

# SUMMER 2005

## Riverside Review

### Editorial Comment

We are pleased to bring you another packed edition of the Riverside Review. Since our last Newsletter, we have seen some changes here at SDAMH.

Welcome to another 5 volunteers to the organisation. This takes our total to 72 trained volunteers, who support our work in the Community.

The Drop-In said a fond farewell to Margaret Smart. Margaret has not left SDAMH as she continues in her role as one of the Home Support Workers. That said, we are recruiting for 4 members of staff - a Drop-In & Groups Support Worker, Men's Health Worker, Home Support Worker and InTouch Development Worker.

'Approaches to Choosing Life' Service co-ordinated 'May Day' - Stay Safe in Stirling 2005. SDAMH in partnership with Central Scotland Police, Central Scotland Fire & Rescue Service, Stirling Council's Trading Standards and Environmental Health, Women's Aid, Central Scotland Rape Crisis, NHS Forth Valley Health Promotion and Open Secret held a Personal Safety Day at The Foyer, adjacent to Stirling Bus Station on Thursday 19 May from 9am to 8pm.

This followed a similar successful Event, which took place at Rainbow Slides Leisure Centre last year. One aspect of the Evaluation from that Event was - it should be in a larger venue, in order for more agencies to be involved and therefore reaching a wider audience. The 2005 venue of The Foyer at The Marches proved to be very successful. The view of the partners was that it was a great success and having run the Event for two years now, the partners will look at various aspects of what worked and what has not and plan for the future.

Thank you to the two clients who have contributed pieces of work for this edition and we would like to encourage others to do the same. We are always happy to receive items for the *Riverside Review*.

Finally, we are busily preparing for our AGM, which will take place at the Riverbank Centre on Tuesday 23 August at 4.00pm. This year the theme will be "**What's in it for me**" for clients and volunteers alike. We will report on this in our next Edition due in the Autumn. *Christine Bauer*

### FOCUS ON... RURAL DROP-IN

The 2nd Rural Drop-In (Pilot) has now been completed successfully. It was based at Stirling Council's Cherry Tree Resource Centre in Balfron. This venue was chosen for clients living in the Balfron area and there are good links with the Resource Centre. The Centre is not used on a Thursday by other groups, so this peaceful setting assisted in maintaining client confidentiality.

The Sessions ran on the first Thursday of the each month from November 2004 to April 2005. The Rural Drop-In was very much "needs led" and clients were encouraged to choose activities they would like to do and decide who they would like to attend for Information Sessions.

Activities included Christmas card making, aromatherapy, arts & crafts, an InTouch Information Session and a 5 mile walk.

The clients who attended completed an Evaluation Form following each session. Here is some of the feedback :-

"Activities and conversations were very helpful"

"Support is invaluable"

"Enjoyed the Company"

"Helps you realise you are not alone and there is help for you"

"Friendly and informal"

"Enjoyed the walk"

This feedback provides added evidence that there is a need for this Drop-In type of Service to continue within rural Stirlingshire. Therefore the Rural Access Service will work towards planning another pilot later this year.

*Angie MacKenzie*

### New Mental Health Act

NHS Forth Valley has set up a free phone telephone helpline for service users and carers' enquiries about the **New Mental Health Act**. The number is **0800 3896809**.



## BAD DREAMS

Going tae sleep with things  
on my mind  
Another day of happiness I  
didnae find.  
With shocking things I saw  
in my dreams  
I think my life's heading  
tae the extremes.  
I woke up startled to feel  
my heart pounding  
Though it was only a  
dream  
It really was pretty  
astounding

Anon

## 'RACE FOR LIFE'



Aileen completed the run in 50 minutes and raised £170. So a good effort and not too bad for a first time. Go Aileen!!

SDAMH's Assistant Manager, Aileen Balkwill, bravely took part in the 'Race for Life' at Stirling University in June. Aileen (second left in the photo), was one of over 3500 girls and women to run on the day - "What an experience and this is something anyone can do (unless you are not a female, of course!) It was good fun and an opportunity to be part of something bigger. It is also for a very good cause as 'Race for Life' is about raising awareness and monies for breast cancer"

In April the Young Persons' Befriending Service completed a sponsored walk from Strathyre to Callander. We were all prepared with our waterproofs for a good drenching, but lo and behold the cagoules never made it out of the backpacks. Although it could not be said the sun was splitting the sky, it did peak shyly round a cloud once or twice, however our riotous cheering may have scared it off.

Five people took part in the walk, this included young people and volunteers and everyone enjoyed themselves. It was a good opportunity to meet other people taking part in the Service. As befriending is one-to-one, young people and volunteers do not often meet others involved. Everyone agreed it was fun to do so and would like to do so again. Future suggestions included a barbeque and a trip to Alton Towers, which may have been tongue in cheek, although there were no objections!

After completing our nine mile hike, we descended on Callander for a well earned meal to perk us up for the journey home.

The money raised was donated to Cambuskenneth SSPCA Animal Shelter and the picture shows a cheque for £150 being handed over. Well done to everyone who took part and thank you to all sponsors.

*Hannah Hutchison*

## Support Develops a Marked Happiness

I have been using the Home Support Service for approximately one and a half years in conjunction with intermittent support from my CPN. The Home Support Worker spends more time with me, therefore building a rapport and trust.

The Service for me is unique and **at last**, clinicians and other professionals now realise that for me, one-to-one support in my home is on a par with my prescribed medication.

Not only have I learned a great deal from my Home Support Worker, dare I say it, he may have learned snippets from me.

**Talk and Listen – Listen and Talk.** I have found it important to have a line (a listening ear) in a crisis, or simply to offload – no in-depth probing. Also good sound advice on day-to-day issues concerning me.

Last but not least, reinforcing coping strategies for me. I would add I have had to work hard on a daily basis, but anything in this life (worthwhile getting) is never easy. So **NEVER GIVE UP.**

*A Home Support Client*

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