

STIRLING & DISTRICT ASSOCIATION FOR MENTAL HEALTH

RIVERSIDE REVIEW

SPRING 2009

SDAMH, 19 Dean Crescent, Riverside, Stirling FK8 1UR.
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Volunteers and Staff Celebrating at the Stirling Ten Pin Bowling Alley



Volunteers Bowling Winners – “Young Pretenders”

EDITORIAL COMMENT - STAR VOLUNTEERS

Dear Reader – within 6 of SDAMH's Services and our Committee, we are supported by the invaluable input of volunteers. These people (young and those who are not so young!), give their time and experience to support clients of SDAMH Services, through befriending in the Young Persons, Adult Befriending and Ageing Well (60+) Services, also within the Administration, Drop-in and InTouch Forth Valley Information Services and, not forgetting, the Committee of the organisation who are all volunteers.

Many of our volunteers, though asked to give 2 hours per week, give much more in both time and effort. We have volunteers who have also undertaken very successful fundraising on our behalf, through a variety of ways, such as arranging a Masked Ball, Sponsored Walks, etc.

Last Autumn we were donated 2 lovely trophies, by a local lady, who wishes to remain anonymous. She wanted the work of SDAMH's volunteers to be recognised via “The Volunteer of the Year” and “The Fundraising Volunteer of the Year” cups.

So, on behalf of SDAMH, I would like to invite you to nominate those who you think would be eligible for those awards. Please write to SDAMH, either by email or by post, naming your nomination, and briefly telling us why you think they should win. Don't forget to give us your name too. The closing date for receipt of nominations is **15th May 2009**.

We will announce the winners in the Summer Edition of the Riverside Review. Though for us, all our volunteers are winners ! And as this will be an annual reward, there will be opportunities for another go next year too.

And in these days of doom and gloom, with the press and TV constantly telling us of crisis after crisis, take good care of yourself and look after your own mental health.

Editor

Volunteers “Bowlerama” Evening Out

A social evening for SDAMH Volunteers took place on Wednesday 25th February. True to tradition, the volunteers gathered at the AMF Bowling Alley for an evening of bowling. The “Bowlerama” contest was close-fought with three teams vying for first place. The “Tam O’Chanters” scored a healthy 713 points, while the “Tartan Spartans” put up a good performance earning 786 points. Both teams presented a formidable challenge to the eventual winners, “Young Pretenders”, who finished in the lead with 808 points. Everyone enjoyed the evening and we all look forward to continuing our volunteering with renewed energy and vigour.

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

HOME SUPPORT SERVICE PEER SUPPORT GROUP OUTING

The Peer Support Group Christmas outing was to the MacRobert Theatre, to see the Mother Goose Pantomime. For some members of the group it was the first time they had ever attended a Pantomime.

All group members thoroughly enjoyed the occasion; it certainly put them all in the Christmas spirit. Many of the cast who kept us entertained with singing and dancing were local children who were very talented.

All group members are looking forward to the new programme planned for 2009 which members will be planning for new events.

SDAMH MEMBERSHIP

SDAMH has been in operation now for 24 years, supporting people experiencing or recovering from mental ill health and their carers and family; to live in their communities. In the calendar year 2008 we worked with 2058 people, mainly in the community.

As a charity, and a company limited by guarantee SDAMH does not charge for Services provided and as you can see from the number above, quite a number of people have been supported, on a regular basis, in any given year.

To ensure that our organisation remains client centred we have a membership opportunity too. This involves paying an annual subscription of £3.00 (starting on the 1st April each year) and it entitles you to vote at the Annual General Meeting, on issues which affect the organisation. Our AGM is usually held in September, and it’s a fairly informal meeting, with a short Agenda and very good tea / coffee and scones afterwards!

So if you would like to contribute to the future of SDAMH, please ask at our office, or ask your Keyworker, or Volunteer Co-ordinator.

STOP PRESS! The SDAMH Drop-In Centre clients raised £100 for Comic Relief on 13th March in a Red Nose Day fundraising red baking event - WELL DONE EVERYONE!!!

“Food Good Relations” Event

On Saturday 21st February 2009 a Community Event organised by the Central Scotland Racial Equality Council (CSREC) took place in Alloa Town Hall. Part of the Good Relations Programme, the aim of the “Food Good Relations” event was to build links between migrant workers, settled minority ethnic communities and the majority community.

The event proved to be a great opportunity for networking and information exchange between people from across the Statutory and Voluntary Sectors, as well as from the wide variety of ethnic groups.

Our colleague Hazel attended on behalf of SDAMH and found a friendly gathering at the Town Hall, with Terry Jobe from Gambia playing the drums to welcome all attendees. DJ Leon played original music and the Lord Provost welcomed everyone.

“Many of the participants were selling original jewellery, hand carvings and craftwork sent over by their families back in their original home lands, and the funds raised were being sent back to help their communities”, said Hazel.

“It was amazing how cultural differences melted away as we all sat down to eat, talk and laugh around large family tables. We tasted an amazing range of Asian, Chinese, African and Scottish food”.

CSREC Chief Executive Mukami McCrum said, “Food is an integral part of everybody’s culture and it is something that we all enjoy”.

The organisers also held an auction and raffle on the day to raise funds to continue the fight against discrimination, racism and oppression and to build a tolerant society.

POEM

“The Need for Art”

*We humans have an appetite for art
that cannot be ignored: much-vaunted days
in shopping malls and des-res dreams apart,
our creativity undaunted stays.
So satisfying when we can relate,
as children might, to soundtrack, costume, song
and understand some new way to create
in which there is – thank god – no right or wrong !
And when we see or hear the piece, amused,
we gaze at gems deep in the underground
or walk a trail of guiding lights, enthused
and moved as something that was lost is found.
This moment is our best one – let’s begin
to see the need for art that hides within*

Elspeth Murray

QUOTE OF THE MONTH

“Taking Action”

“Whatever you can do, or dream you can, begin it.
Boldness (through action) has genius, power and magic in it”

Johann Wolfgang von Goethe (1749-1832)
German dramatist, poet and novelist

INTOUCH FORTH VALLEY INFORMATION SERVICE

The InTouch Forth Valley Information Service helps people to find information which is up to date and accurate, and which can be navigated by popular keywords or "tags" relevant to the user's circumstances. Wherever possible the answers to queries received by the Service are passed back to the enquirer and are also added to the website.

We hope to start a series of "drop-in" Information Surgeries out in community locations during the coming months. Locations and dates will be available shortly.

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

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

Thought for the Day

"Do not go where the path may lead, go instead where there is no path and leave a trail."

Ralph Waldo Emerson

SDAMH will be closed on the following dates at Easter and in May:

Closed

Friday	10 th April 2009
Sunday	12 th April 2009
Monday	13 th April 2009
Monday	4 th May 2009

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

DEPRESSION ALLIANCE SCOTLAND – 0845 123 23 20

Depression Alliance line open 10am - 2pm Mon, Tue, Thu, Fri

SANELine – 0845 767 8000

SANELine is open 6pm - 11pm

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

The Riverside Review is published by Stirling & District Association for Mental Health

Contributions and comments can be sent to: Editor, SDAMH, 19 Dean Crescent, Riverside, Stirling FK8 1UR. © March 2009

Production costs for the *Riverside Review* are sponsored by MacFarlane Gray
Chartered Accountants and Business Advisors www.macfarlanegrays.co.uk Tel: 01786-451745

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Charity registered in Scotland No. SC016267 / HMRC Charities Ref. CR45013