

Goodbye from Jane

Issue 60

May-Jun 2012



nexus carers & service users involved in older people's mental health



INVOLVEMENT NEWS

Involving carers in mental health matters

As some of you will know, I left Nexus as Development Worker back in 2011 to go on maternity leave for the second time. I have been blessed with two lovely children, Kate who will be four in September and George who will be one this month. You may also know that after some considerable thought I have decided not to return to work but to be a full time mum for the time being.

I would just like to say thank you to carers and service partners alike who worked and supported me in getting the Carer and Service User Involvement post started, the development of Directions and many other projects which will continue to grow in the hands of the Development Workers at Cardiff & Vale Mental Health Development Project.

Your support is needed now as much as ever as the demand for Older People's Mental Health Services

continues to swell.

As a Carer you have precious insight to the other side of the coin, the 'coal face of caring' as it were, which is invaluable to Health and Social Services in order to develop better services for this ever growing need. Please ask the Nexus Development Workers what you can do to help, all contributions, however small, are gratefully received and supported.

I will keep in touch with Nexus to find out the latest, as it is a project close to my heart and many of you have become friends since we met. I wish you all the very best now and for the future. Take care all,

Jane



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.

Louis Theroux Explores the Realities of Dementia

On 30 April the BBC aired a programme by Louis Theroux, the well-known documentary maker, which examined the issues faced by those with dementia and their carers. Theroux visited Phoenix, Arizona to look at how dementia is experienced by those with the condition and their carers. He visited people both in their own homes and within residential care settings.



Theroux met Gary (above) and Nancy (pictured right) both of whom live with the quite advanced stages of dementia. Gary is in a care home called the Beatitudes and still feels as though he is working as a dentist. This was his occupation. He thinks that he is a dentist on a military base. The staff will gently cajole him in to staying when he gets ready to leave after a 'day at work' and will go along with his reality sometimes asking him to look at their teeth, taking him back in to 'dentist mode'. Gary is quite a jovial man and is

popular with the female residents at the home. He has 2 girlfriends which his wife of 30 years accepts as 'his reality'. His wife, Carla, invites one of the girlfriends along to meet with Louis and her as this is likely to make it a more comfortable and relaxed meeting. This shows the pain and strangeness that can become a part of loving and caring for someone with Alzheimer's.

Louis also met Nancy, who lives at home with her husband, John. He cares for her full-time. They do not have any children and cannot afford for Nancy to go in to residential care. This means that all the caring responsibilities fall upon John. They have been married for 62 years.

Theroux initially feels that Nancy's memory problems are not evident, quickly realises the extent of her difficulties when he sees that her husband has taken to wearing a name badge and that she is uncertain of her own name. When Theroux takes over the caring role for a morning he sees the challenges faced by John as they try to play ball and have a walk unsuccessfully. But there are moments when they listen to music, look at photos and eat lunch together which are gentle and touching.

There is one moment when Nancy

rests her head upon the shoulder of Theroux and he initially looks a bit uncomfortable but then just relaxes and lets her rest. When Theroux asks John how much of his wife is left he states very specifically “30 per cent”. He then taps his head and tells Theroux that the rest is still in there.



Partly under the influence of a Bradford University-based

psychologist, Tom Kitwood, Beatitudes' carers have a policy of not contradicting - and even playing along with - the delusions of the residents, avoiding confrontations, de-escalating conflicts, and "redirecting" the attention of those in distress, using distractions and pleasurable activities.

Beatitudes staff use medication as little as possible. They try to be flexible and adapt to the quirks of the residents and the symptoms of their condition, letting them wander the corridors at night should they feel urge, letting them bathe, eat and sleep on their own schedule, and offering them snacks and chocolate at any time of the day or night.

Carers Week - 'Taking Care of Yourself.'

Tying in with this year's 'In Sickness and in Health' Carers Week theme, Cardiff and Vale University Health Board in partnership with Cardiff & Vale of Glamorgan County Councils are holding a *'Taking Care of Yourself'* event at Cardiff City Football Stadium on Monday 18th June between 10am and 4.30 pm.

This event is free to all carers and we will have a number of stands offering advice on a wide range of health issues, including healthy eating, mental health wellbeing and hand and nail care!

For football fans a guided tour of the

prestigious stadium has been arranged. Refreshments and pastries will be available throughout the day. Carers are invited to drop in at any time.

This will also be an opportunity for carers to tell us what they would like to see in the forthcoming Carers Information & Consultation Strategy which the Health Board is developing in partnership with Cardiff and the Vale of Glamorgan local authorities and voluntary organisations.

For further details please contact Sue Barrow on 2033 5468 or email sue.barrow@wales.nhs.uk

New Vale Carers' Officer

I would like to give a very warm welcome to James Livingstone who has just been appointed, 16th April 2012, to the post of Carers' Development Officer for the Vale of Glamorgan.

James started his working career as an engineering geologist with a firm of consulting engineers in Cardiff. Sadly, severe ill health cut short his engineering career and his fight for recovery was protracted and difficult. He recovered sufficiently to take on various roles within Vale Council such as Human Resources and in Housing Benefits, and most recently as a Customer Service Representative for the council's Contact Centre, Contact OneVale.

In addition to his day job, James is also an active carer. He looks after his wife and has therefore first hand experience of caring and all that that entails. James says he is still finding his feet but is looking forward to getting to grips with the needs of carers in the Vale of Glamorgan. James is available if you need him on 01446 704604, email;

carersservices@valeofglamorgan.gov.uk

His full title is:- Carers' Development Officer, Social Services Business Management and Innovation, Vale of Glamorgan Council.

Carers' Day in Dyffryn

One of James Livingstone's first tasks will be to plan the Carers' Day at Dyffryn Gardens. The date for this is Tuesday 19th June 2012. It is expected that the day will be similar to previous events and will take place as before, in the marquee. This year the theme is "In sickness and in health," with the health of carers being very much in focus.

Admission is by ticket, but free. If you wish to attend, please contact James on 01446 704604.

Vale Older People's Strategy Forum, Annual General Meeting.

The Vale Older Person's Strategy Forum will hold its Annual General Meeting on Thursday 28th June 2012 in the Glamorgan Suite, Memorial Hall, Gladstone Road, Barry..

The day will begin with registration

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

and coffee from 9.00am. The AGM will start at 10.00 am, the guest speaker will be

Andrew Bertie who will give a dynamic presentation on “Scambusters”

Members wishing to attend should contact Tegan Twigg on 01446 731628:

Email: tetwigg@valeofglamorgan.gov.uk

Free Courses for Carers in the Vale of Glamorgan

Vale Council has organised a programme of training courses which will be of interest to carers. The courses are free but a charge is made for non attendance/late cancellation: £40 for a full day, £25 for half a day.

For details of venue etc and to apply, please contact

Dan Morgan, Social Care Workforce Training Coordinator, Vale of Glamorgan Council

Telephone 01446 704850

Email: damorgan@valeofglamorgan.gov.uk

Course Title	Date	Time
Advanced Care of Medicines	12 July 2012	9.15am-12.30
All Wales Manual Handling Passport	6,7,8, June 2012 2,3,4 July 2012	9.15am -4.30pm
Basic Care of Medicines	19 June 2012	1.15pm-4.30pm
Chronic Conditions	31 May 2012	9.15am-4.30pm
Continuing Care	23 May 2012	9.15am-4.30pm
Deprivation of Liberty Safeguards	20 July 2012	9.15am-12.30pm
Emergency First Aid	18th July 2012 13 Sep 2012	9.15am-4.30pm
Food Hygiene Awareness	23 Jul 2012 18 Sep 2012	9.15am-12.30pm
Infection Control	21 Jun 2012 23 July 2012	1.15pm-4.30pm
Telecare Awareness	19 June 2012 17 Jul 2012	9.30am-11.30am
Vulnerable Adults Level 1	20 June 2012	9.15am-4.30pm

‘Speak Out, Be Heard’



An opportunity for older Black and Minority Ethnic communities to hear the experiences of others and to give their views on mental health issues and services.

The aim of this 2 year project is to run a series of 5 workshops within different BME communities within Cardiff and The Vale of Glamorgan. These workshops would provide an opportunity for the communities to share their experiences of mental health issues in a variety of ways. It is hoped to use story telling techniques and drama to engage the audiences in a variety of interesting ways.

The project is being run by the Nexus project and funded by Lloyds TSB. If you would like further information about the project contact Matt or Matthew on 029 2022 2000

We have run one workshop with the older Somali men at Red Sea House. This involved discussions of what they understood by mental health and mental illness and how these are perceived within the Somali community. This was a lively and engaging session with the men talking about some of their experiences of the health services and how their community responds to such issues. Mental health problems such as depression and dementia were discussed. It was interesting to see how a different community views such conditions and it should make us aware that our Western view of mental health problems is not shared by all ethnic groups within our city. We would very much like to thank Abdi Sugulle from Red Sea House, Amna Dirar from BAWSO (Black Association of Women Speak Out) and Omar and Jamad for their support with setting up the workshop and providing essential interpreting services.

Dementia Awareness Evening (including delicious cream tea) **Wednesday 23rd May** **4.30pm to 7pm**



**Alzheimer's Society Cardiff and The
Vale, Oldwell Court, Ty Gwyn Road,
Penylan, Cardiff CF23 5DA**

**Includes talks by those affected by
dementia as well as an opportunity to see
our refurbished day centre.**

***For more information or to
book a place contact us on
029 2043 4960***



Horticulture to tackle social isolation in Cardiff

Gofal - one of Wales' leading mental health charities - has secured Big Lottery funding to run the innovative new 'GreengAge' project, which aims to use horticulture and befriending to reduce social isolation and improve older people's wellbeing.

GreengAge is currently looking for volunteers who are aged 50+ with an interest in horticulture, as well as



older people who would benefit from this kind of befriending scheme.

For more information, or to get involved with the project, please

contact the GreengAge project coordinator Gwyneth Thomas on 029 2044 0197 or gwyneththomas@gofal.org.uk or visit www.gofal.org.uk/greengage

Opportunities for Involvement

Carers Measure—How you can get involved

We would like your help at this stage in the following areas

We have outlined the measure that we suggest using to determine how successful we are at improving support for carers. We would welcome your views on these indicators and/or suggestions for other ways of measuring success.

We would like to meet with as many carers groups or groups which contain a number of carers as part of this process. We will be contacting groups that we are aware of over the next few weeks.

If you fall into this category, and would like someone to come to your group to talk about the strategy or you would like to give your views please contact

mike.spencer@wales.nhs.uk

The strategy will contain information on a wide range of topics which will be of help to carers. We are developing an online survey so that you can easily give us your views on how this information can best be provided. A link to the survey will shortly be available through the following web sites:

www.c3sc.org.uk

www.valecvs.org.uk

www.cardiffandvaleuhb.wales.nhs.uk

How can I find out more?

- Carers Strategies (Wales) Measure

2010 - <http://tinyurl.com/d2tgepj>

- Welsh Government Paper describing Cardiff and Vale UHBs work on Carers and the use of Carers Stories to educate the Board, February 2012
<http://tinyurl.com/bvfkftt>
- The Vale Centre for Voluntary Services has published a directory of organisations that provide support, information and advice for carers. It can be accessed at <http://tinyurl.com/d3rwucy>
- Carers' Overview - an on-line newsletter collated by Margaret McLaughlin, Independent Member Carers' Champion on Cardiff and Vale University Health Board. It brings together a number of useful web links, including to recent carer-related Health Board committee papers.
www.scoop.it/t/carers-issues
- Stakeholder events - they are coming soon and will include one on the 18th June 2012 in Cardiff during Carers Week (<http://carersweek.org/>) 18-24th June. More information to follow.

We would welcome any other feedback you may wish to give.

Please contact **Mike Spencer**, Assistant Director for Patient Experience, Cardiff and Vale University Health Board - mike.spencer@wales.nhs.uk

Opportunities for Involvement

For the Photographers in Cardiff and the Vale

Can you capture the meaning of “Social Sciences” and “Society Today” in a single picture? If so the Economic and Research Council Portraits of Britain photographic competition could be for you. The competition seeks to capture images of what life in Britain means today.

There are eight categories to enter, including an open category for young people.

The competition is run in partnership with the tenth annual ESRC Festival of Social Science. The winning entries will be exhibited at ESRC’s 2012 flagship event in London this autumn.

Visit www.esrc.ac.uk/portraits for more information.



Carers Involvement Group Meetings—Dates for 2012

Weds June 27th

Weds Aug 29th

Weds October 31st

All meetings are held at Solace, Park Road, Whitchurch and start at 2pm.

For more information on this group please contact **Matt on 029 2022 2000**

Carers’ Meeting, Llandough Hospital

The Boardroom Llandough Hospital has been booked for 10.30 Friday 15th June for a Vale carers’ information meeting.

The Wales Carers’ Strategy Measures programme is very much in the NHS “news” at the moment and Sue Barrow, Patient Experience Facilitator, Cardiff and Vale University Health Board will explain what the measures is about and how

it will benefit you. In addition Sandra Roberts of Vale Centre for Voluntary services has taken charge of a new befriending service. She has agreed to tell us about this new service and how it operates.

It will be a really informative meeting so it is hoped that you will make every effort to come. Lunch will be arranged so numbers are needed for the caterer.

Please contact Matthew on 029 2022 2000 or matthew@cvmhdp.org.uk

If you are interested in anything shown on this page or page 8 please call Matt or Matthew on 029 2022 2000 for more information



'CELEBRATES'
**PROMOTING DEMENTIA FRIENDLY
COMMUNITIES**
ON



SUNDAY 1ST JULY AT 2PM

**ROYAL WELSH COLLEGE OF MUSIC &
DRAMA**

**CASTLE GROUNDS, CATHAYS PARK,
CARDIFF CF10 3ER**



- **CHOIRS**
- **SAMBA GALEZ**
- **DANCE GROUPS**
- **STEEL PANS**
- **MUSICIANS**
- **WORKSHOPS**
- **SOLOISTS**
- **REFRESHMENTS**



St Peter's Church Old Cogan Open Day

Open Day has been planned for 2.00pm Saturday 7th July this year. There will be music from a traditional jazz band, the parishes own recorder group, afternoon tea, refreshments, cake stalls, plant stalls, bric a brac stall, plenty for very one to do and see.

Contact Matthew Salisbury for further information on 029 2022 2000



If you have something you would like to include in the next issue of Involvement News, be it your story, an event or meeting you want to share, or anything that you feel may be of interest to our readers please get in touch. Contact Matt or Matthew on 029 2022 2000



Together for Mental Health Consultation Events



Together for Mental Health

A Cross-Government Strategy for
Mental Health and Wellbeing in Wales



Together for Mental Health, a draft cross-Government strategy covering all ages and focusing on both mental wellbeing and mental illness, aims to improve the mental health of the people of Wales and deliver more effective mental health services.

To do so requires Welsh Government departments to work with partners including NHS Wales, local authorities, third sector organisations, and service users and carers.

The strategy also embeds the new laws around mental health provision under the Mental Health (Wales) Measure, as well as existing policies and action plans.

Consultation events taking place across Wales in June will give people the opportunity to have their say on the draft strategy, and feedback from

these events will be used in the production of the final strategy and implementation plan to be published this autumn.

The events are aimed at service providers, service users and carers. Further information, including how to reserve a place, is overleaf.

The draft strategy and related consultation documents will be made available online at:

<http://new.wales.gov.uk/consultations/healthsocialcare/?lang=en>

The consultation event for carers and service users in Cardiff will be held on 29th June, 10am-12.30 at Cardiff Metropolitan University (UWIC), Llandaff Campus.

To book a place visit <http://tinyurl.com/bma2m8b>

Places are available on a first come, first served basis.

Service users and carers can claim back from the Welsh Government any travel and subsistence expenses incurred, providing satisfactory receipts and an official claim form - available on the day of the event - are provided.

If you would like to attend but don't have internet access contact Matt or Matthew on 029 2022 2000

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

