

West Dunbartonshire Mental Health Forum

moving ahead...

CHRISTMAS EDITION 2010

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.

UPDATE

Our second annual meeting was held on Tuesday the 24th of August at Dalmuir C.E Centre in Clydebank.

The Richmond Fellowship and Community Arts Open Space (CAOS) held presentations.

OUR NEW COMMITTEE MEMBERS THIS YEAR ARE:

Fiona Gray (chairperson)
Hannah Mclean (vice chairperson)
Carol Dinning (secretary)
Harry McCormack (treasurer)
Eileen Gorie
Stuart McEwan
Margret Finnerty
Alison McCurley
Julie Forsyth
Karen Mckinley
Ann Pryce

ADVISORS:

Ingram Wilson
Mental Health Strategy, WDCHCP
Isobel Plunkett
Mental Health Strategy, WDCHCP



WDMHF'S OPEN MEETINGS HAVE BEEN RE-ESTABLISHED AND COVERED THE FOLLOWING TOPICS:

- Carers in Mental Health Recovery
- Protecting Adults at Risk of Harm
- Role of Mental Health officer
- Employability
- Mental Health Hints and Tips for Christmas Stress

We are continuing representation at the Vale of Leven Monitoring Group, West Dunbartonshire Mental Health Strategy Group, West Glasgow and Acute Planning Group (APIG) and Benview Resource Centre Board of Directors.

We are continuing our involvement in the West Dunbartonshire Public

Implementation Partnership (PIP) and West Dunbartonshire Public partnership Forum (PPF).

we are involved with the re-establishment of the disability working group.

WDMHF are also involved in the feedback of the questionnaire which is focusing on the West Dunbartonshire patient who are currently receiving care at Gartnavel Royal Hospital due to the fire that has temporarily closed Christie Ward in July 2010.



WDMHF OPEN MEETING EMPLOYABILITY & PEER SUPPORT

West Dunbartonshire Mental Health Forum held an open meeting at Dalmuir Community Centre on Employability and Peer Support. Presentations were delivered by Georgina Reilly, Senior Support Worker, Work Connect. Fiona Gray Supported Peer Support Worker, Stepping Stones and Nicol Rhodes, Senior Employment Advisor, REALise NHS GG&C. All these subjects proved very interesting and supported some lively discussion.

Georgina told us that Work Connect take referrals from Job Centre Plus and health care professionals. Service users are given a first interview and matched to a support worker who will work with them on a one to one basis using a person centred approach. The support worker can assist them to write a CV and application forms for jobs. Work Connect can offer SVQ training and voluntary work in Work Connect cafés in the Meadow Centre, Dalmuir Park and Balloch Park. They also have a horticultural project at Levensgrove Park. When you do get a job your support worker will come with you to work and learn the job alongside you until you feel confident to do it on your own. Work Connect is reaching full capacity so all new referrals will be placed on a waiting list.

Fiona told us what her job at Stepping Stones involved and how she has been in position now for three months and enjoyed being part of such a recovery focussed team. Fiona goes along to groups and offers members mutual support and openly talks about her own personal recovery journey to assist members on their own journeys of recovery. Fiona facilitates Peer Support groups at both Work Connect and Stepping Stones. A large part of Fiona's role is to compile a Community Directory of what's available in West Dunbartonshire. Fiona's role is a supported one and Fiona receives her support from Work Connect.

Nicol Rhodes gave a presentation about the REALise service which is available to those experiencing difficulties at work due to mental health, such as depression, low mood, work related stress and anxiety.

The presentations allowed for some interesting discussion around the table with people commenting on how this government are trying to get everybody back to work and there are very few jobs around. Everyone commented on the need for such organisations as Work Connect and

Realise and how employability for some people is another step in their recovery journey. Discussion and comments on how for some people having the choice of paid or voluntary work is good for their wellbeing. Work Connect, Supported Employment provides an opportunity to do both.

Fiona closed the open meeting with a short and brief history of Peer Support in Scotland and told us about how it was supported by the Scottish Recovery Network. Everyone agreed with Fiona that Peer Support is not a new concept and has been about for a long time and is very effective.

Thanks to everyone who attended this open meeting and made it such a positive and informative afternoon. Further open meetings will be held in 2011.

If anyone would like to contribute or have a topic presented, please get in touch with the Forum.

We welcome any ideas and suggestions.

**West Dunbartonshire
Mental Health Forum**
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Centre, Strathleven Place,
Dunbarton G82 1BA
Tel: 01389 742294
wd.mhf@btconnect.com



REALise (REAL INFORMATION AND SUPPORT IN EMPLOYMENT)

REALise is the only pilot in Scotland who have received funding from DWP to work within NHS Greater Glasgow & Clyde It is being piloted in West Dunbartonshire CHCP and Renfrewshire CHP.

The aim of the service is to increase access to psychological therapies to help employed people sustain work, if they are struggling at work or have been off work sick with work related stress , anxiety or depression.

There are two Employment Advisers, one based in Renfrewshire and the other is based in West Dunbartonshire. Both Employment Advisers are based within Primary Care Mental Health teams and sit beside a variety of clinicians. The Employment Advisers will set personal and work related goals with the target of getting people back to work quickly or support people to stay at work.

Another part of the Employment Advisers role is to act as an advocate, if required for meetings with clients and Line Managers/Human Resources. The Employment Advisers are not employment law Specialists'/Union

Reps, but can assist with phased return or adjustments at work (if required) or if the company has identified their employee has training requirements.

The REALise service only works with clients that live or work in Renfrewshire or West Dunbartonshire and must work for an organisation with more than 250+ employees.

REALise has been working closely with NHS Greater Glasgow & Clyde (Occupational Health), Renfrewshire Council(Occupational Health/Human Resources), West Dunbartonshire Council (Human Resources/Occupational Health), Furthermore, it is not just large public sector organisations the service will work with, as REALise now has established a clinic with BASF (German chemical company), base in Paisley, Renfrewshire.

The REALise Employment Advisor pilot began on the 1st March 2010 and will be DWP funded until November 2011. The pilot will be evaluated by the University of Warwick and IPSOS MORI.



How do you refer the REALise Service?

- 1 Self-referral
- 2 Employer
- 3 GP referral

Referrals can be made by either phoning (0141) 849 2201 and asking for Nicol Rhodes (Senior Employment Advisor) or alternatively you can complete the REALise referral form and email it to: Nicol.Rhodes@ggc.scot.nhs.uk



REALise aims to offer a first appointment within 10 working days.

GOLDENHILL TASK GROUP

Goldenhill task group was started in 2008 following Goldenhill Resource Centre completing the Scottish Recovery Indicator (SRI).

The SRI is a service development tool which highlighted a need for more meaningful service user representation and involvement in all aspects of the service development within the centre.

The Task Group consists of service users, carer representatives, health and social work staff. All members have a commitment to make the services work better and be more aware of the role of service users in influencing the future service development.

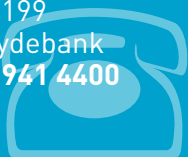
So far the Task Group has been involved in creating recovery focused care plans, a service user questionnaire (for distribution in the New Year) and are currently looking at commencing a 'service user' notice board within the centre which will be maintained entirely by volunteer service users.

The Task Group often serves as a springboard for promoting confidence and self esteem.

Some members have quickly moved on to other projects which allow the Task Group to always be open to new members joining within the Clydebank/Old Kilpatrick area.

If you have some spare time to join and assist the Task Group we would welcome your involvement in the projects ahead.

For further details please contact Peter Claghan or Shiona Bennett at Goldenhill Resource Centre, 199 Dumbarton Rd, Clydebank G81 4XJ Tel: 0141 941 4400



VALE MONITORING GROUP

For the past few years local people have been concerned about the future of the Vale of Leven Hospital, particularly mental health services.

Consultations exercises have shown an overwhelming support for the local services to be retained and enhanced.

In 2009 NHS Greater Glasgow & Clyde Health Board brought out its "Vision for the Vale" - recommendations about the future of the services provided by the VOL Hospital including unplanned care, outpatient services and the maternity unit.

Nicola Sturgeon, Cabinet Secretary also requested that a Monitoring Group be established to oversee the development and delivery of the "Vision for the Vale" as a condition for her approving that Vision.

The Monitoring Group includes a number of Health Board Officials, Jackie Bailie MSP, lay representatives of various organisations. Harry McCormack represents the West Dunbartonshire Mental Health Forum.

A series of meetings which alternate between Dumbarton and Helensburgh have been arranged to which the public can attend but not participate in the discussions.

**Written by: Eileen Gorrie
WDMHF Committee member.**

USEFUL CONTACT NUMBERS FOR WEST DUNBARTONSHIRE

HOSPITALS

Vale of Leven 01389 754121
Paisley's Royal Alexandra0141 887 9111
Gartnavel Royal.....0141 211 3600

NHS 24 HELPLINE08454 24 24 24

ADULT MENTAL HEALTH SERVICES

Riverview Resource Centre..... 01389 812070
Goldenhill Resource Centre0141 941 4400

POLICE

Alexandria 01389 823000
Dumbarton 01389 822000
Helensburgh 01436 633600

UTILITIES

Water helpline.....0845 601 8855
Electric faults
and emergencies0845 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 caretaking0800 197 1004
Emergency planning..... 01389 737295

HELPLINES

Citizens Advice Bureau 01389 761380,
Women's Aid..... 01389 751036
Domestic abuse0800 027 1234
Samaritans..... 08457 909090
Alzheimer Scotland.....0808 808 3000

**If you would like to become a member of WDMHF and receive our regular updates, please contact a committee member or advisor at the following
Tel: 01389 742294
wd.mhf@btconnect.com**

MERRY CHRISTMAS & A HAPPY NEW YEAR
from all at West Dunbartonshire
Mental Health Forum



THANKS TO THE EDITORIAL TEAM:

Charlene Scullion, Harry McCormack
and Darren Nicholson