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*Some members of the SDAMH team and the Chairman at the Agencies Open Day*



*Guests from Agencies discuss inter-agency partnering on Services with a member of the SDAMH team*

## EDITORIAL COMMENT

As you can see from our photos, SDAMH had a really successful Open Day for agencies with whom we work and / or liaise, both locally and nationally.

We also drew our Grand Raffle on the day, with Janice Hewitt, Director of Stirling Council Community Services, drawing out the first lucky winner ticket. The prize was an In-car Satellite Navigation System, the second prize was an 18 gear Ladies Bicycle and Helmet, with an on-board bicycle computer. So the 55 agencies who joined us that day had a grand opportunity to grab themselves some seriously good prizes, as long as they bought their tickets, either before or on the day !! Thank you very much to the people who donated those, and all the other, superb prizes.

The Care Commission's annual Inspection took place over a longer period of time this year, as SDAMH were asked to pilot their new Care Standards. This resulted in the Commissioners joining staff, volunteers and colleagues, over a 6 month period of time, throughout various settings, monitoring and shadowing the work of the organisation. The result for SDAMH Home Support Service was a very positive Report, which is now available to the public on the Care Commission website, [www.carecommission.com](http://www.carecommission.com).

As readers of this Newsletter, you will know that SDAMH regularly asks clients, volunteers and referrers, to respond to the Questionnaires we send out, seeking your opinions of the provision of SDAMH Services. This year, as we are about to begin the process, we have added another little incentive. As well as giving us your thoughts, we will have a prize for the first completed Questionnaire returned to each Service, by each group – clients, volunteers or referrers. But if you prefer to remain anonymous then please feel free to do so. We look forward to hearing from you.

I hope you continue to enjoy a pretty good summer and please do forward to us any articles for consideration for inclusion in the next Riverside Review.

*Editor*

## SDAMH AGENCIES OPEN DAY

On 13<sup>th</sup> May SDAMH threw the doors open to welcome colleagues and stakeholders from a wide variety of organisations. Invited guests came from organisations involved in the delivery of mental health services, and from a range of other bodies.

The purpose of the event was to bring guests up to date on the range of services SDAMH provides, including the latest Service developments such as the "Ageing Well" Service, and the recently re-launched InTouch Forth Valley website.

Visitors had an opportunity to tour the new building extension and to enjoy a tasty buffet lunch, as well as learning about our activities through a series of displays and discussions with SDAMH Service staff.

The day proved very useful for everyone, and there was ample opportunity for networking. SDAMH would like to thank all who took valuable time out of their schedules to attend. We look forward to developing even stronger working relationships with all our colleagues in support of our joint objectives to improve the mental health of the people in the Stirling Council area communities.

### **SDAMH COUNSELLING SERVICE**

SDAMH offers an individual Counselling Service for people in the Stirlingshire area. Often, people are referred by their GP but they can also be referred by other health professionals or can refer themselves.

Once someone is referred, they are put on a waiting list until an appointment becomes available. This may take a few weeks depending on the length of the waiting list. People are then given an initial appointment which is a chance to find out about the Service, discuss what brings them to counselling, and decide if counselling would be useful to them at this time.

Following this initial meeting there may be a delay of a few weeks until a regular counselling slot becomes available. Once started, appointments are usually weekly and run for a maximum of 12 weeks.

The range of issues that people bring to counselling is very varied and, at the moment, SDAMH has 4 Counsellors, male and female, working in the Service.

### **VOLUNTEERS QUIZ EVENING**

On the evening of Wednesday 4<sup>th</sup> June SDAMH volunteers gathered for a Volunteers Quiz Evening. Pizza and Sangria helped the evening to flow smoothly, and the weather was warm enough for the Quiz Teams to sit out in the lovely garden. The winning team enjoyed an assortment of prize chocolates and all the Volunteers received certificates for Volunteer work in recognition of their volunteering work in the organisation.



*Volunteers receive their Volunteering Certificates*

### **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](mailto:info@stirlingmentalhealth.org.uk)

### **POEM "Dance"**

*Dance as though no-one is watching,  
Love like it will never hurt,  
Sing as though no-one is listening,  
Live like there's only today.*

*(by Anonymous)*

### **COOKERY & WELLBEING GROUP**

The Cookery and Wellbeing Group has settled in well at the Raploch Community Campus !

The next block of sessions will begin after the summer, on Thursday the 4<sup>th</sup> of September.

If you are interested in taking part please contact the SDAMH Office.

*This work has been kindly supported by NHS FV Health Promotion and SC Venture Fund grants.*

**POEM  
“Wonders”**

*May the sun bring you new energy,  
May the moon softly restore you by night,  
May the rain wash away any worries you may have,  
May the gentle breeze refresh your soul.  
And all the days of your life,  
May you walk gently through the world,  
And know its wonders.*

*(by Anonymous)*

**“MAY DAY STAY SAFE IN STIRLING CAMPAIGN”**

An SDAMH team manned a stall at the “May Day Stay Safe In Stirling” day Campaign in the Thistle Marches Foyer near the Stirling Bus Station on 15<sup>th</sup> May. Staff and volunteers from a range of different organisations were on hand to provide free information and advice to members of the public about community safety. This was the 5th of these events to raise public awareness of safety issues (including fire prevention, home security, personal safety, food safety etc.)



*Staff giving information to a member of the public*

**INTOUCH FORTH VALLEY INFORMATION SERVICE**

The InTouch Forth Valley Information Service has now been re-launched with a new style web site. The main focus in recent months has been to develop a format for the website which makes 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 now be adding more links and resources to the website on a continuous basis and we will welcome your feedback on any additions and changes you would like to see to the website.

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

**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

## “AGEING WELL” SERVICE

There are already around 825,000 people who are aged 65 and over in Scotland and that number is set to increase substantially. As the number of older people grows so does the number of older people who have mental health problems.

The launch of the “Ageing Well” Service at SDAMH earlier this year is a local response to a national initiative. A number of Scottish Government inquiries have gathered evidence which have enabled us to define the activities of the “Ageing Well” Service. So the Service endeavours to encompass effective interventions, which have been evidenced to both reduce risk factors for mental health problems and to strengthen protective factors for mental wellbeing.

The “Mental Health and Wellbeing in Later Life” inquiry conducted by Age Concern and the Mental Health Foundation in 2004 highlighted some key issues identified by older people themselves:

- Discrimination – Being treated well whatever your age
- Participation in meaningful activity – Keeping busy and having fun
- Relationships – Knowing people and meeting people
- Physical health – Keeping as physically fit as you can be
- Poverty – Making ends meet

So how does the “Ageing Well” Service aim to address these issues at a local level ?

The Service offers support for people over 60 who have mental ill health in Stirling District. This might be one to one general counselling or emotional support. It could be practical support: helping clients with budgeting, making sure they are claiming all the benefits they’re entitled to. It may be about home maintenance, adaptations, about bus passes, or heating grants.

The Service aims to provide information to clients or to signpost people to other appropriate agencies in the community.

The “Ageing Well” Service may in the future, provide one to one befriending for older clients to help them improve or increase their self-confidence, esteem, abilities to cope, and to get out and about. The two top priorities identified in the inquiry mentioned earlier, as given by older people themselves, are social isolation, and having something fulfilling to do.

If you know someone who you think might benefit from the “Ageing Well” Service or would like to know more then contact the Service Co-ordinator at SDAMH.



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

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