



Comments and Views of Service Users

Who use the facilities of

Pillar Aberdeen Drop In Centre

February 2008

Pillar Aberdeen is a small voluntary organisation based in Aberdeen. We are a registered non-profit making charity and a company limited by guarantee. Pillar was founded in 1978 and operates from 20 Back Wynd, Aberdeen. We support people in and around Aberdeen who have mental health problems and mental illness. We offer drop-in sessions 6 days a week and have a range of groups and activities that people who use the service can attend. We call the people who use the service members, as they are the equivalent of shareholders in the organisation.

“BENEFITS OF DAY SERVICES WITHIN THE FIELD OF MENTAL HEALTH”

To have the facilities that Day Services offer are extremely important to an individual who suffers from Mental Health illness/problems.

Some sufferers find it hard to be able to receive an appointment with their G.P., Consultant or C.P. N. sometimes having to wait weeks if not months before being seen. Therefore being able to go along to an organisation that offers Day Services and being able to talk to someone can make the difference between being hospitalised or staying within the community.

I myself know how important Day Services are, for an individual being able to cope with their Mental Health illness/problems.

I have experienced the benefits of Day Services for sufferers of Mental Health, for I have been using Day Services for the past 11 years.

If it had not been for those services I may not be here today giving this talk for I may have still been in hospital (Long Term) or even worse having committed suicide.

Therefore, the importance of Day Services is high within the field of Mental Health, especially at the weekends or evenings as there are little or no day services at all.

I myself feel that it is important at these times to be able to access Day Services. For it is at these times that an individual can feel depressed or lonely and being able to access Day Services maybe the only social contact that an individual may have.

The benefits that these Day Services offer are not aimed at the mental wellbeing of an individual which is the primary goal, but also the physical wellbeing also.

For organising events such as hill walking and even golf, that has a dual purpose by organising an event that an individual may have is an ideal way of dealing with the mental wellbeing as well as the physical wellbeing of an individual also.

For example, imagine being in your own home, you fall and severely injure yourself, and not being able to contact anyone. Well, at weekends and evenings that's how an individual who suffers from Mental Health illness/problems can feel. The only way for that person to be able to receive help are these very important services.

That is why it is important indeed to have these Day Services and for these services to be able to provide services that can at times be very difficult to access, especially with the restrictions that they have to work with.

There are too many closures that have already happened; I myself can name at least 2 that have been closed down. They are the National Schizophrenia Fellowship in Aberdeen and the Rendezvous Club which was situated within the Royal Cornhill Hospital, which in the long run even helped (In Patients) adjust to being able to cope within the community.

It is for this purpose that I have decided to speak today.

Aaron Morrison
Service Member

Being a member of the LGBT community and having a mental illness, I found it very hard cope and found it very stressful.

Trying to cope each day with day to day life, I found hard. Not knowing who to trust and who to speak too.

A friend told me of a new Support Group, the first of its kind in the UK aimed at people from the LGBT community who suffer from Mental Illness. The group was held on a Sunday afternoon. Since that first day I have never looked back and have gone onto better things. Thanks to Pillar Aberdeen and all its members and staff.

Service Member

Pillar, (Back Wynd, Aberdeen), is important to me. It is comforting to know there is somewhere I can go. In an ideal world it would be open longer hours, so that it would become a proper Drop-in Centre.

At the moment the sessions are short, but I can assure you they are most welcome.

Please visit Pillar, you can phone on 01224 642854 (Drop-In) or 01224 621266 (Office).

Thank you

M.A.
Service Member

I have problems with Anxiety and this restricts what activities I can participate in. Pillar is the only place I feel comfortable socializing in, and if there wasn't Pillar then I would be totally isolated.

I find the workers and members friendly, and it is a safe place to go. Also, if I have a problem then I can chat with one of the workers which is helpful.

Service Member

I found out about Pillar Aberdeen due to someone at Aberdeen Women's Aid. If it was not for Pillar, I would be in Cornhill Hospital or 6 feet under. It was a very lonely life before Pillar.

I have learned a lot about myself and I have learned to go to college and further my education.

S.F.
Service Member

I think the likes of Pillar is a great service to have and I know if for some reason Pillar was to close I would be totally lost as I find Pillar very beneficial and very helpful for me.

M.T.
Service Member

“Why give your comments, views or opinions when no one listens to Service Users anyway”.

Service Member

“I would like more social action in the community and be able to socialise more with staff”.

Service Member

- Somewhere to go for company, especially when you live on your own.
- Good for accessing information.
- Social events are excellent
- Reflexology is brilliant
- Healthy Lifestyle Group, excellent
- Pillar’s staff is helpful and understanding.

C.M.

Service Member

When I first came to live in Aberdeen I didn’t know anybody. I was referred by my then G.P. to Pillar, and a friend that I made at the Arts Centre also was a member and brought me along. I started coming to the Woman’s Group on a Tuesday afternoon 1-3 pm. This helped me a lot to have social support and people who could keep me right about Aberdeen services etc.

It was so stabilizing to have that routine and fun and friendships. Also members understood what it was like having difficulties with self-esteem, confidence, etc. Helpers and staff arranged trips out and other activities, which got you going and also helped me get to college for courses and a much better life. My carer/partner doesn’t worry the same.

I can access help at Pillar from Social Workers etc or they advise me because they know me. I would have been really lost without the help I got. I also am very much better now.

CMD

Service Member

Pillar Aberdeen would like to thank their Members for these contributions.

Pillar Aberdeen operates from 20 Back Wynd, Aberdeen, AB10 1JP
(We are above the C.L.C. bookshop)

You can contact us by email at: info@pillaraberdeen.co.uk
or simply pick up the phone and dial: 01224 621266 (Office) or 01224 642854 (Drop-In)