

"I enjoyed the group. I met new friends, enjoyed the activities and feel much more positive and motivated."

"I became more informed about what services could help me in my caring role and more confident in contacting them."

"It took less than two group visits to feel optimistic about my future!"

"I meditate at night. It helps me get a better sleep and feel less stressed the next day. "

"I was able to change my bedding after a series of massage therapies. Just amazing! "

"I am no longer just sitting in the house; I have a pretty full diary. "

About GAMH

Glasgow Association for Mental Health promotes the mental health and wellbeing of people and their carers in Glasgow.

We provide services that assist people with or who are recovering from mental health problems to live the lives they want to live.

We value differences in people's backgrounds, identities, views and beliefs.

Contact us

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This leaflet can be made available in alternative formats, including Braille, and other languages on request.



Calming Connections

Promoting mental health and wellbeing for older people and unpaid mental health carers



Calming Connections South

Calming Connections funded by Glasgow Communities Fund offers support to older adults aged 60 and over, who are experiencing or recovering from mental health problems and to unpaid mental health carers who live in South Glasgow.

The service offers a holistic approach to wellbeing and provides access to:

- Wellbeing sessions within Independent Living Complexes. Sessions include complementary therapies, mindfulness and art sessions.
- Community based peer support and wellbeing activity groups delivered locally in 4 week blocks. Sessions include mindfulness groups and complementary therapies.
- Access to further education courses.
- Information sessions focused on older people's and carers rights and entitlements as well as connecting older people to community resources.

About mindfulness

Mindfulness teaches greater awareness of thoughts and feelings through simple techniques like meditation and gentle movement. It also helps you develop ways of thinking and living that can improve wellbeing.

Mindfulness can lead to:

- Feeling calmer
- Improved ability to relax
- More energy
- Feeling more able to cope with stressful situations
- A more positive outlook on life.

Complementary therapies

Complementary therapies work alongside conventional medicine. They usually adopt a holistic approach whereby the whole person is treated rather than just the symptom of an illness.

Wellbeing activity groups

These can support older people and carers to:

- Feel less socially isolated and more connected with family, friends and community
- Learn new skills and become involved in meaningful activities
- Improve access to relevant and helpful information
- Improve individual mental health, confidence and wellbeing
- Participate and build social networks.
- Establish a sense of purpose and direction
- Access wider community resources.

Referrals

Anyone can make a referral to the project. You can contact us yourself or you can ask someone you trust to get in touch on your behalf.

We will arrange to meet with you and have a chat about the project to make sure that our service is the right one for you.