



NETWORK BULLETIN DECEMBER 2023

WELCOME

I cannot believe that we are writing our December Bulletin, how quickly this year has flown in. And what a year it has been for us at the Network! We have welcomed new trustees onto our board who bring a wealth of experience, had a development day which all staff and trustees attended to agree on how we grow the Network, our newest member of staff Michelle joined our team, welcomed new members, changed the legal status of the organisation and had our first ever fundraising night. This was all achieved while we still continued to deliver our work contained within our current NHS contract. All this would not have been possible without the help and support from our members, staff and trustees. I would personally like to take this chance to thank you all for your continued support of the Network.

Our fundraising night in November was a massive success and we received lots of really positive feedback about it. As it was our first I think we also learned what worked and some the things we might need to tweak. Thank you to everyone who came along to the night and to those that helped make it happen. Our fundraising volunteers worked really hard behind the scenes for the months leading up to the event. I was overwhelmed with the amount of support and donations we received. We plan to make this a regular annual event and it will only get bigger and better! We raised £3020 on the night which will go towards the benefit of all our members.

Lastly I want to wish you all a very merry Christmas and a happy healthy 2024!

Ann x

GROUPS

Weekly

Conversation Café:
Monday at 1:30

T-Talk: Wednesday
Mornings at 10:30

Creative Group:
Wednesday at 1:30

Focus Group:
Fridays at 1:00

Monthly

Wellness Group:
meets last Monday
of every month

Carers Group:
meets last
Wednesday of
each month

We Listen and Care

We Respect and Empower



FUNDRAISING EVENT



We Listen and Care
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CHRISTMAS DATES

Christmas time is getting nearer so wanted to let you all know what plans we have so far for December

Friday 15th Dec Network Christmas Party - afternoon

Monday 18th Dec we are hosting a murder mystery event “Murder at the Christmas Party” – this is planned as a fun afternoon which our members will be running and participating in.

All welcome, can you please let Chris know if you plan to attend any of the events.

Thursday 21st Dec – our office closes at 12.30pm reopening on Monday 8th Jan 2024 at 9am

MICHELLE

Hello, Michelle McBride here! I am delighted to have taken up the post of Engagement Worker with the Mental Health Network from 13th November and I have settled in with a lovely welcome and support from colleagues and members. It’s been a busy few weeks learning more about my job role and responsibilities, visiting hospital wards, participating in the variety of weekly groups and of course being involved in the recent, fabulous Fundraising Night. It’s been a great start to a new adventure! I look forward to seeing you all at future Network events and opportunities.



We Listen and Care

We Respect and Empower

I know this time of year can be difficult for some of us. I came across this post on social media and think we could all benefit from it – Ann.



TIPS FOR COPING *with the holidays*

by Michelle Farris, LMFT

1. Choose what you want to do this year.
2. Don't assume the worst.
3. Don't take other people's behavior personally.
4. You don't have to respond right now.
5. Trust that this too shall pass.
6. Be light and polite, holidays don't last forever.
7. Don't isolate, let people know if you're hurting.
8. Get a text buddy for support with family drama.
9. Focus on what you like about the holidays.
10. Take a break before things get too tense.
11. Don't sweat the small stuff.
12. Let go of what isn't yours.
13. Start a new tradition just for you.
14. It's okay not to be grateful, honor where you are.



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We Listen and Care

We Respect and Empower

Conversation Café

Is in the office every Monday at 1:30.

The first hour is a catch up, the second hour is for focus group work.

If you are interested in joining us then email concillia@mhngg.org.uk for more information or to be added to the mailing list.

T-Talk

Our T-Talk sessions are every Wednesday morning at 10:30. To book a place email concillia@mhngg.org.uk as places are limited.

Creative Group

The group meets every Wednesday at 1:30 in our office. Anyone interested in joining the group please email concillia@mhngg.org.uk

Wellness Group

The group meets on the last Monday of every month in the Network Office and if you are interested in coming along then please email concillia@mhngg.org.uk

Focus Group

The group meets every Friday afternoon in the Network Office.

If you are interested in finding out more about this group or the areas of work email concillia@mhngg.org.uk

Carers Group

Meets last Wednesday of each month. If you are interested then please contact gordon@mhngg.org.uk to find out more.

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We Respect and Empower

USEFUL PHONE NUMBERS

NHS 24: 111

SAMARITANS: 116 123

BREATHING SPACE: 0800 83 85 87

EMERGENCY SOCIAL WORK SERVICE: 0800 731 6969 (OUT OF HOURS ONLY)

AGE UK: 0800 678 1602

CRUSE BEREAVEMENT SUPPORT: 0808 808 1677

SHELTER: 0808 800 4444

NATIONAL DEBT HELPLINE: 0808 808 4000

ALCOHOLICS ANONYMOUS: 0800 917 7650

NARCOTICS ANONYMOUS: 0300 999 1212

DOMESTIC ABUSE HELPLINE: 0808 2000 247

MEN'S DOMESTIC ABUSE ADVICELINE: 0808 801 0327

SHOUT CONFIDENTIAL TEXT SERVICE: 85258

MIND INFOLINE: 0300 123 3393

YOUNG MINDS TEXT SERVICE: 85258

ALZHEIMER'S SCOTLAND FREEPHONE DEMENTIA HELPLINE: 0808 808 3000

LGBT HELPLINE SCOTLAND: 0300 123 252

BEAT (FORMERLY EATING DISORDERS ASSOCIATION): 0345 634 1414

SELF HARM NETWORK: selfharmnetworkscotland.org.uk

