

## Contact Us:

### Causeway One Stop Shop

112b Ayr Road  
Newton Mearns  
Glasgow  
G77 6EG



**0141 577 5557**

### Springboard

RAMH Carlibar Road Office  
Carlibar Road  
Barrhead  
G78 1AA



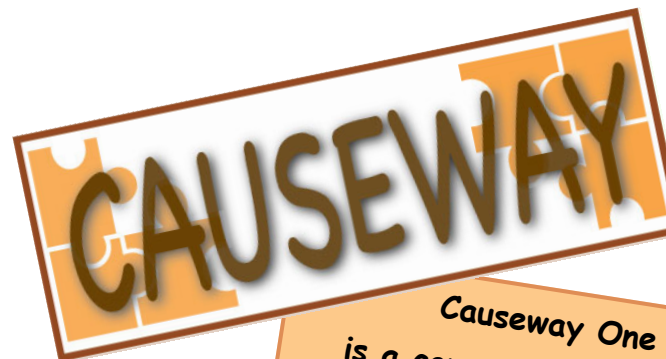
**0141 881 8811**

RAMH is a company limited by guarantee number 141458 Recognised for charitable purposes by the Inland Revenue Charity Number SCO10430  
Registered Office: 41 Blackstoun Road Paisley Pa1 1LU



# RAMH

Helping to make the pieces fit...



*Causeway One Stop Shop is a community based mental health resource for people living in East Renfrewshire. Our vision is to deliver services to individuals and their families in their local community to enable recovery from mental ill health and promote wellbeing.*

## Group Calendar

May - August 2008

*We are on  
web!*

[www.causeway-ramh.org](http://www.causeway-ramh.org)

## How can I get support?

Everyone can experience stress, depression or other mental health problems at some point in their lives.

You can get in touch with Causeway One Stop Shop and we can help you. We offer lots of different services and we will meet with you to look at what would be best for you.

Other people can also get in touch with Causeway One Stop Shop for you. This can be



- Supportive Agencies
- Employment Services
- Social Workers
- GPs
- Psychiatric Nurses
- Health Visitors
- Employers
- Family Members

You can phone Causeway One Stop Shop on:

**0141 577 5557**

or call in to our office on Ayr Road.

Causeway services are available to anyone who lives or works in East Renfrewshire.

## Group Guidelines

To make sure our groups run well we ask everyone taking part to agree to the following guidelines.

**Drop In Groups** - Please come as and when you can, during the group times.

**Structured Groups** – If you are taking part in planned courses and groups we hope you will be able to show commitment and come regularly. Please let a staff member know as soon as you can if you cannot come to a group.

**Self-help Groups** – We hope you feel able to come along to self-help groups as and when you feel you need to.

**Health & Safety:** Everyone coming to groups will be told about RAMH health & safety policies. This will include the fire drill and how to sign-in for each venue.

**Alcohol and Drugs:** Anyone found to be under the influence of alcohol or non-prescribed drugs will not be allowed into any RAMH services or groups. Staff will take appropriate action for unlawful activity (e.g. possession of illegal substances).

**No Smoking Policy:** There is a no smoking policy within all services.

**Confidentiality:** The confidentiality of any group will be discussed and kept by everyone coming to the group.

**Respect:** It is important that everyone taking part in groups behaves in a way which shows mutual respect.

**Accidents and Incidents:** Any accident or incident should be reported to a member of staff immediately.

## Suggestions & Complaints

You can contact us at:

### The Chief Executive

Renfrewshire Association for Mental Health  
41 Blackstoun Road  
Paisley PA3 1LU  
Tel: 0141 847 8900

If you need to get more help with a complaint you can contact these other organisations:

### The Care Commission

Central est Region  
4th Floor, 1 Smithill Street, Paisley, PA1 1EB  
Tel: 0141 843 4230

### Commission for Scotland

K Floor, Argyle House  
Lady Lawson Street, Edinburgh EH3 9SH

Tel: 0131 222 6111

### East Renfrewshire Council

Freepost SCO1740, Rouken Glen Road, Giffnock  
Glasgow G46 6WZ  
Tel: 0141 577 3001

## Mondays

### Recovery Group



A warm and welcoming group discussing mental health recovery the journey and what it means. 11pm till 1pm (monthly) at Carlibar Road Office.

Contact: Christine Murray on 0141 577 5557

### Family Fitness Fun

Tasters of different activities and exercise for families. The group will run until the end of June, 4-6pm at Barrhead Sports Centre.

Contact: Christine Murray on 0141 577 5557

### Employability Self-Help Group

A self-help group for people who have returned to work. Meets every fortnight from 6 - 8pm in our RAMH Carlibar Road Office Barrhead

Contact: Mary Spence /Elaine McKendrick on 0141 881 8811

### Nite Club

A mixed social group that get together to help reduce isolation by holding weekly meetings. Meets every week from 6pm till 8pm at RAMH Carlibar Road office in Barrhead

Contact: Christine Murray on 0141 577 5557

## Tuesdays

### Relaxation Group for Men & Women

Enjoy some gentle relaxation and learn new relaxation skills and breathing techniques to aid anxiety. Meets every week from 12pm - 1pm in the Dalmeny Centre, Barrhead

Contact: Emma Kennedy on 0141 577 5557

### Confidence Building for Positive Change

A course to help you look at options and make positive choices for your life. Starts 10th June for four weeks from 10am till 12pm in our RAMH Carlibar Road Office. Barrhead

Contact: Elaine McKendrick on 0141 881 8811

### Social Support Group

Social activities and outings planned by the group. Meets once a week from 1.30pm - 3.30pm in Clarkston Halls, Clarkston

Contact: Christine Murray on 0141 577 5557

### Link Club

An informal drop in offering activities companies and occasional outings planned by the group. Meets once a week from 1.30pm - 3.30pm in the Dalmeny Centre, Barrhead

Contact: Emma Kennedy on 0141 577 5557

## Up & Coming Events and Groups

### Carers Well-being & Support Group

A friendly and welcoming support group that meets once a month on a Wednesday from 6.30pm - 8pm in either Causeway or RAMH Carlibar Road Barrhead. Next meeting 18th June in Causeway.

Contact: Trish Dunlop on 0141 577 5557

### Anxiety Management

This course will start again in July and run for 6 weeks. If you are interested in taking part please get in touch with Elaine McKendrick for more information.

### Sponsored Cycle

29th June 2008

Ten miles round the Isle of Cumbrae to raise funds for RAMH or come along for the day out. Please call Emma Kennedy for details and a sponsor pack.



### Men's Recovery Event

Contact David Cowie on 0141 881 8811 for details of when the next Men's Recovery Event will take place.

## Thursdays

### Self Help Depression Group

A safe and confidential group setting that gives people the opportunity to speak about their experiences of depression. This group meets every fortnight from 6pm - 7.30pm in Causeway Ayr Road Contact 0141 577 5557 for more information

### Simple Exercise Group for Men & Women

A chance to get to know others and be involved in a variety of activities to help improve mental health. Activities include badminton, swimming, walking, basketball and bowling amongst others. Meets at Barrhead Sports Centre from 9.45 - 11.45am

Contact: Emma Kennedy on 0141 577 5557

## Fridays

### Relaxation Group for Men & Women

Enjoy some gentle relaxation and learn new relaxation skills and breathing techniques to aid anxiety. From 12pm till 1pm in Clarkston Halls

Contact: Irene Brown on 0141 577 5557

### Gardening Group



A welcoming and active group who are creating a garden at our base in Barrhead

From 2pm until 4pm at Carlibar Road in Barrhead.

Contact: Christine Murray on 0141 577 5557

## Wednesdays

### Woodfarm Link Club

An informal drop-in offering company, computer access and outings. Meets from 2-4pm in the Community Wing of Woodfarm High School.

Contact: Self managed group

### Wise Women's Wellbeing Group

A welcoming and supportive women's discussion group. Meets every week from 1pm - 3pm in our RAMH Carlibar Road Office, Barrhead

Contact: Christine Murray on 0141 577 5557



### Assertivemess Course

This group is designed to help participants explore techniques and develop skills to become more assertive in their daily lives.

Time & Place: This course will run again in June

### Well Being at Work

This group meet every fortnight from 6.30pmpm - 8.00pm in our RAMH Carlibar Road office to discuss work based topics like assertiveness. The next meeting will be on the 4th June

Contact: Elaine McKendrick on 0141 881 8811

## Your groups ...

You can use this page to keep a note of the groups you attend and the contact details.

