

For more information on any events or if you would like this emailed to you each month please email [enquiries@ramh.org](mailto:enquiries@ramh.org) or call Agnes on 0141 847 8900  
For ACUMEN event enquiries contact: [rona@acumennetwork.org](mailto:rona@acumennetwork.org) or call Rona on 0141 847 8900

Please note that all info is correct at time of printing. You can access the most recent copy on the website: <http://ramh.org/our-services/> (in the downloads section. Staff can access on the RAMH Staff Intranet ( in the Newsletters and forthcoming event information)

Colour Coded Key	Renfrewshire	East Renfrewshire	No colour – FOR ALL
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## Winter Weather



## BE PREPARED

Remember that the weather can deteriorate quickly and ensure you always have some basic provisions (milk, bread and tins), enough medication and heating. Let your RAMH service know if you think you need any help with organising this.

FIRST Crisis has a new freephone number  
**0800 221 8929**

**FIRST Crisis – new Freephone number**  
The Freephone number for FIRST Crisis is:  
**0800 221 8929**. Please use this number for free calls

### DATE FOR YOUR DIARY

**Monday 18 March 2019**  
**1pm-3pm**

**Trinity Church Hall, 13 Paisley Road, Renfrew PA4 8JH**

**RAMH Renfrew Social HUB will host this meeting.**



**ALL WELCOME**

### Stakeholders.

The next Stakeholders meeting will be hosted by RAMH Renfrew Social HUB. This meeting is scheduled for Monday 18 March 2019 from 1pm-3pm.

RAMH invite all stakeholders – people who use our service, their family, friends and carers to come along for tea/coffee and biscuits to find out about our services and how you can get involved and contribute to service delivery and planning

**Tel:** 0141 847 8900 or email [enquiries@ramh.org](mailto:enquiries@ramh.org)

**Venue:** Trinity Church Hall, 13 Paisley Road, Renfrew PA4 8JH

**Please let us know if you require transport as we can support you with this to attend**

### Come and have your say.

**STV Appeal:** RAMH can support family holidays for people who use our services, who have children under 18. Your support worker would need to agree and make an application through our STV appeal money. Email [stephen@ramh.org](mailto:stephen@ramh.org) or [shirley@ramh.org](mailto:shirley@ramh.org) with your request.

We have been successful again in getting money from this fund to support families with children to have a “treat”. So please let me know if there are any families who have not taken advantage of this, and who might benefit from a trip to the Panto or Cinema.  
Examples of ways we have used this fund is to fund: Caravan holiday; Decorating a child’s bedroom; Purchasing a washing machine for a family; Days out and special treats.  
Staff who have used the fund to support the people who use their service, should send Stephen or Shirley an email with an update on how this benefitted the family, as this is what enables us to apply for more money!

## RAMH Annual Fundraiser 2019

**Date: Friday 26<sup>th</sup> April 2019**  
**Venue: The Lynnhurst Hotel,**  
**Park Road, Johnstone, PA5 8LS**

**Time: 7.15pm – 1.00am**



## \*SAVE THE DATE\*

We are delighted to announce the date and venue for next year's fundraiser – new and improved for 2019!

The RAMH Dinner & Dance 2019 will take place on Friday 26<sup>th</sup> April 2019 from 7.15pm – 1.00am at The Lynnhurst Hotel in Johnstone.

Tickets will be priced at £40 per person, however early bird offers will be available as always.

The evening will include: a red carpet arrival complete with fizz reception, three-course meal, live entertainment, raffle and auction with exciting, soon-to-be-announced extras and celebrity host!

Details are still to be confirmed, and so tickets will be available for purchase early next year. In the meantime, we ask that you 'save the date' to ensure you can join us next April for what is sure to be our most exciting and successful fundraiser yet!

## THE VOICE: St James Street Sing for Wellbeing



Renfrewshire Community Service is looking for people to join our new singing group. Do you know singing is good for your physical and mental health?

You don't have to be able to sing, or you could be a singer, the group is open to everyone.

If you are interested, please contact Fiona McCrae on 0141 404 7788

Come on, give it a go and try this new group



**RAMH Reuse Superstore**  
**Houston Square**  
**Johnstone**  
**PA5 8DT**

**Opening Times:**  
**Tues, Wed, Thursday 12noon**  
**until 4.30pm**

## RAMH Reuse Superstore

We have expanded our range of new affordable beds in the store and they are arriving soon...

The Apollo range of bed sets continue to be in great demand, but as a result of listening to our customers and clients, we are adding the following:

### **Storage for children:**


Winchester Divan set single with side storage **£105**

**Orthopaedic:** Orthopaedic Double Divan Set at **£155**

**Luxurious:** Crushed Velvet Divan Base Double, ordered in champagne for **£80**,

**More modern range:** Leather Divan Base Double ordered in Black for **£80**

We continue to be well supported within the local communities who donate to us. With the valued support of our volunteers, this enables us to offer quality goods at affordable prices to our customers

<p><b>Universal Credits</b></p> <p><b>REMEMBER THERE ARE CHANGES HAPPENING</b></p> <p><b>If you need any advice on where to get help speak to your local RAMH service</b></p>	<p>As you will be aware, Universal Credit reform is rolling out across the Country. It becomes active mid / late September in many areas. Can I remind anyone who is in receipt of Working Tax credits that this is one of the existing elements which is being rolled into 'Universal Credit' (The others being:)</p> <p>Child Tax Credit Housing Benefit</p> <ul style="list-style-type: none"> <li>• Income Support</li> <li>• income-based Jobseeker's Allowance (JSA)</li> <li>• income-related Employment and Support Allowance (ESA)</li> <li>• Working Tax Credit</li> </ul> <p>You need to be aware that it is your responsibility to notify DWP of any change in your circumstances or you may experience issues when claiming.</p>
<p><b>Energy Efficiency &amp; Cost Cutting your home the workplace</b></p>  <p><b>for and</b></p>	<p><b>True or false?</b> To use less hot water, wash dishes by hand. False! An automatic dishwasher uses about six gallons less of hot water than washing by hand. Over a year that adds up to 2,000 gallons!</p> <p>An energy-smart clothes washer can save more water in one year than one person drinks in an entire lifetime!</p> <p>A crack as small as 1/16th of an inch around a window frame can let in as much cold air as leaving the window open three inches!</p>
<p><b>Every second Monday</b></p> <p><b>4 and 18 February 2019</b></p> <p><b>11am – 1pm</b></p> <p><b>Venue:</b> Arc - Auchenback Resource Centre 64 Aurs Drive, Barrhead, East Renfrewshire, G78 2LW</p> <p><b>ALL WELCOME</b></p>	<p><b>Time 2 Talk</b></p> <p>Recovery focused peer support discussion based group. To improve and expand coping skills as well as exploring and sourcing new information on recovery and increasing self-management skills and resilience.</p> <p><b>Self-referral/Referral required</b></p> <p><b>Contact:</b> Lisa Jane McGuiness on 0141 881 8811 or <a href="mailto:lisajane.mcguiness@ramh.org">lisajane.mcguiness@ramh.org</a></p>
<p><b>Every second Monday</b></p> <p><b>11 and 25 February 2019</b></p> <p><b>10am-12 noon</b></p> <p><b>Venue:</b> Dunterlie Community Centre, Stewart Street, BARRHEAD, G78 1AL</p> <p><b>ALL WELCOME</b></p>	<p><b>Men Do Talk</b></p> <p>A fortnightly men's group offers support to talk about issues that affect men in a safe and relaxing environment.</p> <p><b>For more information contact:</b> <a href="mailto:lee.millar@ramh.org">lee.millar@ramh.org</a> or on 0141 881 8811</p>

<p><b>Every Monday</b></p> <p><b>Meet 10.30am at Renfrew Victory Baths</b></p> <p><b>10.45am-11.45</b></p> <p><b>Venue:</b> Renfrew Victory Baths, Inchinnan Rd, Renfrew PA4 8ND</p> <p><b>ALL WELCOME</b></p>	<p><b>Renfrewshire Swimming Group</b></p> <p>Suitable for people who would like to enjoy a gentle swim within a group setting, whilst offering a chance to meet others who are interested in swimming as a way to improve fitness and wellbeing.</p> <p><b>Self-Referral/ Referral Required</b></p> <p><b>Costs:</b> £2.45</p> <p><b>Contact:</b> Graham Cossar on 0141 404 7788 <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a> to let us know you are coming along.</p>
<p><b>Every Monday</b></p> <p><b>10am-12 noon</b></p> <p><b>Please drop in – ALL WELCOME</b></p> <p><b>Venue:</b> Charleston Centre, 49 Neilston Road, Paisley PA2 1LU</p>	<p><b>Smoking Cessation group</b></p> <p>This group is run by the NHS – It is open without referral to anyone from RAMH or the general public.</p> <p>The purpose of this group is to provide practical information, guidance on methods on quitting as well as some moral support on offer from the staff who facilitate the group.</p> <p><b>For further information contact:</b> <a href="mailto:reuben@ramh.org">reuben@ramh.org</a> or on 0141 404 7788</p>
<p><b>Friday</b></p> <p><b>8 March – 12 April 2019 for 6 sessions</b></p> <p><b>19 April – 24 May 2019 for 6 sessions</b></p> <p><b>1.30-2.30pm</b></p> <p><b>Venue:</b> 14 St James Street, Paisley</p>	<p><b>Gentle Yoga and Relaxation</b></p> <p>A gentle introduction to yoga, no previous experience or equipment required. Relaxation techniques for mind and body. with Margaret Rose</p> <p><b>Contact:</b> <a href="mailto:margaretrose@ramh.org">margaretrose@ramh.org</a> or on 0141 404 7788</p>
<p><b>Tuesday</b></p> <p><b>29 Jan, 5 and 12 Feb</b></p> <p><b>11-12pm</b></p> <p><b>Venue:</b> Giffnock Library, G46 6JF</p> <p><b>1-2pm</b></p> <p><b>Venue:</b> Auchenback Resource Centre (The ARC)</p>	<p><b>Mindfulness Group</b></p> <p>Experience the benefits of Mindful approaches to relaxation and wellbeing.</p> <p><b>Self-Referral/Referral Required</b></p> <p><b>For more information contact:</b> Karen Mulcahy 0141 881 8811 or <a href="mailto:Karen.mulcahy@ramh.org">Karen.mulcahy@ramh.org</a></p> <p><b>Please contact Karen prior to the course if you have mobility issues.</b></p>
<p><b>Tuesday</b></p> <p><b>5, 12, 19, 26 February 2019</b></p> <p><b>12-1pm</b></p> <p><b>Venue:</b> Dalmeny Community Centre, Barnes Street, Barrhead, G78 1EH</p>	<p><b>An Introduction to Yoga and Relaxation</b></p> <p>An opportunity to be taught basic yoga techniques, before learning breathing techniques to improve mind-set and overall wellbeing.</p> <p><b>Contact:</b> Zoe Nisbet 0141 881 8811 or <a href="mailto:zoe.nisbet@ramh.org">zoe.nisbet@ramh.org</a></p> <p>Fully booked but taking names for the next course.</p>

<p><b>Every Tuesday</b></p> <p><b>5, 12, 19, 26 February 2019</b></p> <p><b>1pm-3pm</b></p> <p><b>ALL WELCOME</b></p> <p><b>Venue:</b> Dalmeny Centre, Barnes St, Barrhead, G78 1EH</p>	<p><b>LINK Club</b></p> <p>Weekly social connections group for people living in East Renfrewshire. Provides support and wellbeing activities for people who are isolated with limited social support networks</p> <p><b>Self-referral/Referral required</b></p> <p>.</p> <p><b>Contact:</b> Christine Murray on 0141 881 8811 or <a href="mailto:Christine@ramh.org">Christine@ramh.org</a></p>
<p><b>Every Tuesday Evening</b></p> <p><b>5, 12, 19, 26 February 2019</b></p> <p><b>4pm-6pm Drop In</b></p> <p><b>All Welcome –come along and try this activity</b></p>	<p><b>Badminton Group</b></p> <p>Suitable for people who would like to start playing badminton to improve their confidence and increase their physical activity, whilst having fun in a group setting.</p> <p><b>Self-referral/Referral required</b></p> <p><b>Venue:</b> The FOUNDRY, Barrhead Sports Centre, Main Street, Barrhead G78 1SW</p> <p><b>For further information contact:</b> Graham Cossar 0141 881 8811 or <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a> to let us know you are coming along.</p>
<p><b>Every Tuesday Evening</b></p> <p><b>5, 12, 19, 26 February 2019</b></p> <p><b>Meet 4pm at Barrhead Foundry</b></p> <p><b>4.15pm-5.15pm</b></p> <p><b>Venue: Barrhead Foundry, Main Street, Barrhead G78 1SW</b></p> <p><b>ALL WELCOME</b></p>	<p><b>East Renfrewshire Swimming Group</b> (Barrhead) Suitable for people who would like to enjoy a gentle swim within a group setting, whilst offering a chance to meet others who are interested in swimming as a way to improve fitness and wellbeing.</p> <p><b>Costs:</b> £3.90 without an access card; £3.30 with an access card and £2.30 concession.</p> <p><b>Contact:</b> Graham Cossar on 0141 881 8811 or <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a> to let us know you are coming along.</p>
<p><b>Tuesday</b></p> <p><b>26 February 2019</b></p> <p><b>1-3pm</b></p> <p><b>Venue:</b> Unit 55/Embroidery Mill/Abbey Mill Business Centre, Paisley PA1</p>	<p><b>Carers Group</b> – The group is a joint peer support group between RAMH and the Carers centre.</p> <p><b>Self-referral/referral required</b></p> <p><b>For more information contact:</b></p> <p><b>Email:</b> <a href="mailto:reuben@ramh.org">reuben@ramh.org</a> - or <b>Tel:</b> 0141 404 7788</p>
<p><b>First Tuesday of every month</b></p> <p><b>1pm – 2.30pm</b></p> <p><b>Venue:</b> Renfrew Health Centre, Ferry Road, Renfrew PA4 8RU</p> <p><b>Open to All</b></p>	<p><b>Renfrew Community Drop-In Hub</b></p> <p>Monthly Drop In Hub providing information on mental health, well-being; support services and how to access them; Information on workshops and activities on promoting mental well-being; signposting to supports.</p> <p><b>Contact:</b> Reuben Millward</p> <p><b>Email:</b> <a href="mailto:reuben@ramh.org">reuben@ramh.org</a> <b>Tel:</b> 0141 404 7788</p>


<p><b>Tuesday</b></p> <p><b>19, 26 February</b> <b>12, 19, 26 March</b> <b>2 April 2019</b></p> <p><b>10.30am-12pm</b> <b>Venue:</b> 14 St James Street, Paisley</p>	<p><b>Control Your Stress</b> - Identify your anxious thoughts, feelings and behaviours and learn new strategies to manage them. <b>Self-referral/referral required</b> For more information contact: <b>Email:</b> <a href="mailto:reuben@ramh.org">reuben@ramh.org</a> or Paul at <a href="mailto:pbh@ramh.org">pbh@ramh.org</a> <b>Tel:</b> 0141 404 7788</p>
<p><b>Second Tuesday of every month</b></p> <p><b>1-2.30pm</b></p> <p><b>Venue:</b> Renfrewshire Council Offices, Customer Service Centre, Renfrewshire House, Paisley, PA1</p> <p><b>Open to All</b></p>	<p><b>Paisley Community Drop-In Hub</b> Monthly Drop In Hub providing information on mental health, well-being; support services and how to access them; Information on workshops and activities on promoting mental well-being; signposting to supports. <b>Contact:</b> Reuben Millward <b>Email:</b> <a href="mailto:reuben@ramh.org">reuben@ramh.org</a> <b>Tel:</b> 0141 404 7788</p>
<p><b>Wednesday</b></p> <p><b>6 February 2019</b></p>	<p><b>Healthy Eating on a Budget</b> Learn recipes and cooking skills in a welcoming, friendly environment.</p> <p><b>Self-Referral/Referral Required</b></p> <p><b>For More Information contact:</b> Amanda on 0141 404 7788</p>
<p><b>Wednesday</b></p> <p><b>6, 13, 20, 27 February 2019</b></p> <p><b>2pm-3pm</b></p> <p><b>Venue:</b> Mearns Kirk Helping Hands, 404 Mearns Rd, Newton Mearns, G77 5BU</p>	<p><b>Fit 4 Sport</b> A gentle introduction for older adults looking to get more physically active focusing on low level sports and activities in a safe setting. The group will look to engage people back into more physical activity who may have felt that they are now not in a position to participate.</p> <p><b>For more information contact:</b> Graham Cossar on 0141 881 8811 or <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a></p>
<p><b>Wednesday</b></p> <p><b>20 February 2019</b></p> <p><b>Venue:</b> Café on the Corner, Carlibar Road, Barrhead, G782QX</p>	<p><b>Wellbeing Book Club</b> Every third Wednesday of the month Café on the Corner will host a wellbeing book club. This will be a chance for people to enjoy some books and socialising with a focus on mental wellbeing.</p> <p><b>For more information please contact:</b> Lee Millar on 0141 881 8811/ <a href="mailto:lee.millar@ramh.org">lee.millar@ramh.org</a></p>
<p><b>Wednesday</b></p> <p><b>6, 13 February 2019</b></p> <p><b>Venue:</b> Sandlers Cottage, Eastwood Park Rouken Glen Road Giffnock, Glasgow G46 6UG</p>	<p><b>Self Esteem</b> Suitable for people who would like to improve their confidence and would benefit from enhanced self-esteem. <b>Self-Referral/Referral required</b></p> <p><b>For more information contact:</b> Mary Spence, <b>Tel</b> 0141 881 8811 or e-mail <a href="mailto:mary.spence@ramh.org">mary.spence@ramh.org</a></p>

<p><b>Wednesday</b></p> <p><b>6, 13, 20, 27 February 2019</b></p> <p><b>1pm-3pm</b></p> <p><b>Venue:</b> Arthurlie House , Springhill Road Barrhead G78 2SE</p>	<p><b>Women in Recovery East Renfrewshire (WIRE)</b></p> <p>A self-managed Women's group, which focuses on utilising craft skills which are sold to raise funds for charities. The group also invite guest speakers to give information which allows members of the group to be better informed and more connected to their local community.</p> <p><b>Self-referral/Referral required</b></p> <p><b>Contact:</b> Christine on 0141 881 8811 or <a href="mailto:christine@ramh.org">christine@ramh.org</a></p>
<p><b>Wednesday</b></p> <p><b>6, 13, 20, 27 February 2019</b></p> <p><b>10-10.45am</b></p> <p><b>Venue:</b> Eastwood Leisure Centre, Rouken Glen Rd, Giffnock, Glasgow G46 6UG <b>ALL WELCOME</b></p>	<p><b>Wellbeing Group</b></p> <p>The group will meet prior to the swimming group, and focus on a variety of mild physical activities (walks), mindful activities and ways to de-stress and improve their mental and physical wellbeing. The group will look to take advantage of being outside and its effects on mental wellbeing (weather dependent).</p> <p><b>Contact:</b> Graham Cossar on 0141 881 8811 or <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a> to let us know you are coming along.</p>
<p><b>Wednesdays</b></p> <p><b>6, 13, 20, 27 February 2019</b></p> <p><b>Meet 10.45am at Eastwood Leisure Centre</b></p> <p><b>11am-12noon</b></p> <p><b>Venue:</b> Eastwood Leisure Centre, Rouken Glen Rd, Giffnock, Glasgow G46 6UG <b>ALL WELCOME</b></p>	<p><b>East Renfrewshire Swimming Group</b></p> <p>Suitable for people who would like to enjoy a gentle swim within a group setting, whilst offering a chance to meet others who are interested in swimming as a way to improve fitness and wellbeing.</p> <p><b>Costs:</b> £3.90 without an access card; £3.30 with an access card and £1.95 concession.</p> <p><b>Contact:</b> Graham Cossar on 0141 881 8811 or <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a> to let us know you are coming along.</p>
<p><b>3<sup>rd</sup> Thursday of every month</b></p> <p><b>10.30pm-12.00pm</b></p> <p><b>Venue:</b> Johnstone Town Hall, Houston Square Johnstone PA5 8FA <b>Open to All</b></p>	<p><b>Renfrewshire Community Drop-In Hub</b></p> <p>Monthly Drop In Hub providing information on mental health, well-being; support services and how to access them; Information on workshops and activities on promoting mental well-being; signposting to supports.</p> <p><b>Contact:</b> Reuben Millward <b>Email:</b> <a href="mailto:reuben@ramh.org">reuben@ramh.org</a> <b>Tel:</b> 0141 404 7788</p>
<p><b>Last Thursday of the month</b></p> <p><b>10.30-12noon</b></p> <p><b>Venue:</b> Erskine Library, 8 Bridgewater Place, Erskine PA8 7AA <b>Open to All</b></p>	<p><b>Renfrewshire Community Drop-In Hub</b></p> <p>Monthly Drop In Hub providing information on mental health, well-being; support services and how to access them; Information on workshops and activities on promoting mental well-being; signposting to supports.</p> <p><b>Contact:</b> Reuben Millward <b>Email:</b> <a href="mailto:reuben@ramh.org">reuben@ramh.org</a> <b>Tel:</b> 0141 404 7788</p>
<p><b>Thursday</b></p> <p><b>21 February 2019</b></p> <p><b>Venue:</b> Eastwood House, Giffnock, Rouken Glen Road, G46 7JL</p>	<p><b>Focus Group – Self Management</b></p> <p>Do you use the web to manage your mental health? Would you like to have your say? Join us to give us your thoughts on some new content for the NHS inform website.</p> <p><b>To book a place contact:</b> Lisa-Jane McGuinness on 0141 881 8811 or <a href="mailto:lisajane.mcguinness@ramh.org">lisajane.mcguinness@ramh.org</a></p>

<p><b>Every Thursday</b></p> <p><b>7, 14, 21, 28 February 2019</b></p> <p><b>5-7pm</b></p> <p><b>Venue:</b> Causeway, 8 Carlibar Road, Barrhead G78 1AA <b>ALL WELCOME</b></p>	<p><b>Singing for Wellbeing</b> A group of people with a lived experience who do or would like to try singing as part of the Mental Health Recovery. The group are asked at times to put on performances at mental health events. Songs are sung along with musical tracks. There is no audition or need to read music, you don't need a great voice, just enjoy singing and want to improve your confidence as part of a group.</p>  <p><b>Self-referral/Referral required</b> <b>For more information contact:</b> Christine Murray 0141 881 8811 or <a href="mailto:christine@ramh.org">christine@ramh.org</a></p>
<p><b>Thursdays (last Thursday of the month)</b></p> <p><b>28 February 2019</b></p> <p><b>6.30pm – 8pm</b></p> <p><b>Venue:</b> Sandlers Cottage, Eastwood Park Rouken Glen Road Giffnock, Glasgow G46 6UG</p>	<p><b>Carers' Group – Monthly</b> Carers support for individuals living in East Renfrewshire HSCP. This group supports members through Peer discussion support and to engage in ER consultation and advocacy, from a carers' perspective. <b>Contact:</b> Jacqui Heron on 0141 881 8811 or <a href="mailto:jacqui@ramh.org">jacqui@ramh.org</a></p>
<p><b>Every Thursday</b></p> <p><b>7, 14, 21, 28 February 2019</b></p> <p><b>12.30pm – 3.30pm</b> <b>ALL WELCOME</b> (Please be advised our programme can take us out of the halls, so inform Lee if you are coming along)</p>	<p><b>Social Support Group</b> A social support drop-in to help to increase your social connections <b>Self-referral/Referral required</b> <b>Venue:</b> Clarkston Halls, Clarkston Road, Glasgow, G76 8NE <b>For more information contact:</b> Lee Millar, <a href="mailto:lee.millar@ramh.org">lee.millar@ramh.org</a> or on 0141 881 8811</p> 
<p><b>Thursday</b></p> <p><b>17 January 2019</b> <b>For 8 weeks till Thurs 7 March 2019</b></p> <p><b>2-3.30pm</b></p> <p><b>Venue:</b> walking at various points across Renfrewshire. Meeting points agreed at end of each walk</p>	<p><b>Renfrewshire Walking Group</b> Suitable for people looking at mild to moderate walking as part of their physical activity and an opportunity to meet others and talk while seeing various areas across Renfrewshire and improving their health and wellbeing. <b>Self-Referral/ Referral Required</b> <b>Cost:</b> Free <b>Contact:</b> Graham Cossar on 0141 404 7788 <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a> to let us know you are coming along</p>
<p><b>Friday</b></p> <p><b>1, 8, 15 February 2019</b></p> <p><b>10am – 12pm</b></p> <p><b>Venue:</b> Auchenback Resource Centre (The ARC), 64 Aurs Drive, Barrhead G78 2LW</p>	<p><b>Directions Course</b> Weekly group looking at work skills development for people with a lived experience of mental health issues. <b>Self-referral/Referral required</b> <b>Contact:</b> David Cowie on 0141 881 8811 or <a href="mailto:david.cowie@ramh.org">david.cowie@ramh.org</a></p>



<p><b>Thursday, Friday, Monday</b></p> <p><b>28 February</b>  <b>10am-12pm</b>  <b>1 and 4 March</b>  <b>1pm-4pm</b>  <b>Venue:</b> Auchenback Resource Centre (The ARC), 64 Aurs Drive, Barrhead G78 2LW</p> <p><b>7, 8, 11 February</b>  <b>9.30am-12.30pm</b>  <b>Venue:</b> Eastwood House, Rouken Glen Road, G46 6UG</p>	<p><b>Stress Management Hubs</b>  Suitable for people who would like to learn tools and techniques to address and reduce their stress and anxiety.</p> <p><b>Self-referral/referral required</b></p> <p><b>For more information contact:</b> Christine Murray or David Cowie on 0141 881 8811/ <a href="mailto:christine.murray@ramh.org">christine.murray@ramh.org</a> – <a href="mailto:david.cowie@ramh.org">david.cowie@ramh.org</a></p>
<p><b>Drop In Session times:</b></p> <p><b>Monday 5pm-6pm</b></p> <p><b>Thursday 10am-12noon</b></p> <p><b>Venue:</b> UWS Robertson, Sports Centre at Thornly Park Campus, Caplethill Rd, Paisley PA2 7TR</p>	<p><b>Supported Gym Sessions</b> Suitable for people looking for a quiet gym facility to exercise and improve general fitness. Physical activity worker will complete an induction and ParQ (Health Questionnaire) on first visit then use of the gym is open. Supported drop in session times are for those who want to work out get advice direct from Physical activity worker who will be present in the gym at these set times.</p> <p><b>Venue:</b> UWS Robertson Sports Centre  <b>Costs:</b> cost £2.50 pay as you go</p>
<p><b>Friday</b></p> <p><b>1.30pm-3.30pm</b></p> <p><b>Venue:</b> Walks will meet and leave from the 'Café on the Corner' Barrhead, with weekly walks at various points across Barrhead and East Renfrewshire</p>	<p><b>East Renfrewshire Walking Group</b></p> <p>Suitable for people looking at mild to moderate walking as part of their physical activity and an opportunity to meet others and talk while seeing various areas across East Renfrewshire and improving their health and wellbeing</p> <p><b>Self-Referral/Referral Required</b>  <b>Cost:</b> Free  <b>Contact:</b> Graham Cossar on 0141 881 8811 or email: <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a> to let us know you are coming along.</p>
<p><b>Friday</b></p> <p><b>1, 8, 15, 22 February 2019</b></p> <p><b>12pm-3pm</b></p> <p><b>Venue:</b> YES Project, Rouken Glen Park</p>	<p><b>'DIG IN' (Self Managing Gardening Group)</b></p> <p>Seasonal self-managed gardening group giving opportunity to share, exchange and further develop existing knowledge and skills around gardening and wellbeing self-management.</p> <p><b>Self-referral/Referral required - although the group is not taking new referrals at present.</b></p> <p><b>Contact:</b> Lee Millar, <a href="mailto:lee.millar@ramh.org">lee.millar@ramh.org</a> or Irene Brown, <a href="mailto:IreneB@ramh.org">IreneB@ramh.org</a> or on 0141 881 8811</p>
<p><b>Every Friday</b></p> <p><b>1, 8, 15, 22 February 2019</b></p> <p><b>10am-12 noon</b></p> <p><b>Venue:</b> 21 Carlibar Road, Barrhead G78 1AA</p> <p><b>ALL WELCOME</b></p>	<p><b>The SHED</b></p> <p>Do you have an interest in working creatively with your hands? The group works on designing and creating items primarily with wood. The Shed is a place for skills, sharing and informal learning. Based on the Men's Shed model.</p> <p><b>Contact:</b> Christine Murray on 0141 881 881 <a href="mailto:Christine@ramh.org">Christine@ramh.org</a></p>

<p><b>Saturday</b></p> <p><b>2, 9, 16, 23 February 2019</b></p> <p><b>10.15am</b> for changing / catch up <b>Game:</b> 10.30 – 11.30am</p> <p>We are encouraging members and spectators to come along and watch the game &amp; meet new people. If you wish to then play simple referral process follows. <b>Open to men and women!</b></p>	<p><b>Saturday Football (Renfrewshire RAMhs) –.</b> Football is a great way to keep fit, meet others and have fun or just get out to spectate.</p> <p><b>Venue:</b> UWS Robertson Sports Centre at Thornly Park Campus, Caplethill Rd, Paisley PA2 7TR <b>Costs:</b> cost for pitch hire is £2 per head <b>Contact:</b> You can also keep up to date or communicate with the team leaders by email <a href="mailto:steven.mcadam@ramh.org">steven.mcadam@ramh.org</a> or physical activity worker <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a> or phone 0141 404 7788.</p> 
<p><b>Every 1<sup>st</sup> Sunday of the Month</b></p> <p><b>12.30pm – 3pm</b></p> <p><b>Venue: Café on the Corner,</b> <b>Carlibar Road</b> <b>BARRHEAD</b> <b>G78 2QX</b></p>	<p><b>Lean On Me Wellbeing Café</b> Hosted by Café on The Corner this is a drop in café that will focus on people’s wellbeing with RAMH presence at the event, to help talk things through with people who are struggling with wellbeing.</p>
<p><b>GP Practices Renfrewshire</b></p> <p><b>Open to all patients in the Renfrewshire practices</b></p>	<p><b>Community Link - Renfrewshire</b> Community Link Workers are based in all GP practices and please make an appointment through your GP practice. <b>Contact:</b> 0141 847 8900 for more details or email <a href="mailto:IreneB@ramh.org">IreneB@ramh.org</a></p>
<p><b>GP Practices East Renfrewshire</b></p> <p><b>Open to all patients in the East Renfrewshire practices</b></p>	<p><b>Community Link – East Renfrewshire</b> Community Link Workers will be based in all GP practices by the end of January 2019. Please make an appointment through your GP practice. <b>Contact:</b> 0141 881 8811 for more details or email <a href="mailto:IreneB@ramh.org">IreneB@ramh.org</a></p>
<p><b>Every 4<sup>th</sup> Sunday</b></p> <p><b>6-8pm</b></p> <p><b>Venue:</b> Bianco e Nero 27 Gauze St, Paisley PA1 1ES</p>	<p><b>Bipolar Scotland</b> Monthly self-help group. This event is free, you don't need a referral and you don't have to be a Bipolar Scotland member—come along if you want to meet other people who live with bipolar and share ideas on how to improve your quality of life. Friends, family and carers very welcome. <b>Cost:</b> Free <b>Contact:</b> 0141 887 3870 for more details</p>
<p><b>Wednesday (4<sup>th</sup> Wednesday of every month)</b></p> <p>Contact Lesley Lesley Fyfe Administrator T: 0141 560 2050</p> <p><a href="mailto:lesleyf@bipolarscotland.org.uk">lesleyf@bipolarscotland.org.uk</a> <a href="http://www.bipolarscotland.org.uk">www.bipolarscotland.org.uk</a></p> <p><b>Venue:</b> Orchardhill Parish Church, 12 Church Rd, Giffnock G46 6JR</p>	<p><b>EAST RENFREWSHIRE BIPOLAR SELF-HELP GROUP</b> If you live with Bipolar Disorder and you'd like to share information, advice and experience with other people in a similar situation, please come along to the East Renfrewshire Bipolar Self-Help Group. We meet on the 4<sup>th</sup> Wednesday of every month (6:30-8pm) at You are very welcome to join – no referral or appointment needed! We're a friendly bunch and we're also open to friends, family, carers and partners of people with a bipolar diagnosis – anyone whose life has been affected by the condition. This is your chance to share advice and insights in a friendly non-clinical setting and meet new people. Our group also has occasional guest speakers who can talk about bipolar disorder from a range of angles (e.g. social workers, psychiatrists, mindfulness, getting back into work, staying fit etc.). We're affiliated to Bipolar Scotland and you can learn more about the national organisation at <a href="http://www.bipolarscotland.org.uk">www.bipolarscotland.org.uk</a>. It costs nothing to attend our group and we hope to see you there☺!!</p>

<p><b>Throughout 2019</b></p> <p><b>Check the list and contact Meal Makers on 387 6390</b></p>	<p><b>Meal Makers</b> Do you know an older person who could really benefit from a freshly prepared meal and a friendly chat? Meal Makers have a number of volunteer cooks looking to share with an older person in their neighbourhood, so if you know of an older person in any of the below areas who you think would benefit from a home cooked meal and some company please contact Meal Makers. Volunteers are usually happy to travel approx. 1km (10 – 15 min walk). If you would like to volunteer or refer an older person please <b>contact Meal Makers direct on 0141 387 6390</b> and they will take all the details over the phone or email <b><a href="mailto:hello@mealmakers.org.uk">hello@mealmakers.org.uk</a></b></p>
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## ACUMEN

Colour Coded Key	Argyll & Bute	Inverclyde	West Dumbarton	East Renfrewshire	Renfrewshire
<p><b>Every Monday</b></p> <p><b>1pm-3pm</b></p> <p><b>ALL WELCOME!</b></p>	<p><b>Acumen Drama Group</b></p> <p>Come along and brighten your day through fun, drama and movement activities and let your creative side shine. The sessions are free for all adults, to promote positive mental and physical wellbeing. ALL WELCOME. <b>Venue:</b> Dunterlie Community Centre, Stewart Street, Barrhead G78 1AL</p> <p><b>Please contact ACUMEN Office for further details:</b> 0141 847 8900</p>				
<p><b>Monday</b></p> <p><b>11 February 2019</b></p> <p><b>12-2pm</b></p>	<p><b>'Inverclyde Issues Forum' Your Voice</b></p> <p><b>Venue:</b> 12 Clyde Square, Greenock</p> <p><b>Topic:</b> what makes a good mental health worker?</p> <p><b>Please contact ACUMEN Office for further details:</b> 0141 847 8900</p> <p><b>ALL WELCOME with Lunch included</b></p>				
<p><b>Tuesday</b></p> <p><b>12 February 2019</b></p> <p><b>11-1.30pm</b></p>	<p><b>Acumen Exchange Meeting</b></p> <p><b>Venue: New Hope, Oban</b></p> <p>Come along for a cuppa and a chat, find out what's going on in your local area, share your experiences and stories.</p> <p><b>Please contact ACUMEN Office for further details:</b> 0141 847 8900</p>				
<p><b>Every Tuesday</b></p> <p><b>1.30-3pm</b></p>	<p><b>Photo Editing with Diane and Sarah</b></p> <p><b>Venue:</b> Kintyre Link Club, Campbeltown Community Education Centre, Stewart Road, Campbelltown, PA28 6AT.</p> <p>Everyone welcome to come along and join in.</p> <p><b>For more information call</b> Tracy Chambers 07535036953</p>				
<p><b>Tuesday</b></p> <p><b>12 February 2019</b></p> <p><b>11am -1pm</b></p>	<p><b>ACUMEN EXCHANGE</b></p> <p><b>Venue:</b> The Green Tree Room, Moat Centre, Rothesay, PA20 0BX</p> <p><b>Guest Speaker</b> Graham Morgan.</p> <p>Come along for a cuppa and a chat, share your experiences and stories.</p> <p><b>Please contact ACUMEN Office for further details:</b> 0141 847 8900</p>				
<p><b>Wednesday</b></p> <p><b>27 February 2019</b></p> <p><b>1pm-4pm</b></p>	<p><b>Our Voices Event Helenburgh</b></p> <p><b>Venue:</b> to be confirmed</p> <p><b>Please contact Fiona Fraser for further details</b></p> <p><a href="mailto:fiona@acumennetwork.org">fiona@acumennetwork.org</a> or 07879081017</p>				

<p><b>Every Wednesday</b> <b>12.30-3pm</b></p>	<p><b>Crafts Workshop</b> <b>Venue:</b> Kintyre Link Club, Campbeltown Community Education Centre, Stewart Road, Campbeltown, PA28 6AT. Come along and try your hand at craft making. <b>For more information call</b> Tracy Chambers 07535036953</p>
<p><b>Every Wednesday</b> <b>3-4pm</b></p> <p><b>Listen on 98.4FM or at <a href="http://www.pulseonair.co.uk">www.pulseonair.co.uk</a></b></p>	<p><b>'Mental Health on Air'</b> Every Wednesday (3-4pm) Pulse Radio, Barrhead, shares information with the community and provides talks about various aspects of Mental Health and music. Any suggestions for topics for discussion are always welcome from anyone who has experienced mental health issues. <b>For more information please contact:</b> <a href="mailto:rona@acumennetwork.org">rona@acumennetwork.org</a> or Tel: 0141 847 8900</p>
<p><b>Thursday</b> <b>28 February 2019</b> <b>12.30-2pm</b></p>	<p><b>Recovery Renfrewshire</b> <b>Venue:</b> The Wynd Centre, 6 School Wynd, Paisley PA1 2DB. <b>Guest Speaker: Nutritionist</b> – will be coming along to talk about how to keep healthy through diet and exercise. <b>Please contact ACUMEN Office for further details:</b> 0141 847 8900 <b>ALL WELCOME and lunch included.</b></p>
<p><b>Every Thursday</b> <b>1pm – 3pm</b></p>	<p><b>Bute Golfies</b> <b>Venue:</b> Port Bannatyne Golf Club, Bannatyne Mains Rd, Rothesay PA20 0PH Come along for a cuppa and a chat, find out what's going on in your local area, share your experiences and stories. <b>Please contact ACUMEN Office for further details:</b> 0141 847 8900 <b>ALL WELCOME</b></p>
<p><b>Every Thursday</b> <b>From 11am</b></p>	<p><b>Bingo and lunch</b> <b>Venue:</b> Kintyre Link Club, Campbeltown Community Education Centre, Stewart Road, Campbeltown, PA28 6AT Eyes down come and join the fun.  <b>For more information call</b> Tracy Chambers 07535036953</p>
<p><b>Thursday</b> <b>7 February 2019</b> <b>11-1.30pm</b></p>	<p><b>Acumen Exchange Meeting</b> <b>Venue:</b> Kintyre Link Club, Campbeltown. Come along for a cuppa and a chat, find out what's going on in your local area, share your experiences and stories. <b>Please contact ACUMEN Office for further details:</b> 0141 847 8900</p>
<p><b>Friday</b> <b>22 February 2019</b> <b>12pm-2pm</b></p>	<p><b>ACUMEN EXCHANGE</b> <b>Venue:</b> Hub Grub (above Seasons Café) Dunoon <b>Please contact ACUMEN Office for further details:</b> 0141 847 8900</p>