

# Network News

July 2012

## Cardiff & Vale UHB Carers Strategy - Consultation Event

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**Consultation Event - 30 July, 10.30-1pm, Cardiff Central Library.**

Cardiff and Vale UHB are currently developing their Carers strategy in line with the Welsh Government Carers Measure. This event is an opportunity for 3rd Sector providers who work with, support, or provide advocacy for carers to have input into the direction and focus of the strategy.

The carers strategy will detail how the UHB working with partners including Cardiff Council, Vale of Glamorgan

Council and the 3rd Sector, will meet their duty of care to carers as well as those receiving care.

To book please email [anne.m@c3sc.org.uk](mailto:anne.m@c3sc.org.uk) detailing any additional requirements. Refreshments will be provided.

This event is organised by Cardiff's Third Sector Council and Vale Council for Voluntary Services, and is funded by Cardiff and Vale UHB.

For more information on the Carers Strategy please email [kevin.r@c3sc.org.uk](mailto:kevin.r@c3sc.org.uk) or [linda@valecvs.org.uk](mailto:linda@valecvs.org.uk).

### Contact details:

Unit 11, Williams Court  
Trade Street, Cardiff  
CF10 5DQ

029 2022 2000

[mail@cvmhdp.org.uk](mailto:mail@cvmhdp.org.uk)

[www.cvmhdp.org.uk](http://www.cvmhdp.org.uk)

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

## New Nexus Worker



Hello. My name is Judith Parry and I have recently taken over the post of Carer and Service-User Involvement Development Officer from Matt Quinn. My background is in the Mental Health sector, having been employed by Mind in Pontypool for a number of years. I have also worked as an advocate, during which time I enabled people with Learning Disabilities to speak up about key decisions affecting their lives. This passion for supporting people to have their say is something that I intend to bring to my job with Nexus and I am very much looking forward to getting involved.

During the times I am not working, I like to potter in my garden or relax with family and friends. I also enjoy putting pen to paper – or type to screen – as a member of my local writing group.

## News From Organisations...



Visit [www.recoverycymru.org.uk](http://www.recoverycymru.org.uk)

### Recovery Cymru

Recovery Cymru is a self-help and support community for people in or seeking recovery from alcohol and drug problems. They have a recovery centre in Cardiff and are developing their community in the Vale of Glamorgan. They are also networked into the wider recovery community in Wales and the UK.

Their activities are designed to offer people the opportunity to receive support, help others and develop their skills and passions.

We offer:

- Self-help, support, advice and friendship
- Positive and meaningful ways in which to spend time
- New skills, hobbies and community networks
- Relapse prevention/management
- Awareness raising, advocacy and community building

Contact Details;

[info@recoverycymru.org.uk](mailto:info@recoverycymru.org.uk)

02920 227 019

07551 689 639 (Ring / text)

16 Llandaff Road, Canton, Cardiff. CF11 9NJ

### Domestic Abuse & Sexual Violence Helpline

The All Wales Domestic Abuse and Sexual Violence Helpline is a bilingual information signposting service, to help and guide people

with experience of domestic abuse or sexual violence, who are in need of information or access to support services.

Open 24 hours - Call **0808 80 10 800**

[www.allwaleshelpline.org.uk](http://www.allwaleshelpline.org.uk)

## Websites & Publications

### Turn to Us

[www.turn2us.org.uk](http://www.turn2us.org.uk)

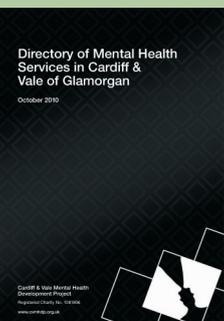
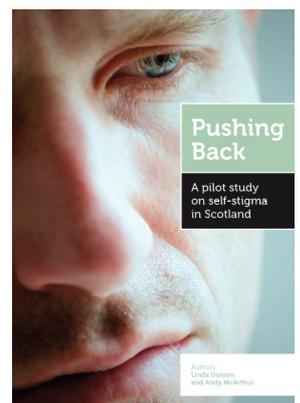
Turn to us is a charitable service which helps people access the money available to them – through welfare benefits, grants and other help.

The free, accessible website has been designed to help people find appropriate sources of financial support, quickly and easily, based on their particular needs and circumstances.

### Scottish Recovery Network & see me - 'Pushing Back' Report

A pilot study carried out on behalf of SRN and the 'see me' Scottish anti-stigma campaign has explored the extent and impact of self - or 'internalised' - stigma on people with mental health problems.

Visit <http://tinyurl.com/cdg8acq> to read more and download the report (goes to SRN website).



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

# Training & Conferences

## Newlink Wales Training programme now on their website

- Includes Cognitive Behavioural Therapy
- Substance Misuse Awareness accredited through UWIN

- Substance Misuse & Sexual Abuse in partnership with New Pathways

- Introduction to Trainer Skills accredited by City & Guilds

Visit their website for more information - [www.newlinkwales.org.uk/trainingProgramme](http://www.newlinkwales.org.uk/trainingProgramme)

## Questionnaires

This seems to be a time for questionnaires! Like buses, there are three doing the rounds and it would be great if you could spare a few minutes to complete all three!

### Service User and Carer Involvement

The Service User and Carer Involvement Sub Group is aiming to map the current levels of involvement across Cardiff and the Vale of Glamorgan as a bench mark. Please don't worry if you feel that you are doing little or none - this is just a start and we need and appreciate your comments

### Recovery Education

The Recovery Education Sub Group is mapping who is undertaking recovery education for people accessing services in order to populate a Recovery Education prospectus.

This includes services within the community and within the mainstream.

The aim is to develop a clear map for people using services

about what they can access and where.

Is your organisation holding any courses? Could you let us know?

### Primary Care Level Services

At the last Mental Health Forum meeting we agreed to map what we are doing at the primary care level . This will provide a basis for discussion about what can be developed and where as a sector our services fit with the new Primary Care Liaison Service. We will be discussing this on Monday July 16th 12-1pm at Unit 10 Williams Court.

Please come along to the meeting - and feel free to bring the questionnaire with you.

If you can't locate a copy of these questionnaires or would like a hard copy please don't hesitate to give me a ring.

The deadline for these questionnaires is July 16th but don't worry if they are a bit late - we would still like to receive them.

Thanking you for your help!!

Looking for training?  
Try visiting:

[www.participationcymru.org.uk](http://www.participationcymru.org.uk)

[www.valecvcs.org.uk](http://www.valecvcs.org.uk)

[www.c3sc.org.uk](http://www.c3sc.org.uk)

Looking for Mental Health First Aid Training?

Visit [www.mhfa-wales.org.uk](http://www.mhfa-wales.org.uk)



# CVMHDP Update

## Goodbye to Matt & Jane, Hello to Judith!

As many of you may know, Jane Patreane the Nexus Development Worker for Cardiff left the Project at the end of March, and Matt Quinn, who shared the role with her, left at the end of June. Everyone here at CVMHDP will miss them and wish them both well for the future.

Starting with Nexus from the beginning of July - and as seen on the front page introducing herself - is Judith Parry. She's already attended her first Carers Involvement Group and will soon be preparing her first Involvement News. We're all happy to have her on board and would like to welcome her to the team!

## Membership

Many thanks to everyone who has returned their form! If you haven't returned yours yet could we please have them in by the end of the month - if you've lost the form give Caroline a call on 029 2022 2000 or email [caroline@cvmhdp.org.uk](mailto:caroline@cvmhdp.org.uk) and we'll get a copy sent out to you.



## 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](http://www.cvmhdp.org.uk) under 'Newsletters'.

## Dates for your diary...

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

- Mon 16 July — MHF Strategic Managers Meeting, 10-12, Unit 10 Williams Court
- Mon 16 July — Mental Health Measure Part 1 (Primary Care Liaison) Third Sector meeting, 12-1, Unit 10 Williams Court
- Tues 17 Jul — MHF black & Minority Ethnic Group, 10-11.30, ISSA, 62 Whitchurch Road, Cathays, Cardiff
- Thurs 19 July — MHF, 2-4, Phil John Room, Barry Library. Come along for refreshments, networking, discussion.....about **Draft Wales Mental Health Strategy- Discussion and Forum Response**
- Tues 20 Nov — MHF Training - Mental Capacity Act. Free training - to book contact Caroline on 029 2022 2000 or email [caroline@cvmhdp.org.uk](mailto:caroline@cvmhdp.org.uk)

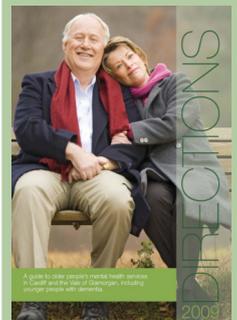
## Guide to Name Abbreviations

**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](mailto:sefyll@cvmhdp.org.uk)



Directions -  
Phone 029  
2022 2000  
for a copy.