



# Sefyll News

## Adult Mental Health Unit (AMHU) University Hospital Llandough

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The first enabling stage in the project for the development of the Adult Mental Health Unit (AMHU) at the University Hospital Llandough (UHL) started in September 2012 following approval from the Health Minister for funding of the multi-deck car park. This will create car parking to replace the existing car park on which the proposed AMHU will be built.

Work is progressing on the development of the Full Business Case which sets out the final details of the AMHU project and the required capital funding. This will be submitted to Welsh Government at the end of the year for approval and funding of the AMHU.

We have listened to service users to find out what facilities and atmosphere they feel would help them in their recovery and the design reflects these views. The new Unit will provide inpatient care in a safe and therapeutic environment which supports the provision of effective care and treatment. It will reduce risk, promote recovery and support service users. The design will provide a range of clinical, social and therapeutic spaces, including single en-suite bedrooms, communal areas, spaces for quiet reflection, rooms for therapy, treatment, education and leisure.

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To find out more about the design, you are invited to one of the following question & answer sessions:

**Tuesday 16 October, 3pm at 4 Winds**

**Wednesday 17 October, 1.30pm at Ty Canna**

**Tuesday 20 November, 1pm Mind in the Vale, Barry**

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### **Changes to Cardiff & Vale Inpatient Units**

The Health Board are holding Question and Answer Sessions to inform people about some of the changes planned in the running of Whitchurch Hospital and the Llanfair Unit.

The Health Board are looking to remodel how and where admissions to hospital happen, in readiness for the new build at Llandough opening in 2015. Aiming to remodel within this financial year, the Health Board want to know what you think about their ideas. Come along to learn more and share your views.

**Question and Answer sessions at:  
4Winds on Tuesday 23 October at 3pm**

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### **Last Chance To Have Your Say!**

Gofal is currently looking to capture people's experiences of these services.

This national survey, is relevant to any person in Wales who has visited their local GP surgery to seek advice, treatment or support for mental health problems in the last 2 years.

Gofal are keen to hear from as many people as possible, from a range of backgrounds.

This survey will be available until 4 October at [www.surveymonkey.com/s/Gofal-0912-Eng](http://www.surveymonkey.com/s/Gofal-0912-Eng)



## **World Mental Health Day! Facing the Challenge Together**

If you or someone near to you have concerns about mental health, find out about all the support that you can receive in Cardiff and the Vale of Glamorgan.

Visit the information stands at



### **BARRY**

**Saturday 6 October**

**Barry Library**

**King Square, Barry**

**9.30am - 4.00pm**

### **CARDIFF**

**Sunday 7 October**

**Riverside Market**

**Fitzhamon Embankment,  
Cardiff**

**10.00am - 1.00pm**



**Cardiff & The Vale  
Mental Health Development Project**

## **Annual/Special General Meeting**

**Friday November 9**

**11.30am - 2.00pm**

**STAR Centre, Splott Road, Cardiff CF24 2BZ**

A warm welcome is extended to all, catch up with everything that we have been involved in and our achievements during the past year and to talk about our new name and structure.

Free lunch and entertainment!

To book a place please contact **Caroline**  
on **029 2022 2000** or **[caroline@cvmhdp.org.uk](mailto:caroline@cvmhdp.org.uk)**  
by **Monday 5 November**

## Useful contacts

### **Mental Health and Medication Wales: Choice and Medication**

A source of accurate, simple and helpful information.  
Find out more about health conditions, treatments  
and medications.

<http://www.choiceandmedication.org/ncmh/>



**Walkfree** is a self help group for people with panic, anxiety and social phobia.

A number of meetings are held during the week in various venues:

Canton - Ty Canna

Tuesday 7.00pm -9.00pm

Newport Road - Longcross St., Roath, Cardiff

Wednesday 6.45pm – 8.45pm

Llanedeyrn - Powerhouse

Tuesday am 11.15am – 1.15pm

Clients are required to telephone the number below and a referral form is completed with the administrator over the telephone and sent to the appropriate facilitator for their local group.

Contact:

Psychology Department, Whitchurch Hospital,  
Whitchurch, Cardiff CF4  
7XB

Tel: 029 2062 4448



## Recovery Steering Group – rep needed

Following the launch of the Recovery Charter in 2010, a Recovery Steering Group was set up to ensure the development, agreement, and implementation, of a Recovery action plan for Cardiff and the Vale of Glamorgan. This action plan has been developed to implement Recovery across the Health, Social Care and Third Sectors.

The group is made up of representatives from the Health Board, Local Authorities, the 3<sup>rd</sup> Sector, service users and carers. They would like to invite more service users to become part of this group.



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## Mental Health Programme Board back -up Rep

The Mental Health Programme Board has been set up to ensure that mental health services are developed consistently and equitably across Cardiff and the Vale of Glamorgan.

It is a small decision making group that has the authority to resolve and unblock problems or issues being experienced by existing operational planning groups. The group is made up of Chief Officers from the Health Board and Local Authority, a Service User, Carer and Third Sector Representative.

The group needs a back-up service user rep for times when the main rep is unable to attend.

If you are interested in representing the views of service users on either group please get in touch with **Anna** on **029 2022 2000** or email: **[sefyll@cvmhdp.org.uk](mailto:sefyll@cvmhdp.org.uk)** by **Friday 19 October**.

## Opportunities

### **Paid opportunities - Clinical Psychology Selection and Recruitment**

The Clinical Psychology Post Graduate Course want service users to help them choose trainees for their intake next year. This is a paid position.

Support and training available.

If you are interested in the above please contact **Anna** on **029 2022 2000** or **[sefyll@cvmhdp.org.uk](mailto:sefyll@cvmhdp.org.uk)** by **Friday 19 October**.



**CYNGOR GOFAL CYMRU  
CARE COUNCIL FOR WALES**

### **Care Council for Wales**

The Care Council for Wales are looking for service users or 'lay members with experience of receiving social care' to sit on its committee.

The tenure is 4 years and the daily rate is £175 plus travel expenses. They provide you with an ipad so that you can access all the paperwork for meetings (around 8 days a year commitment)

Its based in Cardiff but meetings may be held elsewhere in Wales. The Care Council will fund accommodation on a dinner, bed & breakfast basis. Closing date for applications is 15th October. For more information or an application pack contact:  
Rhianon Rowland, Human Resources Administrator

Tel: 029 2078 0692

e-mail: [rhianon.rowland@ccwales.org.uk](mailto:rhianon.rowland@ccwales.org.uk)

Website: [www.ccwales.org.uk/work-for-us/](http://www.ccwales.org.uk/work-for-us/)

## Limited places available



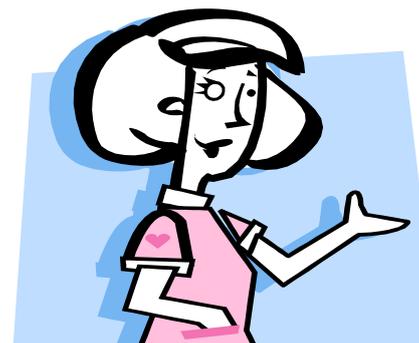
## Standing Up Speaking Out Parts 1 & 2

This course aims to give service users the confidence and skills to voice their views and be more actively involved in developing and running services.



## Becoming a Volunteer Educator

This workshop, run by Time to Change, Wales, aims to train people with lived experience to educate organisations and local communities: to build a momentum for a lasting movement for change.



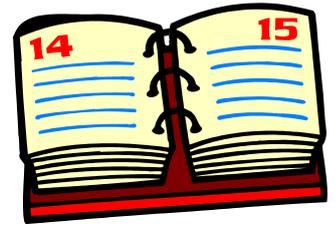
## Setting Up a Self-Help Group

This course is for people who are thinking about setting up a new group but do not know where to start. Topics include the purpose of the group, how to recruit members and practical issues such as personal safety and choosing the right venue.



For information about times, dates and venues see the **Dates for your Diary** on the back page! If you are still interested contact **Anna; 029 2022 2000** or **[sefyll@cvmhdp.org.uk](mailto:sefyll@cvmhdp.org.uk)**

# Dates for Your Diary



## TRAINING

### Standing Up Speaking Out

Part 1 - Thursday, 4 October

Part 2 - Thursday, 11 October

Equality and Human Rights Commission

3rd Floor, 3 Callaghan Square, Cardiff CF10 5BT

### Becoming a Volunteer Educator

Thursday, 18 October

Phillip John Room, Barry Library, Kings Square,  
Barry CF63 4RW

### Setting Up a Self-Help Group

Tuesday, 23 October

Canton Meeting Room, Wesley Methodist Church,  
Cowbridge Road East, Canton CF5 1JP

## EVENTS

### BME Forum

Tuesday 9 October

2.00pm - 4.00pm, ISSA Wales

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

### Reps Support Network

Tuesday 30 October

10.00am - 12.15pm, 4 Winds, 65 Cardiff CF11 6QP

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

For all the above refreshments are provided and travel expenses can be paid. For more information: please contact **Anna** on **029 2022 2000** or **[sefyll@cvmhdp.org.uk](mailto:sefyll@cvmhdp.org.uk)**

### 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



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