



# What's On? March & April



**Branching Out Programme in East Renfrewshire, more information inside.**

**This newsletter includes our forthcoming events in the following two months – we hope you will find these helpful and will try to engage with some of them. If you have any comments or suggestions, please send these to us.**

For more information on any events or if you would like this emailed to you each month contact [james.power@ramh.org](mailto:james.power@ramh.org) or [graham.cossar@ramh.org](mailto:graham.cossar@ramh.org). You can also phone Helen on 0141 847 8900 and they will be able to direct your enquiry to the right person.



# Branching Out

## Positive Mental Health Through Nature

RAMH have been offered the Branching Out course again for 2024 at Whitelee Windfarm. This course has always been well received and hugely beneficial to all that have participated in it. The countryside ranger service at Whitelee will again be hosting this course at the windfarm and are able to accommodate up to 12 participants.

### Branching Out Programme

- **Online introductory meeting Weds 27<sup>th</sup> March**
- **12 week Programme starts Weds 17<sup>th</sup> Apr**



### What is Branching Out?

Branching Out is an outdoor therapeutic programme for adults who use mental health services in Scotland. The service consists of 3 hours of woodland activities per week for a group of 12 participants delivered over a 3-month period.

Activities are adapted to suit the client group, site and time of year, and generally include:

- physical activity such as health walks and tai chi
- conservation activities
- bush craft such as fire lighting and shelter building
- environmental art such as photography and willow sculptures

On completion of the programme participants receive a certificate of achievement, a tool handling certificate and a John Muir Discovery Award.



## Renfrewshire Services

To make a referral to RCS please call 0141 404 7788 or download a referral from [ramh.org](http://ramh.org) and return to [referrals@ramh.org](mailto:referrals@ramh.org) or for more information please email [enquiries@ramh.org](mailto:enquiries@ramh.org)

<p><b>First Crisis</b>  <b>Freephone: 0800 221 8929</b>  <b>Or Tel: 0141 848 9090 for information</b>  <b>Available Monday– Friday 9am- 8pm</b>  <b>And Saturdays and Sundays 9am- 5pm</b></p>	<p>Out of hours crisis service which provides a short-term support to anyone in Renfrewshire aged 16 or over, experiencing a crisis in their mental health</p>
<p><b>Appointments across the week</b></p>	
<p><b>*1:1 Counselling</b></p> <p><b>1:1 Employability Support</b></p>	<p><b>*Counselling waiting list in Renfrewshire is currently closed*</b></p> <p>Support for individuals aged 16 and over who are experiencing mental health problems, to focus on improving and developing their skills and experience to improve opportunities for employment, training or a move back into education.</p>
<p><b>1:1 Anxiety Management</b></p>	<p>Support for individuals who are struggling to control their anxiety and to help people to understand why they become anxious; how their thinking affects their anxiety which in turn affects how people behave and aims to improve their ability to control their anxiety</p>
<p><b>1:1 Graded Exposure Support</b></p>	<p>This is a short-term intervention of 6 sessions to support individuals' challenge and overcome their anxiety through practice i.e., travelling independently. Develops and encourages systematic practice of either new or lost skills aimed at reducing anxiety.</p>
<p><b>Mondays</b></p>	
<p><b>Wellbeing Miles</b></p>	<p><b>Robertson Park Renfrew 11.30 -12pm</b> (Meeting at the Pond)  <i>Walking a mile is a great way to introduce activity to your week and connect with others</i></p>



<p><b>Renfrewshire Social Hub</b> Renfrew Trinity hall 12.30 – 2pm</p>	<p>Renfrewshire Social Hub is a mixed group of men &amp; women who get together for Peer-to-Peer support. We make up a six-week programme of varied activities. We are a warm welcoming group to help reduce isolation and increase your confidence and have a laugh along the way which will improve your mental wellbeing.</p>
<p><b>Singing for Wellbeing Group,</b> Renfrew Trinity hall 3 – 4.30pm</p>	<p>A warm and friendly group who like to sing and have some fun along the way. No previous experience needed just a love of music and singing along. The group looks to improve your mental wellbeing.</p>
<b>Tuesdays</b>	
<p><b>Contact Plus</b> Paisley Methodist Hall 6pm – 8pm</p>	<p>The contact Plus is a mixed group of people who get together for Peer-to-Peer support who have a varied and interesting programme of activities. You will be warmly welcomed in the group it will make you more socially connected and increase your self-esteem.</p>
<b>Wednesday</b>	
<p><b>Wellbeing Miles</b></p>	<p><b>Barshaw Park 12.30-1.30pm</b> (meet at the front gate) <i>Walking a mile is a great way to introduce activity to your week and connect with others.</i></p>
<p><b>Womens Group</b> Paisley Wynd Centre 10.30-12</p>	<p>A safe welcoming space for women to get peer-to-peer social support and participate in various activities over a “cuppa”</p>
<p><b>WCS 1:1 Personal Training Programme</b></p>	<p>Working in partnership with the HND health and fitness students from the West of Scotland College. RAMH service users are given a 12-week gym and fitness programme, including induction, nutrition advice and 1:1 weekly gym session. The programme as part of the students course work looks to improve participants mental and physical health</p>
<b>Thursdays</b>	
<p><b>Taskforce</b> RAMH Head Office 10-12</p>	<p>A working party who are now fitting out our new plastic bottle greenhouse in our refurbished garden space at headquarters</p>

<p><b>Garden Group</b> RAMH Head Office 10 -12</p> <p><b>Wellbeing Miles</b></p>	<p>This group uses the space to be outdoors, engage in physical activity, while getting the wellbeing benefits that greenspace can offer. Once the project is finished, we will be opening this greenspace up for everyone to use to improve their mental wellbeing</p> <p><b>Johnstone 2-2.45pm</b> (meeting at ludovic square) <i>Walking a mile is a great way to introduce activity to your week and connect with others</i></p>
<b>Fridays</b>	
<p><b>Nutrition with Numbers</b></p>	<p>Improve your number skills and learn in the company of likeminded people. "Nutrition with Numbers" aims to improve numeracy skills while learning the wellbeing benefits of a healthy and balanced diet.</p>
<p><b>Wellbeing Miles</b></p> <p><b>1:1 Gym Support</b> UWS Gym Storrie Street</p> <p><b>Living Life to the Full</b> Paisley Wynd Centre</p>	<p><b>Ferguslie 12-12.45pm</b> (meet at RAMH HQ) <i>Walking a mile is a great way to introduce activity to your week and connect with others</i></p> <p>RAMH physical activity worker supports people to be confident and competent in using the gym facility. Based centrally in Paisley at the UWS campus gym you will be given a full induction and support by the worker to develop a programme that works for you</p> <p>A widely recognised course based on the principles of CBT (Cognitive Behaviour Therapy). The course aims to improve wellbeing and resilience, covering how to manage low mood, stress and anxiety. The course explores topics such as 'Why do I feel so bad?'; 'I'm not good enough' and 'Why does everything always go wrong?' and more.</p>
<b>Saturdays</b>	
<p><b>Football Group</b></p>	<p>The group meets weekly for 7-aside games at the power league football Centre in Paisley. This group is for anyone wishing to participate in a fun friendly competitive game in a peer supportive setting.</p>
<b>RAMH Housing Support Services</b>	



## East Renfrewshire Services

To make a referral to Causeway please call 0141 881 8811 or download a referral from [ramh.org](http://ramh.org) and return to [referrals@ramh.org](mailto:referrals@ramh.org) or for more information please email [enquiries@ramh.org](mailto:enquiries@ramh.org)

Appointments across the week	
<b>1:1 Counselling</b>	Up to six sessions for people who experience mild to moderate depression and anxiety. Focus is on self-management skills, using self-management NHS workbooks and signposting to other services where appropriate.
<b>1:1 Employability Support</b>	Support for individuals aged 16 and over who are experiencing mental health problems, to focus on improving and developing their skills and experience to improve opportunities for employment.
<b>1:1 Anxiety Management</b>	Support for individuals who are struggling to control their anxiety and to help people to understand why they become anxious; and how it impacts physically; how their thinking affects their anxiety and the impact it has on behaviour. The course aims to improve your ability to manage your anxiety.
<b>Mondays</b>	
<b>Men Do Talk</b> Dunterlie Resource Centre 10 -12	A men's peer led support group providing support and discussing issues that impact on mental health and wellbeing.
<b>Time 2 Talk</b> Auchenbach Resource Centre 11-1pm	A peer led recovery focused discussion group. A chance to discuss issues that are affecting your mental health and wellbeing.
<b>Wellbeing Miles</b>	<b><i>Rouken Glen Park</i></b> Eastwood 1-2pm <i>Walking a mile is a great way to introduce activity to your week and connect with others</i>
<b>Tuesdays</b>	
<b>Exploring Recovery</b>	Introductory course based around CHIME model of recovery.



	Full of tips, techniques and strategies for getting well and staying well.
<b>Living Life to the Full</b> Dunterlie Resource Centre 10am	A widely recognised course based on the principles of CBT (Cognitive Behaviour Therapy). The course aims to improve wellbeing and resilience, covering how to manage low mood, stress and anxiety. The course explores topics such as 'Why do I feel so bad?'; 'I'm not good enough' and 'Why does everything always go wrong?' and more.
<b>Nutrition with Numbers</b> Clarkston Halls 2pm-4pm	Improve your number skills and learn in the company of likeminded people. "Nutrition with Numbers" aims to improve numeracy skills while learning the wellbeing benefits of a healthy and balanced diet.
<b>Swimming Group</b> The Foundry 10am	Using swimming to help increase activity, the group is supported by physical activity worker who is also in the water to give those attending motivation and confidence to participate with this hugely beneficial activity. A basic level of competency in the water is expected from those who attend.
<b>Link Club</b> Dalmeny Resoure Centre 13.00-15.00	Weekly social connections group for people living in East Renfrewshire.
<b>Wednesdays</b>	
<b>WiRE (Women in Recoery)</b> Arthurlie House 13.00-15.00	A group supporting women in recovery to form social connections and reduce isolation within their local community.
<b>WCS 1:1 Personal Training Programme</b>	Working in partnership with the HND health and fitness students from the West of Scotland College. RAMH service users are given a 12-week gym and fitness programme, including induction, nutrition advice and 1:1 weekly gym session. The programme as part of the students course work looks to improve participants mental and physical health
<b>Coping With Anxiety</b> Dunterlie Resource Centre 10am	For people who struggle with anxiety and similar feelings like stress and would like to improve skills to manage this and have a better understanding of how it is impacting their life.
<b>Thursdays</b>	

<p><b>Social Support Group</b> Clarkston Halls 1-3pm</p>	<p>This group meets weekly and supports people to make new social connections within their community and reduce isolation.</p>
<p><b>Wellbeing Miles</b></p>	<p><b>RAMH Community Garden</b> 1-2pm <i>Walking a mile is a great way to introduce activity to your week and connect with others</i></p>
<p><b>Garden Group</b> Community Garden 21 Carlibar Road, Barrhead 2-3pm</p>	<p>The garden is equipped with a number of things to help you be mindful and connect with nature. We have mindfulness cards, positivity quotes, bug hotel, heather and rose beds, 4 raised beds and ample seating. Please use the space in the best way to benefit your own mental health and wellbeing.</p>
<p><b>Fridays</b></p>	
<p><b>Wellbeing Miles</b></p>	<p><b>Fairweather Park Newton Mearns</b> Fri 1-2pm <i>Walking a mile is a great way to introduce activity to your week and connect with others</i></p>
<p><b>Saturdays</b></p>	
<p><b>Football Group</b> Power League Paisley, 10.30am</p>	<p>The football group meets weekly for full contact 7-aside games at the power league football centre in Paisley. This group is for anyone wishing to participate in a fun friendly competitive game of 7 aside in a peer supportive setting.</p>
<p><b>RAMH Housing Support Services</b></p>	
<p>Continues to operate 24 hours a day, every day, in Renfrewshire and East Renfrewshire providing support to people in their own homes</p>	
<p><b>Community Link Services</b></p>	
<p>Community link workers connect people to resources and services within their local communities with the aim of improving mental and physical health and wellbeing. Speak to your GP practice in ER for more information</p>	





## North Ayrshire Recovery College

If you are interested in any of the below courses or finding out more about the North Ayrshire Recovery College, please call the office on 01294 447355 or email [louise.mathieson@ramh.org](mailto:louise.mathieson@ramh.org)

<b>New Student Welcome</b> Michael Lynch Centre, Princes Street Ardrossan 10.30 – 12.00	Monday 22/1, 5/2, 22/2, 4/3, 18/3, 15/4, 29/4, 13/5, 27/5, 10/6
<b>Peer2Peer</b> The Training Centre, Glencairn St Saltcoats 1.30-3.00	Monday 4/3, 11/3, 18/3, 25/3, 15/4, 22/4, 29/4,
<b>Exploring Recovery</b> Woodlands Centre, Kilwinning Road Irvine 10.30 – 12.00	Tuesday 27/2, 5/3, 12/3, 19/3, 26/3,
<b>Exploring Recovery</b> Michael Lynch Centre, Princes Street, Ardrossan 1.30 – 3.00	Thursday 7/3, 14/3, 21/3, 28/3
<b>Living Life to the Full</b> (online Zoom) 1.30 – 3.00	Monday 26/2, 4/3, 11/3, 18/3, 25/3,
<b>Be Curious</b> Frank Sweeney Centre, Glasgow Street Ardrossan 1.30 – 3.00	Tuesday 5/3, 12/3, 19/3, 26/3
<b>I Matter</b> Frank Sweeney Centre, Glasgow Street 10.30 – 12.00	Thursday 29/2, 7/3, 14/3, 21/3, 28/3
<b>Zen Photography</b> (online zoom) 10.30 – 12.00	Wednesday 6/3, 13/3, 20/3, 27/3,
<b>Confident &amp; Assertive</b> Michael Lynch Centre, Princes Street, Ardrossan 1.30 – 3.00	Tuesday 5/3, 12/3, 19/3, 26/3,
<b>From Trauma to Recovery Level 1</b> Zoom Link will be emailed to participants 10.00 12.00am	Thursdays 7/3, 14/3, 21/3, 28/3,



<b>Wellbeing Workshops</b> Michael Lynch Centre Princes Street Ardrossan 1.30 – 3.00	Thursday 14/3, 21/3, 28/3,
<b>Exploring Recovery</b> Michael Lynch Centre Princes Street, Ardrossan 1.30 – 3.00	Friday 19/4, 26/4, 3/5, 10/5, 17/5
<b>Building Resilience</b> Frank Sweeney Centre Glasgow Street, Ardrossan 10.00 – 12.00	Wednesday 17/4, 24/4, 1/5, 8/5
<b>Living Life to the Full</b> Michael Lynch Centre Princes Street, Ardrossan 1.30 – 3.00	Tuesday 16/4, 23/4, 30/4, 7/5, 14/5, 21/5
<b>From Trauma to Recovery level 2</b> (Online zoom) 10.00 – 12.00	Thursdays 18/4, 25/4, 2/5, 9/5, 16/5,
<b>WRAP</b> (Wellness Recovery Action Plan) Frank Sweeney Centre Glasgow Street Ardrossan 1.30 – 3.00	Tuesday 16/4, 23/4, 30/4, 7/5, 14/5, 21/5
<b>Beyond Recovery College</b> Michael Lynch Centre Princes Street, Ardrossan 10.30 – 12.00	Wednesday 17/4, 24/4, 1/5, 8/5, 15/5

## RAMH Caravan

The RAMH Caravan is now able to take bookings for **Apr 24**

RAMH's have invested in an updated, pre-loved 6 berth caravan so service users can take advantage of a low cost and fun filled short break

**If you are interested in finding out more, please get in touch with Sandra on 0141 847 8900 or [Sandra@ramh.org](mailto:Sandra@ramh.org)**





RAMH have signed up for [Kiltwalk 2024](#) and we're looking to get a group together to do the walk and raise funds for the organisation.

The walk is from Glasgow on **Sunday 28 April** and there are three distances: Mighty Stride (23 miles), The Big Stroll (14 miles) and Wee Wander (3 miles). For more information contact [james.power@ramh.org](mailto:james.power@ramh.org)

## Wellbeing Maps

Where to find wellbeing in Renfrewshire and East Renfrewshire User-led maps for anyone looking to view what mental health resources are nearby. Places on the map are categorised by: RAMH; Support service; Health centres and pharmacies; Community spaces and transport; Foodbanks and money advice; Greenspaces; Culture, leisure and sport; Employability; Religious buildings and Addictions support. Add a location to the map yourself by emailing it to [enquiries@ramh.org](mailto:enquiries@ramh.org)



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Renfrewshire

## Information

To make a referral to RAMH call 0141 8478900 for Renfrewshire or 0141 881 8811 for East Renfrewshire. Alternatively, download a referral form from [ramh.org](http://ramh.org) and send it to [referrals@ramh.org](mailto:referrals@ramh.org).

Crisis Supports: If you live in Renfrewshire, contact FIRST Crisis on free phone 0800 221 8929 (or standard rate 0141 848 9090).

We are available 7 days a week, 365 days a year, Monday-Friday 9am-8pm and Saturday-Sunday 9am-5pm.

If you live outside Renfrewshire and need immediate help, contact:

**Breathing Space:** 0800 83 85 87

**Samaritans:** 116 123

**NHS 24:** 111

**Text SHOUT** to 85258

[www.breathingspace.scot](http://www.breathingspace.scot)

[www.samaritans.org](http://www.samaritans.org)

[www.nhs24.com](http://www.nhs24.com)

[www.giveusashout.org](http://www.giveusashout.org)

