

West Dunbartonshire Mental Health Forum

moving ahead...

**SPRING
EDITION
2012**

WHO WE ARE

West Dunbartonshire Mental Health Forum (WDMHF) is a body of volunteers, service users and carers who work in partnership with local and national services for the benefit of our members. We are based in the Benview Resource Centre in Dumbarton and are currently funded by West Dunbartonshire Community Health and Care Partnership (WDCHCP), Scottish Charity Number SC039187

UPDATE

Welcome to our spring edition of the newsletter. The Committee have monthly meetings on the second Monday of every month.

Since our last edition, members of the committee have attended several different meetings, including The Scottish Mental Health Service User Research Network conference in Stirling, WDCVS quiz night (we came 5th), LEAD Scotland networking and a singing bowl concert in Benview Resource Centre.

We would like to welcome our new co-opted member Tommy Hollywood to the committee.

On the 24th February 2012 WDMHF hosted "Coffee, cake and a chat" event, this was very well attended; a full report will be made available.

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
Tommy Hollywood (co-opted)
Elaine McCulloch
Stewart McEwan
Paul McToal
Charlene Scullion
Advisor: Ingram Wilson
(WDCHCP-Mental Health)



MOVING ON

>>> Reported by Liz Howie <<<

Angela Anderson was raised in Clydebank, as a child she felt different and had a lack of confidence in larger groups.

At the age of 16, Angela moved to London to do a Royal Society of Arts in Child Care youth training course. She went to college and passed her GCSE in English and also did a Certificate in Management Studies.

Whilst in London she became unwell with depression and had to undergo intensive therapy after which she returned to Clydebank to have the support of her family.

Angela achieved ECDL beginning work experience in Glasgow University but after a few months again took ill and she was referred to The Lansdowne Clinic.

She was introduced to Stepping Stones where she enjoyed the drama group until the funding was stopped. She became

a member of the Board of Directors of Stepping Stones; it was hard work but gave her a sense of achievement and was very empowering.

After a while Angela began volunteering for Ask Clyde, when they became Red and Black she was employed by them as a Volunteer Support Officer where she also got a lot of help and support. After completing the Health Issues in the Community Course she did a placement at Remploy. When Red and Black closed Angela was made redundant.

Angela joined CAOS (Community Arts: Open Space) through which she became involved in Mental Health in Mind, which is something she enjoys. Through the Job Centre a referral to the local employment team led to completing a customer services course at Clydebank College through Learning Links. Although still having health problems and attending hospital, her aim is to return to employment but still needs support to do this. At the moment she is volunteering with West Dunbartonshire CVS.

**JOIN US
TODAY**

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



**the cinema exhibitors'
association limited**

CEA CARD



The CEA Card is a national concessionary card developed by the Cinema Exhibitors' Association for UK cinemas in order to allow people with disabilities to obtain one free ticket for a person accompanying them to the cinema.

To apply for the card, you will need to meet one or both of the following criteria:

- a) Be in receipt of disability living allowance or attendance allowance;**
- b) Be a registered blind person.**

The aim of the CEA Card is to provide a consistent voluntary approach to the provision of complimentary tickets for people with disabilities. In the past this was done on a site-by site-basis. Around 90 per cent of UK cinemas are supporting the scheme from the large national chains to smaller independent operators.

For further information on the scheme, including a list of participating cinemas, here is a link to the CEA Card website www.cinemauk.org.uk/ceacard

The CEA Card is administered and run by The Card Network. For general card enquiries, please call their enquiry line: 0845 123 1292.



West Dunbartonshire Council Welfare Rights & Money Advice Service

West Dunbartonshire Council Welfare Rights & Money Advice Service is a free and confidential service for all residents in West Dunbartonshire. All advisers have a vast amount of experience in dealing with Welfare Benefits and Money Advice.

We provide a range of services to help people maximise their income through benefits and debt management. We also provide information, advice and support in other areas, including MacMillan Cancer Support, fuel consumption and usage, and grants for Insulation & Heating measures.

We can assist people who are looking for work to access work-related support through Employability and Community Learning & Development Services.

We operate Benefits Surgeries for people who use services at Goldenhill Resource Centre (0141 941 4400) on a Monday, and Riverview Resource Centre (01389 812070) on a Wednesday. They are attended by two of our most experienced Welfare Rights Officers, Brenda Allan and Karen Donald who have experience of working alongside people with mental health issues. They operate on an Appointment basis by calling the services direct.

If you are not attending either of the resource centres you can access services by contacting our office at:-

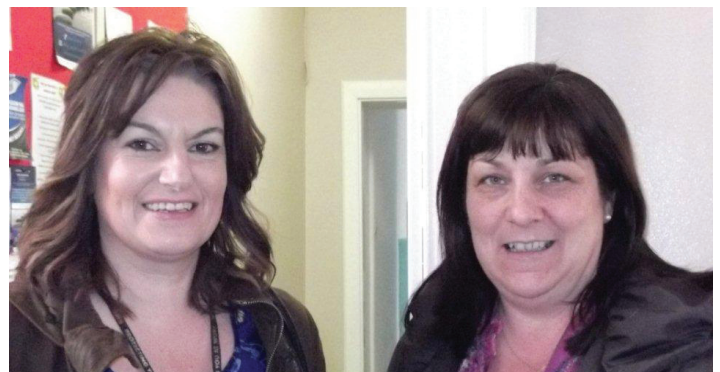
WELFARE RIGHTS & MONEY ADVICE SERVICE

6-14 Bridge Street
Dumbarton G82 1NT

Tel: 01389 737050 | Free phone: 0800 980 9070

OPENING HOURS:

Monday-Thursday 8.45am-4.45pm
Friday 8.45am-3.55pm



Referral Journey within Goldenhill Resource Centre.

Goldenhill Resource Centre is a specialist mental health facility based in Clydebank and is part of NHS Greater Glasgow & Clyde and West Dunbartonshire CHCP. Our aim is to provide a locally based service to adults in the Clydebank area who are experiencing moderate to severe mental illness.

Our team comprises of clinical and social work staff. We aim to provide a range of services based on the needs of each individual person and these can be one to one or group contacts. Individuals cannot self refer into the service and referrals generally come from local GPs or our colleagues within the mental health network through further discussion with the individual's GP.

Referrals are classified as:

- Routine (to be seen within 15 working days from allocation).
- Urgent (to be seen within 5 working days of allocation).
- Emergency (to be seen within 24 hour of receiving the referral).

Once assessed the person may require further contact with our service. This may initially include contact with the Crisis Team. There may also be times when hospital care will be considered. Some people referred to our service may require short term input to look at resolving particular issues for them before they can move towards discharge from the service. On assessment some people may be found not to need ongoing support from our service but may benefit from

referral to our network colleagues. There are some people who have a diagnosis of enduring mental illness, who may well require long term support and monitoring through our service. We aim to work with all individuals referred to our service to facilitate their recovery.



Peer Support in Stepping Stones

>>> by John White <<<

The Stepping Stones Organisation is a voluntary organisation and charity that has been in existence since 1990. Our management committee is made up of people who have used Stepping Stones services. We refer to the people who use our services as members. We provide a range of services and supports that we believe are recovery focussed. Our services are accessible to anyone resident in West Dunbartonshire. What this means is that each person has strengths, skills and abilities and despite health difficulties make the best of their lives using services such as ours. We acknowledge that each person is unique and requires our organisation to be flexible in the way we support people. We recognise that recovery is different for each person. Everyone who uses our support services has access to a support worker, who works with the member to identify what goals they want to achieve. By using our

services and supports, be that on a one to one basis, counselling or attending a social or other activity group, we provide members with a fairly comprehensive service. Some of our members want to give something back they do this by becoming volunteers, peer supporters, fundraisers or Directors.

Since the organisation's inception in 1990, peer support has been the cornerstone of the work of the organisation. The reputation of Stepping Stones in West Dunbartonshire and beyond is that of a progressive organisation that ensures its members are at the heart of the decision making process. The organisation demonstrates this in many ways including, the member led management committee, the choices of support that members can make and the very personalised and recovery focussed way in which the support services are configured. Encompassing peer support in the core work of the organisation is one way for recovery focussed services that believe in choice, enablement, empowerment and social inclusion. We continue to acknowledge the advantages and constraints of having a member led board. In order to encourage Peer Support

We:

- Continue to acknowledge the advantages and constraints of having a member led board
- Recognise that each member has skills and abilities and the organisation does its best to support the person to recognise and develop these.
- Facilitate a number of group opportunities and work hard to make these recovery focussed.
- Maintain an open mind and an ability to be flexible in our approach to the way things are done in the organisation.

We acknowledge that the staff do not have the monopoly on wisdom, particularly in relation to members' wellness and can only offer support to member's in the hope that this may inspire them to make choices that helps their recovery.

For more information contact:
The Stepping Stones Organisation
(Mental Health),
Whitecrook Business Centre,
78 Whitecrook Street,
Clydebank
G81 1QF
tel: (0141) 941 2929
e-mail:
stepping-stones@btconnect.com
visit:
www.stepstones.org.uk

What is a Mental Health Officer (MHO)?

A mental Health Officer (MHO) is a social worker with at least two years post-qualifying experience and who has successfully completed the nine month post graduate Mental Health Officer training course.

MHO's are approved to act in their own council area, they are required to undertake a minimum number of statutory tasks each year to continue to be accredited, including training. MHO's are required to have a thorough knowledge of Mental Health legislation, a good understanding of mental health disorders, its impact on individuals and their families and an ability to use their own judgment independently.

An MHO has a number of significant responsibilities under both The Mental Health and Adults with Incapacity Acts. Under The Mental Health Act an Emergency

Detention cannot go ahead without the consent of an MHO (unless it has not proved practicable to get a hold of one), a Short Term Detention Certificate requires MHO consent and only an MHO can make an application for a Compulsory Treatment Order. MHO's must always be consulted when decisions are made about renewing or varying Compulsory Treatment Orders. MHO'S are responsible for advising patients and families of their rights and providing information about the process of detention. An MHO cannot be instructed as to the decision they make regarding consent to detention. The reason social workers act as MHO's is because they are employed by a different organisation than doctors and a doctor cannot tell an MHO what decision to make.

For further information visit:
www.west-dunbarton.gov.uk/social-care-health



[Challenging and Responding to Abuse]

The CARA Service (Challenging and Responding to Abuse) was established in April 2003, via West Dunbartonshire Violence against Women Partnership.

CARA employs three full-time Person-Centred Counsellors who offer counselling, support and information/advocacy services for women, children and young people who have been affected by:

- **Domestic abuse**
- **Childhood sexual abuse**
- **Rape/sexual assault or any other form of gendered violence**

The service is free and confidential for all women, children and young people within West Dunbartonshire. Suitable venues for appointments are available in Alexandria, Dumbarton and Clydebank.

CARA is able to provide a range of services:

- **Person-Centred Counselling**
- **Practical short-term support, advocacy and information**
- **Someone to talk to in confidence**
- **Help with safety planning**
- **Access to any other relevant services**
- **Support may be negotiated for young men up to 18 years who have been affected by domestic abuse.**

To access the service for appointments and/or information please contact the telephone numbers below:

Women's Service: 01389 738595 or 01389 738278
Children and Young People's Service – 01389 738664

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 Leven01389 754121
 Royal Alexandra Hospital0141 887 9111
 Gartnavel Royal0141 211 3600
 NHS 24 Helpline08454 24 24 24

ADULT MENTAL HEALTH SERVICES

Riverview Resource Centre01389 812070
 Goldenhill Resource Centre...0141 941 4400
 Primary Care Mental Health Team.....01389 812010

POLICE

Alexandria.....01389 823000
 Clydebank0141 532 3300
 Dumbarton01389 822000
 Helensburgh01436 633600

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

CITIZENS ADVICE BUREAU

Dumbarton Office.....01389 744690
 Alexandria Office01389 752727
 Clydebank Office0141 435 7590

OTHER USEFUL CONTACT NUMBERS

Women's Aid.....01389 751036
 Domestic Abuse0800 027 1234
 Samaritans08457 909090
 Alzheimer Scotland0808 808 3000
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 Fellowship01389 726800
 Lomond and Argyll Advocacy Service.....01389 726543
 Turning Point0141 427 8200
 Welfare Rights01389 737050

FOR MORE USEFUL NUMBERS

SEE OUR WEBSITE
WWW.WDMHF.CO.UK

Thanks to the editorial team:

Andy Binnie, Carol Dinning,
 Tommy Hollywood and Liz Howie