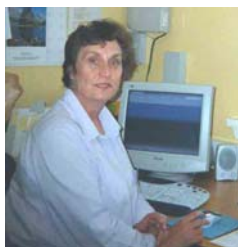


Firstly, news from the Editor.....



For this issue of the Riverside Review, it has a new look and a whole new editorial team. We have been looking at the every aspect of the publication to see how it can be improved and I hope you will enjoy the end result.

We believe that we have added a sharper focus to the following pages, which will update all of you on what has been

happening in the "ever changing landscape" that is called Stirling & District Association for Mental Health and community care.

At the time of writing this, we are in the process of putting together our report for the forthcoming Annual General Meeting. It is being held on Monday 1st September in the Council Chambers of Old Viewforth and will have a presentation by **Tom McCabe**

Deputy Minister of Health & Community Care, who will also launch the new Befriending Service for Young People (14—18 years) with mental health issues. The development of this Service, funded by the Quality of Life (Scottish Executive) Fund, is the first of its kind in Scotland.

Another development to have taken place is the **Supported Befriending Project**, following a successful pilot. The pilot identified just how helpful this Service could be for a small group of people, with quite complex needs.

Later in this issue, there is a small feature on the Venture Fund (on page 2) and it is through this stream of funding that we have been able to organize the **Post Natal Depression Support Group**. It will be in partnership with the *Orchard House HC and the Park Avenue Practice*. The Group is a 6 week long programme for mothers with babies 8 months and under.

We have welcomed into the organisation Brian Young, Intouch Development Worker (and sub-editor), who many will know as the volunteer responsible for the SDAMH website. In addition, we have Charlie Smith, Money and Benefits Adviser (MH), Maureen McGrattan, Supported Befriending Worker and John Adams as our new Honorary Treasurer. If you want a refresher on the names and faces of all the current staff, then you can turn to the back page.

The **Riverside Review** is a joy to put together and as always we welcome any contributions. I hope you like what we have done to improve it. And now you can easily access further copies by logging onto our website, www.stirlingmentalhealth.org.uk and follow the links for the **Riverside Review**.
Christine Bauer

Summer 2003

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Dateline ~ 2 June 2003

DDD (Dame Diana Day, that is)

SDAMH's Patron, Dame Diana Rigg, visited the Association while on one of her whistle-stop tours of Stirling and she is pictured here with some of the clients, staff and volunteers.

It was a fun filled afternoon and in her usual inimitable style, Dame Diana entrusted her belongings to the nearest available chaperone, grabbed a cup of tea, accepted a cigarette and had a good long chinwag. Hopefully it will not be



Rural News

Reaching out to the rural areas of Stirling was one of the main themes of Mental Health Awareness Week in October 2002. In partnership with Stirling Council Playbus, SDAMH toured the rural villages and provided crèche facilities, alternative therapies and information about Mental Health Services and SDAMH's Services.

We responded to the requests made during this programme and piloted a Rural Drop-In at Balfroon at the Cherry Tree Resource Centre, on the last Friday of every month from January to June.



The aim of the Drop-In was to raise awareness of the SDAMH Rural Access Service and enable people residing in the rural areas of Stirling to access support networks, relax, gain information and enjoy new experiences.

Within the Drop-In there was an opportunity to enjoy aromatherapy from experienced aroma therapists. *Artlink Central* facilitated a class on learning or improving drawing techniques, whilst an experienced Yoga teacher from

Clackmannan College taught exercise and relaxation techniques.

Between the middle of February and March this year a Support Group for Carers and their Families ran at the Aberfoyle Medical Centre. The objective was to provide information and support and was in response to the Evaluations that the Association received from Mental Health Awareness Week in October 2002.



The group was open to anyone residing within Aberfoyle, Callander, Doune, Balfroon and Drymen areas, who cared for someone with mental health issues.

The programme included a "Social Day", "Rights to Assessment for Carers", both facilitated by *Carers Scotland*. "Caring at Home" was a talk with involvement from Stirling Council, Kildean Resource Centre and a Housing Officer from Stirling Council. SDAMH's Money & Benefits Service provided information on maximising income and "Understanding Medicines" was kindly facilitated by a Community Pharmacist.

Both developments were found to be extremely useful and those who attended enjoyed the Groups immensely.

Pam Campbell

Article on the Venture Fund

The Venture Fund offers the opportunity for funding to both large and small groups, in the Stirling area, who work for people suffering from mental health issues. Two service users and one Social Worker represent the Stirling area and meet up with representatives from Falkirk and Clackmannanshire to consider bids put forward from each area. Meetings are held on a quarterly basis and consider such projects and initiatives within the mental health field that are proposed by local groups.

If you have a project in mind for which you need funding, we would like to hear from you in order that we could consider possible funding for this.

Further details and Application Forms can be obtained from **Rosie Cranfield, Community Care Senior, Stirling Council, on Tel: 01786 434093.**

Sponsored Walk

On a lovely Spring day, 16 people from SDAMH enjoyed a Sponsored Walk, covering the nine miles from Strathyre to Callander. Despite aching feet, everyone completed the walk and felt it worthwhile to raise money for their chosen charity.

The organisation who benefited was the SSPCA Animal Welfare Centre in Cambuskenneth and the walkers succeeded in raising £320 for the Centre.

Thank you to all the sponsors.

Not All About Being at Home

SDAMH's Home Support Service aims to provide a client-centred Service for people when their health and well being is significantly affected by mental ill health. The Service also is tailored to be appropriate to individual lifestyle, culture and age, and to assist people to develop an understanding of their mental health.

This month, *Brian Young* sub-editor of the *Riverside Review* is talking with the Home Support Worker, *Isla McKenzie*.

BY: What will your Service provide?

IM: Basic advocacy e.g. liaise with other agencies on the person's behalf. It also provides information and/or introduction to various community activities, assistance with practical issues e.g. general welfare, cookery and budgeting skills. Some of the other aspects are giving support in developing social skills, socialising, leisure and recreational pursuits. The Service also encourages decision making skills; and assist in the exercising of choice, in all aspects of daily living.

BY: I have heard that you also provide a Cookery and Fitness Group, tell us more about that.....

IM: This is a fun group that is jointly facilitated by the Home Support Service and *Stirling Council Community Support*. It is run in 8 week blocks at the Raploch Community Centre and is held on Thursdays between 12 and 2pm.

The main focus is to promote good physical and mental health.

We start off with an exercise routine, taken by our energetic instructor Margo. Then having worked up an appetite, our Cooking Tutor, Sheila, takes over and provides us all with individual tasks to create inexpensive culinary delights!

BY: What can people hope to achieve by joining this group?

IM: Many of the current members have already told me that it has assisted them in

regaining their confidence in their cookery skills and that the social contact has been very useful to them and that they use their new found skills at home. Many of them really miss it when it is not on.

BY: So what about the future?

IM: Well, there is very exciting news about that! We have recently been successful in obtaining funding from the Scottish Community Diet project to enable the group to continue. We will now be able to offer tuition to encourage healthy microwave cooking, promote access to and use of local fresh produce available within the community and information that relates to nutrition and good mental health.

BY: How can people join?

IM: The Group will start again in September and anyone wishing to join should contact me at SDAMH (01786 451203) and give it a try. Like mine, it will be the highlight of your week!



Karen, Isla, Michael and Sheila



News from the Befriending Service

The main thrust of the 60 plus volunteers that are currently volunteering with SDAMH, come from the Befriending Service. Volunteer Befrienders offer a one-to-one supportive friendship.

This can include listening, understanding, just 'being there', sharing leisure time activities, sport, coffee, shopping, social events, trying out community resources and hopefully having fun.

This is a particularly important time for the Service as we are just about to recruit a Development Worker who will look after SDAMH's **Befriending Service for Young People (14—18 years)** with mental health issues.

In addition, the Association's Supported Befriending Service has benefited from the addition of Maureen McGrattan into the team. Maureen will join Irene Hamilton.

We also offer our congratulations to three new Volunteer Befrienders— Helene, Jackie and

Margaret, who all completed their training in June of this year.

Thanks are given to all of SDAMH Volunteer Befrienders for the excellent support that they provide. A special note of appreciation to Nigel and Jackie who have completed 11 and 6 years respectively. Well done from all at SDAMH!!

Aileen Balkwill



News from the Drop-In & Groups Service

SDAMH's Drop-In & Groups Service clients are enjoying a Summer Programme with outing to Dundee's Discovery Exhibition, strawberry picking and a visit to Aberfoyle and of course we could not help but mention again, the visit by Dame Diana Rigg.

Following a successful application to Forth Valley Food Links, plans are now well underway to utilise the small area of the back garden between the sheds and the outer wall for our Grow 'n' Eat Project. The aim is to encourage clients to grow, to use and appreciate freshly grown fruit and vegetables in cooking and on the table.



Seeds were planted and young plants were bought with tomatoes and peppers growing in the greenhouse along with 2 tubs of strawberries. Cabbages, cauliflowers, potatoes, beetroot, leeks, onions, carrots and lettuces were planted in the ground and we were all delighted with the growth in such a short time. We have already sampled

Lettuce Soup (*time to make some more, I think—Ed*) and we are looking forward to reaping the benefits of the harvest in the coming weeks. We will keep you updated about the progress in the next issue.

Good progress is now being made on our Felt Tree, which will be unveiled at the forthcoming AGM. Here are some photographs of the developments.



A Farewell to Mac

In July we said a *fond farewell* to Alistair McKinnon, affectionately known as Mac. He left after over 4 years of volunteering and as a Sessional Worker, to take a full time post in Falkirk.

All of us, particularly clients, will miss him but we all send our best wishes.

One of our Volunteers, Bill, dedicated a poem to him.

Violet Kirkwood

Just in case you forgot what the current staff at SDAMH look like.....



Back Row

Violet Kirkwood, Charlie Smith, Maureen McGrattan, Irene Hamilton

Front Row

Veronica Hansmann, Isla McKenzie, Carol Ross, Pam Campbell, Aileen Balkwill, Brian Young. Christine Bauer and Margaret Smart were not available at the time of the photo.

In the next issue of the Riverside Review.....

How we survived the AGM

Taking the InTouch database onto the world wide web

Healthy Eating Conference

Mental Health Awareness Week

(6—10 October 2003)

and much, much more.....

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