

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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**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

**RAMH Caravan at Craig Tara**



**Caravan open for bookings.....**

**To enquire about availability please contact 0141 847 8900**

[rona.mcgreevy@ramh.org](mailto:rona.mcgreevy@ramh.org)

**Get in quick and secure your preferred dates!**

Why not get in the holiday feeling and book a short break to RAMH's newly upgraded caravan, available to book between April and October. Our 3 bedroom caravan (one double, with a tv, and 2 twin bedrooms) has central heating and double glazing and is equipped with: **Spacious lounge area** - fire, new flat screen Freeview TV/DVD combi, dab radio and a variety of children's board games provided. **Kitchen** - full size gas cooker, fridge/freezer box, microwave, kettle, crockery and cutlery. The caravan is sited on a quiet cul-de-sac pitch, only a 5 minute walk to the main complex, swimming pool and shops, or a few minutes walk to the beach. Prices have been frozen at last years prices and are fully inclusive of gas, electricity and Haven entertainment passes.

**RAMH Service User Rates:**

	Peak: Easter / July / Aug / Sept weekend / Oct week	Off Peak
Mon-Fri	£200	£150
Fri-Mon	£180	£130
Week	£350	£250

**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. We can also fund a summer day out / event for a family. Email [stephen@ramh.org](mailto:stephen@ramh.org) or [shirley@ramh.org](mailto:shirley@ramh.org) with your request.

**Thank You!**

**RAMH would like to thank all of their Volunteers for their commitment and hard work to support our service delivery.**

**ADVANCE DATE FOR YOUR DIARY**

**RAMH Annual Conference and AGM**

Friday, 4<sup>th</sup> October 2019  
Further details will follow

**Gardening Group Initiative**



**Renfrewshire Community Service is looking for people to get involved in a new gardening initiative.**

Are you an avid gardener? or are you a beginner to gardening and would like to give it a go?

**If you are interested, please contact:**  
Paul Henderson on 0141 404 7788

**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 Reuse Superstore**  
**Houston Square**  
**Johnstone**  
**PA5 8DT**  
**Opening Hours**  
**Tuesday, Wednesday &**  
**Thursday**  
**10am till 4pm**

**RAMH Reuse Superstore**

Remember, RAMH clients receive a 30% discount # on furniture items

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



Lifeskills would like to give our thanks to our team of volunteers who support our service day to day, enabling us to deliver services to our clients and serve the community by donating their time in activities within the RAMH Reuse Superstore

**Every Monday**  
**10am-12 noon**  
**Please drop in – ALL WELCOME**  
**Venue:** Charleston Centre,  
 49 Neilston Road, Paisley  
 PA2 1LU

**Smoking Cessation group**  
 This group is run by the NHS – It is open without referral to anyone from RAMH or the general public. 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.  
 For further information contact: [reuben@ramh.org](mailto:reuben@ramh.org) or on 0141 404 7788

**Every Monday**  
**Time:2-4pm**  
**Venue:** Trinity Church Hall,  
 13 Paisley Road, Renfrew  
 PA4 8JH



**THE VOICE: Sing for Wellbeing**  
 Renfrewshire Community Service is looking for people to join our 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 Margaret Rose on 0141 404 7788  
 Come on, give it a go and try this new group



<p><b>Every Monday</b>  <b>Meet 10.30am at Renfrew Victory Baths</b>  <b>10.45am-11.45</b>  <b>Venue:</b> Renfrew Victory Baths, Inchinnan Rd, Renfrew PA4 8ND  <b>ALL WELCOME</b></p>	<p><b>Renfrewshire Swimming Group</b>  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.  <b>Self-Referral/ Referral Required</b>  <b>Costs:</b> £2.45  <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>    <b>2-4pm</b>    <b>Venue:</b> Lady Lane, Paisley</p>	<p><b>Information Hub - Paisley Foodbank</b>  Weekly 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>Every second Monday</b>    <b>8 and 22 July 2019</b>    <b>11am – 1pm</b>    <b>Venue:</b> Arc - Auchenback Resource Centre  64 Aurs Drive, Barrhead, East Renfrewshire, G78 2LW  <b>ALL WELCOME</b></p>	<p><b>Time 2 Talk</b>  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.    <b>Self-referral/Referral required</b>    <b>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 second Monday</b>    <b>1, 15 and 29 July 2019</b>  <b>10am-12 noon</b>    <b>Venue:</b> Dunterlie Community Centre, Stewart Street, BARRHEAD, G78 1AL  <b>ALL WELCOME</b></p>	<p><b>Men Do Talk</b>  A fortnightly men's group offers support to talk about issues that affect men in a safe and relaxing environment.    <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>Monday</b>    <b>1, 8, 15, 22 and 29 July 2019</b>    <b>2 – 3.30pm</b>    <b>Venue:</b> 21 Carlibar Road, Barrhead G78 1AA</p>	<p><b>Gardening Project</b>  We are looking for people who want to learn, develop their skills and knowledge in a garden space as well as maintaining the current garden.    <b>For more information contact:</b> <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a>, 0141 881 8811</p>
<p><b>Drop In Session times:</b>    <b>Monday 5pm-6pm</b>    <b>Thursday 10am-12noon</b>    <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.  <b>Venue:</b> UWS Robertson Sports Centre  <b>Costs:</b> cost £2.50 pay as you go</p>

<p><b>Tuesday</b> <b>23 July 2019</b> <b>1-3pm</b> <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. <b>Self-referral/referral required</b> <b>For more information contact:</b> <b>Email:</b> <a href="mailto:reuben@ramh.org">reuben@ramh.org</a> - or <b>Tel:</b> 0141 404 7788</p>
<p><b>Tuesday</b> <b>18 June – 30 July 2019</b> <b>(6 sessions)</b> <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> <b>1-2.30pm</b> <b>Venue:</b> Renfrewshire Council Offices, Customer Service Centre, Renfrewshire House, Paisley, PA1  <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>Wednesdays</b> <b>July 24 to October 16</b> <b>(12 week programme)</b> <b>11-2pm</b> <b>Muirshiel Country Park</b></p>	<p><b>Branching Out Programme</b> If you can commit to 12 weeks working with Park Rangers and RAMH staff, then you can learn lots of outdoor skills and attain your John Muir Award in the process.  <b>Information session is being held at St James Street on Wednesday 10<sup>th</sup> of July at 1030.</b> <b>Referral &amp; assessment required</b> <b>Contact:</b> <a href="mailto:margaretrose@ramh.org">margaretrose@ramh.org</a> or on 0141 404 7788</p>
<p><b>Every Tuesday</b> <b>2, 9, 16 and 23 July 2019</b> <b>10am – 12pm</b> <b>Venue:</b> Eastwood Health and Care Centre, Drumby Crescent, G76 7HN</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> <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>Every Tuesday</b></p> <p><b>2, 9, 16, 23 and 30 July 2018</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>2, 9, 16, 23 and 30 July 2018</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>2, 9, 16, 23 and 30 July 2018</b></p> <p><b>Meet 4pm at Barrhead Foundry</b></p> <p><b>4.15pm-5.15pm</b></p> <p><b>Venue:</b> Barrhead Foundry, Main Street, Barrhead G78 1SW</p> <p><b>ALL WELCOME</b></p>	<p><b>East Renfrewshire Swimming Group (Barrhead)</b> 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>2, 9, 16, 23 and 30 July 2018</b></p> <p><b>10.30am – 12pm</b></p> <p><b>Venue:</b> 21 Carlibar Road</p>	<p><b>Creative Arts Greenspace Group</b></p> <p>Developing and creating art installations and displays in the garden space. Looking to make the garden space more vibrant and interactive. We are looking for people with a flare for design or a skill to build.</p> <p><b>All welcome!</b></p> <p><b>Contact:</b> 0141 881 8811</p>
<p><b>Thursday</b></p> <p><b>8 August 2019 (6 sessions)</b></p> <p><b>1.30pm – 2.30pm</b></p> <p><b>Venue:</b> 14 St James Street, Paisley</p>	<p><b>Stress Hub</b></p> <p>Manage your stress using the practical approaches.</p> <p><b>Contact:</b> <a href="mailto:margaretrose@ramh.org">margaretrose@ramh.org</a> or on 0141 404 7788</p>





<p><b>Wednesday</b></p> <p><b>17 July 2019</b></p> <p><b>Venue:</b> Café on the Corner/Catherine Rose 196 Cross Arthurlie Street Carlibar Road BARRHEAD G78 2QX</p>	<p><b>Wellbeing Book Club</b></p> <p>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>3, 10, 17, 24, 31 July 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>3, 10, 17, 24, 31 July 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>Wednesday</b></p> <p><b>3, 10, 17, 24, 31 July 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>Wednesday</b></p> <p><b>3, 10, 17, 24, 31 July 2019</b></p> <p><b>2pm – 3pm</b></p> <p><b>Venue: Rouken Glen Park</b></p> <p><b>All Welcome</b></p>	<p><b>Couch 2 5K</b></p> <p>Induction to running. Starting from beginner with the goal to progress to running set distances of 3 and 5k. Using running as a positive way to increase exercise and benefit mental and physical health and wellbeing in a group setting.</p> <p><b>Contact:</b> Graham Cossar on 0141 881 8811 or <a href="mailto:graham.cossar@ramh.org">graham.cossar@ramh.org</a></p>

<p><b>1<sup>st</sup> Wednesday 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</p> <p><b>Open to All</b></p>	<p><b>Renfrewshire 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>Thursday</b></p> <p><b>4, 11, 18, 25 July 2019</b></p> <p><b>5-7pm</b></p> <p><b>Venue:</b> Causeway, 8 Carlibar Road, Barrhead G78 1AA</p> <p><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>25 July 2019</b></p> <p><b>6.30pm – 8pm</b></p> <p><b>Venue:</b> Sandler's 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>4, 11, 18, 25 July 2019</b></p> <p><b>12.30pm – 3.30pm</b></p> <p><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, Friday, Monday</b></p> <p><b>25, 26, 30 July 2019</b></p> <p>9.30am-12.30pm</p> <p><b>Venue:</b> Eastwood Health and Care Centre, Drumby Crescent, Glasgow G76 7HN</p> <p><b>25, 26, 28 June 2019</b></p> <p>1pm-4pm</p> <p><b>Venue:</b> Auchenback Resource Centre (The ARC), 64 Aurs Drive, Barrhead G78 2LW</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>Friday</b></p> <p><b>19 July 2019 (6 sessions)</b> <b>Currently Full</b></p> <p><b>1.30-2.30pm</b> <b>Venue:</b> 14 St James Street, Paisley</p>	<p><b>Gentle Yoga and Relaxation</b> 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>Friday</b></p> <p><b>12, 19, 26 July 2019</b></p> <p><b>11.30am-12.30pm</b></p> <p><b>Venue:</b> St Andrew's Parish Church, Ralston Road, Barrhead, G78 2QR</p>	<p><b>Mind Kind</b></p> <p>Are you looking to better your own wellbeing? Or are you interested in learning various mindfulness, relaxation &amp; meditation techniques?</p> <p><b>Contact:</b> Zoe Nisbet on 0141 881 8811 or <a href="mailto:zoe.nisbet@ramh.org">zoe.nisbet@ramh.org</a></p>
<p><b>Friday</b></p> <p><b>1.30pm-3.30pm</b> <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</p> <p><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>5,12, 19 and 26 July 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>Friday</b></p> <p><b>22 and 29 July 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></p> <p>"Directions", is a 6 session course designed as a soft introduction to employability related skills. Topics covered include; mental health awareness, confidence building, communication skills, qualities and attributes - and skills and strengths identification.</p> <p><b>Self-referral/referral required</b></p> <p><b>Contact:</b> David Cowie 0141 881 8811 / <a href="mailto:david.cowie@ramh.org">david.cowie@ramh.org</a></p>



<p><b>Every Friday</b></p> <p><b>5, 12, 19, 26 July 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>6, 13, 20, 27 July 2019</b></p> <p><b>10.15am</b> for changing / catch up</p> <p><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.</p> <p><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</p> <p><b>Costs:</b> cost for pitch hire is £2 per head</p> <p><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>1pm – 4pm</b></p> <p><b>Venue:</b> Café on the Corner/Catherine Rose 196 Cross Arthurlie Street Carlibar Road BARRHEAD G78 2QX</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></p> <p>Community Link Workers are based in all GP practices and please make an appointment through your GP practice.</p> <p><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></p> <p>Community Link Workers will be based in all GP practices by the end of January 2019. Please make an appointment through your GP practice.</p> <p><b>Contact:</b> 0141 881 8811 for more details or email <a href="mailto:IreneB@ramh.org">IreneB@ramh.org</a></p>

<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>Every 4<sup>th</sup> Monday</b></p> <p><b>6-8pm</b></p> <p><b>Venue:</b> Bianco e Nero (formerly Saporitos in the back room) 27 Gauze St, Paisley PA1 1ES</p>	<p><b>PAISLEY BIPOLAR GROUP</b></p> <p>If you live with Bipolar Disorder and you'd like to share information, advice and insights with other people who live with Bipolar, please come along to the Paisley Bipolar Self-Help Group. We meet on the 4th Monday of every month at Bianco e Nero (formerly Saporitos in the back room) 27 Gauze Street, Paisley PA1 1ES and you're very welcome to join – no referral 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 bipolar. This is your chance to share advice and insights in a friendly non-clinical setting and to meet new people. Our group also has occasional guest speakers who can talk about bipolar disorder from a range of angles (e.g. pharmacists, 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>Contact</b> Bipolar Scotland on 0141 560 2050 for more info <a href="http://www.bipolarscotland.org.uk">www.bipolarscotland.org.uk</a></p>
<p><b>Energy Efficiency &amp; Cost Cutting for your home and the workplace</b></p> 	<p><b>True or false?</b> To use less hot water, wash dishes by hand. <b>False!</b> 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>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></p> <p>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>

**Throughout 2019**

**Check the list and contact  
Meal Makers on 387 6390**

**Meal Makers** 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 **contact Meal Makers direct on 0141 387 6390** and they will take all the details over the phone or **email [hello@mealmakers.org.uk](mailto:hello@mealmakers.org.uk)**

# ACUMEN

Colour Coded Key	Argyll & Bute	Inverclyde	West Dumbarton	East Renfrewshire	Renfrewshire
<b>Every Monday</b> <b>1pm-3pm</b> <b>ALL WELCOME!</b>	<b>Acumen Drama Group</b> 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 <b>Please contact ACUMEN Office for further details: 0141 847 8900</b>				
<b>Every Tuesday</b> <b>1.30-3pm</b>	<b>Photo Editing with Diane and Sarah</b> <b>Venue:</b> Kintyre Link Club, Campbeltown Community Education Centre, Stewart Road, Campbeltown, PA28 6AT. Everyone welcome to come along and join in. <b>For more information call Tracy Chambers 07535036953</b>				
<b>Tuesday</b> <b>2-4pm</b>	<b>Oban Lorn and Isles Mental Health Forum</b> A forum bringing people with lived experience together with service providers, members of the community and the HSCP. <b>All welcome contact Tina@acumennetwork</b>				
<b>Every Wednesday</b> <b>12.30-3pm</b>	<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 Tracy Chambers 07535036953</b>				
<b>Wednesday</b> <b>11am-12:30</b>	<b>MENTAL HEALTH REFERENCE GROUP</b> Bringing people with lived experience together with service providers, third sector and the HSCP to promote recovery in Inverclyde <b>Venue:</b> Broomhill Gardens Community Hub, Broomhill. Greenock <b>For more information contact: rachel@acumennetwork.</b> <b>ALL WELCOME</b>				
<b>Every Wednesday</b> <b>3-4pm</b>  <b>Listen on 98.4FM or at <a href="http://www.pulseonair.co.uk">www.pulseonair.co.uk</a></b>	<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: <a href="mailto:enquiries@acumennetwork.org">enquiries@acumennetwork.org</a></b> or Tel: 0141 847 8900				
<b>Every Thursday</b> <b>1pm – 3pm</b>	<b>Bute Golfies</b> <b>Venue:</b> Port Bannatyne Golf Club, Bannatyne Mains Rd, Rothesay PA20 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: 0141 847 8900</b> <b>ALL WELCOME</b>				
<b>Every Thursday</b> <b>From 11am</b>	<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 Tracy Chambers 07535036953</b>				