

West Dunbartonshire Mental Health Forum

moving ahead...

August, 2015

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 West Dunbartonshire Mental Health Forum Newsletter.

Our Committee meet on the Second Monday of every month, alternating between a business meeting and a development meeting.

Since our last edition members of the committee have attended several meetings which include:

Mental Health Development Group at Riverview Resource Centre, W.D. Education Department, WDCVS, Marie Rooney, Integrated Operational Manager WDHSCP, George Murphy, Public Involvement Officer WDHSCP and also some partnership working with Stepping Stones.

Planning is in progress for our A.G.M. later in the year, we are also developing our annual membership survey.

We have also been asked to compile a cookbook with recipes contributed by our members so if you have a favourite recipe please send it in to us.

We have recently obtained funding to expand our premises in Benview so watch this space for future developments.

Our Committee

Liz Howie (Chairperson)

Carol Dinning (Secretary)

David Harrison (Treasurer)

Anne Bardsley

George Drain

Stuart McEwan

Liz Moore

BENVIEW LUNCH CLUB

Ben View lunch club has been established since 1994 and is a very popular and supportive service for older people within the community. We provide the service primarily to people over sixty who have an identified social need (e.g. isolation) and stay within the Bowling to Balloch boundaries.



The emphasis on the service is the social aspect, we provide a warm, caring and safe environment where people can come together to enjoy the company of others, for many who come along this is the only activity they have outside their own home on a weekly basis. The members enjoy nothing more than a good blether with each other and the volunteers.

Our aim is to make the entire experience from being picked up in the bus to being dropped off something that they look forward to which will enhance the quality of their life and give them a sense of purpose for the day.

In addition to the lunch, the service also offers advocacy and advice service to the members, two annual outings, entertainment and various activities in order to meet the emotional, physical and social needs of users. Talks are given on topics of interest to older people, for example crime prevention, personal safety, health, diet, welfare rights, etc.

The service aims to make positive contributions to the lives of older people, where loneliness and isolation can be widespread and to help those who attended retain more control over their own lives, supporting them to maintain their independence and remain living in their own homes and communities.

Referrals can come from individuals themselves, family members or carers, or any agency who is already involved in the care support package with the client.

JOIN US
TODAY

If you would like to become a member of
WDMHF please Contact **01389 742294** or
Email wd.mhf@btconnect.com

Clyde Shopmobility



Clyde Shopmobility established in 2011 is a charity which enables people to access shops, cafes and services in West Dunbartonshire. This service caters for all age groups who are not necessarily diagnosed with a disability, this client group consists mostly of people aged 55years and over.

We hire out equipment such as mobility scooters, electric and manual wheelchairs and rollators from our offices in Alexander Street, Clydebank and Mitchell Way, Alexandria and also provide sighted guides for people with visual impairments.

Clyde Shopmobility in conjunction with Loch Lomond & The Trossachs National Park established a 'Parkmobility' service at the bus stance in Balloch, this enables people to hire mobility equipment that will enable them to enjoy the amenities of the surrounding area.

The main benefit for the members is that it enables people with mobility and visual impairments to maintain their independence and enhance their standard of living. Increased mobility enables social integration, community involvement and sustains friendships.

In warmer weather they arrange afternoon trips suitable for clients who use mobility aids, sighted guides and their friends and families. These events are posted on Facebook and Twitter and people are advised to register their interest as soon as possible so as we are able to arrange volunteers and transport.

This invaluable service provided by Shopmobility cost £5 per year.

For further information contact:

Alexandria - Tel: **01389 758063**
Clydebank - Tel: **0141 952 1578**
Balloch Bus Stance: **07804 895 536**
Website: www.clydeshopmobility.co.uk

CENTRE 81



Centre81 is a Clydebank Housing Association wider role initiative that opened in May 2008 and is in the heart of the Whitecrook Community.

The development of Centre81 is a major milestone in the future regeneration of Whitecrook, which is considered to be one of the most deprived areas in Scotland. The focus is on assisting residents to gain skills, qualifications and experience in order that they may move out of the benefits trap and possibly into work. The centre will also provide a range of activities to engage with young people, reduce anti-social behaviour and increase the capacity of Whitecrook and the wider communities. It also aims to improve the physical and mental health of residents through a range of innovative and exciting programmes.

Centre81 is available to rent throughout the week, 9am-9pm Monday to Friday. It is used regularly by local agencies, private individuals for meetings, conferences, training courses, support groups, sports and leisure activities.

Please call **0141 533 7070** for prices and details of our facilities.

Details of Centre81 activities can also found at www.clydebank-ha.org.uk and on our facebook page

LINNVALE LIFELONG LEARNERS

Linnvale Lifelong Learners have changed their location, they now meet at the Community Hall in Onslow Road, Drumry South on Thursdays from 12.30pm-2.30pm. Old and new members welcome.

The Men's Shed Clydebank are running a blether group in Room 9a, First Floor, Whitecrook Business Centre on Mondays between 5pm-7pm, all men welcome. The Blether Group has been so successful that they have received a request from the Leamy Foundation to help set up groups in Alexandria and Dumbarton.

For further information please contact **George** on Tel: **07730 384 634**

WHAT IS WRAP?

WRAP is a self management tool which enables individuals to increase personal responsibility and regain control to improve their quality of life. It is a tool for learning more about ourselves and the things that help us recover and stay well.

The concept arose in the USA when a woman called Mary Ellen Copeland felt that support services available did not inspire hope and recovery. She knew there was a better way to support her and concluded that this support would also help others. She and a group of people with mental health problems designed a new support system called **Wellness Recovery Action Planning**. The key elements of this training and support are that you design your own wellness toolbox, daily maintenance plan, identify triggers and early warning signs. Also, identify when things are breaking down and an action plan and crisis and post crisis planning. Informed by the five key recovery concepts of Hope, Personal Responsibility, Education, Self Advocacy and Support, WRAP ensures that the person undertaking the training is at the heart of the process.

What is involved in the training?

Stepping Stones have accredited WRAP training Facilitators. The training involves attending a 3 hour group session per week for 5 weeks in a safe and comfortable setting. There is a break after the fifth week and the sixth week is a call back session that is designed for you to reflect on how you have used your WRAP. A group approach allows for sharing experiences, activities and discussions to take place.

stepping stones
your well-being in mind...
www.stepstones.org.uk
SC 019270

wrap srn Scottish Recovery Network
wellness recovery action planning
Quality Accredited Facilitator 2015

STEPPING STONES

Tel: **0141 941 2929** : Email: admin@stepstones.org.uk

More information is available by visiting www.mentalhealthrecovery.com.

LEARNING DISABILITY CENTRE GETS £700K UPGRADE

A facility which provides care and support for adults with learning disabilities has undergone a major £700,000 refurbishment. The overhaul of the Dumbarton Day Centre, on Bruce Street, included providing two state of the art sensory rooms, improved physiotherapy facilities, an expanded café area and the creation of several quiet rooms where service users can meet in smaller groups.

In addition to the café being upgraded, it is being run by the Council's Work Connect service – a scheme specifically designed to support people with learning disabilities, mental health, autism or recovering from addiction into training, voluntary work and employment.

Councillor Gail Casey, Chair of West Dunbartonshire Health and Social Care Partnership Board committee, visited the centre to see the improvements. She said: "This Council has a clear commitment to improve care and protect the welfare of vulnerable people. That is why it is so wonderful to see the changes that have been made at the Dumbarton Day Centre. As the main day resource centre for adults with learning disabilities in West Dunbartonshire it was important that it was brought up to date to meet the needs of its users. These upgrades will ensure that people in West Dunbartonshire have access to some of the best facilities anywhere."

Other improvements at the centre have seen a fully equipped kitchen installed to allow service users to plan and make their own meals, and the creation of an exhibition area to allow creative works to be displayed. A new, more relaxed and user friendly programme of activities, which allows service users to engage in their favourite pursuits at their own pace and with a more consistent staff presence supporting them, has also been introduced.



Councillor Hazel Sorrell, Deputy Spokesperson for Health and Social Work, said: "This is a fantastic facility which provides an excellent support service for people with learning disabilities. The upgrades which have been made to the centre have certainly helped to create a more vibrant and user-friendly facility, which will continue to be well-used for many years to come."

Whilst the renovation works were being carried out, all services were transferred to the Phoenix Centre, in Castlehill, to ensure that service users could continue with their activities

UK FOODBANKS

13 million people live below the poverty line in the UK.

Every day people in the UK go hungry for reasons ranging from redundancy to receiving an unexpected bill on a low income. In 2013-14 foodbanks fed 913,138 people nationwide. Of those helped, 330,205 were children.

Foodbanks help prevent crime, housing loss, family breakdown and mental health problems. A simple box of food makes a big difference. All food is donated by the public and sorted by volunteers. Frontline care professionals such as doctors and social workers identify people in crisis and issue a food voucher. Clients receive three days of nutritionally balanced, non-perishable food in exchange for their food voucher. Foodbanks also make time to chat and to signpost clients to other helpful services.

Why do people need emergency food?

Today people across the UK will struggle to feed themselves and their families. Redundancy, illness, benefit delay, domestic violence, debt, family breakdown and paying for the additional costs of heating during winter are just some of the reasons why people go hungry

What's in a foodbox?

Each foodbox contains a minimum of three days nutritionally balanced, non-perishable food.

Foodbanks rely on the support of local communities.

If there's no foodbank near you why not find out more about starting one?

For further information on your local foodbank please contact your Citizens Advice Bureau

Dumbarton - Tel: 01389 744 690
 Clydebank - Tel: 0141 435 7590
 Alexandria - Tel: 01389 752 727

DESPERATE TIMES

*Desperate times, no food in the house.
 None for the children or for the mouse.
 The fridge is empty the larder is bare
 The family is hungry does anyone care?
 The social is closed the money's all done.
 Loaves are all eaten and so is the bun.
 A prayer to god won't slacken the belt
 Poverty struck, hungers well felt.
 Shoplifting's a thought, housebreaking too.
 Pray tell me god what must one do.*

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

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 Helpline111

ADULT MENTAL HEALTH SERVICES

Riverview Resource Centre01389 812070
 Goldenhill Resource Centre...0141 941 4400
 Primary Care Mental Health Team
01389 828203

POLICE

Non Emergency101

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 Council01546 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 Bureau01389 761380
 Women's Aid.....01389 751036
 Domestic Abuse0800 027 1234
 Samaritans08457 909090
 Alzheimer Scotland0808 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 Point0141 427 8200
 Welfare Rights01389 73705

USEFUL WEBSITES

Living Life to the Full www.llttf.com
 Glasgow STEPSwww.glasgowsteps.com
 Mood Gymwww.moodgym.anu.edu.au
 Mood Caféwww.moodcafe.co.uk
 Mood Juice..... www.moodjuice.scot.nhs.uk

Thanks to the editorial team:

Carol Dinning, George Drain,
 Tommy Hollywood and Liz Howie

Printed by Clydespeed Printing Ltd. 0141 951 1733