



# Mind Matters In East Renfrewshire

## Development Worker's Introduction

Welcome to the latest edition of Mind Matters. I hope this finds you well.



If you were able to attend the Issues Group meeting on 18th March, you will have enjoyed an entertaining and informative talk on Self Directed Support (SDS) by Geraldine Begg and Rosalina Rowan of East Renfrewshire Independent Living Service. Their presentation was supported by Vernon Alexander of Scottish Personal Assistant Employers Network (SPAEN) who explained how SPAEN can assist with some of the more technical elements of SDS such as employment and personnel recruitment. Our thanks to Geraldine, Rosalina and Vernon.

If you would like a copy of the booklet 'Choice, Control and Recovery: A Guide to Self-directed Support' then please give me a call at the ACUMEN office.

The changes to the benefits system continue to cause concern. If anyone is experiencing difficulties, I would urge you to contact the support agencies in this area. Details, including the telephone numbers, are shown on Page 2.

I hope you enjoy reading Mind Matters. If you have any suggestions for future editions of the newsletter, please do not hesitate to contact me at the office.

Best wishes, *Shena Milroy*

## MONTHLY MEETING FOR CARERS

Do you care for someone who has a mental ill health problem? If so, East Renfrewshire Carers Centre hold a monthly meeting at Sandler's Cottage, Eastwood Park, Rouken Glen Road, Giffnock.



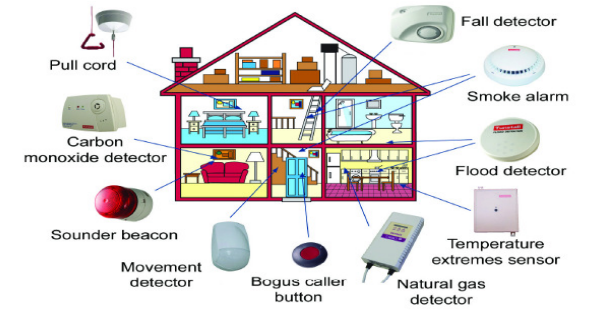
The atmosphere is informal and relaxed and new members are always welcome. For more information, contact Sinead McCarrey of the Carers Centre on 0141 638 4888 or visit [www.eastrenfrewshirecarers.co.uk](http://www.eastrenfrewshirecarers.co.uk)

## TELECARE SERVICE IN EAST RENFREWSHIRE

Telecare is a service linking vulnerable individuals from their own home to East Renfrewshire Council's 24-hour manned response centre, called 'Safety Net', via the telephone.

The service is available to any resident in East Renfrewshire living in their own home who is assessed as being vulnerable due to disability, health issues or other risk factors.

When the alarm is activated, the operator can communicate with the person via the alarm unit. This enables the operator to generate the appropriate response, depending on the reason for the call. Additional equipment can sense risks such as smoke, floods, gas and falls, and can even remind someone to take their medication at the appropriate time. The equipment can also be set up to warn the individual or their informal carer, by sounding an alarm, flashing lights, or vibrating a pager kept in a pocket or under their pillow.



### Benefits of Telecare

Telecare provides reassurance and peace of mind to family, friends and carers that the person they care for is safe. It can -

- Enable a person to live independently in their own home
- Help manage safety and security risks
- Enhance fire safety
- Facilitate safer hospital discharge
- Reduce hospital admission and injuries
- Provide 24 hour response to accident or emergency



**For more information regarding Telecare contact Customer First on 0141 577 3001**

## USEFUL PHONE NUMBERS IN EAST RENFREWSHIRE

East Renfrewshire Council Money Advice Team 0141 577 8420	Citizens Advice Bureau 0141 881 2032
Advice and Information Services 0141 577 3001	Barrhead Housing Association 0141 881 0638
Welfare Rights 0141 577 8609	The Advocacy Project 0141 420 0961
Income Maximisation Service 0141 577 3081	Partners in Advocacy (for Children and Young People) 0141 847 0036

**SCOTTISH  
MENTAL  
HEALTH ARTS  
& FILM  
FESTIVAL**



Planning is already underway for the 5th annual Scottish Mental Health Arts & Film Festival which will take place this year from the 1st to the 24th of October. Building upon the success of last year's Music N Mind event, ACUMEN/East Renfrewshire Mental Health Forum and RAMH are joining forces and will hold two music events.

More information will follow in the next edition of the newsletter.

If you would like to contribute to the planning of the events, please contact Shena at the ACUMEN office.



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

Learning – Informing – Challenging – Campaigning

♦ ♦ ♦

The next meeting will take place on Friday 10th June from 1pm – 3pm  
Auchenback Resource Centre  
64 Aurs Drive, Barrhead G78 2LW

♦ ♦ ♦

A speaker from Scottish Recovery Network will give a presentation on Wellness Recovery Action Planning (WRAP)

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A light lunch will be provided - all welcome

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If you haven't attended an Issues Group meeting before and would like more information, please contact Shena on 0141 887 9103 or e-mail [shena@acumennetwork.org](mailto:shena@acumennetwork.org)

**LAUNCH OF EAST RENFREWSHIRE  
DISABILITY ACTION**

A new action group for East Renfrewshire residents and groups who are affected by disabilities was formally launched at the Barriers & Bridges conference in Williamwood High School on Sunday 27th March 2011

East Renfrewshire Disability Action (ERDA) aims to achieve equality for people with disabilities in East Renfrewshire by promoting advocacy and inclusiveness, provision of accessible information, raising awareness of the impacts of disability, supporting people with all ranges of disability, campaigning and lobbying at local and national level.

\* \* \* \* \*

The chair of ERDA, Chris Baird, delivered a speech at the opening of the conference which officially launched ERDA, and outlined the objectives of the group.

Chris Baird remarked: "There has never been a more important time for people with disabilities to speak out and demand equality. Massive public spending cuts are on the way which will have a negative impact on the lives of many thousands of disabled people. It's unacceptable that disabled people should pay the price for a crisis they had no part in creating.

ERDA will campaign hard at local and national level to ensure that the interests of people with disabilities are represented and respected in the corridors of power."

\* \* \* \* \*

**ERDA are currently looking for new members.**

**For more information contact:**

**Marian Miller (Secretary) on 07794 307 095 or e-mail**

**[erda67@yahoo.co.uk](mailto:erda67@yahoo.co.uk)**



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0141 887 9103



Directors: Paul White, Gordon Souter, David Hankins and Christine MacEwan

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!

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
- Membership is FREE

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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