



Sefyll News

Welcome!

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Hello and welcome to the new Sefyll newsletter, '**Sefyll News**' (or news stand – for those of you who speak Welsh).

Following requests from several service users, Sefyll has decided to change its monthly mail outs to include a new look newsletter. The newsletter will include news about current developments and changes in mental health services, as well as information about up and coming opportunities for involvement, events, workshops and training. There is also information about new services in the Cardiff and Vale area along with a 'useful contacts' page.

We would welcome your feedback including any useful comments or information arising from attendance at any events or training opportunities.



Find **Sefyll** on Facebook!

Please join us as a friend to hear about our activities and get involved in discussions. You can find us by logging into Facebook and searching for Sefyll.

Cross Party Group on Mental Health Strategy



The Welsh Government is currently developing a new Mental Health Strategy, which will set the agenda for improving mental health and well being in Wales over the next 5-10years. This process is moving at a significant pace, with the strategy expected to be presented to the Cabinet in March.

One in four people will experience a mental health problem in any given year, and this strategy has the potential to make a huge difference.

Assembly members from all parties can play a significant role in ensuring that the strategy delivers lasting, positive change for the people of Wales. Organisations from across the sector have met with them to discuss the key issues that they believe need to be addressed in the strategy and subsequent delivery plan

We will keep you informed on the progress of this group.

Final Outline Business Case – new Adult Acute Inpatient Unit, Llandough Hospital

The final Outline Business Case for the new hospital is now available on the Cardiff and Vale UHB website

www.cardiffandvaleuhb.wales.nhs.uk/business-cases

A hard copy can be obtained by contacting the Service Planning Project Lead on tel. no. 029 2074 4098

Once available, the Full Business Case for the project will also be published on the UHB website.

The next stage in the process is to finalise the detailed service planning, design work and capital costs of the project, and to develop the Full Business Case for submission to the Welsh Government for approval later this year.

Assertive Outreach Service (AOS)

What is assertive outreach?

A way of supporting people with severe mental illness who have previously found traditional mental health services hard to use. They are there to help you with your recovery from mental illness.



Who can access AOS?

People who have had several hospital admissions, often detained under the Mental Health Act 1983, and/or people with complex needs such as homelessness, substance misuse, self neglect, poor response to treatment, contact with criminal justice system or social isolation.

How will AOS work?

The service user will remain in contact with their existing CMHT worker with additional resources from assertive outreach workers.

What support does AOS provide?

- Coping with distress.
- Managing and reviewing medication.
- Improving physical health.
- Assistance getting out and about and taking part in leisure interests.
- Practical assistance in finding and maintaining a home.
- Helping with money issues and obtaining benefits.
- Accessing education, training and employment.
- Staying out of hospital.
- Having a voice.

Useful contacts



Diverse Cymru

Awetu and Cardiff and Vale Coalition of Disabled People have come together to form Diverse Cymru in recognition of the difficulties and discrimination faced by people experiencing inequality in Wales.

Diverse Cymru promotes equality for all and believes that the people of Wales can work together to challenge discrimination in all its forms and create an equitable future. They aim to make a real difference to people's lives through delivering services that;

- reduce inequality and increase independence
- support people to speak for themselves and to connect with decision makers
- create opportunities for participation and development
- raise awareness of equality issues
- inspire people to take action against inequality.

Contact: 029 2036 8888 OR 029 2036 8887 or email info@diversesecymru.org.uk

Mind in the Vale



Mind in the Vale provide three open access Mental Health Resource Centres in Barry, Penarth and the Western Vale.

They provide:

- User-led social activities
- Information on a wide range of mental health and community resources
- Signposting to appropriate specialist and general support
- Access to well-being and complementary therapy groups/courses and training
- Activities & volunteering opportunities to help people fulfil vocational or educational potential

Contact: 01446 730792, admin@mindinthevale.org.uk

Sefyll Need Your Help!

- Would you like to help decide on the work of the Sefyll project?
- Why not join the Sefyll Advisory Group?



For more information or to put your name forward please contact Anna at Sefyll by 28th March

Want to have a say about Primary Care Specialist Mental Health Services?

Mental Health Measure: Cardiff and Vale University Health Board have set up two new groups to look at The Mental Health Measure.

The Mental Health Measure makes changes to the current legislative arrangements in respect of the assessment and treatment of people with mental health problems in Wales. It has four parts:

Part 1 Provide Primary Care Specialist Mental Health Services.

Part 2 Service users requiring specialist support will have an agreed and documented care plan which is outcome focused.

Part 3 Former users of secondary Mental Health services are able to self refer to secondary care services and receive a timely assessment. Issue to be scoped as part of national implementation work.

Part 4 All inpatients have access to high quality, responsive independent advocacy services.

The Group looking at **Part 1 (Primary Care Services)** would like to involve a service user.

To get involved or for more information please get in touch with Anna at Sefyll by 28th March.

Events

CMHT Census:

This is your chance to come and tell us what you think about the service you receive from your Community Mental Health Team.



At 4Winds, Claire Road, Grangetown, Cardiff

Thursday 8th March, 1.30pm

OR

Conversation, Coffee & Cupcakes

Tuesday 27th March, 1-3pm

Wallich, Cathedral Rd, Cardiff

An ideal opportunity to share your CMHT experiences of what works and what needs some work whilst enjoying a drink and a cup cake or two!

If you can't make either date or would prefer to tell us what you think in writing, a questionnaire is available via email or post.



Celebrate Sefyll

Friday 20th April – 12-4pm

Chapter Arts Centre, Market Rd, Canton

Come and celebrate Sefyll - we want to thank you for all your hard work and involvement over the last year. Eat, chat and have a good time whilst giving feedback and sharing your ideas for future events, training and opportunities.

If you can't make the date but would like to share your views about Sefyll, a questionnaire is available via email or post.

**For more information or to book a place contact
Anna on 029 2022 2000 or
sefyll@cvmhdp.org.uk**

Training

'Getting Support and Money for your group'

Sefyll are offering Part 2 of it's training just for service user led self-help support groups

These informal learning days are aimed at people that want to develop their group and plan for the future. As well as how to raise funds we will look at a range of ways to get help and support for your group.



Thurs 22 March, 10.30am - 3.30pm

Taff Housing Association
Alexandra House
307-315 Cowbridge Road East
Canton, Cardiff, CF5 1JD

To book or find out more please contact 029 2022 2000 or sefyll@cvmhdp.org.uk

Training feedback from 'Understanding the Assembly'

This training, delivered in two sessions, was very useful and informative.

Part 1 - gave an insight into the structure and continuing development and processes of the National Assembly and Welsh Government.

Part 2 - the procedure for presenting a petition to the National Assembly via the Petitions Committee

The trainers, Rebecca Spiller and Abby Phillips were excellent and presented the information in a clear and precise manner. Abby, clerk to the Petitions Committee stated that the team are there to provide help and support to any individual or organisation interested in presenting a petition to the Committee.





Dates for Your Diary

March 2012

Meetings

Reps Support Network, Wednesday 29th February, 10am–12.15pm at 4Winds Resource Centre

for service users who are currently a rep at meetings or who are interested in being a rep in the future.

Service User & Carer Recruitment Panel meeting Tuesday 13th March, 10am–12pm at Atsli Casting Agency - Unit 10, Williams Court, Trade Street Cardiff
for service users and carers who are trained to be involved in recruitment with the Health Board

R.S.V.P.
Are there any particular items you'd like to know about regarding mental health services?

Please
get in touch with any ideas. Contact Sefyll: 029 2022 2000 or sefyll@cvmhdp.org.uk

Training

Getting Help and Support for your Group – Part 2 Thursday 22nd March, 10.30am–3.30pm at Taff Housing - Alexandra House, 307-315 Cowbridge Road East, Canton, Cardiff, CF5 1JD (see page 7)

Events

CMHT Census: Conversation, Coffee and Cup-cakes Tuesday 27th March, 1-3pm at The Wallich, Cathedral Rd, Cardiff, (see page 6)

Celebrate Sefyll, Friday 20th April, 12-4pm at Chapter Arts Centre – Market Rd, Canton, Cardiff (see page 6)

For all the above meetings and training, refreshments are provided and travel expenses can be paid. For more information contact Anna on 029 2022 2000 or sefyll@cvmhdp.org.uk