

# STIRLING & DISTRICT ASSOCIATION FOR MENTAL HEALTH

# RIVERSIDE REVIEW

## SPRING 2008

SDAMH, 19 Dean Crescent, Riverside, Stirling FK8 1UR.  
Tel No: (01786) 451203. Email: [info@stirlingmentalhealth.org.uk](mailto:info@stirlingmentalhealth.org.uk) Website: [www.stirlingmentalhealth.org.uk](http://www.stirlingmentalhealth.org.uk)



Dame Diana Rigg cutting the ribbon to open the new building extension at SDAMH

### EDITORIAL COMMENT

It was a wet and windy day on the 29<sup>th</sup> January when the SDAMH extension was formally “opened” by Dame Diana Rigg, SDAMH Patron. But it was warm and busy inside, with a great atmosphere!

Dame Diana was, as always, in good form, making sure that she met those responsible for this welcome addition to SDAMH – the funders of the extension, the architects, surveyors and builders. She chatted with people who use SDAMH Services, those who volunteer and staff, making sure she was also introduced to agencies who partner SDAMH in provision of services.

There was a superb display of work done by clients of services all around the building, from poetry to watercolours, from rug making to photography, screen printing and many others. We had a brief pictorial history of the development of the organisation over 23 years and the chance to be filmed and interviewed, for the CD we want to make of the day and about SDAMH.

Dame Diana cut the red ribbon and spoke of the work of the organisation and its clear role in provision of community care. Some clients who were unable to make the event had written some of their thoughts about what SDAMH has helped them achieve and these were read out also.

All this made for a busy few hours but there was time, as always, for a welcome cup of tea and on this occasion – some cakes !

A big **thank you** to all those who helped to make the SDAMH extension possible but chiefly to the funders – The Big Lottery, NHS Forth Valley, Awards for All, The Robertson Trust and the Tudor Trust.

*Christine Bauer*

### HELPLINE NUMBERS

#### 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

#### SAMARITANS – 0845 7 90 90 90

#### CHILDLINE - 0800 1111

## SDAMH MAY HOLIDAY ARRANGEMENTS

SDAMH will be closed as follows:  
From 5pm on Friday 2<sup>nd</sup> May 2008  
until 9am on Tuesday 6<sup>th</sup> May 2008.

## SDAMH OPENING CEREMONY

Here are a selection of pictures taken at the Opening Ceremony.



*Interested audience listening to Dame Diana*



*Dame Diana making her speech*



*Art Work*



*Craft work*



*Display of SDAMH Past and Present*

## COOKERY & WELLBEING GROUP

Has moved to a new venue in the brand new Raploch Community Campus !

Thursdays 12noon - 2pm – if interested in attending contact Isla at SDAMH.

This work is kindly supported by NHS FV Health Promotion and SC Venture Fund grants.

## 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

### “That’s What You Mean To Me”

*Just look at that blood-orange moon  
Sailing in the sky.  
Isn't it really something,  
Doesn't it make you want to cry ?  
There's nothing like beauty  
For touching the depths of your soul.  
It makes life worth living.  
It makes your spirit whole.*

*That's what you mean to me,  
Just like that big old moon,  
Lighting up my nights.  
You mean so much to me,  
Just like the beauty,  
Playing a symphony on my heartstrings.  
You're my life.*

*Here comes the liquid gold  
Pouring over the eastern sky.  
Illuminating all it touches.  
Warming the night's goodbyes.  
No matter what happened yesterday,  
Be it happy or be it sad,  
The sun always rises on a new day –  
Another chance to make your heart feel glad.*

*That's what you mean to me,  
Just like those healing rays,  
Bringing me 24-carat joy.  
You mean so much to me,  
Just like the dawn,  
Helping me to start again.  
You're my breath.*

*That's what you mean to me,  
The candle in the dark,  
Showing me the way.  
You mean so much to me,  
The keeper of my heart,  
Sheltering it from harm.  
You're my angel.*

*(by Amanda)*

## FUNDRAISERS FOR SDAMH



*Some of the students who organized the Masked Ball*

It is a busy time with fundraising at SDAMH. As a charity the organisation is always very grateful for money raised by people and recently we have benefited from two fundraisers which have been undertaken.

Firstly there was our volunteer in the Young Persons Befriending Service – Graham, who along with his colleagues at the Prudential, very kindly raised £500 for SDAMH. Thank you Graham for your fundraising and for your voluntary work with SDAMH.

Then Lizzie, Eilidh, Jennifer, Victoria, David, Sam and Stewart, students at Stirling University, along with others, organised a Masked Ball at the end of February, when they raised the amazing sum of £1,222. Lots of fun but also lots of hard work achieving this.



*Students presenting their cheque to SDAMH staff*

***Thank you one and all for your successful endeavours on our behalf !***

## RAFFLE

SDAMH are currently fundraising through a Grand Raffle – get your tickets now ! There are superb prizes to be won, for example:

- 🎁 An in-car satellite navigation system
- 🎁 18 gear ladies bicycle, helmet and bicycle computer
- 🎁 Wooden dolls house and furniture
- 🎁 Coffee machine
- 🎁 £50.00 voucher for a meal at Ristorante D'Agosta, and many other great prizes.

The raffle will be drawn on Tuesday 13<sup>th</sup> May. Tickets are available through SDAMH, Telephone 01786-451203

## BEFRIENDING SERVICE NEWS - 20 Befriending Things To Do Before You're 20...or 30...or 40...or...!

- 1 Make-up demonstrations at Debenhams and Body Shop (free and always a tonic girls !).
- 2 Tolbooth comedy nights.
- 3 Open Top Bus Tour (explore your own city but never ask a local !).
- 4 Evening coffee stop at Beanscene or The Bistro (useful for evening get togethers!).
- 5 Volunteer dog walking at local shelter.
- 6 Ten Pin Bowling (SDAMH has a Discount Card).
- 7 Smith Art Gallery and Museum, they also do talks and have a nice café.
- 8 Stirling Folk Club at the Rugby Club.
- 9 Albert Hall gigs and Antiques / Craft fairs.
- 10 MacRobert Arts Centre performances, along with a walk around the beautiful loch.
- 11 Stirling Ghost Walk (both summer and Hallowe'en performances) leaves from Old Town Jail.
- 12 Family Tree investigations – check out the project at the Old Cowane Hospital (near the castle).
- 13 Early bird / 2 for 1 meals.
- 14 Changing Room Gallery in the arcade.
- 15 Watch out for some free concerts at Church of the Holy Rude.
- 16 Allanpark Cinema and Bingo.
- 17 Blairdrummond Safari Park.
- 18 Stirling Castle, Argyle Lodging and Wallace Monument visits.
- 19 Evening in with a take-away or a beauty pamper night (dig out that foot spa and slap on a face mask !)
- 20 Shopping (don't forget the Farmers' Market and Bridge of Allan shops) and a good old chat!

Any more ideas to share ? Do let us know !

“Patricia”

**PS Is your Befriender a Student at Stirling University ?** If the answer is “Yes” then they may have a cinema card which would allow them and you to go to the cinema on a Wednesday night for the very reasonable cost of £3.00 for two tickets !

### **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: Christine Bauer, SDAMH, 19 Dean Crescent, Riverside, Stirling FK8 1UR.  
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