

## Other Activities

PAMH supports professional training by providing supervised practical placements for those on Counselling, Social Work & Social Care training courses.

PAMH promotes Peer Support groups & is currently used as a venue for Depression, Hearing Voices and Bi Polar self help groups.

On the last Thursday of each month, we provide taster sessions open to all for a range of Complementary Therapies including amongst others Reiki, Indian Head Massage, Reflexology and Hypnotherapy. Qi Gong sessions are held each Monday 12.30 to 1pm. There is a small charge for these sessions.

The Caladh Centre is also used as a venue for various other community groups and meetings. The centre can be booked by contacting Elaine on 01738 639657



We will make information available in any other language, including Large Print; Braille & Audio formats, when required. Please contact Elaine Dunne for help with this.

**Company Limited by Guarantee No: 180643**  
Give as you earn Registration No: 001306  
Scottish Charity No: SC002072



**Caladh Centre**  
**Registered Office**  
**6 Milne Street, Perth. PH1 5QL.**  
**Telephone: 01738 639657**

PAMH is a community based voluntary organisation committed to supporting and promoting the mental wellbeing of people in the Perth area. We are funded by NHS Tayside, Perth & Kinross Council and donations.

## Contacts

General Enquiries: Elaine Dunne 01738 639657  
Counselling: Alison Brown 01738 631639  
Day services: Mary Amos 01738 639657  
Volunteering: Alastair Jamieson 01738 639657  
Fundraising: Diarmid Murray 01738 639657

Fax: 01738 639657  
Website: <http://www.pamh.co.uk>  
Email: [us@pamh.co.uk](mailto:us@pamh.co.uk)

PAMH was formed in 1981 by Margaret Lamond who had recognised the value of a self help group for people recovering from mental illness to meet for mutual support, and to exchange views and thoughts.

The first meetings were held in her house and as the numbers attending grew, meetings took place in a range of different temporary accommodation. Late in 1989 the organisation moved to its current premises, the Caladh Centre, the word Caladh being Gaelic for Haven.

PAMH's objective to promote mental wellbeing in a safe and supportive environment has developed over the years. Our services are provided through one to one Counselling, and Day Services.

### **The Counselling Service (Mindspace pk)**

Counselling is available to people who are facing a wide range of difficulties or challenges such as

- ❖ Bereavement or loss
- ❖ Isolation, anxiety or depression
- ❖ Stress at work or in the home
- ❖ Difficulties in family or intimate relationships
- ❖ Exploring your own potential
- ❖ Personal change or growth

All counsellors have either completed, or are undergoing, advanced counselling training & have support & supervision for their practice.

The service, known as Mindspace pk is a member of Counselling & Psychotherapy in Scotland (COSCA), works to COSCA's code of ethics & practice and is on their register of approved organisations

The service is offered as One to One counselling, couple counselling, psychotherapy & group therapy where the need arises. Counselling Sessions are held at the Caladh Centre & the Mindspace pk premises at York Place, Perth.

For more information please contact Alison Brown on 01738 631639 or email [info@mindspacepk.com](mailto:info@mindspacepk.com).

### **The Day Service**

Our Day Service is designed to support & promote the wellbeing of people who have a defined mental health problem.

The key aim of the service is to support people to live as full and healthy a life as possible

The Day Services staff provide structured group sessions and three social/ drop-in sessions Monday and Friday, 2.00 - 4.00 pm & Wednesday 10.30am to 12.30pm.

Our structured sessions vary and twelve week group programmes can include Art & Crafts, Personal Development, Drama, Writing, Walking, Gardening, Computing and Hydrotherapy.

All users of our Day Services are allocated a Keyworker to provide individual support when necessary and to enable regular review of services being provided.

For more information please contact Mary Amos on 01738 639657 or email [mary.amos@pamh.co.uk](mailto:mary.amos@pamh.co.uk)

### **Volunteers**

PAMH is grateful for the help and support of volunteers in providing its services. We are keen to utilise whatever skills volunteers can offer, be that expertise in counseling, computing, fundraising, arts & crafts, gardening or that most important quality, of just being able to sit with someone and support the person in feeling that they are a valued member of the community.

Volunteers are provided with information and support by our Volunteer Co-ordinator to ensure that they feel confident in providing a service to our users. We do operate a recruitment process which involves informal visits to the Caladh Centre, a formal interview, obtaining references and a satisfactory Disclosure Scotland check.

Out of pocket expenses incurred as a volunteer are reimbursed. For volunteers on benefits, the time and expenses involved should not effect what you receive. For more information please contact Alastair Jamieson on 01738 630657 or email [alastair.jamieson@pamh.co.uk](mailto:alastair.jamieson@pamh.co.uk).