



# SDAMH Riverside Review Spring 2007

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## Slides & Tales of Auld Stirling



### Guest Speaker -

**Elsbeth King, Curator, Smith Art Gallery & Museum gave a fabulously fascinating Presentation at SDAMH in February about Auld Stirling.**

**Everyone thoroughly enjoyed Elsbeth's talk and it is hoped that she will provide a repeat performance later in the year. Perhaps this time on Stirling's Suffragette Movement?**

**WATCH THIS SPACE!**



### Spring Competition!

There is Chocolate Egg waiting at SDAMH for the person who phones, writes, or emails in to SDAMH with the correct number of Easter Eggs hidden in this Newsletter.



### SDAMH Evaluations



SDAMH have recently been sending out Evaluation Questionnaires to ask people their opinion on different aspects of the Services we are providing.

Thank you for taking time to reply!

The information will be collated and ensure that SDAMH Services continue to meet the needs of service users.

The Care Commission's Annual Inspection of SDAMH's Home Support Service successfully took place in December 2006. Feedback from the Inspection Team has again been very positive and the full Report is available to the public on the Care Commission Website now that it has been completed.



[www.carecommission.co.uk](http://www.carecommission.co.uk)

**Editorial** - With Spring just round the corner I am pleased to say that the extension to SDAMH's premises is just about to begin thanks to funding from the Big Lottery. The extension will, when completed, enable the organisation to cope with the ever-increasing volume of people wishing to access services.



This is how we look now and watch this space for future developments!

*Christine*



## Men's Group



Over the last few months the men have taken part in a variety of indoor and outdoor activities including swimming, cooking, 10 Pin Bowling, cinema, Burn's Supper, Snooker, Healthy Eating on a Budget, Go Karting, Smith Art Gallery and Museum, Golf Driving Range, Well Man Advice, and Walking.



Other recent events popular with the men have been the Computer History Project, Memories Scrapbook, Quizzes, Theatre Visit, and Guest Speakers including Bruce Crawford MSP, Elspeth King from the Smith Art Gallery, Health and Wellbeing, Police and Fire Services.



Members of the group meet once every two months to plan their programme for the next period.



**Wednesdays from 2pm – 4pm at SDAMH**  
Anyone wishing more details are invited to contact Gordon at SDAMH.



**LOCAL HOLIDAY**  
**6th and 9th April 2007**

**SDAMH will be closed from 5pm on 5th April until 9am on 10th April 2007.**

**Comic Relief**



**16th March 2007**

**Fundraising Activities at SDAMH Raised**

**£60.00**

**WELL DONE!**

### Young Pretenders WON SDAMH Volunteer Bowling Night



**TEAM CAPTAINS**



#### RESULTS



Young Pretenders	-	677
The Scots Wha Hae	-	607
The Tartan Spartans	-	579
Tam O'Chanters	-	576



Footnote: -

#### LOOK AHEAD A YEAR AGO -

If you want to put today's problems and worries into perspective, imagine how important they will seem if you look back in a year's time.

Paul Wilson 1996



Help-line Numbers: -

**BREATHING SPACE - 0800 83 85 87**

**SAMARITANS - 08457 90 90 90**



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

The Riverside Review is assisted by the Venture Fund and is published by Stirling & District Association for Mental Health. Contributions and comments can be sent to: Editor: Christine Bauer, SDAMH, 19 Dean Crescent, Riverside, Stirling FK8 1UR.

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