

AUTUMN 2005

Editorial Comment

We are pleased to bring you the Autumn edition of the Riverside Review.

In this issue, we are focussing on the recent SDAMH Annual General Meeting, which took place at the Riverbank Centre in August. The Event was extremely well attended and you can read more about it later. Meantime, if you would like to download a copy of the Annual Report 2004-5, it is on our website — www.stirlingmentalhealth.org.uk.

Following on from the AGM, the office bearers have now been elected and they are: -

Chairperson	-	Campbell MacQueen
Vice-Chair	-	Gavin Burt
Treasurer	-	John Adams

Other board members are Morag Inglis, Rebecca Litts, Alan Wilson, Jenny Webster and Wilma Hutchison. Our Health Adviser continues to be Kathy O'Neill.

I am pleased to report we have a full compliment of staff, with the recruitment of Dave Skett, InTouch Information Development Worker, Phyllis Allan, Drop-In Support Worker and Sam Tahsin, Men's Health Worker.

We are presently halfway through this year's Mental Health Awareness Week, working in partnership with other community based agencies and have a range of activities planned throughout Stirling District. We will report on this and other developments in our next edition. Meantime - happy reading!!

Christine Bauer

SDAMH 2005 AGM - 'What's in it for me?'



This year's SDAMH Annual General Meeting was held in August at the Riverbank Centre, Stirling.

The theme was "What's in it for me?". Presentations were made by clients, carers and volunteers, talking about their experiences of SDAMH. For some people this may mean the support they have received through the Home Support Service, for others the company and conversation of the Drop-In,

for carers an opportunity to talk and for volunteers the satisfaction of helping someone else.

Each presentation offered a different perspective. The speakers all gave great speeches, which offered an insight into their own experiences and it was much appreciated that each person was willing to do this.

At the back of the room there was a display of crafts made by different groups and clients over the past year. A collection of photography, cards, painted glass, knitting and paintings were displayed alongside pots of herbs and flowers grown in the garden.



SDAMH AGM - 'What's in it for me?' (continued)



Colin

A video presentation by Colin Barr highlighted some of the trips and activities undertaken by the Drop-In this year. In particular the shots from the Wallace's Monument would make a perfect Tourist Board advert for Stirling, not a rain cloud in sight!

Nigel Scott was presented by the Chairman, Campbell MacQueen, with an award he won during Volunteers' Week 2005. Nigel has been volunteering with SDAMH for 12 years and the organisation thanked him for his commitment and dedication over this time.



Campbell & Nigel

Dealing with Debt Issues.....

Often when people access the Money and Benefits Advice Service seeking help with Debt issues and creditors, the situation has reached a critical point. People at this time feel very vulnerable and maybe having difficulty in coping with the situation.

For a wide range of reasons people may have ignored any letters, telephone calls from creditors etc. It is helpful therefore to understand that it is important to gather as much information as possible so that the Money and Benefits Service can help deal with the situation as quickly and effectively as possible.

In order to give the best possible help a full picture of the current financial situation is needed.

The information identified below, will be of assistance.

- Copies of pay slips.
- Benefits/Pension Details any letters from DWP, which relate to the current level of the benefits being paid.
- Bank or Building Society statements.
- Details of any Income.
- Occupational and other pension details.
- Information on Mortgage/Secured loan account details.
- Insurance details: life, building, contents, endowment policy information.
- Rent book or Rent Card Housing and Council Tax Information Water/Sewerage charges.
- Gas, Electric, Telephone bills
- Details of any other expenses.
- Any court papers legal proceedings paperwork citations.
- Credit card & Charge Card and Store Card statements, Catalogue details.
- Any Information on Personal Loans.
- Information about any other company or persons owed money.
- Any other information you might think is important.

All information supplied is treated in the strictest confidence and will not be discussed with other agencies without written permission and at the meeting with the Advice Worker he/she will explain the process.

Charlie Smith

'Suicide TALKing it Over'

'Suicide – TALKing it Over' is a 1½ to 2 hour exploration into suicide awareness. It is a community programme exploring issues for suicide prevention and designed to enable people to work towards having suicide-safer communities. This FREE training is organised around the question:

"Should we talk about suicide?"

If you are interested in being involved in this FREE Awareness Raising Training, please contact Brian Young, Approaches to Choosing Life Co-ordinator at SDAMH on 01786 451203'

'Prevention of Suicide is Everyone's Business'

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