



Sefyll News

Health Minister Launches Psychological Therapies Guidance

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Health and Social Minister Lesley Griffiths AM has launched new guidance to increase access to “talking treatments” across Wales.

“Psychological Therapies in Wales” provides guidance on steps each Local Health Board (LHB) in Wales needs to take to improve access to therapies such as counselling and cognitive behavioural therapy (CBT).

The Minister said: “The importance of the provision of psychological therapy services has received increasing attention over recent years, and rightly so.

“We all recognise we need to drive up standards across Wales for access to treatment and care for service users.

“The guidance published provides a set of quality standards which services should meet with a focus on matching the treatment to the need of the individual and on providing treatment as early as possible.

“The skills, expertise and passion of staff working in the field of mental health are vital in helping people overcome mental health problems. By ensuring appropriate services are available to those who need them, we will be helping people to live more independent and fulfilling lives.”



Consultation – process for concerns and complaints about Social Services

The Welsh Government has issued a consultation document about the statutory process for dealing with concerns and complaints about social services in Wales. They are asking whether the existing complaints processes should be updated or amended to meet the needs of service users.

The consultation document can be accessed at: <http://wales.gov.uk/consultations/healthsocialcare/?lang=en>

Comments by 17th May 2012

Sarah Morris

Social Services Strategy and Improvement Division

Health and Social Services Directorate General

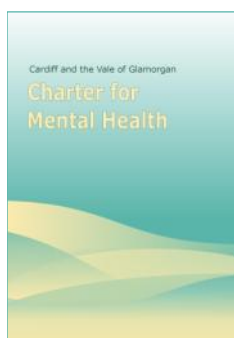
Welsh Government

Cathays Park

Cardiff, CF10 3NQ

If you require a hard copy then please contact Teifion O'Brien at: Teifion.O'Brien@wales.gsi.gov.uk

Makingthingsbetter@wales.gsi.gov.uk



Want to explore your creative side?

Artists/designers required!

A 'Recovery logo' is needed for The Adult Mental Health Charter and the 4Winds art group have offered to help create one.

Anyone interested in getting involved should call the 4Winds on **029 2038 8144**

Useful Contacts

ISSA (Ihsan Social Support Association), previously Islamic Social Support Association

ISSA Wales is a voluntary organisation providing social support and assistance to the community in Wales, in particular to people from Black and Minority Ethnic and Muslim communities. Their services include counselling, befriending, advocacy, mediation, information, advice, support, groups and more.



Support can be provided in diverse community languages.

Contact them to find out more:

Tel: 029 2034 5294

Email: info@issa-wales.org

Journeys

Journeys is the only organisation in Wales whose sole purpose is to offer support and understanding to people affected by depression, their friends, families and carers. Journeys takes a holistic approach to overcoming depression through guided self-help, building foundations for sustainable and long-term wellbeing.



Journeys provides information, practical resources, services and training that promote the development of skills and strategies to help people find their own route to recovery. They also co-ordinate a network of self-help groups.

Contact Journeys on 029 2069 1891,

e mail: info@journeysonline.org.uk

or visit the website at www.journeysonline.org.uk

Opportunities

Interested in becoming a Rep? - read on! **We are looking for people to become a part of the Communications Delivery Group**



The Communications Group will be responsible for ensuring all elements of communication methods are covered for the awareness raising of the Recovery Charter across Cardiff & the Vale of Glamorgan.

The Group will discuss who will need to be targeted across all stakeholders with communicating and using the Charter and how this will happen.

The Group are also tasked with developing and launching the Charter Logo.

You must have an enthusiasm for communicating and spreading the word. A belief in the Recovery Charter.

1 Cardiff + 1 Vale Adult rep

We are also looking for people to become a part of the Mental Health Measure Part 2 and 3 Implementation Group



The implementation group will be responsible to oversee the implementation of parts two and three of the mental health measure within Cardiff and vale UHB.

The measure is an act of legislation across Wales that aims to improve services within both primary and secondary care. This group will oversee the implementation of part 2 which relates to the co-ordination and care planning of secondary mental health services and re access of services under part 3.

Meetings will be held monthly until June 2012 and then bi monthly post June.

For more information or to put your name forward please contact Anna at Sefyll by 20 April

Opportunities

Interested in becoming a Rep? - read on! **Two representatives are needed for The Day, Vocational and Occupational Services Review Steering Group**

The Day, Vocational and Occupational Services Review Steering Group are looking for two service user reps - a Deputy Chair and a group member. We would hope that both reps will have used or are using one or more of the services who are involved in this project;



DORS

Cardiff Mind

Mind in the Vale

4 Winds

OT service

Hafal

Cardiff LA Outreach service

Vale LA support Worker service

You must

- have used a day or community opportunities service, and have good understanding of the recovery ethos.
- Work with the group to agree the strategic direction for mental health community opportunities services (day, vocational and occupational services) across Cardiff and the Vale of Glamorgan.
- Work with the group to develop and implement, an action plan for mental health community opportunities services in Cardiff and the Vale of Glamorgan across the Health, Social Care and Third Sectors. This will be based on the findings and issues for debate outlined in the Day, Vocational and Occupational Services Census.

The Group will meet every other month and will operate as a subgroup of the Cardiff and Vale of Glamorgan Mental Health Programme Board.

For more information or to put your name forward please contact Anna at Sefyll by 20 April.

Celebrate Sefyll!

A big **thank you** to those of you who are involved—whether you've just attended one of our events or you are a veteran service user rep...come along and eat, chat and be entertained!

Chapter Arts Centre

Market Road, Canton, Cardiff, CF5 1QE

Friday 20th April

12-4pm

Please get in touch to book a place: contact Anna on 029 2022 2000 or sefyll@cvmhdp.org.uk
Travel expenses can be provided

Mental Health Wales Today Event 9th May, All Nations Centre, Cardiff



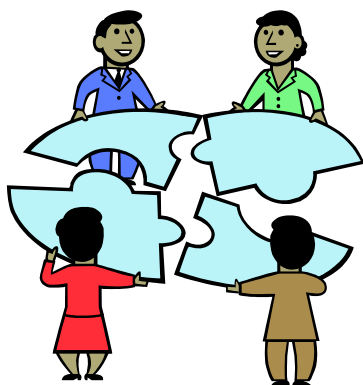
This is a major Welsh event for the entire mental health sector - professionals and people who use the services from across the statutory and independent sectors. It brings together 400 visitors, 15 exhibitors, a seminar programme and interactive zones.

The speakers include, Barbara Bowness, Primary Care Lead, Mental Health (Wales) Measure and Dave Smith, expert by experience and trainer, Hafal, seminars and also available arts and training zones.

Free places for 3 service users to attend.

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

MENTAL HEALTH ACTION WALES
The Association of Local Mental Health Voluntary Networks



'Together for Change'

Regional Conference

25th May 2012
10.30 – 3.30

Speakers to include:
Rachel Perkins
Craft stalls and
holistic therapies
available

Please join us
for some
inspiring speakers,
workshops and good food!

*For more information, or to book a free place contact
lisa.brody@wales.nhs.uk*

Arranged for CMHSD/NLIAH by
MENTAL HEALTH ACTION WALES
Sponsored by the Welsh Government

Dates for Your Diary

APRIL/MAY 2012

Meetings

Reps Support Network,

Tuesday 24th April, 10am–12.15pm

Wednesday 30th May, 10am–12.15pm

at **4Winds Resource Centre**, 65 Clare Road Cardiff
for service users who are currently a rep at meetings
or who are interested in being a rep in the future.

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

Events

'Celebrate Sefyll' – Friday 20th April, 12-4pm

Chapter Arts Centre, Market Rd, Canton, Cardiff
(see page 6 for details)

'Mental Health Wales Today' - Weds 9th May,

All Nations Centre, Sachville Avenue, Heath, Cardiff
(see page 6 for details)

Regional Conference – 'Together for Change' - Friday 25th May (see page 7 for details)

For all the above meetings and events, refreshments are provided and travel expenses can be paid.

For more information contact Anna on 029 2022 2000 or sefyll@cvmhdp.org.uk



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.