



BEATING THE WINTER BLUES 2017

West Dunbartonshire Mental Health Forum
wd.mhf@btconnect.com
Scottish Charity Number -SC039187

Beating the Winter Blues 2017

Event Venue: Concorde Centre, Dumbarton

Date: Friday 1st December 2017 from 11.30am -2.00pm

Our second annual event created an ideal platform for partner networking opportunities. We successfully brought together 15 partner agencies to promote and engage with the local community. This was an increase of an additional 4 partners organisations supporting our winter event compared to 11 organisations from last year. Of this, 6 organisations were new to the event.

Partners involved at 2017 event were as follows:

1. WDCVS
2. *Clydesider Magazine
3. *WD Community Food share
4. Community Links Scotland
5. Sporting Memories Network
6. Working 4 U
7. DACCA
8. Blue Triangle Housing (Bonhill)
9. DWP
10. Mental Health Network GG&C
11. Carers of WD
12. *Stepping Stones
13. *Future Pathways
14. *Community Police
15. * Rag & Bone Man @ Bowling Harbour

*New partners involved for 2107

The event enabled the forum to create volunteering opportunities for forum members. Additionally, this being our second annual event, also seen an increase of participants attending and joining in the event and activities, with an additional 4 new members also signing up to join WDMHF.

Tea, Coffee and mince pies were provide by the forum to add to the festive spirit.

Participants also had the opportunity to engage in Arts & Craft activities as well as receiving a one to one holistic treatment to enhance relaxation and reduce stress.

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Activities Provided: Onsite Massage x 2 therapists

PARTICIPANTS DESTRESSING IN OUR CHILLOUT ZONE



We received positive feedback from participants receiving a relaxing and de-stressing holistic treatment on the day, stating that ...

“I felt wonderful afterwards”

“Just what I needed”

“ I haven’t left the house in weeks and really needed this”

Arts & Crafts

Getting Creative – Healthy Minds wit Healthy Activities



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Feedback from Partners



It was very useful for a number of contacts thank you!

Mental Health Network Greater Glasgow



We found it beneficial, and made a few connections which we will follow up in the New Year.

WD Community Foodshare



I enjoyed the event it was great to meet other new people and projects that are in West Dunbartonshire. Great for us to highlight our service and us all working together in partnership. Thank you and I look forward to another one next year.

Carers WD



Another well run "Winter Blues Event" with an interesting and diverse mix of representatives who all had something of benefit to the customers accessing this service. A great opportunity for networking for all the providers there as well.

I finally got to meet Sporting Memories and chatted about how we could work together in the future. A very useful event - thanks for organising and also for inviting us along.....

DWP

Thank you to each and every one for your support.

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West Dunbartonshire Mental Health Forum would like to express their appreciation and gratitude to all volunteers, partner agencies and funders for their support from the early onset with planning our second annual event up until the actual event day itself.

We are delighted with the positive feedback received and also pleased to know that we have created an environment for partners to develop new working relations and look forward to seeing how these evolve.

The event would not have taken place without your support. We hope to secure your pledge of continued support with the planning of future events to benefit the Wellbeing of West Dunbartonshire residents.

Yours sincerely

Liz Howie

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Chairperson

On behalf of West Dunbartonshire Mental Health Forum

Annexe 1
Ben View Resource Centre
Strathleven Place
Dumbarton
G82 1BA

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