

Happy 21st SDAMH

Stirling & District Association for Mental Health

June 2006



Riverside Review Summer 2006

21ST ANNIVERSARY CELEBRATIONS

Over 50 Guests joined Staff and Volunteers on 9th June in glorious sunshine to mark SDAMH's 'coming of age'. There was food and refreshments galore not to mention the rather tasty birthday cake and quizzes, company and fun!



Volunteer Week
2006



Some of SDAMH's 70 + Volunteers were able to come along and were Presented with their Volunteer Week 2006 Certificates in recognition of their Contribution to SDAMH's Services.

Thank you to all our Volunteers!

£

£

£

£

£

"The Big Lottery"

£

SDAMH's premises are going to be undergoing some re-development this year thanks to a grant from the 'Big Lottery'. This will see the current building increasing by around 40% and we look forward to welcoming guests when it is officially opened late Spring/early Summer 2007.



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Editorial

Since it's inception in 1985 SDAMH has grown from strength to strength, through good times and not so good, striving to provide good quality Services to meet the needs of people who access the support.

Many Clients, Staff and Volunteers have 'passed through these doors' over the years. 2006 is no exception, with 2 staff members moving on: -

Brian Young (*Approaches to Choosing Life Co-ordinator*), recently moved to a new job in Inverclyde - **Good Luck!**

Hannah Hutchison - (*Young Persons Befriending Co-ordinator*), is leaving in July to travel around the American Continent -

Bon Voyage!

The **Annual General Meeting** - this year will take place in the Riverbank Centre, James Street, Riverside, Stirling on **Wednesday 30th August 2006 at 3.30pm.**

Christine Bauer

LOCAL
HOLIDAY
1st & 4th
SEPTEMBER
2006
SDAMH will be
closed from
31st August until
5th September.

Footnote: -

We all get heavier as we get older because there's a lot more information in our heads. So I'm not fat, I'm just really intelligent and my head couldn't hold any more so it started filling up the rest of me!

That's my story and I'm sticking to it!



Help-line Numbers: -

BREATHING SPACE - 0800 83 85 87

SAMARITANS - 08457 90 90 90