

West Dunbartonshire Mental Health Forum

moving ahead...

AUTUMN, 2016

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 and Social Care Partnership (WDHSCP). Scottish Charity No. SC039187

UPDATE

Welcome to the latest edition of the West Dunbartonshire Mental Health Forum newsletter.

Our committee meet on the second Monday of each month with several sub-groups, which include the editorial, finance and admin groups meeting several times a week.

The committee would like to take this opportunity to thank Linda Ashby who has resigned from the committee, Linda has moved away from the area and we would like to wish her well in her future ventures. Since our last edition members of the committee have organised the second of our networking meetings with service providers and other partner organisations in order to exchange information.

Some of the committee have had an introduction to Julie Lusk new West Dunbartonshire Health & Social Care Partnership Head of Mental Health, Learning Disability & Addictions.

Our Committee:

Liz Howie (Chairperson)
David Harrison (Treasurer)
Carol Dinning (Secretary)
Anne Bardsley
Stuart McEwan
Liz Moore

FAREWELL TO JOHN RUSSELL

On Tuesday 27th of September the forum held an informal get together to say thank you to John Russell who has retired from his position as West Dunbartonshire Health & Social Care Partnership's Head of Mental Health, Learning Disability & Addictions.

John has been a strong supporter of the forum for many years and on behalf of the committee past and present we would like to wish him a long and happy retirement.

We would also like to welcome his successor Julie Lusk and look forward to continuing the good relationship and support we have enjoyed



JOIN US
TODAY

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

THE WEST DUNBARTONSHIRE ACQUIRED BRAIN INJURY (ABI) SERVICE

The West Dunbartonshire ABI service provides community based assessment and rehabilitation for adults in the local area where acquired brain injuries are the primary issue affecting their quality of life. The ABI team includes Health and Social Care workers. They are a Service Co-ordinator, a Neuropsychologist, a Social Worker, an Assistant Psychologist and a Support Worker.

Acquired Brain Injury (ABI) can happen to anyone at any time and can be life changing for the survivor and their family. There are different types of acquired brain injury, some sustained through falls, assaults or accidents and others through infections. ABI can lead to physical health problems, emotional, cognitive and social issues. The effects can be life long and people need support at different times depending on their individual needs.

The ABI Service was developed in partnership with survivors, carers, and practitioners. It provides local ABI community rehabilitation and education based on working alongside survivors and carers. It supports them and their Health and Care workers to develop and practice rehabilitation and enablement skills. People are supported to adapt to the changes in their life caused by brain injury, support from the ABI Service is individually agreed and goal focused.

An important aspect of the ABI Service's partnership approach is jointly working with other services, to help with this the ABI Service set up a local Managed Care Network (MCN). This network includes survivors, carers, and local services who all work together on common issues such as training needs, research, service standards and self-directed supports. The network has attended national ABI events and is a local resource for services to learn more about brain injury and how to best support survivors. In the past four years training on ABI has been provided to over 300 individuals with a brain injury, their carers, support workers and other professionals.

Feedback from local people who have experienced the effects of brain injury and also from the training sessions, led to development of Acquired Brain Injury Resources, including a resource pack 'The Journey' and a DVD resource 'Getting Your Head Around Brain Injury' available online.

Referrals into the ABI Service are usually made through GP or hospital, with referral forms and Information Pack also available from the HSCP website: www.wdhscp.org.uk

West Dunbartonshire
Health & Social Care Partnership

ONE STEP AT A TIME PILOT UPDATE

WELLBEING COURSES

To date, since the pilot has been up and running the Forum has seen an increase of 35 new members joining the forum.

Our Pilot is now well truly underway, with successful delivery of 2 Wellbeing Groups having taken place. This consisted of a 10 week mixed gender group being delivered in January which had a weekly core membership of 14 members. As well as this, in May, we also offered our female members a 6 week woman's group. This attracted a core group of 12 members.

After participation in the above Wellbeing courses, Forum members gave us the following comments

- "I am sleeping better, especially after the Monday class."
- "I can relax a little better."
- "This was something I never thought of"
- "Reduced pain I had in a niggly shoulder"
- "I learned how to be mindful of my posture"
- "Very relaxing"

As well as access wellbeing activities, members could access a one to one appointment with a qualified Holistic Therapist, offering a range of treatments including aromatherapy and various massage techniques.

DIGITAL SUPPORT GROUP

A new drive to promote our Weekly Digital Support Group is ongoing. This is a fantastic opportunity for our members to learn a basic introduction to Computing, Android Tablets, iPad or to set up & use Skype.

MEETS EVERY THURSDAY FROM 1.30^{PM} UNTIL 3.00^{PM}.

GETTING CREATIVE

Our weekly peer led Arts & Crafts group continues to grow, with 8 members regularly attending, the group meet weekly on **Tuesday afternoons from 12.30pm until 2.30pm**, providing the perfect opportunity to meet new friends, to learn and share skills such as jewellery and card making.

Additionally, we also ran a 6 week Creative Writing course, seeing 5 members participate. We are hoping to offer another such course in the near future....watch this space for more details.

For further information contact West Dunbartonshire Mental Health Forum see back page for details.

SUPPORT AND EDUCATION FOR ALCOHOL RELATED CHALLENGES IN THE HOME (SEARCH)

WHO IS A CARER?

A carer is someone of any age who looks after and supports a relative or friend who, because of their disability, illness, frailty or addiction, would not otherwise be able to live independently at home. Many people do not see themselves as carers and often miss out on vital services, support and financial help. It may be that they are new to caring for some time.

ABOUT THE SEARCH PROJECT

The SEARCH project provides support to carers that are affected by alcohol related issues. Either because they are caring for someone who has an alcohol problem or because they are dealing with their own alcohol issues.

The project will support carers of any age but has a particular focus on Young Adult carers (18-25years) and Older carers (65+)

THE PROJECT AIMS TO:

- Identify carers as early as possible.
- Ensure that carers are aware of their rights to assessment and support.
- Provide access to services which can help them to sustain their caring role.

HOW THE PROJECT CAN HELP CARERS?

Caring for someone with an alcohol problem can be particularly challenging as carers sometimes have to struggle to get the recognition and support that they are entitled to. The stigma that is often associated with having an alcohol, as well as denial, can also be a barrier to getting help.

Carers have a key role within the family and to any recovery which may take place, it is therefore crucial that they are recognised, supported and educated.

THE SEARCH PROJECT PROVIDES:

- One to one support from the SEARCH carer support worker.
- Emotional support
- Learning opportunities.
- Access to a range of services which support carers.
- The opportunity to meet other carers in a safe and confidential environment.

CARERS' ASSESSMENT

Anyone that provides care on a substantial and regular basis is entitled to their own Carers' Assessment.

Even if the person that they are caring for is not in receipt of services they are entitled to have an assessment of their own needs as a carer. Ask the SEARCH Carer Support Worker about this.

IF YOU THINK WE CAN HELP, YOU CAN-

- Telephone us yourself
- Speak to your Social Worker, GP or any other health professional
- Visit our Carers' Centre

GET IN CONTACT:

Elaine Milne • Carer Support Worker,
SEARCH PROJECT,
Carers of West Dunbartonshire,
84 Dumbarton Road,
Clydebank. G81 1UG
Tel: 0141 941 1550
Fax: 0141 941 1546

Email: Elaine@carerswd.org

Website: www.carerswd.org

 @CarersofWestDun

COMMITTEE MEMBERS WANTED

The voice of Mental Health Service Users and Carers in West Dunbartonshire.

We are looking to recruit local people with skills, knowledge or lived experience of mental health to come on board and join our vibrant management committee.

We'd love to hear from you if you have the following desirable skills:

- BOOK KEEPING
- FINANCE
- ADMINISTRATION SKILLS
(MICROSOFT EXCEL, WORD & ACCESS)
- MINUTE TAKING
- EVENT PLANNING,
MARKETING & SOCIAL MEDIA.

Come on board to help shape mental health services for the future. You'll be rewarded with Peer Support, access to training, reasonable out of pocket expenses, the opportunity to gain confidence and work experience in a local community project. All we ask for is a minimum of 4 hours per week commitment.

FOR MORE INFORMATION:

Tel: 01389 742294 or Email: wd.mhf@btconnect.com

HEALTH PROMOTION AND PEER SUPPORT THROUGH SPORT

Sporting Memories Network (Scotland) is the premier reminiscence charity in Scotland. We promote and develop the use of sporting memories to improve the wellbeing of people through conversation and reminiscence.

We are a charity funded company, funded by Life Changes trust. We run social groups within the West Dunbartonshire area to engage with the most vulnerable in our community who have become socially isolated due to health conditions that impact on their daily lives.

Our aim is to improve the quality of people's lives by boosting their confidence, self-esteem and self-worth, everyone has something to offer in a group setting whether it's talking or listening, everyone is welcome to come along and join one of our groups.

What are your favourite sporting memories? The moments that make the hairs on the back of your neck stand on end when you think back on them.

Maybe it was meeting your idol and discovering that they were everything you hoped they would be. Perhaps it was a special match, race or moment that you can still see when you close your eyes.

Maybe it was something more personal, sometimes it's not about what you are watching, but who you are watching it with.

We believe in the power of stories to reignite connections between generations and help save the past for the present.

Whether you know someone who could benefit from attending our groups or would like to volunteer, find out more about our ground breaking work and how to get involved by visiting our website www.sportingmemoriesnetwork.com



FOR MORE INFORMATION:

Email: george@sportingmemoriesnetwork.com
or Telephone: 07511 419 725

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



Facebook: West Dunbartonshire Mental Health Forum

USEFUL CONTACT NUMBERS FOR WEST DUNBARTONSHIRE

HOSPITALS

Vale of Leven01389 754121
Royal Alexandra Hospital0141 887 9111
Gartnavel Royal0141 211 3600

NHS 24 Helpline 111

ADULT MENTAL HEALTH SERVICES

Riverview Resource Centre01389 812070
Goldenhill Resource Centre...0141 941 4400
Primary Care Mental
Health Team.....01389 828203
Older Adults Community
Mental Health Services.....01389 812032

POLICE

Non Emergency 101

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 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
C.A.B. Dumbarton01389 744690
C.A.B. Alexandria01389 752727
C.A.B. Clydebank0141 435 7590
DACA.....01389 731456 / 0141 952 0881
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 Fellowship01389 726800
Lomond and Argyll Advocacy Service
.....01389 726543
Turning Point0141 427 8200
Welfare Rights01389 73705

USEFUL WEBSITES

Living Life to the Full www.lttf.com
Glasgow STEPS www.glasgowsteps.com
Mood Gym www.moodgym.anu.edu.au
Mood Café www.moodcafe.co.uk
Mood Juice..... www.moodjuice.scot.nhs.uk

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