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December 2010

Welcome to this 6th **Mental Health Networking Bulletin** for staff, board members, and volunteers of voluntary sector mental health and wellbeing organisations in Dundee. **Please pass it on** as appropriate so that we can all exchange information and keep up to date with developments.

In this edition:

- **Your News**
- **Diary Dates**
- **Training: short courses for staff, board members and volunteers**

Your News

- **Insight Counseling is moving** to new premises by the end of the year. Their new home is at 9 West Bell Street, and they would welcome a visit. The message from Mary and her team is “The kettle is always on, so don’t be strangers.”
- Dorothy Potter, **Mental Health Service Users Involvement Co-ordinator** will be working full time for Dundee Voluntary Action from January onwards. Contact Dorothy on 305473 or e-mail dorothypotter@number10.org
- A consultation is taking place with services users about **crisis management and prevention**. If you are aware of anyone who would like to take part, please speak with Dorothy Potter, whose contact details are above. A list of questions is attached here.

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Crisis Management
Research Questions.c

- **Depression Alliance Scotland** is supporting a local person who is keen to establish a new self-help peer support group in Dundee. The group would be made up of and run by people with lived experience of depression. If you'd like to find out more, in the first instance contact Ruth Brown at Dundee Voluntary Action by phone (305722) or e-mail ruthbrown@number10.org
- Monday afternoon **Belly Dancing classes** have begun at Maxwelltown Information Centre. See the poster here.



Belly Dancing
Poster.pdf

- The **Dundee Alcohol and Drug Partnership Support Team** have Drug Overdose Leaflets (Drug Overdose and Calling 999, How you can help) for distribution to service points. Please contact lisaramsay@nhs.net or phone 456126 if you would like a supply. Also available are measuring cups left over from Alcohol Awareness Week.

Diary dates

- **Friday 17th December** : Next meeting of Dundee Service Users Forum at 11 a.m. at Number Ten. Phone Dorothy Potter ph: 305743 or email: dorothypotter@number10.org for more info. In the New Year, the meetings are changing from Fridays to Tuesdays, with the first being on **11th January at 2.30p.m.**
- **Tuesday 21st December: See Me** consultation event. 12noon - 2p.m. at Number Ten. Phone Ruth Brown ph 305722 or Dorothy Potter ph 305743 to book a place.
- **Friday 21st January 2011.** "Responding to Self Harm in Scotland" Consultation event. 9.30 -12.30 at Apex Hotel, Dundee. [Register for your event now](#)

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- **See your event here next time:** Want to invite others to join in your events? Please send any info for inclusion in the next edition of this bulletin to ruthbrown@number10.org

Training Opportunities

- There will be a **SuicideTALK** session suitable for your frontline staff, volunteers, or committee members held at Number Ten on February 9th 2011 beginning at 2p.m. For further details or to book a place contact heathergouk@number10.org
- **Scotlands Mental Health First Aid** courses are being run at Kings Cross Hospital, Clepington Road on the following dates: 20 & 31 Jan, 24 Feb & 10 March, 29 & 30 March, and 25 & 26 April. These courses are free of charge and are open to the public. To book a place, or for further details, please contact smhfa.tayside@nhs.net or call 01382 424086.
- Fife Council is offering **Community Learning and Development upskilling opportunities** to CLD staff working in Dundee. You do not have to have a formal CLD qualification to take part in these short courses. If you are interested, contact Marie Dailly at Mitchell Street Centre by phone 435829 or e-mail marie.dailly@dundeecity.gov.uk Here is the December 2010 to March 2011 programme and booking form.



Upskilling Programme
Phase 2.DOC



Upskilling Booking
form.DOC

- The next **TESC** course will run in the training room in Benvie Housie, Royal Dundee Liff Hospital on Thursday 20th January and Thursday 27th January 2011. Contact Gillian Holmes g.holmes@nhs.net Senior Staff Nurse, Acute Mental Health Response Team at Carseview Centre if you are interested. You can find out about TESC here:

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http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/@dh/@en/documents/digitalasset/dh_4087170.pdf

- Already done TESC? The **new Realising Recovery course** will be starting soon. Like TESC it is designed to be interactive and thought provoking. Contact Violet Taylor, Charge Nurse, Ward 1, Carseview Centre for further enquiries. violet.taylor@nhs.net

Dundee Voluntary Action, Number Ten, 10 Constitution Road, Dundee. DD1 1LL. Tel: (01382) 305731. Fax (01382) 305729. Email: dva@number10.org. Website: www.d-v-a.org.uk Scottish Charities No: SC000487. A Charitable Company Limited by Guarantee. Registered in Scotland as Dundee Voluntary Action Ltd., No: 93088. Registered address as above. VAT Registration No: 735-0040-75