



Sefyll News

Free Training Programme out soon!

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Sefyll's latest training programme aimed at people who use or have used mental health services, is currently being put together.

FREE courses are aimed at giving you the tools, techniques and confidence to influence the development and delivery of services.

The programme will include a variety of courses to suit all levels of interest and experience, whether you are interested in attending a meeting for the first time, or you're already a seasoned service user representative.

Previous courses have included: 'Introduction to Welsh Politics', 'Train the Trainer', 'Standing Up, Speaking Out' and 'Running a Self Help Group'

**FURTHER
INFORMATION
COMING SOON!**



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.



The Mental Health (Wales) Measure 2010

The Mental Health (Wales) Measure 2010 is a new law made by the Welsh Government which will help people with mental health problems in four different ways.

Local Primary Mental Health Support Services

The Measure will make sure more services are available if you have mental health problems, such as anxiety or depression. Your GP will refer you to these services, which may include for example counselling, stress and anxiety management. They will either be at your GP practice or nearby so it will be easier to get to them.

You will also be told about other services which might help you, such as local voluntary groups or advice about money or housing.

Care Co-ordination



Some people have mental health problems which require more specialised care and support. If you are receiving these services then your care and treatment will be overseen by a professional such as a psychiatrist, psychologist, nurse or social worker. These people will be called Care Co-ordinators and will write you a care and treatment plan – working with you as much as possible. This plan will set out the goals you are working towards and the services that will be provided by the NHS, the Local Authority and other agencies to help you reach them. This plan must be reviewed with you at least once a year.

Assessment of people who have used specialist mental health services before

If you have received specialised treatment in the past and were discharged because your condition improved, but now you feel that your mental health is becoming worse, then you can go straight back to

the mental health service which was looking after you before and ask them to check whether you need any further help or treatment. You don't need to go to your GP first, although you may wish to talk it through. You can ask for this up to three years after you are discharged from the specialist team.

Independent Mental Health Advocacy

If you are in hospital and you have mental health problems you can ask for help from an Independent Mental Health Advocate (IMHA). An IMHA is an expert in mental health who will help you to make your views known and take decisions in relation to your care and treatment (but will not take decisions on your behalf!)



If you have any questions about the Mental Health Measure and what it means for you then please contact:

mentalhealthandvulnerablegroups@wales.gsi.gov.uk

Be part of Time to Change Wales.

Do you have experience of mental health problems you would like to share!

Are you interested in volunteering, writing a blog, running a project, event or even taking the anti-stigma message to large businesses and employers in Wales.

We could train you as an Educator, or if you have a great idea for an anti-stigma project in your community, you could apply for support to get your project up and running through our leadership programme.

Time to Change Wales would love to hear from you, to get involved;

email: info@timetochangewales.org.uk

Sign up for our e-bulletin, become our friend on Facebook, and follow us @ttcwales on Twitter.



Useful contacts

C.A.L.L



An all Welsh out of hours mental health telephone helpline service providing emotional support, information on local and national services. They can also provide literature on a range of subjects, symptoms and treatments. Calline also includes help for rural stress.

Tel: 0800 132 737 open 24 hours

Website: www.callhelpline.org.uk

Recovery Cymru



Recovery Cymru is a mutual-aid support community in Cardiff and the Vale for people in or seeking recovery from drug and alcohol problems. A growing community with all members, volunteers, advocates and supporters helping make it what it is.

Are you or someone you know recovering or seeking recovery? Are you looking for support, advice, fun, social networks, activities, volunteering, self-help and new opportunities with people who understand?

Do you have time on your hands? Are you looking to be involved in something positive, fun and meaningful ?

Recovery Cymru are also always looking for people with passion and new ideas, so if you have thoughts you'd like to share, get support to make them a reality with others.

All people with and without personal experience of drug and alcohol problems are equally valued.

Recovery Cymru would love to hear from you and for you to get involved! Visit the website at www.recoverycymru.org.uk email: info@recoverycymru.org.uk or tel 029 2022 7019.

Adult Mental Health Joint Operational Group (JOG)

JOG is a forum for managers from Health, Local Authorities, the Third Sector and service users and carers to discuss service developments. JOG also has an advisory role in relation to operational issues affecting member organisations.

Have Your Say—represent the views of service users.

To be a rep you must:

- use mental health services in Cardiff or the Vale
- be able to follow debate and make relevant contributions
- know a bit about current mental health services

JOG wants two people who use mental health services to represent the views of other service users.



Get Involved! Adult Mental Health Unit Planning

The Cardiff and Vale University Health Board is setting up a group to look at the new plans for the Inpatient Unit at Llandough.

The group will look at the previous plans for Whitchurch Hospital and look at what can be taken forward and what will need to be changed.



If you are interested in representing the views of service users on either group please get in touch with **Anna** on **02920 222 000** or email: **sefyll@cvmhdp.org.uk** by Friday 27 July.

Opportunities

Bring your **EXPERTISE** as someone who has used mental health services to an **Expert Reference Group**



3 people who use mental health services are needed to be part of an **Expert Reference Group**. This group is still being formed and needs your help to make it work

You must have an understanding of the recovery ethos

Interested? Please get in touch with **Anna** on **029 2022 2000** or **sefyll@cvmhdp.org.uk** by **Friday 27 July**.



FREE Photography competition - 'Democracy in Action in Wales'

Photography courses and two digital cameras to be won!

Each and every one of us has the ability to shape Wales; the National Assembly for Wales is inviting you to send in pictures of **'Democracy in Action'**

You don't need to be a photographer or even have a camera, blurry action pictures taken with your smart-phone or images from a digital camera will all be considered, as long as they illustrate the power we have as Welsh citizens to change our country.

Taking part would make a fun group activity and a great way to promote your group.

Closing date for entries is 31 August 2012. For more info visit: www.DemocracyInActionInWales.org

Mental Health Strategy Consultation

'Together for Mental Health' is a new draft 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.

Come and share your views about the strategy on Tuesday 17 July, 2-4pm at the YMCA, The Hub, Court Road, Barry CF63 4EE.



NHS and EPP Cymru

Free Health and Well Being Course

Do you recognise any of these symptoms?

- stress • tiredness • pain • tense muscles •
- depression • shortness of breath •
- difficult emotions • anxiety

Are you interested in joining a group for 2½ hours each week over 6 weeks to help with these symptoms?

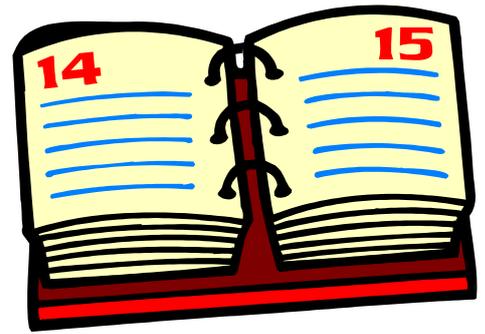
**Nolton Church Hall
Bridgend
Tuesday 14 August 2012
10am-12.30pm**



Courses are led by trained tutors who live with a health condition or who care for someone with a health condition.

For further information or to book a place on a course contact *Adele Davies* 01792 326560

Dates for Your Diary



Mental Health Strategy Consultation

Tuesday 17 July, 2-4pm, YMCA, The Hub, Court Road, Barry.
See page 6.

R.S.V.P.

Are there any particular items you'd like to know about regarding mental health services?

Reps Support Network

Tuesday 24 July at 10am-12pm at 4Winds Resource Centre, 65 Clare Road Cardiff.

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

BME Forum – Tuesday 31 July, 2-4pm, ISSA Wales Drop-In, Whitchurch Road, Cardiff

Please

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

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If you are interested in representing the views of service users on this group please get in touch with

Anna on **029 2022 2000** or **sefyll@cvmhdp.org.uk** by Friday 27 July

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*