

**AUTUMN  
EDITION  
2011**

# 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

West Dunbartonshire Mental Health Forum held its A.G.M. on Tuesday 6th September in Benview Resource Centre, Dumbarton. There was an excellent turnout and the room was full of energy and positivity.

There were short presentations from:  
Eileen Gorie *re: The Vale Monitoring Group.*  
Stuart McEwan *re: WDMHF Recovery 2 conference.*  
Peter Claughan *re: Goldenhill Task Group*

The forum would like to extend its thanks to Mike Foley WDCHCP, David Elliott Acting Head of Mental Health and Ingram Wilson for all their support and to all who attended the A.G.M.

**A full report of the A.G.M. is available on our website [www.wdmhf.co.uk](http://www.wdmhf.co.uk) which was launched on the day.**

### OUR NEW 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



Harry McCormack with his leaving gift

## MOVING ON

After being involved with WDMHF and the former Dumbarton & District Mental Health Forum for eleven years I feel that it is time to move on. I have sincerely enjoyed my time here and this has provided me with a great education of mental health services activism in West Dunbartonshire.

WDMHF has opened doors for me as I started back in October 2000 as a former college student with no obvious ambitions for what kind of work career I would pursue. However

this has changed now and I now know what direction I want to take (administration work).

I would like to thank everybody for their support and commitment during my time at WDMHF and I wish WDMHF all the best for the future.

*Harry McCormack*  
West Dunbartonshire Mental Health Forum

**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)**

## SLEEP - QUOTE BY DALAI LAMA "Sleep is the best form of meditation"

The theme for Mental Health Awareness Week 2011 was Sleep. Over 30% of the population suffer from sleep problems.

Sleep like eating, drinking and breathing is something that everyone does and many people take for granted, sleep allows our bodies to repair themselves.

The Mental Health Foundation's Sleep Matters report, published in January, also showed that quality of your sleep can have a significant impact on your mood, energy levels, personal relationships and ability to concentrate and function throughout the day.

To download The Mental Health Foundation Sleep Diary see [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)



## MANAGING STRESS

The Mental Health Foundation is the UK's leading mental health research, policy and service improvement charity. They work across all age ranges and all aspects of mental health to promote an understanding of what works to promote mental health across society, prevent mental health problems and support recovery.

The Mental Health Foundation has put together ten practical ways to look after your mental health. These simple changes do not cost a lot or use up much time:

1. **Talk about your feelings** - talking about your feelings is not a sign of weakness but it is about taking charge of your wellbeing.
2. **Eat well** - there are strong links that eating a well balanced diet helps, reducing caffeine and sugar, which although they have an immediate effect on our mood are detrimental in the long term.
3. **Keep in touch with friends and family**, they can offer different views on whatever may be going on in our heads.
4. **Take a break from what you are doing** even if it is only for five minutes.
5. **Accept who you are** - we are all different.
6. **Keep active** - exercise releases chemicals in the brain that make us feel good.
7. **Drink sensibly** - alcohol can alter our mood but the effect is only temporary.
8. **Ask for help** - we are not superhuman it is not something to be ashamed of to ask for help.
9. **Do something you are good at** - do something you love to do, enjoying yourself helps beat stress.
10. **Care for others** - this is often an important part of maintaining relationships; it can even bring you closer together.

For more information see The Mental Health Foundation website - [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)





## SCOTTISH MENTAL HEALTH ARTS & FILM FESTIVAL

### WATERCOLOURS AND WEEDS

The theme for this year's Scottish Mental Health Arts and Film Festival (SMHAFF) is childhood, growing up and memory which will run through the events. It is designed to bring together partners, service users and agencies to help stimulate thinking about mental health through the arts.

See website for more information  
[www.mhfestival.com](http://www.mhfestival.com)

**WEST DUNBARTONSHIRE ART PLANNING GROUP IS HOSTING AN ART EXHIBITION IN LEVENGROVE PARK ON THE 21ST OCTOBER TITLED "WATERCOLOURS AND WEEDS".**



## MENTAL HEALTH IN MIND

The group began life as a "training for trainers" group. Made up of mental health service users who were interested in using their skills and experiences to train others. The participants then identified that they wanted to use Forum Theatre as a way of reaching and training peers and mental health staff.

CAOS (Community Arts; Open Space) drama worker works with the group, trains them in forum theatre and helps them to explore the dramatic art form that has existed across the world for over fifty years. Forum Theatre came out of South America and is used as a tool for change in people's lives that may be experiencing some kind of oppression. The group use drama workshops to explore the stigma and discrimination that surrounds mental health issues. The group's performances empower the audience to not only enjoy the short play that Mental Health in Mind group have devised, but also invite them to participate in the performance and change the action. This demonstrates to the "Spectators" (audience members) that an individual has the power to change a difficult situation they may be in for the better. This process can be very beneficial for the actors and the audience in relation to understanding what other people are feeling and experiencing.

Mental Health in Mind performed at West Dunbartonshire Mental Health Forum's Recovery 2 Conference, which took place in May 2011. The performance was very well received.

**The group are currently devising a training workshop which will take place in October as part of Mental Health Week and will reach mental health staff at local resource centres and is exploring the theme of Recovery plans. The group currently meets on a Tuesday morning from 10am-12pm in Centre 81 in Whitecrock, Braes Avenue, Clydebank.**

**IF YOU ARE INTERESTED IN JOINING THE GROUP PLEASE CONTACT HANNAH ON 0141 952 2117 OR EMAIL [hannah@causingcaos.co.uk](mailto:hannah@causingcaos.co.uk)**

To find out more about CAOS (Community Arts; Open Space) please check out their new website - [www.causingcaos.co.uk](http://www.causingcaos.co.uk)

# GOLDENHILL TASK GROUP UPDATE

WRITTEN BY PETER CLAUGHAN

The Goldenhill Task Group was formed in 2008 following the centre completing the Scottish Recovery Indicator (SRI). The SRI is a service development tool designed by the Scottish Recovery Network (SRN) which highlighted a need for our centre to be more focussed on meaningful service user and carer representation with involvement in all aspects of service development within the centre.

The summer months have been a busy time for The Task Group. We continue to work on information leaflets for use in the centre and have also been in negotiations with our colleagues at West Dunbartonshire Mental Health Forum to develop a "Resource Room" within the centre. It is hoped the Resource Room will offer our service users a place to learn computing skills as well as a place for our mental health network partners to offer information sessions and meetings within the centre.

We were happy to be invited to the West Dunbartonshire Mental Health Forum A.G.M. and give a brief presentation on the work of the Task Group. Our best wishes go to the new committee, it looks like a very productive time ahead for the Forum and there seems to be a lot of genuine interest and enthusiasm to move forward.

**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 Claughan or Shiona Bennett at Goldenhill on 0141 941 4400**

# VALE MONITORING GROUP UPDATE

REPORTED BY EILEEN GORIE - WDMHF

The Group was set up by the Cabinet Secretary in 2009 to monitor the implementation of NHS Greater Glasgow & Clyde's Vision for the Vale, which includes the proposal to close the Christie Ward and to admit patients instead to Gartnavel Royal Hospital.

**In October 2010, this Group passed the following motion:**

*"Considering the role of the Group to ensure the implementation of the Vision for the Vale and specifically for the benefit of patients and their families, the Vale of Leven Monitoring Group recommends the reinstatement of the Christie Ward or its equivalent at the Vale of Leven with funding allocated and work commencing in the current financial year."*

NHS Greater Glasgow & Clyde has produced a draft paper in September this year,

recommending the permanent transfer of Adult Acute Inpatient Services provided by the Christie Ward at the Vale of Leven Hospital to Gartnavel Royal Hospital.

The lay members who have been trying to represent local stakeholders have concluded that in fact they had little if any scope for influencing the board's decisions. Therefore although they have served diligently on the group since it began, they have decided to leave it.

Alex Salmond has said that he is fully aware of the support for the Christie Ward: that is why the Cabinet Secretary for Health & Wellbeing, Nicola Sturgeon, appointed to the Vision for the Vale Monitoring Group in July 2009 will be delighted to meet with the lay members who have resigned to pursue these talks.

## 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  
Paisley's Royal Alexandra.....0141 887 9111  
Gartnavel Royal .....0141 211 3600

**NHS 24 HELPLINE .....08454 24 24 24**

### ADULT MENTAL HEALTH SERVICES

Riverview Resource Centre.....01389 812070  
Goldenhill Resource Centre .....0141 941 4400  
Primary Care Mental Health team .....01389 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

### VOLUNTARY SECTOR ORGANISATIONS

Citizens Advice Bureau .....01389 761380  
Women's Aid ..... 01389 751036  
Domestic abuse .....0800 027 1234  
Samaritans.....08457 909090  
Alzheimer Scotland.....0808 808 3000  
Breathing Space .....0800 83 85 87  
Stepping Stone (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  
Alzheimer Scotland.....01389 733334

**For other useful contacts see our website**