

FDAMH

Newsletter

September | 2011



FDAMH celebrates another milestone....



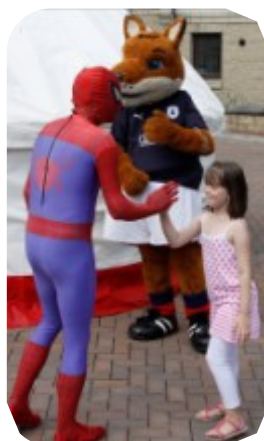
This summer FDAMH celebrated 30 years of providing services to the local community. Mirroring the words of our logo, 'Grow With FDAMH', the organisation has grown from its very humble beginnings in a church hall providing basic care and support primarily to those who had been discharged from the local hospital to a busy, bustling organisation providing a variety of services to over 1200 people last year.

To celebrate our success we combined our annual open day with a 'birthday' party! Our thanks go to all who contributed to the success of the day but especially to those who shared with us their

experiences of FDAMH. They were Miss Joyce Cottle, one of the founding members of FDAMH, Mr Ronnie Summers, a dedicated service user and supporter of the organisation, David McClements, Chairperson of our Board, Mrs Jeanette Pender, Board member and long time volunteer and supporter of FDAMH, and to Nicky Reid of Central FM for accepting our invitation to act as host for our celebrations.

Story continued on Page 3.

Photos clockwise from bottom left: Provost Pat Reid & Nicky Reid (Central FM) join patron



Dennis Canavan, Chair David McClements, Deputy Chair John McPherson, and founding members Joyce Cottle, Ronnie Summers and Teresa Gallagher to celebrate FDAMH's 30th birthday; Foxy and Spiderman welcome guests; our younger visitors are delighted with free face-painting.



FDAMH NEEDS YOUR VOTE!

SEE PAGE 2

JustTextGiving™
by **vodafone**

FDAMH has launched text giving with Vodafone to help raise funds. You can donate to FDAMH by sending a simple text message from your phone. The value of the donation will be added to your mobile phone bill or deducted from your pay-as-you-go balance. FDAMH receives EVERY PENNY donated as Vodafone provide this service completely free. To send a £2 donation to FDAMH text:

FDAM00 £2 to 70070

You can send amounts of £1, £2, £3, £4, £5 or £10 just change the amount you put in your text!

Also in this edition...

Funding

Vote for FDAMH with Community Force

Trustees wanted

Service Updates

Carers News

Diary

Falkirk and District Association for Mental Health

173 Victoria Road, Falkirk, FK2 7AU Tel: 01324 671 600 Email: admin@fdamh.org.uk Web: www.fdamh.org.uk
FDAMH is a charity (number SCO11889) and a company limited by guarantee (number 151357).

Funding Issues

Staff, volunteers and our service users, (in conjunction with the support of partnership agencies), have made this a successful year in relation to fundraising despite the difficult economic climate.

We recognise that the impact of these financially difficult times will be felt throughout our community and anticipate that as a result of additional pressure there is likely to be an even greater demand for our help and support. With the continued support of Falkirk District Council, Forth Valley NHS and our own fundraising efforts we are confident that we will be there for people if and when they need our support.

WOULD YOU LIKE TO JOIN FDAMH'S BOARD OF TRUSTEES?

If you are a dynamic and motivated person with some time to spare and you have an interest in mental wellbeing, we would like to hear from you. We are presently seeking volunteers for our Board of Trustees. Meetings are held bi-monthly in the evening at the Victoria Centre in Falkirk.

We are particularly interested in people who have personal knowledge or experience of mental health services, skills in strategic planning, financial management, fundraising, tendering contracts or funding.

There is a formal interview process and references will be sought. Trustees will receive induction to the organisation and further training if required. For an application pack and more information about becoming a trustee visit our website at: www.fdamh.org.uk, alternatively you can call us on 01324 671600.

For other volunteering opportunities please contact us on 01324 671600 or view our volunteering page at www.fdamh.org.uk

A service user writes...

"My name is Mags and I came to FDAMH about 16 years ago. I found friends and people with the same illness as myself. I have found everyone to be supportive and be there to listen. I go to football, my music group and (at FDAMH) the Women's Group and Media Group. The Media Group has helped me through photography and art to express my thoughts and feelings with compassion and thoughtfulness."

FDAMH NEEDS YOUR VOTE!

YOU can help FDAMH receive £6,000 simply by voting for us on the RBS CommunityForce website! You will be given 3 votes to vote for your favourite registered projects anywhere in Scotland.

Voting Starts on 26th September

Go to: <http://communityforce.rbs.co.uk>

Please vote for FDAMH and ask everyone you know to do the same!

(If you do not have access to the Internet you can still take part by calling free on 0800 2100 245.)

We hope to use the award to continue our work fighting stigma. You can find out more by looking at our Community Force page at: <http://goo.gl/nySsa>

Living Life ~ new help for sufferers of anxiety or depression

This NHS service is aimed at people suffering from low mood, mild to moderate depression and/or anxiety. It is a programme of guided self help based on Cognitive Behavioural Therapy (CBT). Participants are given telephone support sessions during which they will be taken through specific materials accessed via the Internet or by the provided work book. Sessions are fortnightly over a period of six to twelve weeks and are available from 1pm to 9pm. If you are interested in accessing this service please ask your GP about it or call direct on 0800 328 9655.

Social Networking

Thanks to the Third Sector Internship Scotland programme FDAMH was able to undertake research into the feasibility of introducing social media platforms such as Twitter or Facebook to the organisation. The research study was undertaken by final year university student Matt Wheavil. Working under extreme pressure (he was completing his Masters dissertation at the same time) Matt produced an excellent and comprehensive report that will be used to inform our decision about joining the social media revolution! Matt has now completed his studies and we wish him well for the future.

Memorial Garden

A tranquil new feature has been added to FDAMH in the form of a small memorial garden at the front of the building. The new feature has been erected in memory of Jackie Gourlay who took much pleasure from nature. We think everyone will enjoy the new planting, designed by our neighbour Charlie, as it grows and matures over the coming years.

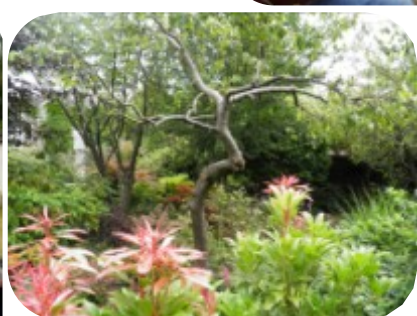
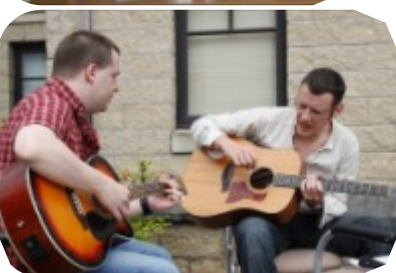
FDAMH's 30th Birthday

(continued from front page)



We would also like to thank Provost Pat Reid for his unending support of FDAMH and for coming along to join us on the day. Following the formal speeches and birthday cake, a host of activities were available to visitors through-out

the day: alternative therapies; readings and displays of work by service users; face-painting and story-telling; Tonka challenge and lob-a-loo roll; stalls; Charlie's garden; live music; and our special guests Foxy and Spiderman; all topped off with burgers from our BBQ!



Jackie's Verse Makes the Final Round

Jackie Mercer is one of twelve entrants who has had a poem shortlisted for a competition being run by Bipolar Scotland. The poem will be published in Bipolar Scotland's magazine and the competition culminates in an event—'The Verse Factor'- in Glasgow's Centre for Contemporary Arts on the 15th October. Jackie is looking forward to reading her poem at the event and we wish her good luck in this final stage of the competition. A group of supporters from FDAMH will be going along and we'll let you know the outcome in the next newsletter!

Next Step Resumes

Forth Valley College's Next Step course, based at FDAMH, recommenced with a new batch of students this month. The Next Step course is for people who have accessed mental health services and aims to help participants gain the confidence and skills to help them make informed choices.

Suicide Prevention Week

Suicide Prevention Week took place at the start of September. The Falkirk Herald published one of Glenn Merrilees' poems and printed an interview with him. The piece aimed to help de-mystify suicide and encourage people to not be afraid to speak or listen to friends and family who say they are feeling suicidal or down. As part of the week's events Neil Sowerby, Carers Worker, gave a Suicide Prevention talk, open to members of the public, at the Victoria Centre on 8th September.

Writing Success

Congratulations to Chris Read, who joins the growing body of published service users. His poem 'My True Friend' was recently published in Far and Wide: A Forward Press Regional Collection. Chris's work was chosen after he entered a Forward Press competition at the start of his participation in the Media Group. This is his winning entry:

My True Friend
(Dedicated to Ian)

Confused and troubled
Don't know what to do.

Looking for answers
But I have questions too.

Show me the light
And guide me on the way.

Answer my questions
And don't let me stray.

Be truthful to me
And I'll be honest with you.

Be there for me
And I'll be waiting for you.

Be my best friend
And we will both pull through.

What's your 'Vision of Forth Valley'?

See Me, the organization that campaigns against the stigma of Mental Health have decided not to hold their annual photography competition this year. Fear not, though. Artlink Central, who host the Forth Valley entries to See Me, would like to keep the momentum of the photography competition going and would like to invite entries for their own See Me photography competition. The theme is 'Visions of Forth Valley' and an impartial judge will decide the winner. The closing date is Friday the 23rd September and entries will be displayed in the Falkirk Town Hall Gallery during October. There will be an open afternoon on Friday 14th October from 2 to 3.30pm in the Lesser Hall which you are welcome to attend. Entries must be no larger than A4. Send entries to Julie Law, Artlink Central, Cowane Street, Stirling, FK8 1JP. For more information you can contact Julie on 01786 450971 or at julie@artlinkcentral.org



Service Users and Carers Reference Group Mental Health Strategy

Consultation is being sought on the Scottish Government's Mental Health Strategy for Scotland 2011-15. FDAMH will be hosting a focus group for people who use mental health services and their carers on Thursday 20th October from 10am until 12 noon to find out what Falkirk people think of the proposed strategy. If you are interested in taking part please contact Eddie Kelly at FDAMH on 01324 671609 or email eddie.kelly@fdamh.org.uk.

Older People's Group

FDAMH is promoting the case of older people with mental health problems. In partnership with Caledonia Clubhouse and Penumbra Falkirk, FDAMH have been supporting an application to fund a project to place older people who use mental health services at the heart of the design of any proposed new services. For eight months the partnership have been supporting a group of older people from Falkirk and their carers to put together a case for adequate and sustained funding for the Older People's Group. The Scottish Government has allocated £1.885 million per year via the Change Fund for Older Peoples Services in Falkirk. Group members are hopeful that a hard to reach community like theirs can get the support they need to help make a difference to the services they receive.

Counselling Service

Counselling is largely provided by volunteers, some of whom are students working towards their diplomas. Congratulations to all of our student counsellors who have successfully completed their Diploma courses this year. Many continue with us, however we must say farewell to Cassandra, Una and Jessica and wish them well for the future. We must also say a very fond farewell to Jane and thank her for her long term commitment to FDAMH. Jane has travelled many miles over the years to support people at FDAMH and we hope she and her car will enjoy a very well earned rest.



FDAMH's public relations group, Evolve, is a group of service users whose purpose is to get out into the community to inform people about mental health issues and reduce stigma. The group were delighted to receive a recent invitation from Co-ordinated Children's Services to speak to an audience of professionals working with children.

Jackie, one of the speakers, writes: "The PR Group were asked to do a talk on our personal experiences with mental illness and also what help is out there. We went to Graeme High School and there were about 30 people there—head teachers, social workers and community workers. I did my talk using a flip chart which helped me to keep my focus. It revealed my past, present and future which looks really bright—which for me and a lot of other people is down to the Victoria Centre. Going out with the PR Group and letting everyone know how the centre works and what a welcoming place it is, will enrich, I'm sure, the lives of countless others. Due to the staff and service users this centre is a wonderful place."

The group will continue to be busy with talks planned to the Registered Social Work Forum and to Family Support Services. If you would like to invite Evolve along to one of your events please get in touch with them on 01324 671600.

Drop-In

Complementary Therapies

Service users attending any of our projects, volunteers and staff are benefitting from free therapies:

Soothing hand massage is available fortnightly on Mondays, 1-3pm in 15 minute slots. This service is generously provided by a Red Cross volunteer.

Sheila McDougall will kindly be providing reflexology and Indian head massage every month starting on Thursday 15th September. Slots will last for half-an-hour between 10am and 2.30pm.

If you would like to have a therapy please put your name on the sheets on the notice board in Drop-In or ask a member of staff.

Public Holiday

FDAMH will be closed on Monday 17th October.

“ Hi! I'm Cheryl Kerr.

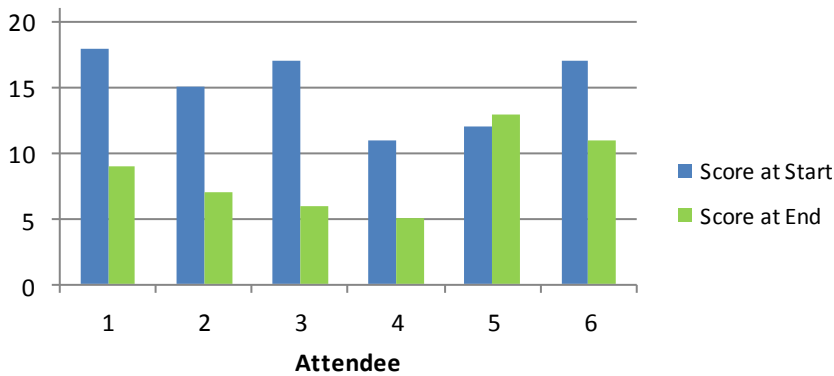
I am a Postgraduate Social Work student and have just started my first practice placement with FDAMH. This is my first experience of working within a voluntary community mental health setting. I think that FDAMH are a great organisation playing a vital role in supporting people. I have received a very warm welcome and I am really looking forward to becoming involved in some of the projects which FDAMH deliver.

”

Link Service—Managing Anxiety

A new course at FDAMH is helping service users learn how to deal with their anxiety. The eight-week course run by Jane Shirra, Link Worker, was initially targeted at Link Service users. The first pilot, involving 7 participants, has been completed with very positive results—5 of the 6 evaluated participants showed substantially reduced anxiety levels by the end of the course (see graph below). A second run commenced this month with a further 8 service users. It is hoped that the course can continue to run periodically offering positive, life-enhancing skills to FDAMH’s service users. If you would be interested in attending a future run of the course please contact Jane on 01324 671612.

GAD-7 Scores for course attendees at the start and end of the Anxiety Management Course. (15 to 21 indicates severe anxiety, 10 to 14 indicates moderate anxiety and 5 to 9 indicates mild anxiety)



MEDIA GROUP

All a bit catty

The media group 'paws for thought' at the annual cat photography competition held by Falkirk Cat Register, which attracted 248 entries. This served as a bit of light entertainment for the group after all their hard work throughout the year creating our beautiful gallery.

The group had lots of fun but there was a bit of 'skulduggery' going on with talk of 'bribing' the judges, shocking!! Previously unseen competitiveness emerged amongst the media group where their cats were concerned. Jackie was a wee bit peeved that she could not enter her dogs, it was a CAT competition Jackie!!!

Although all cats did well, some clear winners emerged: 'Caramella McCrystal' triumphed with the champion's title for grumpiest cat (her owner disputes this slur on her character but is happy to be a winner) and 'Toto Shirra Wood' was celebrated for his bright eyes. 'Mog Gibson' and 'Phoebe Storrie' received 'well done' rosettes. Dennis the Menace Shirra Wood was the vet's choice winning a set of crystal glasses for his owners. But poor 'Skittles Deakin' never got a mention! Better luck next year.



Guess the cat! Answer below.

Driftwood Artwork

The Media Group produced painted driftwood art at a special workshop held at the Falkirk Town Hall in September aimed at adults recovering from mental ill health. Thanks to Artlink Central



The group collects driftwood to use for their artwork.

who organised the event, this was a super opportunity to work with Tیره artist Fiona McKinnon. Participants painted images and gaelic text (with the help of a gaelic teacher) on to driftwood which they had collected specially for the purpose along the banks of the Forth.



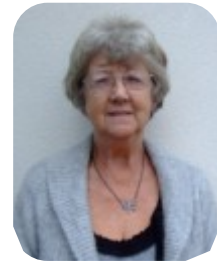
The media group outside the workshop

Fiona's artwork is currently on display in the Town Hall's Gallery.



The group's prettily painted driftwood

Befriending Project



Sadly, Margaret Inglis is retiring on 21st September. Margaret began working for the Befriending Scheme in 1995, and prior to that had volunteered with the scheme. She was also a counselling volunteer in the early days of the Counselling Service and ran a very successful self-help group for people suffering from stress, worry, anxiety, panic attacks and phobias (the SWAPP group) for many years. Margaret's wealth of knowledge and passion about mental health issues will be sorely missed by us all and we wish her a long and healthy retirement.

Carers News

Carers Support Group Programme



These support groups are informal meetings for carers to just come along to meet, have a coffee, catch up with other carers and gain information, advice or support. Or just drop-in to any of the evenings that you are available or takes your fancy.

15 Carers attended the talk from Fiona Collie (Carers Scotland) which focused on carers rights and legislation that puts Carers as “key partners” in the role of supporting people with mental health problems. Carers welcomed the opportunity to discuss their understanding of their rights and the rights of the person they care for. Everyone attending took something from Fiona’s talk and there is little doubt people were heartened by the information given out on the night. Fiona left a good quantity of leaflets on Carers rights which are available from FDAMH.

Wednesday Night Support Group Programme

This group meets on the first Wednesday of every month at the Victoria Centre, 7 to 9pm.

| | |
|---------------|---|
| 5th October | Tam McNamara, MHO from the Community Mental Health Team |
| 2nd November | Mutual Support |
| 7th December | Eddie Kelly, Service User and Carer Reference Group presentation |
| 21st December | Carers’ Xmas Dinner |
| 4th January | Mutual Support |
| 1st February | Rhona Mackie, NHS Forth Valley Liaison Psychiatry and Fiona Farquharson, Parasuicide Worker |
| 7th March | Mutual Support |
| 4th April | Therapeutic Counsellor—Mindfulness/Yoga and CBT tasters |

Tuesday Night Support Group

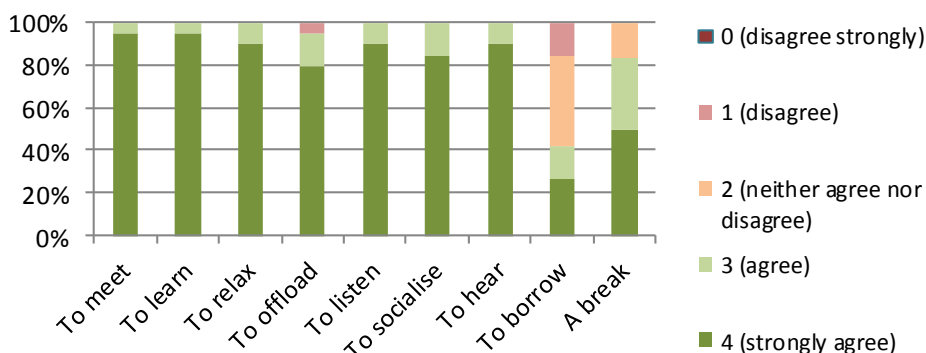
This group meets on the third Tuesday of every month at the Victoria Centre, 7 to 9pm.

This is a relatively new group of carers who have formed strong bonds through attending the carers education course and have continued to meet within FDAMH. For further information call Neil: 01324 671 608

Support Group Feedback

Carers are attending the support group for a wide variety of reasons, an evaluation conducted this month reveals. Respondents (19 in all) were asked to indicate their agreement with a list of possible reasons for attending. The results revealed that there was popular agreement with many of the suggested reasons for attending: to meet others in a similar position and share experiences; to learn about ways of coping; to relax and unwind; to have somewhere to offload; to listen to other people’s difficulties and give them support; to socialise; and to hear speakers talking about relevant topics of interest. In addition many carers acknowledge that the group gives them a break from looking after the person they care for. Least important of the reasons suggested was to borrow books, leaflets, videos etc. It was also suggested by one respondent that the group helps inform

Carers Support Group Feedback, Sept 2011
(Green shades indicate agreement, orange neutrality and red shades disagreement)



Carers’ Summer Barbeque

The Carers’ Barbeque was well attended and the weather was “reasonable”, similar to the cooking!!! This was held in FDAMH’s garden and 24 carers attended and contributed with food, friendship and fun, making it a lovely evening. Everyone felt that the chance to meet new and old carers in an informal and friendly setting was something to be repeated more frequently. Thanks go to the carers who contribute provisions for the barbeque but could not make it on the night.

CAREFREE is a new course helping young carers deal with the stresses of life. Run in conjunction with Falkirk Foundation, the course is for 15-18 year olds. The first run of the course has recently been completed. Although relatively small, the group worked well and enjoyed the experiences on offer. Feedback from other workers involved with their families has been very encouraging and extremely positive. The course included life skills and mental health awareness training and a fun/activity day for all participants. Carefree commences again in October, with some places still available. It will run on the following dates: October 15,18,19,20; February 16,17; April 3,4,5,10,11,12,21. Some of those dates are match days/evenings and will include match tickets. If you are interested in finding out more please contact Neil on 01324 671600 or Nicky Reid on 01324 630300.

Living with Mental Health Problems – A free course for relatives, partners and friends.

Running for 2 hours a week over 7 weeks, this course will aim to give you:

- Information about mental health
- Ways of dealing with stress and feelings of anger
- Ideas for coping with change
- Ways of supporting and communicating with your friend or relative
- An opportunity to discuss and share ideas with others

When? The next course will commence in spring 2012.

Where? Victoria Centre

If you would like to register or find out more please contact Neil Sowerby, Carers Worker: 01324 671608 (reception 671600) or email: carers@fdamh.org.uk

Carers Scotland News

Carers Summit 2011

Carers Scotland will hold their annual Carers Summit in Glasgow on 26 October 2011. Members, carers and organisations representatives are all welcome to attend. The day will include: speakers on topics including Self Directed Support and progress on the Carers Strategy; a market arena of information stalls; workshops and an opportunity for relaxation taster sessions. The summit is full, however if you are interested in any last minute places please go to: www.carersscotland.org

Appeal for Members

Carers Scotland are asking for new members to join them to strengthen Carers Scotland's voice. Joining is free and in return members will be kept up to date on everything relating to caring. Members receive: instant access to the online support forum; monthly email updates with all the latest news for carers; and voting rights at Carers Scotland's AGM. If you would like to join please visit: www.carersscotland.org

Helpers in Our Community

Crisis Numbers

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

Samaritans (24 hrs): 08457 90 90 90 or
01324 622066

NHS 24: 08454 24 24 24

Emergency Social Work Services
(EDT): 01786 470500 or
0845 277 7000

Hospital - Forth Valley, Larbert:
01324 566000

Hospital – Falkirk: 01324 624000

Hospital - Stirling: 01786 434000

Saneline 6pm – 11pm: 08457 678000

Childline 24 hrs: 0800 11 11

Social Work Services Brockville, Falkirk:
01324 506400

Falkirk Police: 01324 634212

Addiction Services

Alcohol Link: 01259 726632

Signpost Recovery (Drug and Alcohol
Addictions): 01259 726602

Addictions Support and Counselling:
01786 450721 or 01324 874969

AA: 0845 769 7555

Mental Health Services

FDAMH – Falkirk and District
association for MH: 01324 671600

Dunrowan Resource Centre:
01324 639009

Westbank Day Clinic: 01324 624111

Caledonia Clubhouse: 01324 501720

Specific Services

Forth Valley Advocacy: 01324 557070

Open Secret: 01324 630100

Care Survivors: 0800 121 6027

Rape Crisis: 01786 471771

National Domestic Abuse Helpline:
0808 2000 247

Citizens Advice Bureau: 01324 611244

Homeless (ARC): 503600 or
0800 587 4440

Relationship Scotland: 0845119 20 20

Debt Advice: 01324 504343

Victim Support: 01324 633433

Hopeline UK: 0800 068 41 41

Cruse Bereavement: 0844 477 9400

Welfare Benefits Help: 01324 501404

Helpful Web Sites

www.moodjuice.scot.nhs.uk

www.chooselife.net

www.livinglifetothefull.com

www.papyrus-uk.org

www.livingworks.net

www.moodgym.anu.edu.au

Annual General Meeting of FDAMH 28th September at 6pm, the Victoria Centre

Falkirk Service Users and Carers Reference Group 2011 Meetings

Service Users and Carers Reference Group meetings will be held in Drop-In, FDAMH, The Victoria Centre, 173 Victoria Road, Falkirk. Meetings will be at 10.30am on the following Tuesdays: 4th October, 1st November and 6th December. Further details are available from: Eddie Kelly, Service Users and Carers Involvement Support Worker.

Call: 01324 671609 or email: eddie.kelly@fdamh.org.uk

Women's Group

The Women's Group meets on Thursdays between 11am and 1.30pm in the Drop-In Centre at FDAMH.

22 Sept —Photographs

29 Sept—Games

6 Oct—Crafts

13 Oct—Food Prep

20 Oct—Meal Out

Alternatively, just come along for a coffee and a chat. Contact the Victoria Centre for details. Remember—we keep an up-to-date programme on our web site at: www.fdamh.org.uk

FALKIRK CREDIT UNION

Falkirk Credit Union provide community banking on a non-profit making basis. Its services are available at the Victoria Centre on Wednesday mornings at 11am. Anyone can use the service. Come along to find out more.

Arts and Crafts Group

The Arts and Crafts Group takes place on Tuesdays at 1pm to 3pm. Speak to Jane Shirra or just come along.

Mental Health Awareness Week 2011

Monday 10th October is World Mental Health Awareness Day 2011 and to kick start our week of events we are taking part in an Invitation Conference at Falkirk Stadium from 12noon until 4pm. The conference is sponsored by seeme and Forth Valley Community Health Partnerships. Local opinion formers across Forth Valley including MSPs, Provosts of the three local Councils, Councillors, executives and newspaper editors will be challenged on how they are going to join the battle against the stigma of mental ill health in families and their local communities.

On **Tuesday 11th October** Caledonia Clubhouse are organising a Family and Friends Day for the families and friends of Members.

On **Thursday 13th October** FDAMH will host an NHS 24 / Breathing Space / NHS Inform Exhibition for members of the mental health Community across Forth Valley.

On **Friday 14th October** the annual Stall in The Mall will be held in The Mall Howgate. Volunteers from FDAMH, Caledonia Clubhouse and Falkirk Penumbra man a stall at the back entrance to Marks and Spencers. The Volunteers help to dispel the myths and legends about mental ill health well supported with information and giveaways kindly donated by seeme, Scottish Recovery Network, NHS 24, Breathing Space, Healthy Working Lives and local organisations.

For more information contact : Eddie Kelly, Service Users and Carers Involvement Support Worker
Ring 01324 671609 or email eddie.kelly@fdamh.org.uk