

West Dunbartonshire Mental Health Forum

moving ahead...

**SUMMER
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 summer edition of the newsletter. The Committee have meetings on the second Monday of every month, one being a business meeting the other a development day.

Since our last edition as usual committee members have attended several different meetings, including The Mental Health Recovery in West Dunbartonshire meeting, the new Riverview User Forum (which will be included in a future edition), the Mental Health Who Cares? A.G.M. In this time 11 new members have joined the forum.

We have also been developing the new community resource room in Goldenhill Resource Centre with a look to what uses this room can be utilised.

On the 15th of June we hosted our 'Coffee, Cake and Chat' event in the Barclay Church, Dalmuir – see article opposite.

Our Committee Members this year are:

Liz Howie (Chairperson)
Andy Binnie (Vice Chairperson)
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

COFFEE, CAKE & CHAT

The Forum hosted the second of their "Coffee, Cake and Chat" events, on Friday 15th June 2012, in Dalmuir Barclay Church hall.

Despite the terrible weather conditions the event was well attended, with over thirty people taking part, including Gemma Doyle M.P., Gil Patterson M.S.P. and three local Councillors.

The main topic being changes to the Welfare Benefits System, which was comprehensively presented by Brenda Allan and Karen Donald, Welfare Rights Officers with West Dunbartonshire Welfare Rights & Money Advice Service. This was

well received by all. After a well deserved coffee and tea break, an interesting question and answer session ensued.

The committee of WDMHF would like to thank Brenda and Karen for a very informative and detailed presentation.

The next "Coffee, Cake and Chat" event will be held to coincide with the week of World Mental Health day, which is on Wednesday 10th October 2012.

**JOIN US
TODAY**

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

Pauline's Story

Hello my name is Pauline Bradley; I was born in Northern Ireland, my father was in the RAF which meant that we moved regularly. As a child I experienced traumas which later affected my mental health.



I began learning to play the guitar at the age of nine, I always enjoyed music, I find it to be spiritually fulfilling and a good way of expressing feelings.

In the 80's I lived in Yorkshire and when I left school I got a job as a postwoman. Living in Doncaster during the 84/85 miners' strike was a life changing experience.

Moving to London I trained to become a social worker, like many people I know I was drawn into the caring professions to help others which in turn was also beneficial to me. I worked hard to resolve my childhood problems by going to psychotherapy, co-counselling and homeopathy.

I worked for nineteen years as a social worker in London then Scotland, I moved to this area as I think the legal system in social work is better than the English court system.

When in 2010 I became unemployed I was made aware of Stepping Stones (Mental Health) who I have found to be very helpful. I did some voluntary work for Stepping Stones and Mental Health Who Cares? running creative writing, song writing, performance and music and rhythm groups, these were popular so I have now set up a social enterprise called Sound Inspirations which seeks to develop these. I also perform my and other people's songs; facilitate groups or individuals to develop their creativity using my musical and therapeutic skills.

I have produced a cd called 'No Borders, No Barriers' mostly written by me which has received good reviews.

FOR MORE INFORMATION

visit my website at
www.soundinspirations.co.uk

or Email me at
soundinspirations@yahoo.co.uk

or Call me on
0141 952 1533

Good Morning Clydebank

This invaluable service has been operating successfully in the West Dunbartonshire area voluntarily run by Mrs Rona Pidgeon for almost 15yrs. This service is available to people who are vulnerable, frail and isolated.

Everyday Rona will make a telephone call for a 'good neighbour' chat to see if any help or assistance is required. Rona needs the following information for any referral made to the service, name, address and telephone number of the recipient along with their date of birth and details of their named person. The reason for this is if Rona does not get a reply to her call after three attempts she will contact the named person to alert them.

Past and present users of the service find this free service of daily contact comforting and helpful, especially given that for many, this might be the only contact with the outside world they have, apart from their home helps.

If you know anyone who might find the service beneficial please contact Rona on the 'Good Morning' telephone line 01389 380387

Reaching out to the vulnerable, frail and isolated in the community

Liz and Andy from the editorial group met with Rona to research this article and on behalf of the forum the editorial group would like to congratulate her on her many years of selfless dedication and hard work in the community.

The Slipway Kiosk is open once again!

Work Connect, in partnership with Land Services and West Dunbartonshire's ILM (Intermediate Labour Market) Construction Project converted the old boat house in Balloch Country Park into a kiosk serving hot /cold snacks and soft drinks. Now in its fourth year, this café provides supported employment opportunities for people with learning disabilities and autism; those recovering from mental ill health; and those in recovery from addiction issues.

In addition to providing a much needed resource within the park, it also provides training and voluntary placements for people, enabling them to gain catering and customer service skills in a real workplace environment. Open from March until October, every day from 11:00am to 5:00 pm, the Slipway provides a local service whilst supporting people to acquire new skills; and highlighting to the community the abilities of people with learning disabilities, autism, mental ill health and in recovery from addiction.



For more information on the **Slipway Cafe** or any other **Work Connect** service, please contact the team on 01389 608120

Digital Friends



Digital Friends offers one to one tuition for adults who are interested in learning to use a computer, but may lack the confidence to attend a course. Initially established in Dumbarton the project has been expanded to offer provision across West Dunbartonshire.

There is no set course for learners; it is dependent on what they would like/need to learn. The learners' hobbies/interests/needs are fundamental when devising the learning program, for example internet searches are focused around the interests and hobbies of the person. Tutors are volunteers who come from all walks of life and backgrounds which makes for an "informal club" type atmosphere and easy learning environment.

"It increased my confidence to use a computer. I thoroughly enjoy making contact with old friends through using email and learning how to shop online."

– Digital Friends Learner

"Classes have given me confidence in myself to become a digital friend tutor and pass my learning on to a beginner to give them confidence in themselves to start going to computer classes."

– Digital Friends tutor

For more information please contact Eric Makeham,
Community Learning and Development on 01389 738793



The Richmond Fellowship Scotland

The Richmond Fellowship Scotland has been providing care and support services since 1993 and our aim is to help people who require support live a happy, safe and fulfilling life.

We have experience of supporting people with a range of needs, including:

- Mental health problems,
- Learning disabilities
- Autism
- Visual impairment
- Addiction problems
- Older people with dementia related illnesses, financial, employment or mobility problems.

We work in partnership with your social work services and health care providers. The service actively promotes independence and we will offer support to find new opportunities to learn to develop and achieve your potential.

Our staff are required to gain a qualification in care usually an SVQ in Social Care, they are friendly and helpful and will build good working relationships with clients and their families and others involved in their lives.

If you are looking to be referred for support we have three services based in West Dunbartonshire, The Dumbarton Supported Living Services, The Mental Health West Dumbarton Supported Living Service and The Alcohol Related Brain Damage (ARBD) and Acquired Brain Injury (ABI) teams.

For further information please call 01389 726800

HEAR

(Help, Empathy, Advice, Reassurance)

HEAR is an out hours support line which offers confidential help and advice Wednesday through Sunday from 5pm-11.30pm. Additional hours are provided over public holidays and the service regularly operates over Christmas and New Year.

The service is open to anyone concerned about their own or someone else's drinking or drug use, it also offers a free ring back service.

When you feel others aren't listening call us to be HEARd, the HEAR telephone helpline is 0141 952 8815

For further information contact: 01389 812042 / 812018

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 | text: 0776 086 8831

Are You Entitled?



The National Entitlement Card allows free Bus and Subsidised Rail Travel throughout Scotland.

You may qualify to receive a card if you suffer with Mental Ill-Health. Ask Your CPN, Support Worker or whoever you receive support from, if you meet the requirements!

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 Office01389 744690
 Alexandria Office01389 752727
 Clydebank Office0141 435 7590

OTHER USEFUL CONTACT NUMBERS

Alzheimer Scotland0808 808 3000
01389 733334
 Breathing Space.....0800 83 85 87
 CARA (Challenging and respond to abuse)01389 738595
 Domestic Abuse0800 027 1234
 HEAR.....0141 952 8815
 Lomond and Argyll
 Advocacy Service.....01389 726543
 Samaritans08457 909090
 Stepping Stones
 (Mental Health)0141 941 2929
 The Richmond Fellowship01389 726800
 Turning Point0141 427 8200
 Welfare Rights01389 737050
 Women's Aid.....01389 751036

Thanks to the editorial team:

Andy Binnie, Carol Dinning, Tommy Hollywood and Liz Howie