

Mental Health and Wellbeing

Day Opportunities in Cardiff and the Vale of Glamorgan for Adults

Services funded by Cardiff and Vale University Health Board (UHB),
Cardiff Council, Vale of Glamorgan Council

Index

Cardiff and Vale University Health Board

Day Opportunities Resource Services (DORS) p 2

Cardiff Council Services

Ty Canna Support Service p 4

Vale of Glamorgan Council Services p 6

Third Sector Services

4 Winds p 8

Cardiff Mind p 10

Mind in the Vale of Glamorgan p 12

Hafal p 14

For information about other services please see the Mental Health Services Directory for Cardiff and the Vale of Glamorgan on www.cavamh.org.uk

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Cardiff and Vale University Health Board

DORS [Recovery and Rehabilitation] Cardiff and the Vale

Aims & Objectives:

The DORS (Day Opportunities & Recovery Service) team provides intensive mental health support using a recovery based model to service users with severe and enduring mental health illness within the Cardiff area. The team aim is to empower service users to actively participate in their own recovery by:

- Increasing social contact and support.
- Sustaining and developing roles, relationships, social / leisure and vocational activities in mainstream settings.
- Providing opportunities for service users to be actively involved in the development of mental health services and support networks.

Services:

The main focus of our interventions is to engage service users with mainstream community activities through individualised support. This is achieved by focusing on psychological work, vocational rehabilitation and social/ recreational interventions.

- Psychological work - CBT, Family work, Relapse prevention, Anxiety Management, OCD
- Vocational Rehabilitation - Education, Voluntary work and Employment
- Social/ Recreational - Promote ordinary lives, increase use of community resources, increase support networks and facilitate group sessions and activities

- thereby maximizing the service user's potential for personal development and promoting independence within their community.

Referrals:

Referrals are received on Paris (UHB IT) from Cardiff Community Mental

Health Teams, Primary Care Liaison Team, Crisis teams and inpatient areas.

Along with the Cardiff Local Authority Day Services we liaise closely with our partners in the mental health voluntary sector in order to avoid duplication and maximize our community resources.

Contact:

Park Lodge, Whitchurch Hospital, Park Road, Whitchurch, Cardiff CF14 7XB

Tel: 029 2033 6594

Fax: 029 2033 6375

e-mail: Sylvia.Norrish@wales.nhs.uk

Cardiff Council

Ty Canna Outreach Service

The Outreach Service, which is time limited, helps people develop their life skills on a one to one basis, for example:

- Increasing confidence in social situations
- Developing education training and workshop skills, promoting independent living
- Promoting independent living
- Working on practical tasks
- Promoting healthy living
- Help accessing resources
- Regaining social confidence
- Support in education, training, voluntary/paid work
- Helping to lead an ordinary life
- Working to help people take an active part in their care, treatment and support package.

Also provides support for people to move on, engage in various opportunities, training, volunteering etc

Referral: via Community Mental Health Team

Contact: Bethan Webb or Nia Bannister

Ty Canna Outreach Service

Tel : 029 20641530

Nbannister@cardiff.gov.uk

CREW Cymru (formerly Ty Canna Drop-in Centre)

CREW Cymru is a not for profit organization run by committee members.

Aims

We are a community support service

Services

The service provides support for individuals who have a mental health diagnosis.

It is linked to Cardiff County Council Health and Social Care Services and works closely with the Ty Canna Out Reach Service.

Activities

Monday –

Morning Tea & Chat

Afternoon Games and Wii comps

Tuesday

Morning Baking

Afternoon DVD & Jewellery Making

Wednesday

Workshop Only

(separate referral)

Thursday

Tea & Chat

Evening Supper Club

(once a month)

Friday

Women's Group

Referrals

We accept referrals 18+ within the Cardiff area from Community Mental Health Teams. All members are to be linked with a CMHT.

Contact: Tel:0759 2765683

Vale of Glamorgan Council

Vale of Glamorgan Community Mental Health Team

Community Support Workers

What is Community Support Work services?

- Community Support Workers are part of the Community Mental health teams working in close relationship with Social Workers, CPN's other Health professionals and voluntary agencies.
- We work within the framework of Mental Health Act (1983), Mental Health Measures 2010, NHS and Community care Act (1990), Carers Act and Chronically Sick and Disabled Act.
- The team of community Support Workers is managed by a Co-ordinator

What can we offer?

- We offer support to people suffering from mental ill health attempting to alleviate isolation and promote independence.
- We provide short/long term support for people suffering from severe mental illness.
- Encourage and assist with domestic skills and tasks
- Assist service user to fulfil his/her potential for personal choice of lifestyle and opportunities..
- Offer support for respite carers.
- Integrate people back into local communities.
- We offer support in the form of group work such as, leisure centre, local community facilities and also local educational centres.
- We work alongside other agencies such as MIND, Housing associations and other disciplines within community Services
- Assist with assessing and monitoring risk factors.

Referral Criteria

- Referrals are received via Case Managers/Care Co-ordinators initially for assessment.

- People who meet the eligibility criteria and qualify for Community Care funding.
- The identified and assessed need would be addressed in a comprehensive care plan.

OFFICE OPENING HOURS

8:30 a.m. – 5:00 p.m Monday to Thursday

8:30 a.m. – 4:30 p.m. Friday

For more information contact Rachel Dickens 01446 733331.

Third Sector Services

4 Winds User Led Association

Charity No. 1071770

Summary of aims & objectives:

- To promote the recovery of people experiencing mental health difficulties so that individuals can lead fulfilling lives within the community.
- To provide a safe, warm, welcoming space with access to opportunities for social contact and peer support, emotional support, information and vocational support.
- To redress the social exclusion and disempowerment often faced by people living in Cardiff and the Vale who are experiencing/have experienced mental health difficulties.
- To enable users of the centre to become involved in its running and future development

Services:

The 4Winds is an open access, user-led mental health resource providing a welcoming meeting place, services and information on mental health issues. It provides a range of services including opportunities for social contact and peer support, emotional support, information, vocational support and women only services. It operates a seven-day week service which includes out of hours provision and bank holidays (including Christmas Day).

Opening times are:

Monday 1pm-5pm

(Followed by supported social group at Chapter Arts Centre Café from 5.30-7.30)

Tuesday 1pm-7.00pm

Wednesday 10.30am-1.00pm [women only]

Thursday 1pm-7.00pm

Friday 1pm-5.00pm

Saturday 1pm-5.00pm

Sunday 1pm-5.00pm

Resources available – regular training opportunities, information sessions and groups take place, computer room with Internet access, kitchen with access to cooking facilities, dining area, resource room including small library of books for loan, meetings room and communal sitting rooms.

Access is limited in the ground floor area. Unfortunately there is not a lift on the premises.

Languages: English, Hindi, Gujarati

Referrals:

No referral necessary, just pop in during opening hours, or contact us by e-mail or telephone for more information

Contacts:

4Winds Centre, 65 Clare Road, Grangetown, Cardiff. CF11 6QP

Tel: 029 2038 8144

Email: contact@4winds.org.uk

Cardiff Mind

Charity No. 1020633

Cardiff Mind promotes positive mental wellbeing through empowering and supporting people to access opportunities to give them independence and quality of life.

Each of our day service users has an opportunity to meet with one of our highly trained and qualified staff to discuss all aspects of their life and how this might impact on their mental health and well-being. We accept open and self referrals and aim to see everyone within 36 hours of initial contact (subject to the service user's availability)

In addition to providing assistance in resolving practical issues there are also a number of activities/services/courses that can assist in enabling a better understanding of mental health issues together with techniques to better manage one's own condition.

Services

- Individual Planning
- Counselling – up to 16 hour long sessions
- Coping with Life Courses – covering 7 themes e.g. Anxiety, Depression, Anger etc.
- Activity Groups / Peer Support Groups
- Allotment

- Supported Housing
- Domiciliary Support

For further details please see our website

www.cardiffmind.org

Tel 029 2040 2040

Mind in the Vale of Glamorgan

Charity No. 1066411

Mission Statement

Mind in the Vale of Glamorgan works with people who experience mental distress to achieve and maintain a more fulfilling life and play a full and equal part within the community. Our vision is of a society that promotes good mental health and that treats people fairly, positively, and with respect.

Aims

Mind in the Vale of Glamorgan's aim is to provide a service that is accessible, adaptable, person centred and recovery focused. People who access our service should have an active involvement in the planning and delivery of our service.

Mind in the Vale of Glamorgan aims to challenge stigma and discrimination experienced by people who are marginalised by society.

Mind in the Vale of Glamorgan aims to assist people to achieve their goals and ambitions by working in a recovery focused approach, providing information, support and encouragement for individuals.

We are committed to working in partnership to offer choice and help people shape the services they receive. All projects are committed to equal opportunities and confidentiality (in line with our policies). All projects provide service members with a clear complaints procedure should anyone be dissatisfied with the service they receive

Services

Wherever someone may live in the Vale of Glamorgan, there will be one of our Mental Health Resource Centres nearby which provide:

- Social activities shaped by the people who use the service.
- Information and resources available in the community.

- Assistance in helping people get the help and support needed from other organisations.
- Support for people in developing the skills, experience and confidence to work towards a person's recovery.
- Person centred planning, vocational support, and volunteering opportunities.
- Opportunity to use the Recovery Star to support your recovery
- Peer Support

We have a vocational project – Travellers in Mind Cafe/Gallery which offers work experience and volunteering with free accreditation from Cardiff & Vale College and a Charity Shop. We work in line with social inclusion and signpost to courses, activities and organisations within the community – working in partnership with Cardiff & Vale College and the WEA. A person centred approach ensures a tailor made support plan which addresses practical and emotional needs, goal planning designed for people to take ownership of their recovery journey. We believe that people can build meaningful and satisfying lives, when supported to do so, whether or not they have ongoing mental health difficulties.

Referral

All Mental Health Resource Centres are open referral.

Referrals for vocational support and/or work experience (Travellers in Mind) via Main office Tel 01446 730792

Contact

29, Ty Newydd Road, Barry, CF62 8HB

Tel: 01446 730792

Fax: 01446 700524

Email: admin@mindinthevale.org.uk

Hafal Services in Cardiff for service users

Charity No:1093747

Aims

Hafal Cardiff helps people with severe and enduring mental illness and their families to work towards recovery. All our services are underpinned by Hafal's Recovery Programme which empowers clients and families to take control of their lives and achieve recovery

Philosophy

Hafal's Recovery Programme is a modern approach to dealing with mental illness.

As an organisation managed by its members - people with experience of severe and enduring mental illness and their families - Hafal has drawn on many years' experience in dealing with severe and enduring mental illness to make the Recovery Programme as effective as possible.

What's the Programme about?

Hafal's Recovery Programme isn't just about medication or other therapies which deal directly with symptoms. These can be very important, but mental health is built on much broader foundations.

For any one individual the biggest step to recovery may be finding a place to live, getting a job, establishing a good relationship with their family... usually there are a set of different things which are important to an individual's recovery.

This is where Hafal's Recovery Programme comes in. When individuals experience severe and enduring mental illness, the Recovery Programme offers them and their families a more methodical way of improving all aspects of their lives

Services

- Employment/vocational Training

- Horticultural Project based in Museum of national history.
 - Community Cafe/s
 - Accredited Training programmes
 - Mental Health Carers I.T training
- **General Support**
 - Information
 - Advice
 - Groups Activities, Including Music therapy, Art Therapy
 - Befriending

Referrals:

Self Referral or through CMHT's, GP's, Housing Associations, Vol sector, Day Services etc.

Contacts:

Junaid Iqbal, Hafal, Gardens House, c/o Museum of National History, St. Fagans, Cardiff. CF5 6XB

Horticulture - Fred Dymott / Lesley Parker, (Horticulture project) Gardens House, c/o Museum of National History, St. Fagan's, Cardiff. CF5 6XB

Pen 'diner' - Fran Poxan, Café Instructor, Gardens House, c/o Museum of National History, St. Fagan's, Cardiff. CF5 6XB

Tel: Office - 029 2056 5959

Fred Dymott – 07710727622

Lesley Parker – 07811399125

Fran Poxan - 07812107904

Email: cardiff@hafal.org