

[www.pamh.co.uk](http://www.pamh.co.uk)

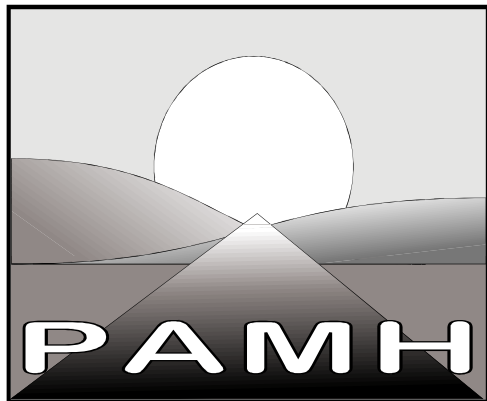
**Perth Association for Mental Health**

**Caladh Centre**  
6 Milne Street,  
Perth. PH1 5QL

Telephone: 01738 639 657  
Email: [day.services@pamh.co.uk](mailto:day.services@pamh.co.uk)

**Day Services Support Staff**

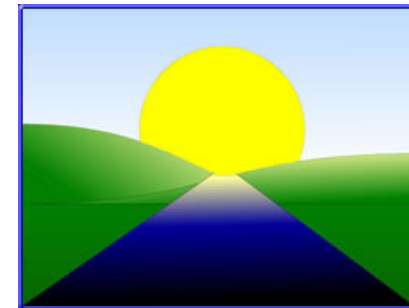
Mary Amos  
Lindsay Dunnett  
Alastair Jamieson  
Dougie Stewart  
Carol Taylor  
Kathryn Thompson



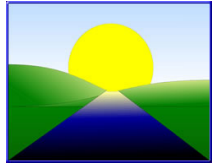
Day Services

PAMH

Day Services



Helping People  
Help Themselves



## A bit of info on PAMH

### History

PAMH was formed in 1981 by Margaret Lamond. Margaret recognized the value of a self help group for people recovering from mental illness to meet for mutual support.

The first meetings were held in her house. As the numbers grew, a bigger space was required. In the late 1980's the organisation moved to its current premises on Milne Street, the Caladh Centre. Caladh is the Gaelic word for Haven.

Contact details for our Support Staff Team members can be found on the back page of this booklet. Services which are available from PAMH are as follows;

### Mindspace pk

Counselling is available to people who are facing a wide range of difficulties or challenges in their lives.

The service is an organisational member of COSCA (Counselling and Psychotherapy in Scotland) and is a registered approved service.

If you would like further information, please contact Mindspace on 01738 631639 or email [mind.space@btconnect.com](mailto:mind.space@btconnect.com)



### Relaxation

This is an opportunity to try a relaxation led by a member of staff. The relaxation lasts about an hour.



### Computing

The group is for anyone interested in developing their computing skills, including complete beginners to more experienced users. Support is tailored to your individual needs and interests. The group is based at Fairfield Community Centre.



### Connect

This course is run in partnership with Perth College. It is a prevocational course, helping those attending to look at possible ways to open up choices for the future.



### Time Out

This group is a women only group. An opportunity is provided to try different things and talk about issues that are particular interest to women.

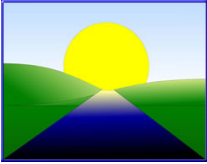


### PAMH Forum

The PAMH forum provides an opportunity to get together and raise issues about PAMH and the Day Services. Everyone using the PAMH Day Services is welcome to attend.

### Group Programme

Our Group Programme does change depending on people's preferences. An up to date copy can be downloaded from our website or from any member of the staff team.



## Outline Of Groups



### **Social Groups**

The perfect opportunity to meet people and make friends in a relaxed informal session. Existing clients can drop in between 2pm and 4pm on a Monday or Friday or between 10.30am and 12.30 pm on a Wednesday.



### **Social Planning Group**

Feel at a bit of a loose end at the weekends or evenings? Come along and meet with others to organise a trip to the cinema, shopping, a meal, the health suite a game of badminton or whatever you fancy trying.



### **PAMH Magazine**

Work together as the PAMH news team writing articles editing work and producing the PAMH Magazine. This group provides the opportunity to use and develop computing skills, team working skills and reporting skills.



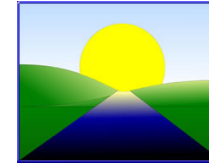
### **Living Life To The Full**

An opportunity to participate in this Scottish Government recommended Life Skills course.



### **Cooking**

Bored of the same old thing? Fancy trying to cook something new but don't know where to start? Come along, have a go and some fun trying something different



## A bit of info on PAMH

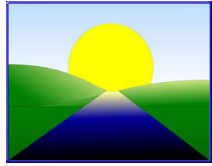
### **Volunteering**

PAMH is grateful for the help and support of volunteers. We are keen to utilize whatever skills volunteers feel they can offer.

Volunteers are provided with information and support by our Support Worker for volunteers. This is to help ensure that they feel confident in providing a service to those people who access PAMH services.

We operate a recruitment process that involves informal visits to PAMH and a formal interview. We require references and a satisfactory Disclosure Scotland check for those who wish to volunteer with PAMH. Out of pocket expenses are reimbursed.

For more information, contact Alastair Jamieson on 01738 639657 or email [alastair.jamieson@pamh.co.uk](mailto:alastair.jamieson@pamh.co.uk)



## A bit of info on PAMH

### Day Services

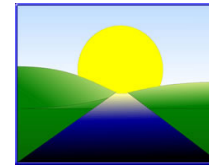
PAMH day services aim to provide meaningful activities and the opportunity to try something new, to identify and develop skills in a safe and creative environment.

The objectives of PAMH day services include

- To help people develop and regain confidence
- To raise self esteem and encourage self expression
- To reduce isolation
- To offer opportunities to meet other people
- To empower people to recognize and make choices
- To encourage people to feel valued as individuals
- To encourage and enable people to participate in the wider community

PAMH runs a range of groups, from activity based and creative groups to social, productive and therapeutic groups. Further information on the groups currently available can be found further on in the booklet.

Involvement in the groups is supported by a key worker system. The role of the key worker is explained further on in the booklet.



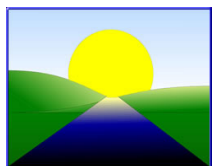
## Other information

### Other agencies

PAMH has good links with other organisations in the Perth area and can support you to become involved with these organisations if you would like. Examples of these include:

- Mindspace Counselling Services
- Independent Advocacy
- Citizens Advice bureau
- MoveAhead
- The Walled Garden
- PLUS
- The Visor Group
- Richmond Fellowship
- Community Mental Health Teams
- Horsecross Communities
- Perth and Kinross Leisure
- CATH
- Perth College

Your Key Worker can provide you with more information on these services if you are interested in any of them or are not sure what they do.



## Other information

### **Policies & Procedures**

PAMH has a wide range of policies and procedures that cover topics such as

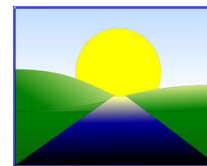
- Complaints
- Confidentiality
- Health and Safety
- Day to day running of PAMH

When you start coming to PAMH, your Key Worker will explain the complaints procedure to you. If you would like to see any other policies or procedures, you can speak to your key worker.

### **Care Commission**

The Care Commission makes sure all registered care services in Scotland provide quality care services. They also try to make sure that people who use care services, and their families and carers, know what to expect from a good quality service.

PAMH is regulated by the Care Commission and is inspected once a year. We will let you know the date and time that this will happen so that you can have the opportunity to speak to the inspector if you would like to.



## How can I access PAMH?

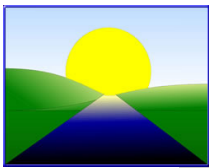
### **Referral System**

People currently come along to PAMH via a referral system. Referral forms can be obtained the following ways

- From the PAMH website- [www.pamh.co.uk](http://www.pamh.co.uk)
- By phoning and requesting one to be sent to you
- Through another agency, e.g. MoveAhead, The Walled Garden, voluntary organization, psychology or a member of the community mental health team
- By popping in and asking for one

The referral form asks for some basic information about you, your address, how you think PAMH could help you and also any health conditions that you have and how they affect you.

If you want to, you can fill the form in yourself or ask someone to help you complete it. This information is confidential.



## How can I access PAMH?

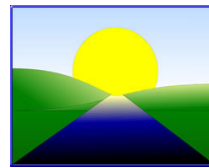
### **Referral System**

When PAMH receives the completed form, our Acting Day Services Coordinator Douglas Stewart, will be in touch to let you know that we have received the form and arrange an initial visit. This gives you the chance to see if you think PAMH is for you. If you do decide that you would like the referral to go ahead, you will then be assigned a key worker who will arrange an appointment to meet with you and discuss how you would like to be involved with PAMH. This all takes a couple of weeks from us receiving the referral form.

### **Risk assessment**

Currently, we need a completed risk assessment for anyone new coming to PAMH. This is to ensure that we are aware of any difficulties that there may be for you when you come along to PAMH and how we can help you with them.

The risk assessment must be completed with a professional (for example, GP, support worker, CPN, Psychiatrist, Social worker) who has known you for at least 6 months. It is important that you are aware of what is written on this form, so we ask that whoever completes the forms shares the information with you and asks you to sign it.



## How can I access PAMH?

### **Referral System**

#### **Role of Key Worker**

Your key worker will act as a contact point for both you and any other workers or services that you may be involved with. If you have any issues that you feel you need to discuss or would like help with, your key worker is there to try and help or point you in the direction of someone more able to help you with the issue. If your key worker is not available, it is sometimes possible to speak to another member or staff if the situation is urgent.

The main role of your key worker is to help with your involvement with PAMH day services and will meet with you regularly to discuss how things are going for you.

#### **Students and volunteers**

PAMH sometimes has students, who are gaining experience, on placement. The majority of the students who come here are studying social work, nursing or social care.

We also have volunteers who help us with the groups or in other ways. You will be introduced to any volunteers or students who are involved in the groups you come along to.