



# Sefyll News

## Celebrate Sefyll Event!

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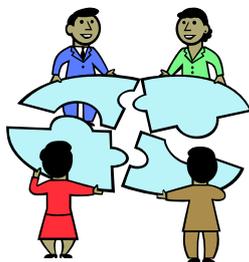
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Sefyll's celebration event was held at Chapter Arts Centre on 20th April. It was a lively and colourful event, with performance poetry and live music, as well as a presentation from the user led training enterprise, *AWARE*, who provide training to service providers and service users.

The event was a chance to thank those service users involved with Sefyll, for all their hard work and commitment to service user involvement.



It was a time to acknowledge the number of hours that many service users give up in order to get involved and influence the planning and delivery of mental health services so thanks again for everyone's enthusiasm and involvement.



## Together for Change Conference

25th May, Liberty Stadium, Swansea

A regional Conference is being held to explore and share experiences of service user involvement. Speakers,

workshops and a free lunch. Sefyll will

be arranging a minibus to pick people up in Cardiff and the Vale so once you've booked a place get in touch to arrange transport.

See flyer attached for more information.



## Action for Mental Health— Petition Group

A petition to the Welsh Government aimed at improving the standard of service to mental health service users and their carers , has been submitted by the recently formed ACTION FOR MENTAL HEALTH PETITION GROUP.

Due to a forthcoming review of the Adult Mental Health Action Plan for Wales this is an ideal opportunity to make a difference.

The petition is worded as follows: *“We urge the National Assembly for Wales to urge the Welsh Government to adopt and implement the National Institute for Health and Clinical Excellence (NICE) ‘Quality Standard for service user experience in Adult Mental Health’ in its entirety.”*

The NICE standards (2011-2013) have been developed for the NHS and social care sectors in England – they are not applicable in Wales - but are an illustration of best practice

*“People using mental health services, and their families or carers, feel they are treated with empathy, dignity and respect”*

*“People in hospital for mental health care, including service users formally detained under the Mental Health Act, are routinely involved in shared decision making”*



To sign the petition online visit: [www.assemblywales.org/gethome/e-petitions/sign-petition.htm](http://www.assemblywales.org/gethome/e-petitions/sign-petition.htm)

In addition paper petitions can be requested.  
CLOSING DATE FOR SIGNATURES IS MONDAY 28TH MAY 2012.

There are also opportunities to get more involved in the campaign – if interested please contact Anna at Sefyll in the first instance.

# Useful Contacts

## Ethnic Minority Mental Health Awareness Project (EMMHAP)

The aim of the project is to work towards helping women raise their levels of awareness on how to overcome mental health barriers, access mainstream services and empower them to build confidence, skills and cope better with mental health issues.



Some of the initiatives use the creative arts, creative writing, healthy eating, confidence and capacity building workshops, stress and anxiety management, holistic therapies, positive living concepts and coping strategies such as walking, visits to heritage sites, outdoor leisure activities and yoga among others.

For more information on the project and how you can get involved, please contact Priti:

Tel: **029 2046 4445/emhap@mewncymru.org.uk.**

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## Cardiff Adult Self Injury Project – CASIP



CASIP is the first user led project for adults who self injure in Cardiff.

CASIP run a support group which meet on Wednesday evenings from 7-9pm in Cardiff. The group is open to both men and women who have experience of self injury. We offer a variety of activities at the group including cookery, crafts, quiz nights and evenings out as well as self help sessions such as distraction techniques and coping strategies.

### Contact:

Write: CASIP, Ty Canna, 40 Market Road, Canton, Cardiff, CF5 1RZ

**Phone: 075 3609 0430**

CASIP@hotmail.co.uk **Web:** [www.casip.org.uk](http://www.casip.org.uk)

# Opportunities



## **Paid Opportunities: Clinical Psychology Service User & Carer Involvement Committee**

This committee oversees the involvement of service users and carers in all aspects of the Clinical Psychology Doctoral Programme. This currently includes involvement in teaching trainees, helping to select and recruit new trainees to the course and in setting essay titles.

The group wants to invite more people who use or have used mental health services to become part of the group and help develop this work. You can be paid **£10/ hour** to take part in meetings.

**For more information or to put your name forward please contact Anna at Sefyll by Weds 16th May**

## **Cardiff & the Vale Mental Health Development Project; Nexus [Cardiff]**



Older People's Mental Health Carer and User  
Involvement Officer

8hrs p/w. (£24,646 – £26,276 pro rata)

This post works with carers and service users to ensure that their views influence the development & delivery of services, supporting them to have a voice in the joint planning process. **Experience of desk top publishing essential.** People with experience of caring / using mental health services are encouraged to apply.

Application packs available at [www.cvmhdp.org.uk](http://www.cvmhdp.org.uk) or send an A4 SAE (£1.20) to: CVMHDP, Unit 11, Williams Court, Trade Street, Cardiff, CF10 5DQ (Mark outer envelope "Nexus Job Application")

Closing date: Friday 11th May 2012

# Opportunities

**1 IN 4 PEOPLE ARE AFFECTED BY MENTAL HEALTH ISSUES IN THEIR LIFETIME.**

NOW A CHANNEL 4 PROGRAMME IS OUT TO CHALLENGE STIGMA AND DISCRIMINATION.

We're looking for people to step forward to help change attitudes.

Has a mental health issue significantly impacted on your life?

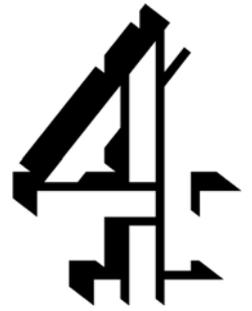
Have friends and family been supportive?

Is your employer understanding?

Filming will take place over a few days.

To find out more email now on:

**mentalhealth@cineflix.com** or call **020 3179 0097**



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**Want to help shape the work of Sefyll?**

**Join the Sefyll Advisory Group**– this group meets 4 times per month



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- **Do you use community/day services?**
  - **Would you like to be involved in developing community focused services?**

The Day, Vocational and Occupational Services Review Steering Group want to involve people who use mental health services to review community based services in Cardiff and the Vale.

**For more information or to put your name forward please contact Anna at Sefyll by Friday 25th May**



Office for  
Public Management

## **Research into disabled people and social change—Cardiff focus group—29th May, 2-5pm**

### **What is this all about?**

We want to talk to disabled people about what type of social changes would make your lives better. We want to know about the good and bad experiences in your life. We also want to know what would make these experiences better, and what would help you lead the kind of lives you want to lead.

### **What's it for?**

We are OPM (the Office for Public Management), an independent not-for-profit research organisation. We are doing this for Scope. They work with disabled people of all ages, and their families, across England and Wales to help change their lives.

### **What would I have to do?**

We would like you to take part in a group discussion with one of our experienced researchers. There would be about 8-10 other people there as well. You would not have to talk about anything you did not want to. You can bring a supporter, a friend or family member

### **What happens to the information?**

We will use the information from the discussion with you, as well as information from other discussions with disabled people, to look at what needs to change to make disabled people's lives better in the future. The report will not have your name in it and the information you tell us will be kept safe and secure.

### **What's good about taking part?**

You can share your experiences and tell us about what improvements you would like to see. We will also **give you £25 for taking part** to say thank you.

**For more information or to book a place contact Anna on 029 2022 2000 or [sefyll@cvmhdp.org.uk](mailto:sefyll@cvmhdp.org.uk)**

## 'Together for Mental Health'

**Consultation – on the new Mental Health Strategy Wales— Friday 29th June, 10.30 am to 12.30 pm**



Vision statements include:

- Improving Health as well as treating sickness—creating a healthy Wales
- One system for health
- A well designed, fully integrated network of care
- Aiming for excellence everywhere
- Absolute transparency on performance
- A new partnership with the public

The event will be held at Cardiff Metropolitan University (UWIC) – Llandaff Campus and is for Service Users/Carers only

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## Want to practice or refresh research skills?

**The Crisis Recovery Home Treatment Service want your help!**

A meeting has been arranged for **8<sup>th</sup> May** at **11am**.

The CRHT has a service user satisfaction questionnaire to find out what people think about the service – they want some help to check that the questionnaire is still relevant and useful.



**For more information or to book a place contact Anna on 029 2022 2000 or [sefyll@cvmhdp.org.uk](mailto:sefyll@cvmhdp.org.uk)**

# Dates for Your Diary

**May/ June 2012**

## Meetings

**Reps Support Network,**

**Wednesday 30<sup>th</sup> 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

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## Events

**Regional Conference – 'Together for Change' - Friday 25<sup>th</sup> May, Liberty Stadium, Swansea** (see flyer enclosed)

**Research Into Disabled People and Social Change—Focus Group**

**Tuesday 29th May, 2.30-4.30pm** (see page 6 for details)

**Mental Health Strategy Consultation**

**Friday 29th June— 10.30am-12.30pm** at Cardiff Metropolitan University

**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.