

# Community Care News

*Your* **voice**  
Inverclyde Community Care Forum  
[www.yourvoice.org.uk](http://www.yourvoice.org.uk)

The Inverclyde Community Care Forum Newsletter  
Issue 26 Autumn 2009

## Forthcoming Events



### POLISH COMMUNITY MIGRANTS RIGHTS & INFORMATION DAY

Greenock Town Hall  
Tuesday 13<sup>th</sup> October 2009  
5.00pm – 8.00pm

### INVISIBLE RABBITS WELCOME



to  
a showing of  
'Harvey'



on  
Tuesday 3<sup>rd</sup> November 2009  
2.00pm – 4.00pm

at

ICCF Offices, 12 Clyde Square, Greenock  
**Popcorn and Juice**

To Book Phone 728628 as Spaces  
are Limited



### Drop In and give us your views for Mental Health Awareness Week



*What are your views?*

Drop in for a coffee/tea and  
a chat on .....  
Tuesday 6<sup>th</sup> October  
Between ..... 11am and 3pm  
At Your Voice Office  
12 Clyde Square, Greenock

*Facing Stigma?*

*Your* **voice**  
Inverclyde Community Care Forum

Inverclyde Alliance



You are cordially invited to participate in

### Inverclyde Peoples **DAY**—

**FREE  
LUNCH**

**Drugs, Alcohol  
and You**

**THURSDAY  
8 OCTOBER 2009  
10am—4pm  
Town Hall Greenock**

# CONFIDENCE BUILDING WITH A DIFFERENCE

Our 'Your VOICE' course aims to provide individuals/groups of people with a learning opportunity that they can use to develop their confidence and communication skills and become more involved in decisions that affect their lives.

It is aimed at a diversity of people who have little or no experience of being involved in engagement, participation and consultation activities. Therefore the course structure is very much activity based, exploring learning outcomes and how this could be applied to real life situations.

'Your VOICE' works because it focuses on the individual and collective experience of participants. It allows people to contribute in

their own way and acknowledges the diversity of skills and experience that people bring.

Activity based exercises include; Sources of confidence, barriers to communication, negotiation and persuasion techniques, listening skills, case studies and scenarios exploring issues of exclusion and discrimination, and alternatively social inclusion and equity.

If you would like to register for this course and/or for more information contact:

Your Voice 01475 728628



## INVERCLYDE HOMELESS FORUM

**Inverclyde Homeless Forum** are pleased to announce that they are now recognised with a charitable status and have received their **Registered Charity Number**.

Should you be passing St Marys Church hall on Friday afternoons 12.00 - 2.00 feel free to pop in for a cup of tea, or a bowl of soup.



IHF Committee and Volunteers →

## Inverclyde Homeless Forum Need Your Help!



Due to the increased numbers using Fridays Soup and Sandwich drop - in, and the approach of the Festive session, IHF would like to ask for your help.

### ARE YOU CLEARING OUT FOR CHRISTMAS?

- Do you have any cans of food lurking about your cupboards (in date of course!) (soup, stew, beans, veg. etc)
- Dried goods (pasta, cereals etc)
- What about any unused Christmas presents (Hats, scarfs, socks, toiletries etc)
- As we are now a Registered Charity this enables us to accept monetary donations

Interested in finding out more please contact: Denis McIvor - The Chair on 07737237340

# GATEWAYS FOR VETERANS

The word 'Veteran' might conjure up images of older soldiers who served in the conflicts of the last century, but in fact it includes everyone who has been in the armed forces. Within the Inverclyde area there is a significant veteran population who have served in Northern Ireland, the Falkland Islands, Bosnia, Afghanistan, Iraq and many other places, in addition to those whose service took place in supporting roles within the UK and Germany.

SAMH, Scotland's leading mental health charity, has been working in partnership with Poppyscotland to pilot **Gateways for Veterans**. This initiative is the first of its kind within the Inverclyde area and is available to veterans of all ages who have served in the British Armed Forces.

It was recognised that whilst a majority of veterans have had positive experiences of being in the forces, a minority of veterans struggle to adapt with settling back into the community, the issues faced by veterans are variable, therefore maybe at higher risk of having problematic social issues, which may lead to isolation & exclusion.

A specially appointed 'Veterans Bridgeworker' from SAMH will manage the daily running of the project and will engage directly with veterans who may require support and assistance with community engagement. The Brigeworker will be able to offer support and advice on local resources and veterans agencies available to them.

**Gateways for Veterans Service** has a strong focus on Social Inclusion. Our aim is to encourage veterans to self manage, make informed choice & decision making enabling

veterans to re-engage with wider social networks within the community.

To achieve this, Gateways for Veterans involves partnership working with veterans agencies such as Poppyscotland, SSAFA, Combatstress & The Service Personnel Veterans Agency.

This also includes social networking within the Inverclyde area for example community resources which enable veterans to access services they require to support their recovery & inclusion.

To achieve this **Gateways for Veterans** works in partnership with SAMH Gateways Services which has an accessible resource library & data base in Life Areas such as Education, Vocational, Health, Sport & Recreation, Volunteering, Arts, Spiritual, Social & Neighbourhood.

SAMH Gateways for Veterans & Poppyscotland recognised the need to establish partnerships with Community Resources & Veterans agencies to offer high visibility of support to veterans within the Inverclyde area that will not only raise awareness to the veterans community, but also that of the general public.

FOR MORE INFORMATION CONTACT

**BERNIE McKEE**

**BRIDGEWORKER**

**GATEWAYS FOR VETERANS**

**7/8 BROOMHILL WAY**

**GREENOCK PA15 4HE**



**Telephone: 01475 806013**

**Mobile: 07791711305**

**Email: [gatewaysforveterans@samh.org.uk](mailto:gatewaysforveterans@samh.org.uk)**

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**Inverclyde Community Care Forum, 12 Clyde Square, Greenock. PA15 1NB**

**Telephone: 01475 728628 Textphone: 01475 728608 Fax: 01475 728605**

**Email: [enquiries@yourvoice.org.uk](mailto:enquiries@yourvoice.org.uk)**

**If you require this newsletter in an alternative format please advise us.**

# Annual General Meeting



Inverclyde Community Care Forum held their Annual General Meeting on Thursday 20th August 2009 at the Tontine Hotel, Ardgowan Square, Greenock. 61 people attended the event and the feedback was very positive.

## Our Current Board Members :



Nell McFadden MBE  
Chair  
Inverclyde Elderly Forum



Alistair Brown  
Vice Chair



Ina Miller Treasurer  
Inverclyde Asthmatic  
Caring Group



Sandra Gault  
Bardrainney Tenants &  
Residents Association



Thomas Byrne  
ACUMEN



Jean Martin  
Inverclyde Carer's Council



Bridie Donnelly  
Alzheimers Scotland



Margaret Telfer  
Starter Packs



Betty Bryan  
Public Partnership Forum



Catherine Maynard  
Epilepsy Inverclyde



Billy Murray  
Parkinsons Co-ordinator



Margaret Tait  
Individual



Sylvia Kelly  
Crime Prevention Panel



Jorja Rutherford  
Individual



Ros Park  
Ardgowan Hospice



Terese Galli  
Phoenix Project

Kathleen McDade, Inverclyde Council on Disability not pictured