

Anxiety Management

This group offers support to clients where anxiety is proving a barrier to their daily lifestyle. The groups are small, friendly and run for 6 weeks. The idea is that at the end of the group you will have picked up some skills and techniques to enable you to cope better with the problems related to anxiety. The group will help reduce the fear involved with your anxiety and give you greater control over it. If the only thing putting you off is the fact that you're nervous about coming along, then don't worry, you won't be alone and you'll get a lot of support and valuable information at the group. We run these groups in the daytime and evening to accommodate people who are working or have other commitments. This is a popular group and usually has a waiting list to secure a place in a group. Please contact the ACTIVE staff for more information.

Gardening & Allotment

We run 2 separate gardening related groups. Our allotment group is aimed at producing organic fruit and vegetables and tends to run from early spring to early autumn, whilst the Thursday morning gardening group runs all year round.

Both groups offer informal settings for people to learn new gardening skills, how to cultivate organic fruit and vegetables, and general landscaping techniques. During the winter months our gardening group will plan next years garden layout as well as making garden accessories i.e. bird baths etc. and garden related arts and crafts i.e. Christmas table decorations.

For more information please contact the ACTIVE staff on **0141 848 9928**



Updated October 2009



**RAMH
ACTIVE
GROUP
PROGRAMME**

**The Charleston Centre
49 Neilston Road
Paisley
PA2 6LY**

Tel: 0141 848 9928

Email: active@ramh.org

Who are we?

A.C.T.I.V.E (After Care Tasks Initiative) has been providing services for over a decade and is part of the Renfrewshire Association for Mental Health, a local voluntary organisation with charitable status.

We are an independent organisation, which is not part of Renfrewshire's social work services or the Health Trust.

You need to complete a referral to attend all of our services, however, you can refer yourself.

We run two different types of groups. Most of our groups are open, drop - in, social based groups, and once you have been referred to the service and met with a member of our staff, you can choose to attend these where and when you feel you need to. In addition, we run short term groups supporting individuals through their journey of recovery. These are closed groups and the benefits of these groups will be discussed with you before you attend.

A core team of staff are supported by the contributions of trained volunteers in running the service.

How can I get support?

As with all RAMH services a simple referral form needs to be completed before you can begin using our services. You could have a professional or someone involved with your care help you complete the form otherwise a member of the ACTIVE staff will be happy to assist you with this. It should take no longer than 5 - 10 minutes and will staff the chance to tell you more about the services on offer. Many of our informal services will be instantly available following this process.

Physical Activity Group

The group is open to all and is a great opportunity to experience the benefits of exercise and mental well being. The group takes place in the community and events so far have included cycling and running events.

The group does not take place at a regular time . See: Reuben at ACTIVE for more info on 0141 842 3421, reuben@ramh.org



Men's Lunch Group

This group takes place at the Glenburn Resource Centre at 12 noon on Fridays. It provides an opportunity to budget for, prepare and consume a balanced lunch. It is also an opportunity to try healthy eating, in a friendly social setting . It is intended that these activities will develop self-esteem and build confidence. See: Brian Walker or Brenda MacKay at ACTIVE 0141 848 9928



Women's Club

The women's club is a supported self help group for females dealing with mental health issues. The club offers social support and activities in a women friendly environment.

Whilst there is some input from staff, the main emphasis is on member involvement with the women themselves organising activities and inviting guest speakers.

This opportunity to meet other women and offer mutual support has resulted in the club becoming a 'voice' for the women of this service

The Women's Club meets every Wednesday from 10.30am - 12 noon in The Charleston Centre



Saturday Football

This is an opportunity to play some low key football and have some fun meeting others who love the beautiful game. You don't need to be a regular player to join in, you could just come along as a spectator. The team meets at 10.30am every Saturday and play at the Robertson Sports Centre (University of Paisley Thornlipark Campus) on Capletill Road, Paisley.



Information & Advice

This service is an important part of our activities, whether someone is simply looking for a telephone number or urgently seeking referral to an appropriate service elsewhere. ACTIVE staff will do their best to give people dealing with mental health problems useful and relevant information. This could include:

- Information on the availability of mental health supports within The Charleston Centre or elsewhere in Renfrewshire.
- Referral to training organisations such as Springboard, Momentum or Key Enterprises.
- Referral to appropriate support for benefits, travel or housing issues.
- Providing support & information to families and carers.
- Questions and information related to your health and wellbeing.
- Access to health & information websites by appointment.

Indeed, anything connected with mental health issues will be dealt with in a professional and confidential manner.

To find out more, contact **Reuben Millward**



RAMH Education & Information Service
The Charleston Centre
49 Neilston Road, Paisley
PA2 6LY



Tel: 0141 842 3400



Email: education@ramh.org

Drop - In Centre

The Drop - In, based at the Charleston Centre is a place where people dealing with mental health problems can meet informally. It provides an opportunity to get out of the house, perhaps make new friends and increase self-confidence.

Drop- In Opening Times

Mon: 9am - 12 noon LUNCH 12.30 - 4.30pm
Tues: 9am - 12 noon LUNCH 12.30 - 4.30pm
Wed: 10.30am - 12 noon **WOMEN'S DROP IN**
Thurs: 9 - 12 noon LUNCH 12.30 - 4.30pm
Friday: 11am - 3.30pm

The Drop - In offers tea & coffee as well as a chance to listen to music, watch television or just read the papers. More importantly it offers a place where people can meet, chat and find support from other people experiencing mental health problems, in a safe and understanding environment.

Carers Group

We offer, in conjunction with the Renfrewshire Carers Centre and the local Mental Health Development Team, a social & peer support group for anyone who is caring for someone who suffers from mental ill health. The group meets on the 1st Tuesday of every month in The Charleston Centre between 7pm - 8.30pm.

The group provides the opportunity to relax and chat to other carers as well as sourcing information and advice about mental health and being a carer. This is a very informal group and the carers who come along say that they get a great deal of enjoyment and support from both the other carers and staff.

Please call 0141 842 3400 for more information

Link Clubs

Link clubs have been running in Renfrewshire for over 20 years. They are friendly meeting places run for anyone dealing with mental health difficulties. As well as offering an opportunity to meet other people, many of the clubs have a varied range of activities. The groups meet weekly in a variety of community venues and times.

