

STIRLING & DISTRICT ASSOCIATION FOR MENTAL HEALTH
RIVERSIDE REVIEW
SUMMER 2007

SDAMH, 19 Dean Crescent, Riverside, Stirling FK8 1UR.
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EDITORIAL COMMENT

As you can see this is a bumper summer edition of Riverside Review. It covers a number of recent and future activities and, as usual, an article (in this instance a poem) to make you smile and think!

SDAMH is going through a “dusty period” all due to the new extension being built!! But we have no complaints about that, as the new rooms will allow us to provide services for more people. We are delighted to have received funding to achieve the building from: The Big Lottery; NHS Forth Valley; The Robertson Trust; Awards for All and The Tudor Trust. Thank you to all of these agencies! The next edition of the Riverside Review will, hopefully, contain photos of the completed project.

To check out how the building was progressing and to meet with people using SDAMH Services, our Patron Dame Diana Rigg recently joined us for afternoon tea. It was good to catch up with her given her immensely busy schedule and she has

kindly agreed to come back in the autumn to formally open the building.

Despite the dust and changes SDAMH Services continue to operate and our Annual General Meeting is set for 3.00pm Wednesday 12th September at the Riverbank Centre (behind SDAMH offices). We hope you will be able to join us for an hour?

Christine Bauer

HOLIDAY WEEKEND

14th and 17th September 2007.

SDAMH will be closed from
5pm on Thursday 13th September until
9am on Tuesday 18th September 2007.

HELPLINE NUMBERS

BREATHING SPACE - 0800 83 85 87
SAMARITANS - 0845 90 90 90
CHILDLINE - 0800 1111

Young Person's Befriending Service

Time for an update on SDAMH's Young Person's Befriending Service (YPBS)!

As some of you will know, Hannah, the YPBS Co-ordinator, left in July 2006 to go travelling the World. She is having a fantastic time and keeps in touch via email.

Gillian Rae was appointed as the new Co-ordinator in November last year and many of you will probably know her face well by now!

This Service is going strong, having just received another year's funding so the good work can continue!

The Service is currently working with 16 young people between the ages of 12 and 18, living in the Stirling Council area. By matching these young people with compatible volunteers, they have the opportunity to get out and about with a trustworthy adult who they can relax with and chat to, and they are given encouragement to try out new activities in the community, if this is something they are interested in.

YPBS also has Group Activities for all of the young people and volunteers. The next of these is an outing to Blairdrummond Safari Park in July. Hopefully it will have stopped raining by then!!

Focus on Rural Access Service

Angie Mackenzie has been SDAMH Rural Access Worker for over 3 years now (working 17.5 hours a week over Monday, Tuesday and Wednesday).

Angie covers all areas within Stirling District, which are outwith a 10 mile radius of Stirling Town Centre. From as far afield as Tyndrum to Strathblane. "It's a good job she enjoys driving". She is currently working with 14 clients in various communities.

The support provided for clients of the service is very varied, as each person's needs are identified, so the work is tailored. Support can be Practical - assisting with budgeting, housework or shopping; Emotional - providing a listening ear or an opportunity to discuss any concerns; and

Social - assisting clients to access further education opportunities, volunteering opportunities or attending locally run events within the client's own community. The list is wide-ranging. She has even been seen driving about the countryside with a sofa in the back of her car!

SMILING IS INFECTIOUS

*Smiling is infectious,
You catch it like the flu,
When someone smiled at me today,
I started smiling too...*

*I passed around the corner
And someone saw my grin
And when he smiled – I realised
I passed it on to him...*

*I thought about that smile
Then realised its worth,
A single smile, like mine
Could travel round the earth...*

*So, if you feel a smile begin,
Don't leave it undetected
Let's start an epidemic quick,
And get the world infected!
(Anon)*

TREASURE HUNT II RETURNS

There will be a Treasure Hunt starting from SDAMH on Tuesday 2nd October 2007

After the previous success of a Treasure Hunt as a part of Mental Health Awareness Week, SDAMH is delighted to announce the return of Treasure Hunt II in the afternoon of Tuesday 2nd October 2007.

The 2003 Treasure Hunt started and ended at SDAMH 19 Dean Crescent. Each of the teams was provided with clues and the task of finding various locations within the Old Town and Stirling Castle area. The event took approximately 2 to 3 hours to complete. All the participating teams in 2003 had a great afternoon out.

By popular demand Treasure Hunt II returns for 2007 !!

This year's Treasure Hunt plans to tax and tease your brain to complete the tasks and clues and find a series of places around the Stirling Old Town area.

We will be looking for applications from teams to take part in the 2007 Treasure Hunt II afternoon event, and look forward to organisations wishing to join us for this event, entering teams for a great afternoon out. Team sizes can vary from 2 persons to 8 persons. As long as you can muster a team together we look forward to hearing from you.

Should you require any further information please contact Charlie Smith or Colin Lawlor at SDAMH.

Application and Event information forms can be obtained from SDAMH by calling 01786-451203. We look forward to receiving your applications for Treasure Hunt II.

VOLUNTEER WEEK 2007

Volunteer Week is the annual celebration of the work Volunteers do, when events are held to recognise, reward and recruit Volunteers.

Research from Volunteer Development Scotland tells us that volunteering contributed £1.8 billion to the Scottish economy in 2006, and notes that 33% of 16-24 year olds currently volunteer. The Scottish Government recognises the contribution made by Volunteers and is keen to encourage and promote volunteering in the community.

44 people of all ages currently volunteer with SDAMH Services. We value the wonderful work they do.

Following on from the Volunteer's Bowling and Buffet evening at AMF Bowling SDAMH marked Volunteer Week by hosting 2 further events for our Volunteers. During June Volunteers and Staff enjoyed a Pamper and Pizza Evening with an Aromatherapist and in July there was a Ghostly Gourmet Evening where we had a meal at Ristorante D'Agosta followed by a Ghost Walk with Jock Rankine's Spirit Guide through Stirling's ancient graveyard.

SDAMH are keen to recruit more Volunteers and offer a comprehensive Training and Induction course.

Benefits of volunteering with SDAMH include:

- Stepping Stone onto a different direction in life.
- Job reference (after 6 months)
- 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 call us on 01786-451203 or email us at info@stirlingmentalhealth.org.uk.

COOKERY & WELLBEING GROUP

The group has been doing lots of different things in the past year. Under Sheila Melvin's 'expert' guidance, the group have made a range of culinary delights to impress friends and family.

It is not often that anything is left over from lunch to take home for others but keeping the recipes simple, and cheap to make, has encouraged and motivated the group to take copies of recipes home to try again.

Health and Wellbeing is a main focus of the group, and so it goes without saying that the snacks and light bites that we make are, 'mainly', very healthy and nutritious.

(There was of course the 'chocolate' fruit fondue at Halloween, and the odd birthday cake now and then throughout the year – but we try to keep those quiet, so shhhh..!!)

The range of amazing soups we have made is extensive and went down well in the colder weather.

And then there were the famous 'Muffins' – you've not lived till you've tasted these Blueberry Muffins! I am sure they were the absolute favourite creation for the whole of the year *(I can guarantee they will be back by popular demand next session !)*

FUNDRAISING

Our Wellbeing part of the group has also been quite varied this year with a range of activities from Tai Chi Quong, Posture Exercises, EFT, Relaxation techniques to Crochet. All have proved very popular and we look forward to the 'chill out' time that this part of the group provides (*occasionally we have in depth discussions on life or just a supportive blether and a cuppa !*).

The group is held on Thursdays from 12pm - 2pm at the Raploch Community Centre.

If you would like further information or are interested in coming along to the group when the next session starts up, please contact Isla McKenzie at SDAMH.

One of our Volunteers - Philippa will be cycling from SDAMH to Newcastle in July to raise funds for our organisation. She was sent on her way with a Tea Party at the Drop-In at 1pm on Monday 23rd July and as we go to print she will be welcomed back again with another Tea Party at 2pm on Friday 27th July.

Thank you Philippa! We'll have photos for our next edition of the Riverside Review.

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

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