

INVOLVEMENT NEWS

Involving carers in mental health matters

Carers Rights Day

Local artist, carer and disability rights campaigner Sol Jorgensen, has kindly offered to share her exhibition space in the Senedd for the benefit of carers on Thursday 1st December 2011.



Are you caring for a loved one?

Do you wish that you could tell the professional who make the decisions what you really want for yourself and those you care for?

If so come to the Senedd between 11.00am and 1.00pm and visit the stands of the organisations that can offer you help and support.

In addition you can see the impressive exhibition of Sol's paintings in the light and spacious surroundings of the Senedd.

Jane Hutt AM is sponsoring the day on behalf of Welsh

Government to enable carers of any age to voice their concerns. The Carers Centre is organising the day, conducting a Carers' Campaign titled "What do you wish for this Christmas?" This encourages carers to make a "Christmas Wish" and using a special form, to return it to the Carers' Centre, Victoria House, 250 Cowbridge Road East, Canton, Cardiff CF5 1GZ.

A number of support organisations such as, Vale of Glamorgan Council, EPP Cymru, The Carers Centre, the Parents Federation and

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PURPOSE OF THIS NEWSLETTER

This publication is specifically designed for carers of those receiving older people's mental health services in Cardiff and the Vale of Glamorgan. It helps them to know about and have a voice in service planning and delivery, locally and nationally.

Events

Have You Used Mental Health Services for Older People?
Would You Like to Hear the Latest News and Views on the Services?
Would You Like the Opportunity to Have Your Say?
Would you like to have a bit of therapy and relaxation?

If your answer to any of these questions is YES then come along to a day of talks, discussion, workshops and therapies for those who use services, care for those who use services, deliver and manage services or have an interest in ensuring that older people receive the best quality care, support and advice possible. This is a very challenging and exciting time for Older People's Mental Health services with the Llandough Assessment Unit opening in 2012, a new Young Onset Dementia Team, a new Crisis Service and a new team of Dementia Care Advisors. All of these services will be discussed and you will have an opportunity to put your views forward on the day.

'Collaborate for Change'

reflecting on Mental Health Services for Older People in Cardiff and The Vale

takes place on Thursday 2nd February at City Hall, 10am to 4pm

If you would like to book contact Caroline or Matt on 029 2022 2000
or email caroline@cvmhdp.org.uk

Cardiff and Vale Mental Health Development Project

Annual General Meeting

Thursday 17th November 2011, 12.30-2pm

(refreshments available from 12pm)

Splott Methodist Church, Habershon Street, Splott, Cardiff

Poetry, Music
and Lunch!

Contact Caroline to book a place on 029 2022 2000 or
caroline@cvmhdp.org.uk



Cardiff & The Vale
Mental Health Development Project

Inquiry into Residential Care

Do You Have Views on Residential Care for Older People?

The National Assembly for Wales's Health and Social Care Committee has launched an inquiry into residential care for older people and is calling for evidence from interested individuals and organisations. The Committee's inquiry will examine the provision of residential care for older people in Wales and the way in which it can meet their current and future needs.

The aim of the Enquiry is to look at

- the process by which older people enter residential care
- the capacity for the care sector to meet the demand for services
- the quality of care and the experiences of carers and service users
- the effectiveness of regulation and inspection regimes
- new and emerging models of care provision

- the balance of public and independent sector provision

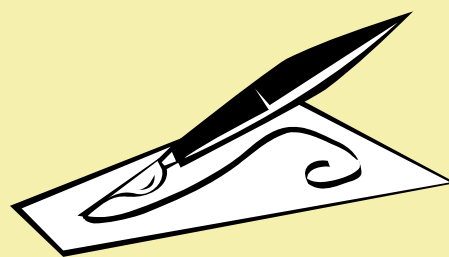
Please note that the Committee has agreed to focus the inquiry on **residential care**, although nursing care will inevitably be touched upon during discussions. The Committee has also decided to focus its attention on the provision of services for **older people** for the purpose of this inquiry.

If you wish to submit evidence, you can email HSCCommittee@wales.gov.uk.

Or you can write to:

Committee Clerk,
Health and

Social Care Committee, National Assembly for Wales, Cardiff Bay, CF99 1NA.



Submissions should arrive by **Friday 16 December 2011**. It may not be possible to take into account responses received after this date.

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Cardiff and Vale Mental Health Development Project will have display stands and offer advice on a very comprehensive range of subjects that may be of use to you.

Further information about carers' Rights Day and the "Wish for Christmas campaign", can be obtained from the Carers' Centre at the address above or telephoning 029 2022 1439 or email christmaswish2011@cvacarers.co.uk

World Mental Health Day in Barry Library

The morning of Saturday 15th October dawned brightly and by 9.00am a little group of dedicated mental health workers erected their information stands and looked around in vain for people to whom they could impart their pearls of wisdom.

There was a rival attraction that morning, thousands of miles away in New Zealand.. Fortunately in a corner room of the library , a television enabled one or two to watch, while affording those on the library floor some remote appreciation of what was going on. The sending off of the Welsh Captain and the resulting lead taken by France was communicated by subdued word of mouth.

Suddenly there was an explosion of noise from the telly room. Mike Phillips had scored a try for Wales. Everybody on the ground floor of the library dashed to the television. They could not have moved more quickly if someone had shouted FIRE.

Stephen Jones's conversion attempt hit a post, and people drifted back sadly to their stands and books.

The Deputy Mayor of the Vale, Councillor Catherine Kemp visited and took great interest in all that was on display. Councillor Kemp is a useful person to know. In her day job as a solicitor, she has much experience with the Mental Capacity Act and has guided many clients through its ramifications.

Owing to a rather hefty programme, Alun Cairns, MP for the Vale could not attend but sent his best wishes and wished to be kept informed of the work of those involved.



Barry Library

*For more information on carer events and involvement in the Vale
contact Matthew Salisbury on 029 2022 2000*

A Vision for Barry Hospital

Barry Hospital will be the base for the newly developed Locality Health and Treatment Centre (LHTC) for the Vale of Glamorgan, re-launching Barry Hospital as a vibrant LHTC providing a centre of excellence for community services within the Vale Locality. A range of integrated health, social care and wellbeing services will be provided to meet local need. This will enable the UHB to provide more services, working alongside local general practices and the UHB's other partners, to care for local people and support them in taking greater responsibility for their own health.

The proposals are driven by the principle that services should be provided as locally as possible, and should focus on helping people maintain, or regain their independence. This will be done by developing strong locality based teams.

There are some building blocks to achieving this vision at Barry Hospital and these include developing a hub of services for older persons to include: Vale Elderly Care Assessment Service (ECAS), the Vale Community Resource Service (CRS), and Day Hospital services

It is important to note that ongoing stakeholder involvement and feedback, as well as ongoing discussions with partners will help shape the future vision for Barry Hospital.

For more information please contact: Chris Darling on 0290 2035 0600 or Chris.Darling@Wales.nhs.uk

Barry Hospital User Survey

The Health Board would like to know what your experiences are of Barry Hospital, whether you are a patient, visitor or a member of staff.

Please take the time to complete the short survey. You can hand in your survey by placing it into the box provided at Reception areas in Barry Hospital, or emailing gemma.strong@wales.nhs.uk

A copy of the Survey can be downloaded from our website www.cardiffandvaleuhb.wales.nhs.uk

Closing date 18th November 2011



Carers' Involvement Activities and Opportunities

Carers continued to be involved with the work of the Nexus project in a number of different ways. Jill Grey and Margaret Pritchard represent the Carers Involvement Group on the Joint Operational Group (JOG) and the Mental Health Programme Board. Jill Grey and Fran Jones are also sitting on furniture and design groups for the new Llandough Build while Elaine Gorvett and Max Scott-Cook are sitting on the Review Group for Older People's Mental Health services. It is important that carer views are represented at all these different meetings as it helps to keep the focus on the real lived experience of the service user and the carer.

Two carers have also spoken to a group of Post Graduate Psychology students and a group of Mental Health nursing students about their experiences as a carer. A group of 5 carers have also attended training with the Cardiff and The Vale University Health Board in order to be able to sit on recruitment panels for health board staff. We would like to thank all these carers for their efforts in supporting the project. The Carers Involvement Group (CIG) next meets on **Wednesday 30th November at 2pm at Solace, Park Road, Whitchurch**. If you would like more information on this meeting or would like to be involved in any other way contact Matt on 029 2022 2000

Update on Telephone Survey

You may recall that in a previous Involvement News we explained that we would be running a telephone survey of carers to find out your views on the newsletter, the services you receive and other related issues. This survey started in August but, due to staffing pressures, we have fallen a bit behind in terms of contacting carers. If you have not already been contacted, then we will aim to contact you during November and early December with the intention of concluding the survey by Christmas. Once again, if you would prefer not to be telephoned at home please just drop us an e mail to nexus@cvmhdp.org.uk or telephone 029 2022 2000. We do understand that some people may find this sort of survey intrusive.

Thank you for your support with these initiatives. This sort of feedback does work, over time, in effecting improvements to the services.



Developing Services

Review of Mental Health Services for Older People (MHSOP)

This year there has been a review of the mental health services for older people within Cardiff and The Vale. This review led by Cardiff and Vale Local Health Board has predominately looked at healthcare provision, but has also included local authority and voluntary sectors to identify the total services provided, what gaps there might be and how the services can be fitted to the demographic changes ahead. The Review has had carer involvement on the Steering Group and at visits that have been made to other Health Boards in Wales. These visits have been an opportunity for members of the Review Group to look at the work of other Health Boards in order to make comparisons and learn from good practice. The Review which has been led by John Lewis (Mental Health Divisional Director at the Health Board) will conclude at the end of November and the report should be available early in the New Year.

Housing and Mental Health Workshop- Cardiff and the Vale of Glamorgan

Monday November 28th, - 9.30am - 1.15pm, Ferrier Hall, City Hall, Cardiff

This workshop will discuss the Wales Audit Office Report into Mental Health and Housing, key issues that will improve services and links across housing and mental health & joint planning arrangements, and will inform the development of a Housing and Mental Health Action Plan for Cardiff and the Vale of Glamorgan.

This event is for all stakeholders - adults and older people - service users, carers, staff - statutory and third sector - to flag up key issues which would improve delivery and inform development of an action plan

Travel Expenses available for service users and carers

Deadline for Booking: Friday November 18th

To book contact Caroline Fellows on 029 2022 2000 or email caroline@cvmhdp.org.uk with the following:

Name and contact details, any requirements you have (ie disabled access) and in order to enable us to allocate places fairly, please let us know whether you are a carer, service user, statutory sector worker or third sector worker.

Nexus

Unit 11, Williams Court
Trade Street

Cardiff CF10 5DQ

Phone: 029 2022 2000

nexus@cvmhdp.org.uk

www.cvmhdp.org.uk



Matt, Jane & Matthew,
Nexus Development Workers

What is Nexus?

Based at the Cardiff & Vale Mental Health Development Project we support carers and service users of mental health services to know about and have a voice in service planning and delivery. To do this we have dedicated Development Workers who work in partnership with voluntary agencies and statutory services.

This publication is specifically designed for carers of those receiving older people's mental health services to get information and to become involved according to their personal situation.

We aim to update this newsletter once every two months. All information in this publication is provided to the best of our knowledge. If you have anything you would like to include in a future issue please contact us, we'd be pleased to hear from you.

Nexus - live on the Internet!

Times are forever changing and we are having to look at new ways to engage carers and service users in having a say about how older people's mental health services are planned and delivered.

To help us reach more people, especially in this difficult economical climate where we have to watch our costs, we have now launched both a Twitter and Facebook page to keep those who use the internet in touch with what is going on.

On both sites you will be able to quickly read what the latest news is and be first to hear about any events, social or otherwise we are putting on or know of. You will also be able to make comments, ask questions and join in chat associated with mental health services for older people (and their carers) in Cardiff and the Vale of Glamorgan as well as nationally.

Please follow us on Twitter at:

www.twitter.com/nexusworkers

Join our Facebook page at:

www.facebook.com/nexusinvolvement

