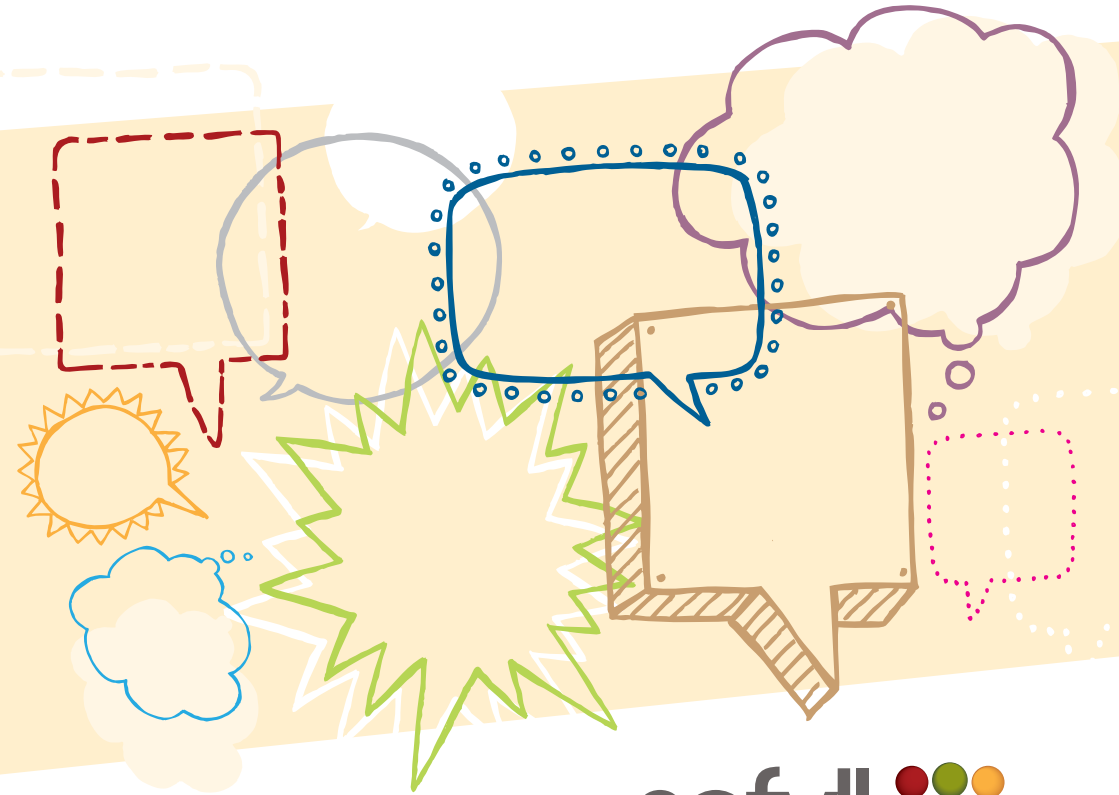


Get involved!

Do you use mental health services in Cardiff or the Vale?

Want to have a say about how those services are run?



Creating positive change in mental health services by involving and utilising the expertise of the people who use them

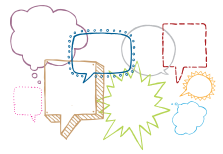


Sefyll is a Project set up to involve people who use mental health services to have a say in the way that those services are run, planned and developed.

It's a chance to come together with other service users to have a say about the services you use.

● Ways to get involved

- **Events, conferences and workshops** - Meet with other people who use mental health services to share your views and experiences in a friendly and relaxed environment. Events have included opportunities to share your views about: your Community Mental Health Team, talking therapies, and what you think about complementary therapies.
- **Receive information about what's going on in mental health locally** - get your name on our mailing list and receive monthly mail outs about events, news and opportunities. We're also always looking for budding journalists to help write, edit and design our newsletter.
- **Help to choose staff working in mental health for the NHS** - attend training to enable you to sit on interview panels alongside mental health professionals and choose who should be working for you.
- **Represent the views of other service users at meetings** - influence the way that services are developed by collecting the views of other people who use mental health services and sharing them at planning meetings with the Health Board, Social Services and the Voluntary Sector.



- **Training** - learn new skills or refresh old ones. Our courses aim to give you the tools, techniques and confidence to influence the development and delivery of services. With courses to suit all levels - whether you're interested in attending a meeting for the first time or you're already a seasoned service user representative.

● Why bother getting involved?

Many people see it as an opportunity to influence policy and practice at a senior level. It's given them the chance to identify and influence decision makers.

Others see it as a way to gain an understanding of services beyond those with which they are normally in direct contact.

Some people feel that being involved has given them a building (or re-building) of confidence and even 'a purpose in life'.

Meeting other service users with a common understanding has provided some people with a sense of 'camaraderie'.

Training and re-training and the building of skills has been really important to many.

● What service users tell us

"The project is the only avenue to make a difference and be involved."

"I cannot overestimate the value of the service."

"Overall, the project has given me loads - confidence, skills, focus and purpose."

Various Sources



Get in touch!

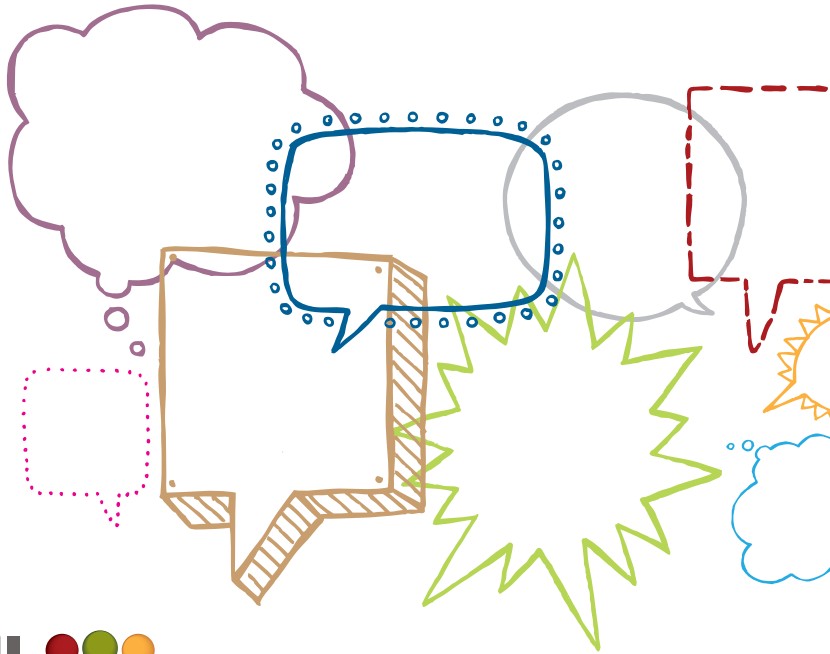
T: 02920 222 000

E: sefyll@cvmhdp.org.uk

www.cvmhdp.org.uk

Sefyll

Unit 11,
Williams Court,
Trade Street,
Cardiff,
CF10 5DQ



Creating positive change in mental health services by involving
and utilising the expertise of the people who use them