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*Celebratory Dragon On The Chinese Locomotive
At The National Railway Museum, York*



SDAMH visited the fairground at York

EDITORIAL COMMENT

Welcome to the Autumn edition of the Riverside Review.

We only have a few weeks left of the year 2008 and most folks I have spoken with will say, to a man and a woman – “Where has this year gone?!”.

And yes, I know it’s also a sign of growing older, that the years go by so quickly ! But even so – this has been a really speedy one, probably something to do with the summer being so poor and more like autumn.

With webbed feet we continue ! We have been busy at SDAMH, planning for the end of the year and the first part of the 2009 programme of activities. So make sure that you inquire about what’s happening – there is a wide selection, from baking to 10 pin bowling, from shopping in Falkirk to Stretch and Tone Relaxation, or even a Burns Supper !

I hope you enjoy the article from the Young Persons Befriending Service, which illustrates the fun, as well as support that they enjoy, through the Just Out There project.

SDAMH will be closed for a few days over the festive period, as follows:

Closed

Thursday	25 th December 2008
Friday	26 th December 2008

Open again on Monday 29th December, Tuesday 30th December and Wednesday 31st December.

Closed

Thursday	1 st January 2009
Friday	2 nd January
Sunday	4 th January

Open again on Monday 5th January 2009, for ‘business as usual’

Finally, may we wish you a pleasant festive season and best wishes for the new year.

Editor

YORK 2008

After much discussion, voting and planning a short break in the old and interesting City of York took place from Friday 18/7/08 to Monday 21/7/08 for people from the SDAMH Drop-In and Groups Services.



Stephenson's "Rocket" at the National Railway Museum, York



A 'modern' Roman soldier at York Roman Baths

On the first day, eight of us set off by train from Stirling to York and by 3pm had settled in to our accommodation at York Racecourse Centre (not in the stables fortunately!) After dinner at the racecourse we took a Historical Ghost Walk round part of the old city, before enjoying a social evening, in one of the city's many welcoming hostellers.

Saturday started bright and early with breakfast before visiting the Model Railway Exhibition, York Minster, National Railway Museum, Small Train Ride, and Roman Baths. Lunch was enjoyed aboard the York River Boat Cruise. After a fine evening meal, and despite sore feet from miles of walking, some of us still had the energy for an evening stroll to a local establishment.

On Sunday we made an early start to Jorvik Viking Centre, York Dungeon, York Castle Museum, Clifford's Tower, etc. Following another three course meal at our accommodation some headed for an early night, while those who weren't footsore and exhausted managed a short walk and discussed the day's adventures.

Monday arrived all too soon and a final bit of shopping in York was managed before catching the train home to Stirling for tea time.

Dropin Client

THE RAPLOCH PROJECT

Pamela and Nicole from Raploch's Urban Regeneration Company (URC) met recently with SDAMH's InTouch Development Worker.

The meeting was to discuss what Raploch URC are doing about mental health within Raploch and to explore opportunities for working together in the future.

People are at the heart of the regeneration of Raploch. The two aspects of the regeneration are the economic and social well-being of the people in the local community of Raploch and the physical regeneration of the community infrastructure and housing.

One of the many projects that Raploch URC are involved with in the community is at Raploch Community Enterprise, offering accredited training and work experience within Construction and Amenity Horticulture.

The training is open to unemployed people claiming benefits and lasts for a period of 13 weeks.

Over the 13 weeks the trainees work towards either an SVQ in Construction or Amenity Horticulture, receive training in manual handling, emergency first aid, in the Construction Skills Certification Scheme (CSCS) and support with the test. Interview skills and support with CV's and application forms are also

provided and practical skills are gained through 'live' projects, which take place within the local area.

The Community Enterprise also works alongside the Volunteer Centre. Volunteering in both hard and soft landscaping is available and Community Enterprise is currently installing new community gardens in Raploch which will not only provide a social focus for residents, but will hopefully also become a source of healthy fruit and vegetables!

Those involved in the Community Enterprise gain useful skills for the future and self-confidence, as well as opportunities for further work.

SDAMH and Raploch URC hope to identify ways to collaborate more closely towards shared work goals.

For more information on the regeneration of Raploch and the Raploch Community Enterprise please visit www.raploch.com



Construction Trainees at the Raploch Project

POSITIVE THOUGHTS

Autumn leaves, beautiful colours, rustle underfoot as I walk by the trees. Cold short days and early dusk – fresh cold air. Short spells of bright clear sunlight. Catch short spells of daylight and exercise whenever I can. Wrap up warmly, eat well and get plenty of sleep. Tomorrow is a new day. The seasons heal us.

INTOUCH FORTH VALLEY INFORMATION SERVICE

The InTouch Forth Valley Information Service has been growing from strength to strength with new information queries every week. Wherever possible the answers to these queries are passed back to the enquirer and added to the website.

Feedback on the new website layout has been positive, with the new layout making it easier for people to find signposting to information which is up to date and accurate, and which can be navigated by popular keywords or "tags" relevant to the user's circumstances.

We will welcome your feedback on any additions and changes you would like to see to the website.

<http://www.intouchforthvalley.org.uk>

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VOLUNTEERING

- Doing something worthwhile
- Friendly support from staff
- Out of pocket expenses
- New experiences
- Meet new people
- Enhanced CV
- New skills
- Training
- Have fun !

Anyone wishing more details about volunteering with SDAMH is invited to call us on 01786-451203 or email us at info@stirlingmentalhealth.org.uk

POEM

"A Highland Heart"

*To the Highland Mountains my heart will fly
Past lives to haunt me through my day
Scenes of times long ago that make me cry
For memories from those events unfold my way*

*The path I tread along that track on Skye
Past many a sheep that took the place
Of those whose hardship was a daily trial
For the poor tenant was there to waste*

*The Blackhouse from before Culloden's crime
Torridon Mountains and the Loch beside
This dwelling a part of my previous time
My heart was at this place over times astride*

*My feet tread along that historic line
Through glens and moor alike my spirit awakes
That majestic Eagle climbing high
My heart within its talons high above it takes*

*The spirits of Highlanders throughout millennia
Either Picts or Celts the blood remains so strong
I am proud that through my veins like an elixir
This life force, to this powerful sense I belong.*

DG 2004

SDAMH YOUNG PERSONS BEFRIENDING SERVICE (YPBS)

The YPBS offers young people experiencing social isolation and difficulties with their mental health the support of a one-to-one trained volunteer Befriender. Currently the YPBS is working with 15 young people, aged between 12 & 18 years old, living in the Stirling Council Area. Befriending enables the young people to get out into the community, meet new people, try new activities and spend time with a reliable and trustworthy adult that they can talk to and depend on. It is hoped that Befriending will promote higher levels of self-confidence and self-esteem for these young people as well as providing an opportunity to have fun.

Over the past year the YPBS has also piloted two Peer-Support Programmes, entitled 'Just Out There'. The first programme ran towards the end of 2007 and a second programme ran over the summer of 2008. In both cases the programme's content was decided by the young people taking part. The participating group of young people met once a week and participated in a varied range of activities, such as, a trip to the Glasgow science centre, cookery sessions, the Stirling ghost walk, indoor climbing, first aid, badminton, cinema and DVD nights, and each pilot was concluded by a group meal at a local restaurant.

'Just Out There' afforded the young people involved an alternative support mechanism in the form of their peer group. In this way the young people got the opportunity to build up their levels of self-confidence by trying new activities with other young people who were experiencing similar difficulties. It is hoped that the young people would then be able to apply their new skills and confidence levels to help them integrate better in their own social networks.

By combining the support of a one-to-one Volunteer Befriender with peer support programmes, such as 'Just Out There' the YPBS ultimately aims to provide an effective intervention at an early stage to prevent young people developing enduring mental health problems.

YPBS Co-ordinator



(Left and Right) Young People Participating in YPBS "Just Out There" activities



HELPLINE NUMBERS

SAMARITANS – 0845 7 90 90 90

CHILDLINE - 0800 1111

BREATHING SPACE - 0800 83 85 87

Breathing Space Scotland telephone lines are open 365 days a year from 6pm to 2am. Breathing Space lines are open at weekends from 6pm on Friday to 6am on Monday

DISCLAIMER The views expressed in this newsletter do not necessarily reflect those of SDAMH.

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