



Heid Matters...

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The Newsletter from Dundee Association for Mental Health

ABOUT DAMH

Dundee Association for Mental Health seeks to promote mental health, the understanding of mental ill-health and the importance of well-being.

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DAMH NEWS

Mens Group

Mens group will be getting a guided tour of McManus collect unit in March they have a trip to Ardblair Bluebell woods planned for April and a trip to Branklyn Gardens in Perth for May.



New Schedule

The Mutual Support Groups new program of activities from March to May is now ready. Changes in the schedule include an additional art session on a Tuesday afternoon as both art sessions on Thursday are now full and we had a waiting list. We have also added a relaxation group on a Friday morning to replace the brunch group. Also planned is a trip to Cambo Gardens in May and the cycling group will be starting up again mid April.

FUNDRAISING APPEAL

We are a local independent charity based in Dundee city centre who employs 8 full and part time staff members. In addition to this we have 41 volunteers working with us in addition to our 8 trustees. We are actively working with around 260 participants within the three projects we currently run.



Demand for support from our services has increased significantly in recent years. However, the financial climate has meant many reductions to core funding which has made it difficult to sustain and to develop our services. At this time, we find ourselves at a critical point in our service provision. Reductions in core funding over the past years has meant we have become more dependent on other sources of funding and have had to ensure that we fundraise to enable our core services to continue at current level. Thus we have the following two appeals:

Appeal 1 – Our overheads predominately comprise of premises costs, such that reductions in expenditure have to be made from salary costs. We face the prospect that if we are not able to raise an additional £15,000 we will have to reduce staff hours for 6 of the core staff members during the next financial year 2015/16. This will reduce the service we are able to provide for our client group, thus having an impact on their wellbeing.

Appeal 2 – We have an administrative/support worker post which is vital to the smooth and efficient running of our services. It also ensures other staff's time is protected to provide direct support. We have been able to secure funding up to the end of September 2015. We have a promise of funding from The Robertson Trust for the year October 2015 – September 2016 of £10,000, but this is dependent on raising match funding. If we cannot raise the £10,000 then we also cannot receive the Robertson Trust money and so therefore cannot continue the post.

If you can help us in this fundraising appeal, or in our ongoing search for additional funding, please get in touch with Joan Kennedy or Sue Black on 01382 227288 or email 2scompany.aware@btconnect.com Thank you in advance for your support.

Community Spirit Award Winner

Congratulations to our cycling volunteers (Jim , Graeme, Margaret and Bob) for winning this years Community Spirit Health and Wellbeing Award. The group were up against a lot of competition . Jim was quoted in the paper as saying “We love what we do, we have a real passion for helping the people that come along to the group, so all I can say is thank you very much for honouring us in this way”

The group joined over 300 people and had a fantastic evening in the Caird hall honouring individuals and groups throughout Dundee.



Above– Professor Sue Black present Jim Bryce and Graeme Rhind with their award .

Silvery Tay

Views of the countryside
 Blue, dark clouds...
 But the sun shining through
 Birds chirping
 Quiet, peaceful and still
 You don't get in the town what you get
 here
 The train passes in the distance
 Calm, happy and content.



Two participants on a litter pick at Riverside Nature Reserve with the Environment Department and a poem they both wrote together at the end.

Branching Out Training

Three Greenbuds participants recently completed an enjoyable two day training course in Larbert with Branching Out.

Branching Out is a 12 week outdoor programme of activities for people experiencing mental health problems. Activities included, conservation tasks, environmental art, walks and bushcraft skills. Participants who complete the programme can gain the Discovery Level of the John Muir Environmental Award.

The training was specifically aimed at participants who had already completed a Branching Out course. They gained practical skills, such as, fire lighting, using a Kelly kettle, tree ID and tool safety to enable them to support the running of a Branching Out course.

Participants thoroughly enjoyed the training and met peers from around Scotland. The delicious lunches were also appreciated.

The benefits of having completed the training:

“It was a good refresher course. I was able to revisit skills I already had”



New Greenbuds Programme 2015

Greenbuds currently has 2 programmes of activities. The one below runs from March to June and is looking for a group of people to commit to all the 12 sessions every Tuesday afternoon. (Places are limited) The group will be working in various green spaces throughout Dundee and the surrounding area working with a variety of different organisations. The other programme is a drop in programme running from Feb-April where anyone who has been referred to Greenbuds can access any or all of the sessions on the programme. E.g. of activities include in this program are visits to Lochee Community Garden and Maxwell Garden, tree planting , path clearing at Riverside Nature Park and the Law working with the Environmental Department, and Dighty Connect, a woodwork training session at Alyth and many more.

3 rd March	Lochee Park- Team building with Ancrum Outdoor Centre
10 th March	Barry Mill- Mini-beast session with National Trust for Scotland
17 th March	Templeton Woods- John Muir session with Dundee Ranger Service
24 th March	Ardler Woods- Conservation work, Rhodie Bashing
31 st March	Trottick Pond- Easter Art Session with environmental artist
14 th April	Riverside Nature Reserve- Bird identification with Environment Dept.
21 st April	The Miley/Balgay- Science and Nature Session
28 th April	The Dighty- Bird Survey with Dighty Connect
19 th May	Venue TBC- Green Men and Moss graffiti
26 th May	Templeton Woods- Bushcraft Skills
2 nd June	Broughty Ferry Beach- Seaside Art session
9 th June	Camperdown Park- Scavenger Hunt and Celebration session



Our Projects... DAMH consists of three projects all of which can be accessed through a referral process



Dundee Mutual Support Group offers groupwork, drop-in facilities and one-one support for people experiencing mental health issues. By providing and promoting a broad range of activities and support we aim to help people realise their potential. We work with individuals to ensure that they are better equipped and able to cope, have stronger support networks and are able to make healthier life choices.



Two's Company ... As group activities are not suitable for everyone, Two's Company Befriending Service links trained and supported volunteers with people within the community who may have become isolated due to their illness. The friends share in social and leisure activities such as a coffee and chat or a trip to the cinema.



Greenbuds is a project that works co-productively with individuals to deliver programmes of outdoor activities. Greenbuds aims to improve the mental health and wellbeing of participants and communities. The project focuses on people's assets, skills, talent and experience rather than just their problems.

Support DAMH!

YOU CAN HELP us keep doing this and much more by supporting DAMH in the great work we do by helping us spread the word of this hardworking local charity by passing on this email to some of your friends. You could volunteer some of your time or donate some of your hard earned cash.

Benefits gained from the funding you provide will enable us to build on a number of initiatives. Our capacity to develop them is limited by the need for relatively small amounts of money. It has been our experience that the "small steps, big impact" approach has been very effective in promoting peoples' social development and wellbeing.

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Your Money Can...

- £5– £10 a week to enable us to provide befriending support to an isolated individual
- £15 can provide three social activities a week reaching between 15 and 30 people weekly
- £30 can provide the fuel and van rental for up to 14 people to go hillwalking

JustGiving™

We are now registered with just giving please consider making a donation—Thank You.

If you would like to be added to our mailing list please email damh.info@btconnect.com