

The Social Spark

Preventing reduced mental wellbeing by providing support to build confidence and help people engage with their communities. For ages 16+. With or without a mental health diagnosis.

Activities and Education

A wide range of groups are available to suit a variety of needs —for more details please contact us or visit our website.

HOW DO I ACCESS SERVICES?

You can refer yourself or be referred by a professional e.g. your GP, CPN or Health Visitor. For more information please visit our website or call 01324 671600



Falkirk's Mental Health Association (FDAMH)

01324 671600

www.fdamh.org.uk

Victoria Centre
173 Victoria Road
Falkirk
FK2 7AU

FDAMH is centrally located beside Falkirk's Central Retail Park

Our office hours are 9am to 5pm, Monday to Thursday; and 9am to 4pm on Fridays



FDAMH is a charity, no. SC011889 and a company limited by guarantee no. 151357.



FDAMH
LIGHT IN A DARK PLACE

The Social Spark



Simply visit our website, call us or just pop in to find out more



LOTTERY FUNDED



FDAMH
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YOUR OPTIONS

The Social Spark

Social Sparks

Enjoy lunches and trips out with new friends!

Our small, popular, friendly groups meet fortnightly or monthly at a variety of cafés to chat and have lunch together. The groups also plan small trips out to places of interest.

You'll really benefit from joining in with a welcoming group of adults who have all experienced loneliness and its effects.

We know coming along for the first time can seem daunting, but our groups are all supported by staff or trained volunteers who help introduce new members to the group and make sure all group members feel supported.

Bright Sparks

Groups for people with a passion! Lively and fun groups to help you get back to activities you used to love or find new ones.

- **Sunday Lunch Group**
- **Fishing Groups**
- **Theatre Groups**

Project Spark

Wanting to join in but can't get over that first hurdle?

Our buddy scheme can support you to join a group or activity within the community, such as going to the gym or joining a craft group. Your trained buddy will join you for up to six occasions to help you get settled in.

Vital Spark

If social groups are a step too far we offer one-to-one support to help you build your confidence first. You will be matched with a trained social supporter who will meet you weekly or fortnightly.

The service is offered for 6 months to a year and aims to help you gain enough confidence to develop your own social circles or join our groups.

Skill Up

Give yourself a better outlook by learning to look after your mental wellbeing. The Social Spark can link you into education groups at FDAMH such as Anxiety Management, Mindfulness and Positive Wellbeing.

To find out more visit www.fdamh.org.uk or call on 01324 671 600