

WINTER 2005-6

Editorial

We are delighted to bring you the Winter 2005-6 edition of the Riverside Review.

It a time for us to reflect on some of the things that have happened at SDAMH, over the past few months and to try and bring the highlights to you.

Welcome to another 9 volunteers to SDAMH, who have now completed their Initial Volunteer Training. They are joining the 63 current volunteers, already working to support our activities in the community.

We are recruiting for an Administrative Worker and later on you will read about our other 'new recruits', who have recently joined SDAMH.

In October, SDAMH were partners in the 'Stirling Area Working Group for Mental Health Awareness Week 2005'. This Group consists of NHS Forth Valley Health Promotion, Stirling Council's Community Services, Wolfcraig Training Project, Open Door, Stirling Users Network (StUN), Employ Ability and Stirling Mental Health Resource Centre (Kildean). There is still to be a de-brief on the events that took place throughout the week but in overall terms, it was very successful.

A 2006 SDAMH development will be a Service designed specifically for people 60 years and over, at the request of the Stirling Joint Local Improvement Plan (JLIP) - so watch this space.

At this time of year, it is understandable to reflect on the year gone by and I think we have had another "successful" year. My sincere thanks to clients, staff, volunteers and our Funders and our best wishes for a Happy Christmas and Prosperous 2006.
Christine Bauer

THE END O' THE SUMMER

The dead wrinkled leaves giving
Out a rustling sound

As the October breeze sent them
Tumbling tae the ground

Leaving cold looking branches above
Looking cold an' clean

It's a bonnie sight tae see, is a warm
fresh

An' dry October morning

Flocks o' our bonnie native birds hae
migrated

Away tae visit o'erseas

Tae avoid the chilly cold Scottish
winter

Like it was a disease

Now the hungry wild geese fae in
the north

Are coming forth

Stripping any field that has tasty
fresh grass

Or winter barley growth

The cruel damage those hungry
birds inflict

Farmers hae tae fear

Aye, an' the kids are hyper 'cause
they know

Xmas is getting near

So pack away your shorts 'cause the
weather

Is turning bleak

The nasty winters up here in
Scotland lasts

More than just a week...!

Stewart Ainslie - November 2005

Helpful Telephone Numbers

Samaritans - 08457 90 90 90 ChildLine - 0800 11 11

Breathing Space - 0800 83 85 87 (6pm - 2am)



Gilly Marshall and Campbell MacQueen, SDAMH Chairman

Gilly Marshall is a Motivational Personal Trainer and has an interest in SDAMH Services. She recently completed the Stirling 10K Marathon, raising £250 in sponsorship, which she very kindly donated to SDAMH.

To find out more about Gilly and her work, log onto -

www.gillymarshall.com

Drop-In Clients' York Trip

In September, with assistance from the *Venture Fund*, 10 of the Drop-In clients, supported by 2 members of staff went on a 3-day break to York.

Staying at the Youth Hostel, which was very comfortable and friendly, there were a good variety of meals in the evenings and a super breakfast each morning.

On the first day some people wandered the markets and viewed the beautiful York Minster. In the evening most of us went on a Ghost walk around the central city to hear all the spooky tales. It was enjoyed by all and a good history lesson too!

On the second day, the energetic people shopped until they dropped, while others enjoyed the historic Castle Museum, the Transport Museum and of course soaking up the wonderful York atmosphere. In the evening, there was a meal at a Chinese restaurant, finished off by relaxing back at the Hostel.

Those who did go commented that it was a really good trip away, it was great to have good company and to get out of the usual daily routine. Some lost weight after all the walking and healthy food, and for one person it even brought their blood pressure down! So, when's the next one?

Vanessa Imbens

FESTIVE HOLIDAYS AT SDAMH

Sat 24th, Sun 25th, Mon 26th & Tue 27th December 2005

SDAMH Closed

Wed 28th, Thu 29th & Fri 30th December 2005

Business as usual

Sat 31st December, Sun 1st, Mon 2nd & Tue 3rd January 2006

SDAMH Closed

Wed 4th, Thu 5th & Fri 6th January 2006

Business as usual

SDAMH 'New' Staff Members

Phyllis Allan

I have been working with SDAMH as the Drop-In & Groups Support Worker since September 2005 and am thoroughly enjoying it. My previous work involved many years as a psychiatric nurse both within a hospital environment and community.

I hope to share my skills in the mental health voluntary sector and continue to take the Service onwards and upwards.

Dave Skett

I am SDAMH's InTouch Worker and also work in the Home Support Service.

Having spent much of my career in technology, I felt a strong desire to change and work in a more people-focussed role. In November 2004 I started to work with people with multiple disabilities. Since starting work at SDAMH I am finding these new positions varied and hope to learn a lot, bringing my own perspectives to SDAMH.

Sam Tahsin

I am the Men's Health Worker and a Home Support Worker.

My background is as a registered nurse and assisting in the running of local Men's Health Clinics. In my role as Men's Health Worker, I will be addressing many issues to do with men's health e.g. smoking cessation, weight management, stress, exercise and nutrition. This will develop through a programme of activities and events to enhance clients health and well-being.

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