

For more information on any events or if you would like this emailed to you each month please email enquiries@ramh.org or call Agnes on 0141 847 8900

For ACUMEN event enquiries contact: 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

DON'T MISS OUT!

Friday 5 October 2018

10am-2.30pm

Parklands Hotel, 196 Ayr Road, East Renfrewshire G77 6DT

Please Register now

RAMH AGM and CONFERENCE

Our theme this year is around 'Exploring the effects of ACEs (Adverse Childhood Experiences) and Poverty and speakers are Darren McGarvey 'LOKI' author, performing artist and columnist, and Dr Michael Smith, Dr Michael Smith (MD, FRCPsych), Associate Medical Director for Mental Health & Addiction Services in NHS Greater Glasgow and Clyde

Lunch please let us know if you have any dietary requirements

Transport: Please let us know if you require transport from central Paisley or central Barrhead. Email: reception@ramh.org or call 0141 847 8900

DATE FOR YOUR DIARY

Tuesday

4 December 2018

1pm-3pm

Dalmeny Community Centre, Barnes St, Barrhead, G78 1EH

RAMH East Renfrewshire Link Club will host this meeting.



ALL WELCOME

Stakeholders.

The next Stakeholders meeting will be hosted by RAMH East Renfrewshire Link Club. This meeting is scheduled for Tuesday 4 December 2018 from 1-3pm.

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

Venue: Dalmeny Community Centre, Barnes St, Barrhead, G78 1EH

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

Come and have your say.

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

<p>FIRST Crisis has a <u>new</u> freephone number 0800 221 8929</p>	<p>FIRST Crisis – new Freephone number The Freephone number for FIRST Crisis is: 0800 221 8929. Please use this number for free calls</p>
<p>RAMH Reuse Superstore Houston Square Johnstone PA5 8DT</p> <p>Opening Times: Tues, Wed, Thursday 12noon until 4.30pm</p> <p>Call 0141 237 7600 for more details and to ask about donating goods RAMH Reuse Superstore</p> 	<p>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</p> <p>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> <p>If you have domestic furniture in good condition to donate, please give us a call on 0141 237 7600. We are also looking for bedding and kitchenware at the moment, items that are essential to anyone starting up a new home</p>
<p>Universal Credits</p> <p>REMEMBER THERE ARE CHANGES HAPPENING</p> <p>If you need any advice on where to get help speak to your local RAMH service</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:) Child Tax Credit</p> <ul style="list-style-type: none"> • Housing Benefit • Income Support • income-based Jobseeker's Allowance (JSA) • income-related Employment and Support Allowance (ESA) • Working Tax Credit <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>Energy Efficiency & Cost Cutting for your home and the workplace</p> 	<ul style="list-style-type: none"> • Heavy curtains can reduce heat loss through windows by 40%. • Washing up under a running tap could cost you up to £30 extra a year on your energy bills compared to filling a sink or bowl. • Turning your thermostat down one degree can save nearly £100 per year. • DIY draught-proofing of windows, doors and floorboards can save £25-£35 a year on energy bills. • Lighting makes up 10% of the average household's electricity bill.
<p>Thursday 29 and Friday 30 November 2018</p> <p>9am-5pm</p>	<p>Scottish Mental Health First Aid (SMHFA) Venue: 41 Blackstoun Road, Paisley. Enquiries to: ramhtraining@ramh.org or phone Janette Stewart on 0141 847 8900 Small number of places available – ALL WELCOME</p>

RAMH Caravan at Craig Tara



Still availability October 2018

To enquire about availability
please contact 0141 847 8900
chloe.ferguson@ramh.org

**Grab a Bargain Break now
.... £110**

**Caravan closes on
31 October 2018**

Why not extend your holiday feeling and book a short break to RAMH's newly upgraded caravan. There is limited availability for October – for only £110 a short break!!!

Our 3 bedroom caravan (one double and 2 twin bedrooms) now has central heating and double glazing and is equipped with:

Spacious lounge area - fire, flat screen Freeview TV/DVD combi, CD player 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 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 or shirley@ramh.org with your request.

Every Monday

**8, 15, 22, 29 October 2018
(no group running 1
October)**

6pm-7pm

Venue: 8 Carlibar Road,
Barrhead G78 1AA

ALL CARERS WELCOME

Carers' - Nurture Group

An opportunity to discuss and share your experiences with other carers, in a safe, supportive and confidential environment. The members of the group will share and learn new self-management and self-care skills that can be helpful when caring for a loved one with mental health issues.

For more information contact: jacqui@ramh.org or
0141 881 8811

Wednesday

3, 10 October 2018

1-3pm

Venue: St Fergus Church
Hall, Blackstoun Road, Paisley
PA3 1LU

Healthy Eating on a Budget

The group is open to anyone who experiences difficulty budgeting for food/meal planning and or struggles to cook fresh meals for themselves or family

Self-referral/Referral required

For more information contact:
amanda@ramh.org to Tel 0141 404 7788

<p>Every second Monday</p> <p>1, 15, 29 October 2018</p> <p>11am – 1pm</p> <p>Venue: Arc - Auchenback Resource Centre 64 Aurs Drive, Barrhead, East Renfrewshire, G78 2LW</p> <p>ALL WELCOME</p>	<p>Time 2 Talk</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>Self-referral/Referral required</p> <p>Contact: Christine on 0141 881 8811 or christine@ramh.org</p>
<p>Every second Monday</p> <p>8, 22 October 2018</p> <p>10am-12 noon</p> <p>Venue: Dunterlie Community Centre, Stewart Street, BARRHEAD, G78 1AL</p> <p>ALL WELCOME</p>	<p>Men Do Talk</p> <p>A fortnightly men's group offers support to talk about issues that affect men in a safe and relaxing environment.</p> <p>For more information contact: lee.millar@ramh.org or on 0141 881 8811</p>
<p>Every Monday</p> <p>Meet 10.30am at Renfrew Victory Baths</p> <p>10.45am-11.45</p> <p>Venue: Renfrew Victory Baths, Inchinnan Rd, Renfrew PA4 8ND</p> <p>ALL WELCOME</p>	<p>Renfrewshire Swimming Group</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>Self-Referral/ Referral Required</p> <p>Costs: £2.45</p> <p>Contact: Graham Cossar on 0141 404 7788 graham.cossar@ramh.org to let us know you are coming along.</p>
<p>Every Monday</p> <p>10am-12 noon</p> <p>Please drop in – ALL WELCOME</p> <p>Venue: Charleston Centre, 49 Neilston Road, Paisley PA2 1LU</p>	<p>Smoking Cessation group</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>For further information contact: reuben@ramh.org or on 0141 404 7788</p>
<p>Monday</p> <p>19 September 2018 for 6 weeks</p> <p>2 – 3pm</p> <p>Venue: 14 St James Street, Paisley</p>	<p>Gentle Yoga and Relaxation</p> <p>A gentle introduction to yoga, no previous experience or equipment required. Relaxation techniques for mind and body. with Margaret Rose</p> <p>Contact: Paul Henderson 0141 404 7788</p>

<p>Monday</p> <p>15, 22, 29 October and 12, 19, 26 November 2018</p> <p>2pm-4pm</p> <p>Venue: Auchenback Resource centre, 64 Aurs Drive, Barrhead G78 2LW</p>	<p>Directions Course Weekly group looking at work skills development for people with a lived experience of mental health issues. Self-referral/Referral required For more information contact: David Cowie 0141 881 8811 or David.Cowie@ramh.org</p>
<p>Tuesday</p> <p>9 October 2018</p> <p>6-8 pm (This event takes place on the second Tuesday of each month). ALL WELCOME</p>	<p>The Culture Club Comedy – Cinema –Theatre - Gigs The culture club is a social club for people who would like to meet up and go to cultural activities and events with others. Venue: Methodist Central Hall, 2 Gauze St, Paisley PA1 1EP For more information: Email: jacqui@ramh.org or IreneB@ramh.org tel: 0141 881 8811</p>
<p>Every Tuesday</p> <p>2, 9, 16, 23, 30 October 2018</p> <p>1pm-3pm</p> <p>Venue: 21 Carlibar Road, BARRHEAD, G78 1AA</p>	<p>Gardening Group Barrhead 12 week programme giving opportunity to share, exchange and further develop existing knowledge and skills around gardening. Self-referral/Referral required Contact: Lee Millar, lee.millar@ramh.org or 0141 881 8811</p>
<p>Every Tuesday</p> <p>2, 9, 16, 23, 30 October 2018</p> <p>1pm-3pm</p> <p>ALL WELCOME</p> <p>Venue: Dalmeny Centre, Barnes St, Barrhead, G78 1EH</p>	<p>LINK Club 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 Self-referral/Referral required Contact: Christine Murray on 0141 881 8811 or Christine@ramh.org</p>
<p>Tuesday</p> <p>2, 9,16,23 October 2018</p> <p>10.30am – 12.30pm</p> <p>Venue: Dalmeny Centre, Barnes Street, Barrhead, G78 1EH</p>	<p>Self Esteem Suitable for people who would like to improve their confidence and would benefit from enhanced self-esteem. Self-Referral/ Referral Required For more information contact: Mary Spence, Tel: 0141 881 8811 or e-mail mary.spence@ramh.org</p>



<p>Tuesday 23 October 2018 6pm-7.30pm Venue: 8 Carlibar Road Barrhead G78 1AA</p>	<p>What Works? An opportunity for service users who are engaging with, or considering engaging with Causeway Employability to come along and participate in informal discussion around what helps, could be better and other things employability! Contact: Mary Spence – 0141 881 8811 or mary.spence@ramh.org</p>
<p>Thursday 4, 11, 18, October 2018 2-4pm Venue: 14 St James Street, Paisley.</p>	<p>Directions Course Weekly group looking at work skills development for people with a lived experience of mental health issues. Self-referral/Referral required For more information contact: David Cowie 0141 404 7788 or David.Cowie@ramh.org</p>
<p>Tuesday 4, 11, 18 October 2018 11am-12noon Venue – Thorntree Hall, Main Street, 35-41 Main St, Thornliebank, Glasgow, G46 7SF</p>	<p>Mindfulness Group Experience the benefits of Mindful approaches to relaxation and wellbeing. Self-Referral/ Referral Required For more information contact: Karen Mulcahy 0141 881 8811 or karen.mulcahy@ramh.org Please contact Karen prior to the course if you have mobility issues</p>
<p>Every Tuesday Evening 2, 9, 16, 23, 30, Oct 2018 4pm-6pm Drop In All Welcome –come along and try this activity</p>	<p>Badminton Group 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. Self-referral/Referral required Venue: The FOUNDRY, Barrhead Sports Centre, Main Street, Barrhead G78 1SW For further information contact: Graham Cossar 0141 881 8811 or graham.cossar@ramh.org to let us know you are coming along.</p>
<p>Tuesday 16, 23, 30 October 2018 2-3pm (referral/ assessment only) Venue – St James Street, Paisley</p>	<p>Mindfulness Group Experience the benefits of Mindful approaches to relaxation and wellbeing. Self-Referral/ Referral Required For more information contact: Louise Robertson 0141 404 7788</p>
<p>Tuesday 30 October 2018 1-3pm Venue: Unit 55/Embroidery Mill/Abbey Mill Business Centre, Paisley PA1</p>	<p>Carers Group – The group is a joint peer support group between RAMH and the Carers centre. Self-referral/referral required For more information contact: Email: reuben@ramh.org - or Tel: 0141 404 7788</p>

<p>First Tuesday of every month</p> <p>1pm – 2.30pm</p> <p>Venue: Renfrew Health Centre, Ferry Road, Renfrew PA4 8RU</p> <p>Open to All</p>	<p>Renfrew Community Drop-In Hub 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. Contact: Reuben Millward Email: reuben@ramh.org Tel: 0141 404 7788</p>
<p>Tuesday</p> <p>2, 9, 16, 23, 30 October 2018</p> <p>10.30am-12pm</p> <p>Venue: 14 St James Street, Paisley</p>	<p>Control Your Stress - The programme explores why we feel anxious and ways to reduce our anxiety Self-referral/referral required For more information contact: Email: reuben@ramh.org or Paul at pbh@ramh.org Tel: 0141 404 7788</p>
<p>Second Tuesday of every month</p> <p>1-2.30pm</p> <p>Venue: Renfrewshire Council Offices, Customer Service Centre, Renfrewshire House, Paisley, PA1</p> <p>Open to All</p>	<p>Paisley Community Drop-In Hub 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. Contact: Reuben Millward Email: reuben@ramh.org Tel: 0141 404 7788</p>
<p>Every Wednesday</p> <p>3, 10, 17, 24, 31 October 2018</p> <p>1pm-3pm</p> <p>Venue: Arthurlie House , Springhill Road Barrhead G78 2SE</p>	<p>Women in Recovery East Renfrewshire (WIRE) 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. Self-referral/Referral required Contact: Christine on 0141 881 8811 or christine@ramh.org</p>
<p>Wednesday</p> <p>3, 10, 17, 24, 31, Oct 2018</p> <p>10-10.45am</p> <p>Venue: Eastwood Leisure Centre, Rouken Glen Rd, Giffnock, Glasgow G46 6UG ALL WELCOME</p>	<p>Wellbeing Group 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). Contact: Graham Cossar on 0141 881 8811 or graham.cossar@ramh.org to let us know you are coming along.</p>

<p>Wednesdays</p> <p>3, 10, Oct 2018</p> <p>2.15pm-3pm</p> <p>Venue: Newton Mearns Baptist Church</p> <p>ALL WELCOME!</p>	<p>‘Access to Sport’ Group</p> <p>The access to sport group will be a gentle introduction for people looking to get more physically active focusing on low level sports and activities in a safe setting. With support from external groups and providers 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>Contact: Graham Cossar on 0141 881 8811 or graham.cossar@ramh.org to let us know you are coming along.</p>
<p>Wednesdays</p> <p>3, 10, 17, 24, 31 Oct 2018</p> <p>Meet 10.45am at Eastwood Leisure Centre</p> <p>11am-12noon</p> <p>Venue: Eastwood Leisure Centre, Rouken Glen Rd, Giffnock, Glasgow G46 6UG</p> <p>ALL WELCOME</p>	<p>East Renfrewshire Swimming Group</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>Costs: £3.90 without an access card; £3.30 with an access card and £1.95 concession.</p> <p>Contact: Graham Cossar on 0141 881 8811 or graham.cossar@ramh.org to let us know you are coming along.</p>
<p>3rd Thursday of every month</p> <p>10.30pm-12.00pm</p> <p>Venue: Johnstone Town Hall, Houston Square Johnstone PA5 8FA</p> <p>Open to All</p>	<p>Renfrewshire Community Drop-In Hub</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>Contact: Reuben Millward Email: reuben@ramh.org Tel: 0141 404 7788</p>
<p>Last Thursday of the month</p> <p>10.30-12noon</p> <p>Venue: Erskine Library, 8 Bridgewater Place, Erskine PA8 7AA</p> <p>Open to all</p>	<p>Renfrewshire Community Drop-In Hub</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>Contact: Reuben Millward Email: reuben@ramh.org Tel: 0141 404 7788</p>
<p>Thursday, Friday, Monday</p> <p>4, 5, 8 October 2018</p> <p>10am-1pm</p> <p>Venue: Clarkston Library, Clarkston Road, Clarkston, Glasgow, G76 8NE</p>	<p>Stress Management Hubs</p> <p>Suitable for people who would like to learn tools and techniques to address and reduce their stress and anxiety.</p> <p>Self-Referral / Referral required</p> <p>For more information contact: Christine Murray or Lee Millar on 0141 881 8811 or Christine@ramh.org - lee.millar@ramh.org</p>

<p>Every Thursday</p> <p>4, 11, 18, 25 October 2018</p> <p>5-7pm</p> <p>Venue: Causeway, 8 Carlibar Road, Barrhead G78 1AA</p> <p>ALL WELCOME</p>	<p>Singing for Wellbeing 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>Self-referral/Referral required</p> <p>For more information contact: Christine Murray 0141 881 8811 or christine@ramh.org</p>
<p>Friday, Monday, Tuesday</p> <p>28 September 2018 1, 2 October 2018</p> <p>1pm – 4pm</p> <p>Venue: Auchenback Resource Centre, 64 Aurs Drive, Barrhead, G78 2LW</p>	<p>Stress Management Hubs</p> <p>Suitable for people who would like to learn tools and techniques to address and reduce their stress and anxiety.</p> <p>Self-Referral / Referral required</p> <p>For more information contact: Lee Millar or David Cowie on 0141 881 8811/ lee.millar@ramh.org - david.cowie@ramh.org</p>
<p>Thursday (last Thursday of the month)</p> <p>25 October 2018</p> <p>6.30pm – 8.00pm</p> <p>Venue: Sandlers Cottage, Eastwood Park, Rouken Glen Road, Giffnock G46 7JS</p>	<p>Carers' Group – Monthly</p> <p>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.</p> <p>Contact: Jacqui Heron on 0141 881 8811 or Jacqui@ramh.org</p>
<p>Every Thursday</p> <p>4, 11, 18, 25 October 2018</p> <p>12.30pm – 3.30pm</p> <p>ALL WELCOME (Please be advised our programme can take us out of the halls, so inform Lee if you are coming along)</p>	<p>Social Support Group</p> <p>A social support drop-in to help to increase your social connections</p> <p>Self-referral/Referral required</p> <p>Venue: Clarkston Halls, Clarkston Road, Glasgow, G76 8NE</p> <p>For more information contact: Lee Millar, lee.millar@ramh.org or on 0141 881 8811</p> 
<p>Every Thursday</p> <p>2-3.30pm</p> <p>Venue: Induction at 14 St James Street, then walking at various points across Renfrewshire.</p>	<p>Renfrewshire Walking Group</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 Renfrewshire and improving their health and wellbeing.</p> <p>Self-Referral/ Referral Required</p> <p>Cost: Free</p> <p>Contact: Graham Cossar on 0141 404 7788 graham.cossar@ramh.org to let us know you are coming along</p>

<p>Thursday</p> <p>13 September 2018</p> <p>10-12noon</p> <p>Venue – 14 St James Street, Paisley PA3 2HT</p>	<p>Life to Work Skills Group Weekly group looking at work skills development for people with a lived experience of mental health issues.</p> <p>Self-referral/Referral required</p> <p>For more information contact: David Cowie 0141 404 7788 or David.Cowie@ramh.org</p>
<p>Friday</p> <p>5, 12, 19, 26, Oct 2018</p> <p>9-10am</p> <p>Venue: Garden Space @ 21 Carlibar road</p> <p>ALL WELCOME</p>	<p>Rise Group The 'rise group' is an early morning group looking to engage people in mild exercise and find the benefit in being up and active in an outdoor greenspace. Using the garden space, there will be a focus on socialising, light gardening and mindful activity to set people up for their day ahead</p> <p>Self-referral/Referral required Contact: Graham Cossar on 0141 881 8811 or graham.cossar@ramh.org to let us know you are coming along.</p>
<p>Fridays</p> <p>2pm-3.30pm</p> <p>Venue: Initial Induction at Barrhead Centre, 8 Carlibar Road, BARRHEAD, G78 1AA, then walking at various points across East Renfrewshire</p>	<p>East Renfrewshire Walking Group</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>Self-Referral/Referral Required Cost: Free Contact: Graham Cossar on 0141 881 8811 or email: graham.cossar@ramh.org to let us know you are coming along.</p>
<p>Every Friday</p> <p>5, 12, 19, 26 October 2018</p> <p>12.30pm-2.30pm</p> <p>Venue: YES Project, Rouken Glen Park</p>	<p>'DIG IN' (Self Managing Gardening Group) 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>Self-referral/Referral required - although the group is not taking new referrals at present.</p> <p>Contact: Lee Millar, lee.millar@ramh.org or Irene Brown, IreneB@ramh.org or on 0141 881 8811</p>
<p>Every Friday</p> <p>5, 12, 19, 26 October 2018</p> <p>10am-12 noon</p> <p>Venue: 21 Carlibar Road, Barrhead G78 1AA</p> <p>ALL WELCOME</p>	<p>The SHED 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>Contact: Christine Murray on 0141 881 881 Christine@ramh.org</p>

<p>Friday</p> <p>24 August for six weeks 2018</p> <p>1pm – 2pm</p> <p>Venue: 14 St James Street, Paisley</p>	<p>Relaxation group 6 week course looking at various techniques that can help reduce stress and anxiety. Self-Referral/ Referral Required Contact: for more information stacey.campbell@ramh.org or Tel: 0141 404 7788</p>
<p>Fridays</p> <p>31 August - 19 October 2018</p> <p>10.30am-12noon</p> <p>Venue: 14 St James Street, Paisley</p>	<p>Renfrewshire Community Service Writing Group Weekly group exploring the benefits that creative writing can have on improving mental health and wellbeing. Contact for more details: Paul Henderson (pbh@ramh.org) or on 0141 404 7788</p>
<p>Saturday 10am for changing / catch up 10.30 – 11.30am</p> <p>We are encouraging members and spectators to come along and watch the game & meet new people. If you wish to then play simple referral process follows. Open to men and women!</p>	<p>Saturday Football (Renfrewshire RAMhs) –. Football is a great way to keep fit, meet others and have fun or just get out to spectate. Venue: UWS Robertson Sports Centre at Thornly Park Campus, Caplethill Rd, Paisley PA2 7TR Costs: cost for pitch hire is £2 per head Contact: You can also keep up to date or communicate with the team leaders by email steven.mcadam@ramh.org or graham.cossar@ramh.org or phone 0141 404 7788.</p> 
<p>GP Practices Renfrewshire</p> <p>Open to all patients in the practices listed</p>	<p>Community Link - Renfrewshire Community Link Workers are based in Abbey, Anchor Mill, Bishopton, Linwood (Dr Richmond and Partners), Ludovic, Johnstone (Riverview), St James, Tannahill and Bargarran GP practices. Please make an appointment through your GP practice. Contact: 0141 847 8900 for more details or email smcl@ramh.org</p>
<p>GP Practices East Renfrewshire</p> <p>Open to all patients in the practices listed</p>	<p>Community Link – East Renfrewshire Community Link Workers are based in Clarkston, Lavern, Williamwood, Mearns, Elmwood, Gleniffer, Eastwoodmains and MacLean GP practices. Please make an appointment through your GP practice. Contact: 0141 881 8811 for more details or email smcl@ramh.org</p>
<p>Get on your bike ...</p> <p>For more information contact:  Kathleen.gallagher@ramh.org or telephone 0141 237 7600</p>	<p>Bikes: Lifeskills have provided 7 Raleigh bikes to clients for a period while working on their fitness with support from staff. For some, it gives a taster while considering making the investment of purchasing and storing a bicycle, and for others it is to enhance their fitness levels while taking advantage of the nice weather. If you would like to try a bike, then give us a call</p>

<p>Throughout 2018</p> <p>Check the list and contact Meal Makers on 387 6390</p>	<p>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</p>
<p>Every 4th Sunday</p> <p>6-8pm</p> <p>Venue: Bianco e Nero 27 Gauze St, Paisley PA1 1ES</p>	<p>Bipolar Scotland 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. Cost: Free Contact: 0141 887 3870 for more details</p>
<p>Wednesday (4th Wednesday of every month)</p> <p>Contact Lesley Lesley Fyfe Administrator T: 0141 560 2050</p> <p>lesleyf@bipolarscotland.org.uk</p> <p>www.bipolarscotland.org.uk</p> <p>Venue: Orchardhill Parish Church, 12 Church Rd, Giffnock G46 6JR</p>	<p>EAST RENFREWSHIRE BIPOLAR SELF-HELP GROUP 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 4th 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 www.bipolarscotland.org.uk. It costs nothing to attend our group and we hope to see you there☺!!</p>

ACUMEN

Colour Coded Key	Argyll & Bute	Inverclyde	West Dumbarton	East Renfrewshire	Renfrewshire
Every Monday 1pm-3pm ALL WELCOME!	Acumen Drama Group 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. Venue: Dunterlie Community Centre, Stewart Street , Barrhead G78 1AL Please contact ACUMEN Office for further details: 0141 847 8900				
Monday 8 October 2018 12-2pm	'Inverclyde Issues Forum' Your Voice Venue: 12 Clyde Square, Greenock Please contact ACUMEN Office for further details: 0141 847 8900 ALL WELCOME with Lunch included				
Every Tuesday 11am – 1pm	Green Tree Group Venue: The Green Tree Room, Moat Centre, Rothesay , PA20 0BX Come along for a cuppa and a chat, find out what's going on in your local area, share your experiences and stories. Please contact ACUMEN Office for further details: 0141 847 8900				
Every Wednesday 3-4pm Listen on 98.4FM or at www.pulseonair.co.uk	'Mental Health on Air' 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. For more information please contact: chloe@acumennetwork.org or Tel: 0141 847 8900				
Thursday 25 October 2018 12.30-2pm	Recovery Renfrewshire Venue: St Mirin's Cathedral Church Hall, Ince Street, Paisley PA1 1HR Guest Speaker: To Be Confirmed Please contact ACUMEN Office for further details: 0141 847 8900 ALL WELCOME and lunch included				
Tuesday 6th November 10.30-3pm	Recovery in Renfrewshire Conversation Café Venue: Paisley Town Hall Conversations, Information, Speakers, Entertainment, Food Open to anyone who has an interest in mental health recovery, including people with personal lived experience and those who care for or support people experiencing mental health problems. To reserve a place contact rona@acumennetwork.org Tel: 0141 847 8900				
Every Thursday 1pm – 3pm	Bute Golfies Venue: 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 . Please contact ACUMEN Office for further details: 0141 847 8900 ALL WELCOME				