chatting about how they're feeling or anything else that's important to them. A great opportunity just to listen in.</p>



<p>Living Life to the Full Wynd Centre, Paisley New course starts end of Feb - Mar</p>	<p>Widely recognised course based on the principles of CBT (Cognitive Behaviour Therapy). The course aims to improve wellbeing and resilience, covering how to manage low mood, stress and anxiety. The course explores topics such as 'Why do I feel so bad?'; 'I'm not good enough' and 'Why does everything always go wrong?' and more. The course is interactive, with mini booklets and encourages goal setting to guide towards making life change. Contact: christine@ramh.org</p>
<p>Information Hub RAMH REstore, Causeyside Street (Old Mothercare) Wednesdays 10am-12pm</p>	<p>A RAMH information worker and a peer volunteer will be stationed there every Thursday from 9.45-11.30am to show people self-management resources and answer any questions. This could be everything from help with using a phone to how to refer to RAMH. If people would be more comfortable making an appointment, you can do by emailing: james.power@ramh.org</p>



Causeway (East Renfrewshire)

To make a referral to Causeway please call 0141 881 8811 or download a referral from ramh.org and return to referrals@ramh.org or for more information please email enquiries@ramh.org

<p>1:1 Counselling</p>	<p>Up to six sessions for people who experience mild to moderate depression and anxiety. Focus is on self-management skills, using self-management NHS workbooks and signposting to other services where appropriate.</p>
<p>1:1 Employability Support</p>	<p>Support for individuals aged 16 and over who are experiencing mental health problems, to focus on improving and developing their skills and experience to improve opportunities for employment. Contact: lisa.ellis@ramh.org</p>
<p>1:1 Anxiety Management</p>	<p>Support for individuals who are struggling to control their anxiety. Using the “What's Up?” app to help people to understand why they become anxious; how it impacts their day to day life. The course aims to improve your ability to manage your anxiety. Contact: joanne.shand@ramh.org _ or linda.maguire@ramh.org</p>
<p>1:1 Physical Activity Support</p>	<p>Offering people support to increase physical activity, focusing on a person centred programme and working in their local area initial 1:1 support leading to more integrated peer and group supports when appropriate. The support looks to gently add more physical activity and social connections into people’s weekly structure. Contact: graham.cossar@ramh.org</p>
<p>RAMH Housing Support Services</p>	<p>Continues to operate 24 hours a day, every day, in Renfrewshire and East Renfrewshire providing support to people in their own homes.</p>



<p>Community Link Service</p>	<p>Continues to operate for GP Practices Monday – Friday. Please call the practice and ask for an appointment with the Link Worker if there is anything non-medical that we can support you with. No issue is too small or too big – give us a call.</p>
<p>Living Life to the Full</p> <p>Tuesday 14/2/23-21/3/23 @ 1pm-3pm</p> <p>Dalmeny Community Centre, Barrhead</p>	<p>Widely recognised course based on the principles of CBT (Cognitive Behaviour Therapy). The course aims to improve wellbeing and resilience, covering how to manage low mood, stress and anxiety. The course explores topics such as ‘Why do I feel so bad?’; ‘I’m not good enough’ and ‘Why does everything always go wrong?’ and more. The course is interactive, with mini booklets and encourages goal setting to guide towards making life change.</p> <p>Contact: lisa.ellis@ramh.org</p>
<p>Physical Activity Hubs</p> <p>Cowan Park Barrhead, Thursdays 1-2pm</p> <p>Rouken Glen Park Eastwood, Mondays 2-3pm</p>	<p>Activity hubs look to connect people wanting to increase their physical activity in an outdoor greenspace.</p> <p>Contact: graham.cossar@ramh.org</p>
<p>Supported Gym Sessions</p> <p>Union Building, Storie Street Paisley, Wednesdays 10am and Tuesday 3.30pm</p>	<p>In Partnership with the UWS, we can offer gym inductions at their campus gym on Storie street paisley. After induction and PAR-Q (health Questionnaire) you can pay as you go at a reduced cost (No joining fee or contract) you then have the option of joining physical activity worker for supported sessions Mon 10am or to attend independently through the week to increase exercise and improve health and wellbeing.</p>
<p>1:1 Personal Training Programme WCS</p> <p>Wednesday mornings Renfrew Sports Centre January – March 2023</p> <p>COURSE NOW FULL</p>	<p>The health and fitness students at West College Scotland are again offering 1:1 personal training for RAMH Clients and volunteers. This programme focuses on diet and nutrition as well as gym based exercise to improve clients mental and physical health. 12 week tailored programme started January 2023.</p>



<p>Swimming Group Barrhead Foundry, Tuesdays, 10am</p>	<p>Using swimming to help increase activity, the group is supported by physical activity worker who also is in the water to give those attending motivation and confidence to participate with this hugely beneficial activity. A basic level of competency in the water is expected from those who attend.</p> <p>For more information contact graham.cossar@ramh.org</p>
<p>Light Up Café Mondays 10.30-11.30am</p>	<p>Drop-in social group over Zoom. This is a chance for people to catch up with old and new friends, whilst having a “cuppa” and chatting about how they’re feeling or anything else that’s important to them. A great opportunity just to listen in.</p> <p>For more details please email: james.power@ramh.org</p>
<p>Social Support Group Thursdays 2nd, 9th, 16th and 23rd Feb 1.30-3.30pm @ Clarkston Halls</p>	<p>This group meets weekly and supports people to make new social connections within their community and reduce isolation.</p> <p>For more information contact rena.kilpatrick@ramh.org</p>
<p>WiRE (Women in Recovery) Wednesday 1st, 8th, 15th; 22nd 1pm-3pm @ Arthurlie House</p>	<p>A group supporting women in recovery to form social connections and reduce isolation within their local community.</p> <p>For more information contact linda.maguire@ramh.org</p>
<p>Link Club Tuesdays 1-3pm @ the Dalmeny Centre</p>	<p>Weekly social connections group for people living in East Renfrewshire.</p> <p>For more information contact jo.shand@ramh.org</p>
<p>Community Garden 21 Carlibar Road, Barrhead</p>	<p>We encourage people to use the garden space at 21 Carlibar Rd in their own time if they wish. The garden is equipped with a number of things to help you be mindful and connect with nature. We have mindfulness cards, positivity quotes, bug hotel, heather and rose beds, 4 raised beds and ample seating. Please use the space in the best way to benefit your own mental health and wellbeing.</p> <p>For more details contact: graham.cossar@ramh.org</p>



<p>Football Group Powerleague Paisley, Saturdays 10.30-10.30am</p>	<p>The football group meets weekly for full contact 7-aside games at the Powerleague Football Centre in Paisley. This group is for anyone wishing to participate in a fun friendly competitive game of 7 aside in a peer supportive setting. At present anyone wishing to attend the group would follow usual referral pathways or email rachael.mclaren@ramh.org for more information.</p>
<p>Bottle Greenhouse Project RAMH Headquarters, Thursdays 11am-12pm</p>	<p>A working party creating a greenhouse out of plastic bottles for the new garden space at headquarters. For more information contact lee.millar@ramh.org james.power@ramh.org</p>
<p>Men Do Talk Monday 13th & 27th Feb 10-12pm @ Dunterlie Resource Centre</p>	<p>A men's peer led support group providing support and discussing issues that impact on mental health and wellbeing. For more information contact graham.cossar@ramh.org</p>
<p>Time 2 Talk Monday 6th & 20th 11am-1pm @ Auchenback Resource Centre.</p>	<p>A peer led recovery focused discussion group. A chance to discuss issues that are affecting your mental health and wellbeing. For more information contact linda.maguire@ramh.org</p>
<p>Exploring Recovery Thursday 16th & 23rd Feb & 2nd March Venue and time tbc</p>	<p>Introductory course based around the CHIME model of recovery. Full of tips, techniques and strategies for getting well and staying well. For more information please contact mary.spence@ramh.org</p>



Winter Welcome Hubs



RAMH Causeway would like to extend a warm welcome to **ALL** community members across East Renfrewshire to pop along to our group supports, as part of our Wellbeing Programmes.

Please join us for soup, access to information and activities and help keep the chills at bay.

Tuesdays will be with the **Link Club**: 1.30-3.30pm in the **Dalmeny Centre** in Barnes St, Barrhead

Thursdays will be with the **Social Support Group**: 1.30-3.30pm in the **Clarkston Halls**, Clarkston

For more information contact: enquiries@ramh.org or,
call us on
Tel: 0141 881 8811

ramh.org

Call 0141 847 8900
Email enquiries@ramh.org

RAMH promotes recovery from mental ill health, and empowers people to build independent, fulfilled lives.

RAMH REstore

Based at **24 Causeyside St (the old Mothercare shop)** in Paisley, REStore is RAMH's 'Charity Superstore'. With two floors of retail, we focus mainly on good quality used domestic furniture and other essential household items like white goods but also carry a wide selection of other stock including kids and adult clothing, shoes and accessories, toys, books, DVD's, CD's and vinyl as well as bric-a-brac, kitchen ware and household textiles.

A local delivery service is available for furniture sales. Please ask in store for details.

Our stock is donated to us so it varies regularly although this does mean we can't guarantee we'll have what you're looking for on any particular day.

We regularly have sales and promotions instore including #Toddler Tuesday and the ever popular #FreebieFriday. Check our social media to keep up to date with the latest in-store.

The first floor of ReStore is also home to RAMH's community pantry. Designed to tackle food waste and of course food poverty, the pantry has attracted over 300 members since opening and offers a low-cost shopping experience to our members while making use of food that would otherwise end up in landfill.

#ToddlerTuesday

Every Tuesday a selection of babies & kids clothing, shoes and accessories will be on sale at the front of the store along with a range of toys and other essentials. Clothing can be mixed and matched and is sold at 3 items for £1. Toys etc individually priced from 50p
Contact: nicola.smith@ramh.org

#FreebieFriday

Every Friday a selection of household goods, bric-a-brac, CDs, DVDs, kids & adult clothing, shoes and accessories are free to a good home. Occasionally we also have items of furniture to give away too. All will be displayed at the front of the store.
Contact: nicola.smith@ramh.org



ACUMEN

The 'What's the Script?' group meet via Zoom on Wednesday evenings, 7.30pm to 9pm.

The group collectively develop scripts around particular mental health issues. These become audio and video pieces used to promote awareness around mental health. Participants research and draw on their own lived experience in developing scripts.

If you have an interest in creative writing and are interested in joining the group, please email enquiries@acumennetwork.org



For details of the North Ayrshire Wellbeing and Recovery College visit ramh.org/north-ayrshire-wellbeing-recovery-college/

To make a referral to RAMH call 0141 404 7788 for Renfrewshire or 0141 881 8811 for East Renfrewshire. Alternatively, download a referral form from ramh.org and send it to referrals@ramh.org.

Crisis Supports: If you live in Renfrewshire contact FIRST Crisis on freephone 0800 221 8929 (or standard rate 0141 848 9090).

We are available 7 days a week, 365 days a year, Monday-Friday 9am-8pm and Saturday-Sunday 9am-5pm.

If you live outside Renfrewshire and need immediate help contact:

Breathing Space: 0800 83 85 87	www.breathingspace.scot
Samaritans: 116 123	www.samaritans.org
NHS 24: 111	www.nhs24.com
Text SHOUT to 85258	www.giveusashout.org

