

Network News

June 2012

New Mental Health Strategy for Wales - Consultation

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News from
Organisations

2 **‘Together for Mental Health’** is a new mental health strategy for Wales, covering people of all ages. It aims to address the needs of people with mental health problems or a mental illness, whilst also improving mental wellbeing.

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Bits & Pieces

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News from
CVMHDP

4 The strategy is intended to improve outcomes for service users, carers and their families. We encourage the "recovery and reablement" approach, which aims to help people live independently and achieve their full potential.

Dates for your
Diary

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*The views contained
in this publication are
not necessarily the
views of CVMHDP*

which can be associated with mental health.

Chapter 3 emphasises the value of a well designed, fully integrated network of care.

Chapter 4 highlights the areas of life which can affect our mental health and wellbeing.

Chapter 5 provides an overview of how we the Welsh Government will make the vision a reality.

The consultation document has been drafted by a cross-Departmental group in the Welsh Government and by partner organisations representing service users and carers.

Consultation events are being held across Wales in June 2012, specifically aimed at practitioners, service users and carers. Details of the events and how to book a place can be found in the 'Consultation Events' flyer. To download the flyer or for more information go to: <http://tinyurl.com/che4odq> (goes to Welsh Government website). Deadline for comments is 31 July 2012.

News From Organisations...

ISSA Wales Volunteer Open Day

ISSA are looking for volunteers and are holding an open day on Thurs 14 June from 10-12 and 6-7.30pm at their offices in 62 Whitchurch Rd., Cathays, Cardiff.

Contact: 029 2034 5294
genette.manley@issa-wales.org

Websites & Publications

Mental Health: we need to talk

www.acas.org.uk/index.aspx?articleid=1900

Acas has teamed up with the NHS's Mindful Employer initiative, to develop a training package and guidance.

Time to Change Wales

www.timetochangewales.org.uk

Visit the website for information, to find out what you can do to help combat stigma and discrimination.

Mental Health Measure Leaflet

A general information leaflet on the Mental Health Measure and a poster regarding Part 1 have been developed by the Welsh Government.

They should soon be available on the WG website, but until then you can download them from www.cvmhdp.org.uk under 'News and Events'

Bits & Pieces

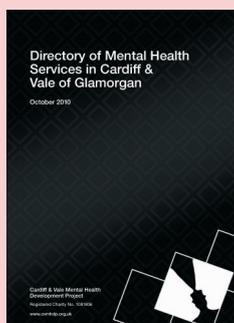
Meet the team...

BBC Wales is broadcasting a three part TV series on mental health in Autumn 2012. We're keen to meet people on their journeys of recovery. From hospital, to the community, to reaching your dream we'd like you to share with us your experiences of recovery. Every small step counts – and even the steps backwards, perhaps, reveal a new way forward.

Bulb Films, the TV company commissioned to produce this series, will host a meeting for service users in Cardiff and the Vale. We would like to explain what the project is about and would like to hear how you, the service users, are ready to share your experiences of recovery with us and contribute to this important TV project.

Please come along to the Maldron Hotel alongside Cardiff Central Station at 11.00am on Friday 15 June. Light refreshments will be available and contributions can be made towards your travelling costs.

For more info please contact Rachel Evans or Wynford Jones at Bulb Films, The Media Centre, Culverhouse Cross, Cardiff CF5 6XJ; Tel.: 029 2067 1524 or 029 2067 1519; Email: wynford.jones@bulbfilms.com ; rachel@boomerang.co.uk or get in touch with Sefyll - 029 2022 2000, sefyll@cvmhdp.org.uk



Directory of
Mental Health
Services in
Cardiff & the
Vale 2011-
Available
Now!!

Training & Conferences

Mental Health Forum Training 2012

Money Advice

Wed June 27, 9.30-12.30 at Ararat Baptist Church, Whitchurch

Trainer: Lee Phillips (Money Advice Service)

Cost: £10

An opportunity to find out about the tools and resources to help people get to grips with managing their money.

Participatory Evaluation Tools

Wed July 11, 9.30–1.00 at Ararat Baptist Church, Whitchurch

Trainer: Anna Suschitzky (Sefyll)

Cost: £10

‘Do you want to get service user feedback about your service?’

Fed up of questionnaires?

Want to learn some new participatory evaluation tools?

Come along to find out!

Mental Capacity Act

Tues Nov 20, 9.30 – 12 at the Mental Health Meeting Room, Whitchurch Hospital

Trainer: Julia Barrell (Cardiff & Vale UHB)

Cost: Free

Training on the Mental Capacity Act legislation.

To book contact Caroline on 029 2022 2000 or email caroline@cvmhdp.org.uk

An Introduction to Tendering

Date: Tuesday 10th July

Time: Registration 9.30am
course times 10.00am – 4.00pm

Venue: C3SC, Brunel House, 2 Fitzalan Road, Cardiff, CF24 0EB

This is a one-day *introductory* course, and is intended for people with *no experience* of tendering, particularly smaller organisations, who would like information to help them make an informed decision about *whether* to pursue contract opportunities

Learning outcomes:

- To improve understanding of the differences between grants and contracts
- To increase knowledge in the area of tendering
- To better understand the process of tendering for a contract
- To explore the potential of joint working

To book please contact either Anne or Kirsty on 029 0248 5722 or email: training@c3sc.org.uk

Looking for training?
Try visiting:

www.participationcymru.org.uk

www.valecvcs.org.uk

www.c3sc.org.uk

Looking for Mental Health First Aid Training?

Visit www.mhfa-wales.org.uk

CVMHDP Update

Membership & Network Update Forms

It's that time of year again (although we're a bit late this year...) when we send out membership & network update forms. If you've received a form it would be very much appreciated if you could return it as soon as possible!

Mental Health Services Directory, Cardiff & the Vale of Glamorgan

If you'd like a copy or if your details have changed and you'd like to update your entry call Carol on 029 2022 2000 or email carol@cvmhdp.org.uk

MHF Training

We still have places left on the Money Advice, Participatory Evaluation Tools and Mental Capacity Act training (for details see page 3) to book contact Caroline on 029 2022 2000 or email caroline@cvmhdp.org.uk

The training programme can also be downloaded from www.cvmhdp.org.uk under 'Training'.



Sefyll Newsletter - "Sefyll News"

Sefyll produces a monthly newsletter providing information and involvement opportunities for service users. If you'd like to receive a copy please call 029 2022 2000, or download it from www.cvmhdp.org.uk under 'Newsletters'.

Dates for your diary...

NB: Please check dates nearer to time in case of changes.

- Thurs 21 Jun — MHF, 2-4pm, Methodist Church, Habershon St., Splott

- Fri 29 Jun — Mental Health Strategy Consultations. 10-12.30 service users & carers, 2.30-4.30 professionals. Booking required, see page 1 for link to Welsh Government website page where the flyer can be found.

- Mon 9 Jul — MHF Speed Networking Event, 2-4, Star Leisure Centre. Booking required, call Linda or Caroline on 029 2022 2000

- Thurs 12 Jul — CMHT Liaison Meeting, 9.30-12.30, Hamadryad

- Thurs 19 July — MHF, 2-4, Barry Library. Discussion on the Mental Health Strategy.

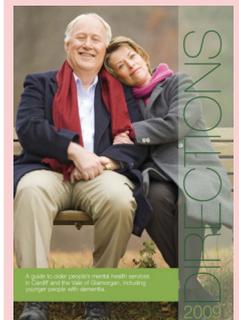
Guide to Name Abbreviations

MHF—Mental Health Forum

CVMHDP—Cardiff & Vale Mental Health Development Project

C&V UHB—Cardiff & Vale University Health Board

Sefyll is always looking for people who use mental health services who want to have a voice in the way services are run. Contact Anna on 029 2022 2000 or sefyll@cvmhdp.org.uk



Directions -
Phone 029
2022 2000
for a copy.