



# Mind Matters

## Development Worker's Introduction

Hello and welcome to the first 2010 edition of Mind Matters. My name is Shena Milroy and I am the new East Renfrewshire development worker, having been appointed in February. Some of you may know me already as I have been employed by ACUMEN since April 2002. Like my predecessor Aileen Bell, I will be working with East Renfrewshire Mental Health Forum to raise awareness of mental health issues locally. Aileen took up a new post in October with Bipolar Scotland but I am delighted to say that we are in regular contact with her.



One of my priorities since coming into post has been to re-establish the Issues Group meetings and the first of these took place in May. Our guest speakers were Gerry Tougher who spoke about the role of the Public Partnership Forum, and Scott Currie of Care & Repair in East Renfrewshire. The next meeting is on 20th August and details of this are included inside.

I have also been getting out and about meeting people throughout the area. If you would like me to visit your group, or even if you want to have a chat I can be contacted at the office.

I hope you enjoy reading Mind Matters and if you have any suggestions for future editions, please do not hesitate to contact me at the ACUMEN office, Room 2015 Mill End Mill, 12 Seedhill Road, Paisley—telephone 0141 887 9103. Alternatively my email address is shena@acumennetwork.org

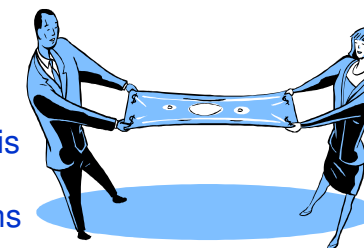


## RAMH Launch New Mental Health Directory for East Renfrewshire

A new directory of mental health services in East Renfrewshire has been compiled in response to requests from members of the public for an accessible, straightforward guide to what is available in East Renfrewshire. The intention is to provide a local resource which will help people access information quickly and simply.

At the moment a consultation edition of the directory may be viewed on line by visiting [www.causeway-ramh.org](http://www.causeway-ramh.org) Any suggestions or comments regarding the document should be sent to [clare@ramh.org](mailto:clare@ramh.org)

## Money Worries? Help is Available



If you are having difficulty with debts, the last thing you need is someone else taking your money. Problems can arise with rent/mortgage arrears, council tax, credit cards and bank loans to mention just a few.

Help is available through East Renfrewshire Council, and it's FREE. There is no fee to pay and no hidden costs. The idea is to help you solve your money worries, not add to them. Assistance can be given to negotiate with creditors, help with budgeting and affordable repayment schemes.

If court action, eviction or wage arrestment is threatened, advisors can explain the procedure, help fill out court documents and represent you in court. The service is confidential and completely impartial and help will be given for as long as you need it.

**For more information contact East Renfrewshire Council  
Money Advice on 0141 577 8420**

### Steps To Deal With Stress



Healthier Scotland have produced a booklet and cd—Steps to Deal with Stress—both of which contain some practical ways to start dealing with stress, and to stop it building up in future.

Topics include:

- Recognising stress—being aware of your stress
- Getting ready—looking after yourself physically and emotionally
- Coping better—dealing with difficult situations
- Learning from bad experiences
- Practical things to deal with stress

**Contact the ACUMEN office to obtain your FREE copy of the booklet and CD**



## Care & Repair in East Renfrewshire

Care & Repair provides free and practical advice and assistance to people who are older or have disabilities, and who live in East Renfrewshire.

The aim is to enable repairs, improvements and adaptations to be carried out to allow someone to maintain their independence and remain in their own home comfortably, safely and securely.

Examples of the assistance which can be given include

- Roofing and structural repairs
- Electrical re-wiring
- Installation of access ramps and stair lifts

**For more information, or to request assistance or advice, phone Care & Repair on 0141 812 4111**

## Carers Credit

Are you a carer? If so you may be eligible for the new Carers Credit which was introduced on 6th April 2010. It is a National Insurance Credit designed to help build up a State Pension for certain carers. **It is not a benefit payment.**

Carers can claim for this new Credit if they spend at least 20 hours per week caring for a person who receives middle or highest rate care component of Disability Living Allowance, any rate of Attendance Allowance or Constant Attendance Allowance. The disabled person must be certified by a health or social care professional as needing the level of care being provided.

Carers who receive Income Support because they are substantially engaged in caring will automatically receive credits, but other carers must claim by obtaining form CC1 from the Carers Allowance Unit or downloaded from the directgov website at [www.direct.gov.uk](http://www.direct.gov.uk)

Information, help and advice is also available from Carers Scotland, 21 Pearce Street, Glasgow G51 3UT—telephone 0141 445 3070 or by visiting their website at [www.carersscotland.org](http://www.carersscotland.org)



EMHF c/o ACUMEN  
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12 Seedhill Road  
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East Renfrewshire Mental Health Forum exists to help the people of East Renfrewshire put forward their views on all mental health matters and make those views count!  
East Renfrewshire Mental Health Forum wants and needs you to take part!

Anyone with an interest in mental health can become a member

Benefits include:

- Information on all the Forum activities
- Mind Matters newsletter
- The opportunity to be part of shaping the future of mental health in East Renfrewshire.

Please return your completed form or for further information contact:

Shena Milroy  
Development Worker at the above details or  
email: [emhf@ramh.org](mailto:emhf@ramh.org) or [shena@acumennetwork.org](mailto:shena@acumennetwork.org)

I apply for membership of East Renfrewshire Mental Health Forum:

Name \_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_\_

Tel No. \_\_\_\_\_  
E-mail \_\_\_\_\_  
Signature \_\_\_\_\_ Date \_\_\_\_\_

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**IF YOU HAVE ANY CONTRIBUTIONS FOR THE NEWSLETTER** Contact  
Shena Milroy, ACUMEN, Room 2015, Mile End Mill, 12 Seedhill Road, Paisley PA1 1JS  
Tel: 0141 887 9103, e-mail [shena@acumennetwork.org](mailto:shena@acumennetwork.org) or [emhf@ramh.org](mailto:emhf@ramh.org)



East Renfrewshire Mental Health Forum  
invites you to the next mental health Issues  
Group

Learning – Informing – Challenging – Campaigning

This is an opportunity  
to learn new things, share your thoughts and  
ideas and bring your interests to the group

The next meeting will take place on  
Friday 20th August 1pm – 3pm  
Causeway-RAMH, 15 Carlubar Road, Barrhead

Guest speakers:  
Laura Griggs of Brighter Futures  
Sinead McCarrey of  
East Renfrewshire Carers' Centre

Lunch will be provided.  
Please contact Shena Milroy on 0141 887 9103  
or [shena@acumennetwork.org](mailto:shena@acumennetwork.org)

## The Scottish Mental Health Arts and Film Festival 2010

The annual Scottish Mental Health Arts and Film Festival is now fully established and will take place this year from 1<sup>st</sup> to 24th October.

Plans for East Renfrewshire's contribution are well under way and include comedy workshops, theatre and music.

ACUMEN is planning a music event at Auchenback Resource Centre, 64 Aurs Drive, Barrhead during the afternoon of Thursday 14th October. There will be an opportunity to take part so bring along your banjo, spoons or kazoo! Please, no vuvuzela horns though! However you may just want to sit back and enjoy the entertainment.

Further details will follow in the next edition of Mind Matters.

