



Sefyll News

CONGRATULATIONS -

Service User & Carer Involvement Committee in final 3!

South Wales Doctoral Programme in Clinical Psychology: NHS Wales Awards

The psychology Service User and Carer Involvement Committee submitted an application for the 2012 NHS Wales award *Citizens at the centre of service redesign and delivery*.



The title was: ***Promoting best practice and meaningful service user participation in health professional training: The clinical psychology experience.***

We attended the awards ceremony on the 4 July and were one of three shortlisted in our category. Competition was very strong and we are delighted with this achievement. A reward in itself for the commitment and hard work that everyone on our Service User and Carer Involvement Committee.

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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.



Part of the process was a visit from the judges. The commitment of our service users and carers to supporting the training programme was very evident; one of the key messages was that their involvement with our programme was NOT tokenistic and that they felt they were "valued colleagues".

Another really good thing was that we had to demonstrate how we had evaluated our service user and carer involvement, so we carried out an 'audit'.

We would like to take this opportunity to thank everyone involved, however that may be, we could not have done it without you!

BREAKING NEWS—

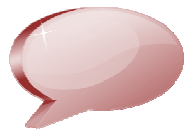


You can now follow us on Twitter

#SEFYLL

Note From the Editor

Hello and welcome to the sixth edition of Sefyll News. We hope that you are finding it informative and inspiring.



Our aim is to make you aware of what is going on in the mental health service user community and hope that this is being achieved.

We would really appreciate your comments on how we are doing and any input you may have, be it an article or a suggestion for something to be included or to be done differently.

Thank you for reading this and looking forward to hear from you in the future.

Please address your comments to: *Anna on 029 2022 2000 or email: sefyll@cvmhdp.org.uk.*

All comments will be given due consideration; inclusion in the newsletter and the right to edit any article remains at the discretion of the editor.

New Service

Community Wellbeing

Do you live in Barry?

Want help get more out of your life?

To be healthier and happier?

If you answer **YES** to all three help is here!



Hyfforddwr Lles Cymunedol

Get a **Community Wellbeing Coach** who will listen to your needs and help you work out a way forward, setting realistic, achievable goals and give you the support you need to realise your own Personal Health Plan.

For more information and to arrange a convenient place to meet contact Adele on 07974956751 or email: info@communitywellbeingcoaches.com

CAB 4 Cardiff – Citizens Advice Services

It is now possible to access information and advice at the **University Hospital of Wales.**

Visit us for a 15 minute assessment where an adviser will establish how to help you. A further appointment may be necessary.

A drop-in service is available at the concourse on

Tuesday 10am – 1pm

CAB 4 Cardiff

The Quiet Room (next to Macmillan Information Centre)
Concourse

UHW

Heath Park

Cardiff



If you need advice over the telephone, contact:

Adviceline Cymru

Monday - Friday

08444 77 20 20

9am– 5pm

Useful contacts



Turn to Us **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.

PenYr Enfys—The Fitz

Pen Yr Enfys provide a variety of treatment and support services to people who think they have, or might have a problem with alcohol or substance use.

At The Fitz, the drop in and activities centre, they provide an alcohol and drug free environment where people can relax and socialise away from every day temptation. The Fitz is linked into their treatment services and offers activities that allow people to build their skills and regain confidence.

- Immediate advice and support
- A café serving food and drinks
- group discussions
- Various clubs
- Social and sporting activities, including adventure days and barbeques
- Assistance with associated problems, including mental health
- Music and parties
- An allotment and healthy eating project
- Computers and internet connections

For further information please contact:
Tel 029 2038 8003 or 01446 729 911

admin@penyrenfys.org

Opportunities

Share your expertise as someone who uses, or has used, mental health services!

A multi-agency group has been set up to make sure that service user and carer involvement is at the heart of mental health services in Cardiff and the Vale. The group is working to turn an action plan into reality and we need your help to do it!

Travel expenses and refreshments provided



Get paid to share your story!

Clinical Psychology trainees want to hear service users talk about their "lived experience" of mental health

There will be 10 trainees in the group and you need to be happy to respond to questions.



Interested in either of the above opportunities?
Get in touch by 12pm on Friday 24th August on
02920 222 000 or Sefyll@cvmhdp.org.uk

Help Tackle Hate Crime in Wales

The Welsh Government wants to hear your views on the development of a Framework to tackle Hate Crime across Wales.



The Framework for Action will focus on three priority areas, these are:

- to prevent
- to report and
- to respond to hate crime

Work will be taken forward across the protected characteristics of race, religion, disability, sexual orientation, gender reassignment and alternative subcultures (including the way people dress)."

You can complete the survey online at www.surveymonkey.com/s/frameworkforaction



Opportunities

Community Mental Health Teams (CMHT) want to provide better information – can you help?



Many service users have told us that they're not sure what a CMHT does and what help you can expect from them.

Would you like to come along to a session which hopes to address some of these issues?

Come along on **Tuesday 21 August** at **2pm** (venue to be confirmed)

Please get in touch for more information or to book a place on 02920 222 000 or sefyll@cvmhdp.org.uk

BDRN (Bipolar Disorder Research Network)

The Mood Disorders Research Team, based at Cardiff and Birmingham Universities, look at how genes and other factors make some people more likely than others to experience bipolar disorder.

Participants are usually visited in their own homes and asked about their experiences and symptoms, to fill in a questionnaire and give a small blood sample.

If you are interested in helping with this research **BDRN** would be extremely grateful to hear from you, visit the website at: www.bdrn.org

BDRN will keep in touch with you via their annual newsletter.

Any information given is in strict confidence.



Opportunities

Positive Choices

A project run by Mind Cymru to aim to help reduce the suicide rate across Wales and promote mental health by relieving the serious mental distress experienced by individuals with thoughts of suicide.



They want to hear about people's experiences of talking to their GP about suicide; how helpful it was, how it felt before, during and after. They are also interested in how things felt for the GP.

The stories and experiences they gather will be woven together and used to inform a theatre workshop exploring these issues from both perspectives. The workshop will take place at the annual Wales Mental Health in Primary Care Conference later in the autumn.

Please be assured any information gathered will be treated sensitively and anonymously.

For more information contact:

Nicole Burchett, Project Officer on

029 2034 6574 or **07867973550** or visit:

www.positivechoices-wales.org/

Taking care of your mental wellbeing!

Journeys are providing a recovery based information session. Come along and learn new and helpful ways to take care of your mental wellbeing.

Tuesday 21 August 11am–1pm,

4Winds Centre, 65 Clare Road, Grangetown

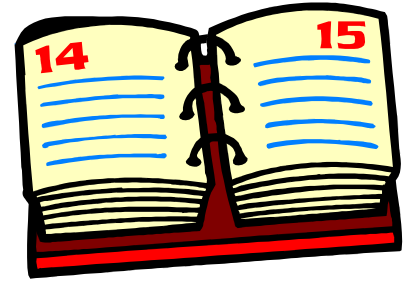
Spaces are limited, to book a place contact the 4Winds Centre;

tel 029 2038 8144 or email contact@4winds.org.uk



Dates for Your Diary

Meetings



BME Forum

Tuesday 14 August,

2pm—4pm, ISSA Wales

A friendly informal group for anyone with experience of mental distress, from a Black or ethnic minority background.

Reps Support Network

Wednesday 29 August,

10am—12.15pm, 4 Winds Centre

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

Community Mental Health Team

Tuesday 21 August at 2pm (venue to be confirmed)

See page 6 for more info

Events

Taking care of your mental wellbeing!

Tuesday 21 August, 11am—1pm,

4Winds Centre, 65 Clare Road, Grangetown

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

For all the above meetings, events 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*