

### Editorial Comment

We are delighted to bring you the Winter 2004-5 Edition of the Riverside Review, which contains an overview of what has been happening at SDAMH.

Since our last issue we held a very successful Annual General Meeting in September. Our guest speaker was **Helen Munro, Director of Community Services, Stirling Council.**

The beginning of October saw the organisation holding an Event on 'Photography & Imaging' work, for Mental Health Awareness Week, tutored by Artlink Central.

I am also very pleased that another 4 volunteers have joined us, to support our work in the community and who are an integral part of SDAMH's Service provision.

SDAMH, is now recognised as being "*fully committed to developing its people in order to achieve its aims & objectives*", by attaining 'Investors in People' status. We are the first voluntary organisation in the Stirling Council area to achieve this.

In November we launched our new Service - 'Approaches to Choosing Life' - more about this later in this newsletter.

Regrettably, two of our clients passed away over the past few months, George and Kate. After Kate's death some of the clients took part in a Sponsored Walk, which raised £400 for Capability Scotland, and also purchased a bench for SDAMH's garden, all in memory of Kate.

I think we can safely say that we have had another "successful" year at SDAMH. My sincere thanks go the clients, volunteers and staff, our Funders and our best wishes for a Happy Christmas and Prosperous 2005.

*Christine Bauer, Editor*

### FOCUS ON... RURAL ACCESS SERVICE

The role of the Rural Access Service is to provide practical, emotional and social support for people experiencing or recovering from mental ill health living in the rural areas of Stirling District.

The Service is currently supporting a number of clients to live a fulfilling life in their own community. Support provided varies from assisting with grants for spectacles to attending hospital appointments or providing a talk/listen opportunity. The list is endless.

The Service also aims to provide clients with the opportunity to help think through options, provide information on what is on offer and an introduction to any community Services that may meet the client's needs.

At present the Worker is busy organising a Rural Drop-In at the Cherry Tree Resource Centre, Balfron. This is being run on the first Thursday of each month for a period of six months.

The aim of the Rural Drop-In is to assist in the promotion of good mental health and well being and provision of support and raise awareness of SDAMH Services, in particular the Rural Access Service.

The Drop-In hosts a variety of activities and is very much needs led. Some of the planned activities include art sessions, advice from the SDAMH Money & Benefits Advice Service, 'Information Sessions' from SDAMH's InTouch Service, plus much more.

Further information, about any of the above can be obtained by contacting the Rural Access Worker.

*Angie McKenzie*

## Launch of 'Approaches to Choosing Life'

**S**DAMH recently launched its newest Service – 'Approaches to Choosing Life', with Guest of Honour, Provost Colin O'Brien, officiating the launch.

'Approaches to Choosing Life' is being provided through funding from 'Choose Life' – the Scottish Executive's National Strategy and Action Plan to reduce suicide in Scotland.

The Service will present a number of possibilities for both statutory and voluntary agencies to work together in partnership on a range of training and educational programmes pertaining to the promotion of good mental health and well-being & suicide intervention and prevention. The work will also extend to Employers/Employees Information Packs for some of the commercial businesses in Stirling District.

Commenting on the new Service, SDAMH Chairman, Campbell MacQueen, said "It is tragic that over 600 people each year commit suicide in Scotland, plus another 250 people dying through undetermined intent, with suicide among young men being particularly high and the number of young people, particularly girls in their early teens, treated for self-harm giving real cause for concern.

'Approaches to Choosing Life' looks forward to innovative collaborative work in order to assist in the overall objective of suicide prevention"

**Brian Young**



Pictured above - Christine Bauer, Provost O'Brien, Dougie Paterson (Scottish Executive) and Brian Young

### 'IT' (2)

*It is in my head constantly when I'm awake  
I dream about it in my sleep  
It makes me feel happy and strong  
It makes me feel weak and that I don't belong  
Does it control me or do I control it?  
I seem obsessed with it  
People's relationship with it I need to know  
It makes me feel distressed, sad and low  
It makes me feel safe and is great comfort to me  
It makes me so guilty that I don't want to go on  
I need it to cope  
It is how I get along  
It is there when I need it  
It overwhelms me  
I can't live without it  
I need it to survive  
I need help with it  
But what could it be?  
Simple - IT is food*

Anon

### FESTIVE HOLIDAYS AT SDAMH

Sun 26th, Mon 27th & Tue 28th December 2004

**SDAMH Closed**

Wed 29th, Thu 30th & Fri 31st December 2004

**Business as usual**

Sun 2nd, Mon 3rd & Tue 4th January 2005

**SDAMH Closed**

Wed 5th, Thu 6th & Fri 7th January 2005

**Business as usual**

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