

# Network News

November 2012

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

## World Mental Health Day - Sunday October 7th, Riverside Market

A brilliant day heralded by bright autumn sunshine, a glistening river & and a rain of falling yellow leaves added to the feel-good factor of this event, which I think was felt by every one of us.

Laying out our stall with a multitude of leaflets, display boards, sweets, balloons, free henna art and other give aways, we had a continuous steady stream of interest from people happy to come up and talk in the laid back atmosphere of the Sunday market.

Meeting people from all walks of life with all types of mental health conditions - bi -polar, schizophrenia, multiple anxiety, depression, alongside carers and those who were just glad that the stigma of mental health was being lifted and the social aspects of mental ill health recognised, - we were able to share information about opportunities that could be used by all.

*'I was very heartened by the number of people who came up to the stall and talked quite openly about their particular*

*MH problems or about somebody they knew.'* - Gwyneth

*A big **thank you** to everyone who helped out – Mark, Gwyneth, Chris, Delyth, and Shahida!*

**As part of the day, we asked people what made them happy. Here are some of the responses!**

- Music
- Being on my bike in the sunshine
- Nice food with my family
- Being with my family
- My wife and daughter
- Sunday mornings with my girlfriend x
- Seeing my grand-daughter in Aber
- Sunshine, good friends, laughing and reading books by Terry Pratchett and Neil Gaiman
- Good food and wine
- Watching TV & DVDs
- The sun, buds and flowers make me happy

## News From Organisations...

### Barry Bipolar Self Help Group

The group offers support and information in a friendly, safe and confidential setting for anyone affected by bipolar.

Family members, partners, friends and carers are all welcome.

Where: The County Library, King Square, Barry, CF63 4RW.

When: First Wednesday each month, 4.00pm to 6.00pm.

For further information about the services of Bipolar UK in Wales please call 01633 244 244 or email:  
walesinfo@bipolaruk.org.uk

### Alzheimer's Society Voice and Choice Advocacy Service for People with Dementia

Through their Independent Advocacy Service they can offer people a voice and the opportunity to express their wishes and views to ensure that their rights are protected. The aim is to empower and support people living with dementia to be involved in the key decisions in their lives.

The Alzheimer's Society can offer a free, impartial and confidential advocacy service. So if you or anyone you know has a diagnosis of dementia you can access this service by contacting your local representative:

Joanne Boyer, Advocacy Manager South Wales

01495 221393

joanne.boyer@alzheimers.org.uk

Sandra Jones, Support Service Manager Wales

01492 543946

sandra.jones@alzheimers.org.uk

## Bits & Pieces

### Integrated Local Care Plan, and what next after the Social Services (Wales) Bill.

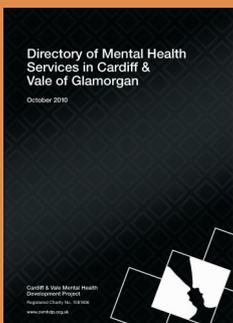
22 November, Glamorgan Archives, Cardiff, 10am – 3pm - Free

What do both the Social Services (Wales) Bill and the coming Integrated Local Care Plan mean for health and social care in Wales?

This pre-consultation event is your opportunity to hear from the Welsh Government about the ILCP and progress on the new Bill. Attending will be Margaret Provis, Deputy Director for Social Services and Lisa Dunsford, Deputy Director Primary and Community Care – this will be your chance to meet them and have your opinions heard.

The focus of the day will be on integrated working and new models of care across health, social care and the third sector, to best meet the needs of people within their local area.

Go to <http://e2.ma/click/p7vpe/t2y73c/loqtlb> to download the booking form.



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

## Training & Conferences

### **WCVA Annual Conference 2012 *I Matter, We Matter: Co- production into action***

**Cardiff City Stadium, 29  
November 2012**

This year's WCVA Annual Conference, *I Matter, We Matter*, focuses on the theme of **co-production** – the sector designing and delivering services together with the people and communities that use them. How can we make this happen across Wales?

And we want to use the conference to get people involved in the *I Matter, We Matter* campaign. We want groups to speak with the people they have a relationship with to answer the two 'I Matter' questions –

- What things are important to you in your life?
- What helps you to do these things?

We'll take the answers to these questions and make them the foundation for our work with the Welsh Government in defining the 'national outcomes for social services and social care services' that will form the Social Services (Wales) Bill.

Speakers will include Julia Slay of the New Economics Foundation on the value of people power, and Steve Thomas of WLGA, Lyn Cadwallader of One Voice Wales and Joy Kent of Cymorth Cymru will hold a joint session on transforming local services.

In the breakout sessions, we'll be looking at the what, why and how of co-production; co-governance; environmental and social regeneration, and much more besides.

You can book your place at <http://tinyurl.com/8trhxhb>.

### **South Wales Programme Voluntary Sector Engagement Workshop**

Friday, 16th Nov 2012; 10-1pm  
Venue: tbc  
Refreshments provided

A debate has been launched about potential changes to the location of some hospital services locally.

You can find out more about the ideas and how to engage in the debate at:

[www.cardiffandvaleuhb.wales.nhs.uk/swp](http://www.cardiffandvaleuhb.wales.nhs.uk/swp)

As part of the crucial engagement phase, Vale Centre for Voluntary Services (VCVS) and Cardiff Third Sector Council (C3SC) are hosting an engagement event for Voluntary Sector Organisations to inform and offer a chance to get involved.

Places are limited so please book early to reserve your place by emailing [ceri@valecvcs.org.uk](mailto:ceri@valecvcs.org.uk)

Looking for  
training?  
Try visiting:

[www.  
participation  
cymru.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

## Membership & Network Update Forms

If you've not sent one back yet, it's not too late! If you need another copy email me on [caroline@cvmhdp.org.uk](mailto:caroline@cvmhdp.org.uk)

## Mental Health Services Directory, Cardiff & the Vale of Glamorgan - Updates wanted!

If you've not checked your entry for a while please do so and let us know if any changes are needed - the website can be updated anytime!

## CVMHDP Special General Meeting

Thursday December 13<sup>th</sup> - 12.30 - 1.45pm at the Star Leisure Centre, Splott, to approve change of name and structure. Will also include a bit of a Christmas bash and will be followed by the Mental Health Forum meeting.

If you'd like to come along email [caroline@cvmhdp.org.uk](mailto:caroline@cvmhdp.org.uk) so we know the numbers for lunch.



## 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.

- Fri 9 Nov — CVMHDP AGM, 11.30-2 Star Centre, Splott
- Mon 12 Nov — Counselling Organisations Meeting, 10-12, Tenovus Offices, Whitchurch Road, Cardiff
- Thurs 15 Nov — MHF, 2-4pm, C3SC, Brunel House, Fitzalan Road, Cardiff
- Mon 19 Nov — BME Networking Session, 11-1, Journeys, Albany Road, Roath, Cardiff
- Fri 23 Nov — 'Keeping in Touch with the Third Sector', 14.30-16.30, Large Lecture Theatre, Dental Hospital, UHW
- Thurs 15 Nov — MHF Managers Meeting, 9.30-11, 4Winds Centre, 65 Clare Road, Grangetown
- Thurs 13 Dec — CVMHDP SGM, 12.30-1.45, Star Leisure Centre, Splott, Cardiff. Lunch Provided. Followed by MHF, 2-4

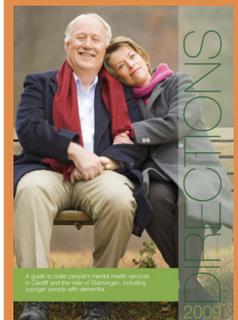
## Guide to Name Abbreviations

**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  
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for a copy.