# CONTENTS

Chair’s Introduction 5

Vision, Values, Aims 6

**Reflections on the year** 7

Third Sector:

Cardiff & Vale Mental Health Forum 8

Service User involvement:

Sefyll 11

Carer & Service User Involvement in Older People’s Mental Health:

Nexus 16

Admin Report 20

Cavamh Organisational Activities 22

Thanks 22

Legal & Administrative Information 23

Abbreviated Accounts 26

Coming in 2017 - Pave the Way 27
Chair’s Introduction

This has been another energetic year for cavamh, working with our core members across Cardiff and the Vale of Glamorgan, which are:

♦ Third sector groups with an interest in mental health - through the Mental Health Forum
♦ People using mental health services - through Sefyll
♦ People using mental health services for older people and their carers – through Nexus

Staff Changes

We welcomed Jasmin Chowdhury to Sefyll as Service User Involvement Development Officer in April 2015, replacing Anna Suschitsky. Jasmin will be moving on at the end of May 2016 to a post in London.

Laura Jones, admin officer, left at Christmas as Siwan Darling rejoined us from maternity leave.

On behalf of the Trustees/Directors, thanks again to all our staff for the continued energy, passion and commitment they have shown in delivering the continued success of cavamh in amplifying the voice of service users, carers and the third sector.

Some highlights of the year include all the hard work and activity preparing the bid for the Pave the Way Project in partnership with GVS and VCS. We are pleased to be able to say our bid looks likely to be successful, with a view to going live in the autumn 2016.

Through Sefyll, Nexus and Join the Dots, there have been lots of new involvement initiatives and events with service users & carers and valuable contributions to the Together for Mental Health Action Plan in partnership with the Mental Health Partnership Board.

Cavamh has also worked hard to co-ordinate plans for a multi stakeholder Recovery event, celebrating and measuring good practice around the Mental Health Charter five years on. This event, supported by the Sefyll Co-Creating Healthy Change Project is due to be held in April.

There has been continued work around housing and mental health, improving access to housing for people with mental health problems.

We have welcomed new members to the Mental Health Forum, and the work to develop strategic partnerships is going on apace. We have continued to promote and share good practice through the third sector counselling services and the BME groups and we have updated the Mental Health Services Directory on line.

Finally, work has been ongoing to strengthen our governance and the capacity of the Board.

We look forward to 2016/17 and hope it will be a busy and productive as the last, ensuring the voice of service users and carers is heard and promoting the invaluable role the third sector can play in the provision of innovative, recovery focused cost effective services.
cavamh is the Mental Health Development Service for Cardiff and the Vale of Glamorgan, working with third sector groups with an interest in mental health, people with experience of mental health services and carers.

Our Vision

Working to progress mental health services by service user, carer and voluntary sector involvement

Our Principles

To aspire to work within the principles of respect, equality and diversity, promoting the principles of social inclusion and independence, particularly through implementation of the recovery ethos.

Our strategic aims

To support and facilitate networking
To connect our constituency productively with service providers, planners and commissioners
To provide and share relevant training
To support the development of organisations, user and carer initiatives
To sustain and build an effective organisation, ensuring stakeholder involvement in the running of our organisation

Our services

Cavamh operates in three interlinked areas:

- A mental health development service to third groups with an interest in mental health via the Cardiff and Vale Mental Health Forum
- Sefyll – an involvement development project for people with experience of using mental health services and
- Nexus – the Older People’s Mental Health Carer & User Involvement Development Project for people, both service users and carers, with experience of older people’s mental health services.
REFLECTIONS ON THE YEAR
Cardiff and Vale Mental Health Forum is the key network for third sector groups with an interest in mental health. Through this network cavamh sets its third sector action plan, providing services in relation to development and consultancy, joint working, information, training, and supporting the sector in policy development, influencing change, mental health promotion/prevention, service user and carer involvement.

Building an effective third sector voice through the co-ordination of networks

The Cardiff and Vale Mental Health Forum and its interest groups – the BME Group, Counselling Service, Housing Group and Join the Dots Young People’s Involvement Group have met regularly to plan, promote good practice, raise awareness about unmet needs and influence policy development.

Some results....

- The BME Group has worked together to implement an action plan to improve services
- Counselling services group has collaborated to problem solve, improve and publicise their services to GPs and the public
- Young people have now renamed the Young People’s Involvement Group as Join the Dots, which has enabled young people to have a voice – with workshops, surveys and a voice in joint planning debates about the state of services

Ensuring a Voice in the development and delivery of services

- 32 reps were elected by the MHF to over 17 joint planning groups and a strategic approach was co-ordinated through reps meetings.
- We organised a workshop to develop a strategic plan with MHF members, clarifying the vision for next 3 years and actions to support this – in partnership with the UHB.

Ensuring a voice in the development of policy - This year we co-ordinated MHF responses to five consultations, including the Dual Diagnosis Framework (Wg), Sefyll Review of Model of Engagement, Cardiff Council’s Older People’s Day Opportunities Review, Together for Mental Health Action Plan Review and Delivery Plan.
Building collaboration and joint working - We have worked across a range of areas to improve services & delivery through collaboration, co-ordinating two joint planning working groups on Housing & Recovery, supporting third sector contributions in the adult CMHT review, and consideration of partnerships around CMHT discharge and volunteering. The Forum met with GP clusters to promote voluntary sector services and new partnerships, with Communities First Health leads and Community Education Services to promote working partnerships and developed links with Welsh Ambulance Service Trust (WAST) & A&E (Emergency Unit) to seek solutions to high levels of demand & need.

Promoting MHF organisations and services - through events such as the Minority Ethnic Fair, World Mental Health Day, Mental Health Awareness Day and within joint planning.

Promoting the Charter and Recovery - we are looking forward to the Celebrating Recovery Event in April 2016, currently being planned with partners.

Service User and Carer Involvement - Service user and carer involvement has been core within the MHF, including the Sefyll review, promoting service user/staff champions for service user involvement, mapping and sharing good practice, supporting young people’s involvement via Join the Dots and engaging groups supporting young people.

We have organised jointly with Sefyll/Nexus/Join the Dots & with the support of Hafal and other members, quarterly service user/carer involvement debates at the Mental Health Partnership Board around Care and Treatment Plans, Crisis Services, eating disorders, psychological therapies, children and young people’s emotional health, Equalities, leading to action plans to improve services.

Funding and Development Advice - We have continued to provide support to individual groups on request, circulated funding information, supported groups around local commissioning & mental health, and the development of third sector strategic plan.

Our annual training programme this year included topics such as, Working and living with people who self harm, Working and living with people at risk of completing suicide, Listening Skills, Mental Health First Aid, and Who Does What Where in Mental Health. Participants continue to tell us that they find these useful in their practice.

Mental Health Promotion - World Mental Health Day is always a key event on the mental health calendar and this year cavamh co-ordinated two events, one in partnership with VCS and with the support of 23 Forum members & many volunteers. During the year we have taken the MHF display and info leaflets to four community events, developed and distributed general mental health awareness information, public health info and info on mental health services.

Information - This year we circulated quarterly editions of Network News plus 48 e-bulletins covering info about new initiatives, joint planning, policy change, good practice, funding opportunities etc.
We have fully updated the **Mental Health Services Directory** on line, updated the **website structure** and arranged for the MH Services Directory to be uploaded to **DEWIS**.

We have reviewed the themed leaflets on emotional and wellbeing services for Young People, Counselling Services, and the BME leaflet.

Young people have helped develop the **Join the Dots** leaflet & logo with a competition and a brilliant videoanimation, with support of the Sprout.

Twitter has been used mainly to share information about meetings, trainings, consultations, e-bulletins & new services, rather than forwarding opinions. We hope to use this more in 2016/17!

**Finally** - thanks to all members for supporting the Forum over the year - this is a joint effort and much appreciated!

Some web stats... 78,226 views of the Mental Health Services Directory and 17,313 views of Directions, 124, 597 views of the website as whole, 41,166- 73% new visitors.
SEFYLL - SERVICE USER INVOLVEMENT DEVELOPMENT PROJECT

It has been another busy year for Sefyll and we have continued to build on previous year’s work in finding opportunities, and supporting service users to get involved and have a say in shaping and developing the services they are or have been using.

We began the year with Jasmin Chowdhury taking post in April as the new Service User Involvement Development Officer.

Involvement Model

During the year the model used by Sefyll for engagement and involvement was reviewed, discussed and modified. The values and principles guiding the review included the belief that at its most basic, service user involvement is the active participation of a person with lived experience of mental distress in shaping their Care and Treatment plan, based on their knowledge of what works best for them. However, when people who use mental health services and their peers/carers are equipped and supported to help commission, deliver and monitor the services that have a direct impact on their lives, those services improve and the people involved benefit by gaining confidence, skills, satisfaction and can be a positive influence on recovery.

Desktop research was carried out on models from other parts of UK and beyond and informed the draft proposal. The draft proposal consisting of a number of options was discussed at Sefyll Advisory Group (SAG) as well as Service User Engagement Group (SUEG) meetings before sending the final proposal to UHB. The model building on the existing one was agreed and it was proposed a review is carried out in 18 months (from June 2015).

Champions

For many who are currently using mental health services or with recent experiences of using services joining planning groups and formal meetings can be a daunting experience despite being keen on involvement. Having the flexibilities and creating a range of opportunities at different levels for involvement helps to reach out more widely and to develop a more inclusive environment for people to participate in.

A number of events were held throughout the year to re-launch, raise the profile as well as to develop and validate the pathways for Champions. The pathways for all Champions including service users as well as organisational Champions were developed to illustrate some of the ways people can get involved and to describe some of the expectations/terms of reference based on the discussions with those who had expressed an interest in being a Champion.
A graphic was designed during several workshops to illustrate the different pathways for involvement and an independent facilitator was brought in to facilitate the discussion at the ‘Champion’s Speed dating Event’ in February 2016. The resulting graphic was agreed and is reproduced below.

A brief snapshot of some of what we did in 2014/15

- We saw an increase in the number of active service user representatives to 28 who sit on a number of working groups
- We supported Service User Representatives via 11 Service User Engagement Group meetings (previously the reps support network) which were held over the year.
- We held 25 training events
- Service User representatives took part in 17 recruitment panels
- There were 25 planning and task and finish groups in support of the Local Mental Health Partnership Board including work around, Crisis Services, Care & Treatment Plans, Talking therapies and CAMHS
There were 9 Monthly Involvement events across Cardiff and the Vale along with regular focus groups throughout the year.

We held regular Champions meetings which increased the service user voice and raised awareness of the involvement pathways.

Together with the service user representatives we carried out a review of the Reps Support Network and updated the Reps Handbook.

Worked with the Clinical Psychology Department to develop a mentoring scheme for Psychology students.

Held regular Sefyll Advisory group meetings to look at the work of Sefyll throughout the year.

Information

Sefyll has continued to keep service users informed about what is going on in mental health and opportunities for involvement through a monthly mail out and also through regular e-mail updates, information on our website, and regular use of Facebook and Twitter. As well as staff and service users regularly visiting organisations and groups of people with an interest in mental health to raise awareness of and encourage participation in Service User Involvement.

Local Mental Health Partnership Board

The LMHPB aims to oversee the delivery and implementation of Together for Mental Health – A Strategy for Mental Health and Wellbeing in Wales and its Local Delivery Plan; guiding and monitoring progress, and facilitating co-ordination of the cross-cutting approach and engaging with all stakeholders including statutory and voluntary sectors as well as service users and carers.

Its remit is:

- Oversee implementation of Together for Mental Health and the local Delivery Plan, guiding and reviewing progress
- Advise the National Partnership Board on progress, emerging issues and future priorities
- Ensure that implementation is based on a human rights approach, advancing equality and tackling inequalities, and that there is a full life course approach
- Increase ownership in the Strategy through promoting wider involvement and engagement with acknowledgement of the value of Service Users and Carers in the process of taking the Strategy forward

Over the last year CAVAMH facilitated the quarterly meetings based on themes/issues identified through feedback fortnight in 2014. For each LMHPB meeting and theme CAVAMH carried out consultations with service users, carers and relevant organisations. Feedback and
responses were collated using mixed methods including surveys, group discussions, focus groups and social media.

A planning group was formed comprising service users and carers and representatives from the relevant organisations to discuss the process and to inform the debate on each subject topic. Following the debate and discussion at the LMHPB meeting an action plan was put together for each theme as well as forming an action planning group which met regularly to monitor progression and report back to the LMHPB on progress and outcomes.

These are some of the outcomes as a result of this ongoing work:

- Crisis Services - production of a leaflet outlining ‘How to Access Help in a Crisis’
- Care and Treatment Planning - Formation of an Operational Planning Group and training for staff and service users.
- Eating Disorders Services - Regular newsletters
- Psychological Therapies - feedback used in Psychological Therapies Review
- Young Peoples’ Services - Children and Young People’s Action Plan
- Equalities - increased awareness of refugee/male carers/learning disabilities
- Communities and Mental Health & Wellbeing Promotion

The LMHPB will continue to meet throughout 2016.

**Involving Young People: Join the Dots**

Sefyll has been involved in planning and facilitating the development of a ‘Together for Mental Health’ Children and Young People’s Sub Group covering Cardiff and Vale.

The group aims to reach out and involve young people aged 11-25 to have a voice in how emotional well-being and mental health services for children and young people are planned, delivered and monitored.

The group is a collaboration of voluntary and statutory organisation as well as young people using services and the Youth Councils. It is anticipated that the group will also act as an advisory group to:

- The Cardiff and Vale Local Mental Health Partnership Board
- Cardiff Partnership Board and
- The Vale of Glamorgan Children and Young People's Partnership

Join the Dots holds monthly meetings and has been involved in organising events consultations, and meetings including the LMHPB.

Sefyll aims to provide service users with opportunities to learn and develop skills for involvement. Over the last year Sefyll has offered a range of training opportunities to service
users including confidence skills, recovery and helping people to set up and find funding for their own support groups.

This year, almost 90% of attendees who completed an evaluation form said they were much more confident after attending the course and over 95% were more likely to get involved after attending training.

**Information**

Sefyll has continued to keep service users informed about what is going on in mental health and opportunities for involvement through a monthly mail out and also through regular e-mail updates. We have also developed our communication mechanisms, through our website, Facebook and Twitter, with a 60% increase in our Twitter followers. The CAVAMH website has provided us with an exciting opportunity to develop this even further, with Sefyll pages receiving over 3000 page views in 2015/16.

**Recruitment**

Another way in which we help service users get involved is through the recruitment of the staff that deliver their services, from Peer Support Workers to a Clinical Psychologist. This year, we arranged for service users to sit on a total of 14 interview panels. We will work with the health board to develop opportunities around recruitment and continue to provide free training courses.

**Making a difference**

As a result of a paper developed by service users, Cardiff and Vale University Health Board have in principle agreed to pay service users for their involvement. A working group has been set up to look at the issue of payment for service users. This is a fantastic achievement and a result of all the hard work that service user reps have put in.
It has been an exceptionally busy year and Helen and Matthew have divided their time among several new initiatives and the traditional work which has continued unabated.

A selection of our activities:

**Involvement News**

The readership of this bimonthly publication continues to increase. In addition to the regular posting of around 500 SUs and carers on the database every two months, copies are forwarded to all the members of the various groups with which Nexus is involved. It is now being sent to pharmacies in Cardiff and the Vale as part of a marketing initiative. A total distribution of approximately 2k copies.

**Forget Me Not Chorus**

The Co-Creating Healthy Change project whereby Nexus has worked alongside the Choir to support its members both individually and through offering opportunities for research, consultations with service providers and social information activities, has completed successfully. This 3 year programme of activities delivered jointly by Nexus and Alzheimer’s Society is currently being evaluated with a view to extend its good work where possible.

However, there are concerns about continuing Nexus attendance at choir meetings, now in Penarth as well as Thornhill. Our service is hugely appreciated by members of the choir and the service providers and planners who all feel that some form of continuity is essential. The carers and people with dementia who meet at the Thornhill Community Centre on Monday evenings, now number around 60. Penarth on Thursdays attracts about 20. Singing is of course widely regarded as having a beneficial effect for those with dementia and the choir continues to attract new members.

A vital link to other services and provide up-to-date information. Their necessity cannot be over stated. They attend groups where carers and their SUs attend and therefore provide face to face support. Were they to disappear there would be a huge gap to fill and a lot of expertise knowledge lost.

*Jackie Askey, Carer*

**DEEP / Kymin Group**

In collaboration with the Memory Clinic, meetings are held every two months in The Kymin, Penarth, with about ten people with dementia. People are encouraged to voice their experiences of mental health and other services. Members of the group have been offered...
opportunities to speak on a number of occasions, for example in training sessions for psychology students and at national conferences. This has the potential to illuminate a number of issues which can assist enormously in shaping the better management of dementia.

**Solace**

Painting classes, one in Canton and one in Barry each week continue and culminate in the annual exhibition of work at the Norwegian Church. This year the theme has been the Centenary of Roald Dahl and with this inspiration and their own endeavours, the quality of the exhibition has, according to many who have seen it, been the best ever.

The access to people with dementia and their carers and the concerns that they have via the art classes offers a special relationship for concerns that may not be so intimately expressed without the context of artistic involvement. These concerns are passed on to a number of providers and planners as deemed appropriate. We are invited to meet all new carers accessing Solace as part of their training and support programme and subsequently include them in all our events and information activities.

**Veterans Mental Health Support Group.**

Originally conceived as a marketing medium to contact men who had done National Service or served in the Second World War, this has thrown up a number of unmet needs from people who have served in more recent conflicts such as Northern Ireland, the Falklands, Iraq,
Bosnia, Afghanistan. The group consists of veterans and others with direct connections with veterans and meets monthly. Members of the group discuss veterans’ issues and has relationships with a number of service providers, senior officers of the Armed Forces, local authorities, the NHS and Third Sector providers, the Armed Forces Forum, and Vale Armed Forces Covenant. In line with a request from the Armed Forces Forum, Nexus produced a list of around 30 local providers of services.

Members of the Veterans Group have branched out to form the 617 Group based in Penarth Pier Pavilion. This group is now considering ambitious plans to take over a building in HMS CAMBRIA, the Royal Naval Reserve headquarters in Sully. This is intended to provide veterans with a regular daily drop in facility. It has the blessing of the Reserve Forces and Cadets Association for Wales and a large number of service providers have expressed a great interest in this facility, to be known as Woody’s Lodge, to enable them to expand the potential for delivery of care outside the formality of their offices and surgeries.

**Mentoring Programme**

A collaborative and trail-blazing programme of mentoring between Cardiff University Clinical Psychology Doctorate Trainees and Sefyll & Nexus service users and carers completed its 4 month pilot run this year. Its success has led to the new intake of 17 trainees (mentees) for 2016 meeting with our (17) mentors this month, November. The programme will run for the full academic year and whilst voluntary on both sides, it is important to both students and mentors alike. It is an exciting venture in influencing the future of psychology.

I think the Pilot Scheme was a success given that the mentees were nearly at the end of their first year so they had worked out for themselves some of the problems. I am looking forward to having a full year with my next mentee as we can discuss so much more as they feel their way and come across situations new to them which we can discuss as they progress.

_Marian Hughes, Carer_

**Carers Involvement Group**

Regular meetings continue with speakers from a number of mental health professionals on matters of prevailing interest. Attendance at the meetings continues to be good with about 15-20 per meeting and provide an opportunity for direct contact between carers and providers and planners. These get-togethers have been particularly supportive of new research ventures – such as the use of tablets, Cardiff Metropolitan University; impact on relationships, Cardiff University; and consultations on consolidating & revising existing services, UHB.

**MHF**

Nexus was invited to speak at the Mental Health Forum this year and as a consequence we have been invited to attend WG consultations by Sian Richards, AM.
GP Training

Nexus has been invited to work with surgery staff at a selection of hubs across Cardiff. There is an acknowledged need for guidance in MH in terms of signposting and service provision which we have helped to fulfil.

RNIB

Nexus continues to liaise closely with the RNIB to support older people affected by low vision and its associated MH concerns.

The DEPVIT research showed that when measuring using the Geriatric Depression Scale (GDS-15), one of the most widely used tools for the screening of depression, 43% of patients attending low vision clinics scored over six (any score above five indicates a level of depression) – one of the highest rates for any health condition or disability.

John Dixon, Partnership and Development Manager

Directions

Thanks to our involvement with the Dementia Taskforce as chair of the Communications & Engagement Committee, Nexus has secured funding for the review, revision and re-publication of Directions. A big project but an important one:

Becoming a carer is a mantle that is difficult to avoid, but having the right information to hand is an important step in alleviating the stress that can follow. Carers who have completed their caring journey have said that they wish they had the information at the beginning of their journey that they had accumulated at the end of it. Directions is an enormous step in that direction.

Anne-Marie Little, Carer, Chair of Veterans MH Support Group
Staff

Siwan Darling returned from maternity leave in July. Laura Jones, who had provided maternity cover for Siwan, stayed with cavamh until December to update the Mental Health Services Directory.

Events

See flyers on the right. Workshops around the Pave the Way bid were held as well as workshops for carers and people using services to provide feedback for the Review of CMHTs and on the Local Mental Health and Wellbeing Strategy. March 2016 saw a lot of time spent on organising the Recovery Event that was held in mid-April.

AGM

The cavamh AGM was again very successful, with our thanks to the young people from the Amber Project Theatre Forum who very movingly shared their experiences of the mental health system through drama.

Finances

Regular meetings have been held throughout the year with Linda, and financial reports prepared for exec. Meetings on three monthly basis. Carol has been in regular contact with our auditor to prepare accounts for end of year audit.

Practical running of office including:-

Health and Safety - PAT tests on equipment, checking and maintenance of fire equipment, servicing of boiler.

General Maintenance of property: dealing with any problems that arise, liaising with landlord over maintenance issues, painting of property etc.
Sessions were up by over 5% compared to the previous year, and mobiles and tablets now account for over a third of visits.
CAVAMH ORGANISATIONAL ACTIVITIES

During this period cavamh continued to work from its office base at Unit 11, Williams Court, Trade St., Cardiff.

We have continued to develop our service, with successful funding bids to help build our service user and carer involvement obtaining additional charitable funding in an era of economic uncertainty.

Cavamh has continued to develop and review organisational policies and procedures and reviewed it’s service in relation to PQASSO (the Charities Evaluation Services’ quality assurance for the voluntary/community sector).

**Staff**

During this year we welcomed Jasmin Chowdhury.

Siwan Darling returned from maternity leave in the summer. Laura Jones remained with cavamh until December updating the Mental Health Services Directory.

**The Future**

Our aim is to improve and develop all our services with the third sector groups with an interest in mental health, people using services and carers – to build better services based on recovery and empowerment of the people who use them.

We will respond to the changing external environment to help build a stronger third sector that can support delivery of person centred recovery based services and to ensure that the voice of service users and carers is strong.

We will continue to ensure that the voices and views of our stakeholders shape our vision, aims and delivery – working in partnership with service users, carers and colleagues cross mental health and in the community to improve services and opportunities for people with mental health needs.

**THANKS**

We would like to thank all those with whom we have been in contact over the year for their contributions and support, and particularly to those who have given their time freely. Your support has been **much** appreciated.

We would also like to thank our funders –

Cardiff Council
Vale of Glamorgan Council
Cardiff and Vale University Health Board
Lloyds TSB
Big Lottery Fund (Community Voice- Co-Creating Healthy Change)
DEEP
Legal & Administrative Information

Officers

Chair: Richard Bundy
Hon. Treasurer: Roger Bone

Staff

Director: Linda Newton
Office Manager: Carol Cooke
Admin/Info Officer: Caroline Fellows

Sefyll

Service User Involvement Development Officer: Jasmin Chowdhury
Service User Involvement Officer: Tracy Purnell
CMHT Project, Co-creating Healthy Change, Service User Involvement Officer:
  Jack Watkins
Admin officer: Laura Jones (maternity cover)/Siwan Darling

Nexus

Older People’s Mental Health Carer & User Involvement Development Officers:
  Cardiff: Helen Joy
  Vale: Matthew Salisbury

Bankers: Unity Trust Bank, Birmingham

Independent Examiners: Haines Watt Accountants, Newport

Cardiff & Vale Action for Mental Health (cavamh)
Registered Charity No. 1148312 / Company No. 8000094
84 Glebe Street, Penarth, CF64 1EF
Tel 029 2022 2000
Email: mail@cavamh.org.uk
Website: www.cavamh.org.uk
Cavamh Trustees

1st April 2015 – 31st March 2016

Roger Bone (Treasurer)

Richard Bundy (Chair)

Max Scott Cook (Resigned December 2015)

Michael Jones (Resigned October 2015)

Susan Jones

Eileen Wareham

Paul Brown (From December 2015)
ABOUT THE ORGANISATION

Cardiff and Vale Action for Mental Health and previously Cardiff and Vale Mental Health Development Project has been in existence since 1991, originally funded as one of the several county mental health development services under the first Mental Illness Strategy of 1989.

Cardiff and Vale Action for Mental Health (cavamh) was launched in April 2013, formerly operating as Cardiff and Vale Mental Health Development Project (CVMHDP).

We have been in existence since 1991, originally funded as one of several county mental health development services under the first Mental Illness Strategy of 1989.

Initially operating under the auspices of first Intervol and then the Vale Council of Voluntary Services, CVMHDP obtained independent charitable status following a special meeting on June 15th 2000 and an inaugural public meeting on November 18th 1999. The membership approved the change of name to cavamh, the objects and structure on 13th December 2012 and cavamh, as a new charity and company limited by guarantee, became operational with a transfer of undertakings from CVMHDP on 1st April 2013 A policy for the election of Directors was adopted by the membership on December 13th 2012.

Charitable Objects

Cavamh’s objects, in accordance with its articles, are to promote any charitable purposes for the benefit of those people experiencing mental health problems within the Locale, and assisting the work of the voluntary organisations, mental health service users and carers acting in the mental health sector.
ABBREVIATED ACCOUNTS

CARDIFF & VALE ACTION FOR MENTAL HEALTH  (Charity Registered Number 1148312)

ABBREVIATED ACCOUNTS
For the Year Ended 31st March 2016

The following figures are taken from the full financial statements of Cardiff & Vale Action for Mental Health for the year ended 31st March 2016, approved by the Trustees on 17 November 2016 and submitted to the Charity Commission and the Registrar of Companies. The Independent Examiner Andrew Hill FCCA DChA, who had no matters to report to the members in order to enable a proper understanding of the accounts to be reached, has confirmed that this summary is consistent with the full report. These summarised accounts may not contain sufficient information to allow for a full understanding of the financial affairs of the Charity. For further information the full accounts, Independent Examiner’s report on those accounts and the Trustees’ annual report should be consulted; copies of these can be obtained from Cardiff & Vale Action for Mental Health, 84 Glebe Street, Penarth, CF64 1EF.

<table>
<thead>
<tr>
<th></th>
<th>2016</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fixed assets comprising property, equipment and fixtures &amp; fittings</strong></td>
<td>322</td>
<td>429</td>
</tr>
<tr>
<td><strong>Stock</strong></td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Debtors being what the charity is owed from:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grants and expenditure in advance</td>
<td>4,602</td>
<td>7,673</td>
</tr>
<tr>
<td>Cash, being monies held at the bank and in hand</td>
<td>122,458</td>
<td>111,480</td>
</tr>
<tr>
<td></td>
<td>127,382</td>
<td>119,582</td>
</tr>
<tr>
<td><strong>Less: What the charity owes</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Suppliers &amp; other creditors</td>
<td>27,909</td>
<td>16,311</td>
</tr>
<tr>
<td></td>
<td>27,909</td>
<td>16,311</td>
</tr>
<tr>
<td><strong>Leaving what the charity owns</strong></td>
<td>£99,473</td>
<td>£103,271</td>
</tr>
<tr>
<td><strong>How this was created:</strong></td>
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<td>Restricted funds</td>
<td>575</td>
<td>569</td>
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<tr>
<td>Un-restricted funds</td>
<td>98,898</td>
<td>102,702</td>
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<td></td>
<td>£99,473</td>
<td>£103,271</td>
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<tr>
<td><strong>Annual Operations: Where your money come from:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unrestricted Funds</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Donations</td>
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<td>1</td>
</tr>
<tr>
<td>Grants and other charitable income</td>
<td>70,724</td>
<td>124,436</td>
</tr>
<tr>
<td>Training income</td>
<td>500</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>71,269</td>
<td>124,437</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>195,160</td>
<td>98,799</td>
</tr>
<tr>
<td><strong>Less:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Expenditure relating to the provision of charitable services</td>
<td>75,067</td>
<td>124,437</td>
</tr>
<tr>
<td><strong>Net Incoming Resources before transfers</strong></td>
<td>(3,798)</td>
<td>(3,798)</td>
</tr>
<tr>
<td>Total funds brought forward</td>
<td>102,702</td>
<td>103,271</td>
</tr>
<tr>
<td>Total funds carried forward</td>
<td>£ 98,904</td>
<td>£ 99,473</td>
</tr>
</tbody>
</table>

26
We were delighted to learn in June 2016 that our bid for £249,701 to the Big Lottery for the Pave the Way Project had been successful. The project is the culmination of two years of hard work by the partnership organisations - cavamh, GVS in the Vale of Glamorgan and VCS in Cardiff. Pave the Way will support economically inactive and unemployed people with mental health needs helping to remove the barriers to volunteering.

The nature of volunteering has been changing over recent years and it is now much more competitive to secure volunteering opportunities compounded by cuts in the voluntary sector and increased use of volunteers through compulsory programmes. For many reasons many groups face additional barriers to securing volunteering opportunities not least of all due to mental ill health.

One in four of us will suffer mental ill health at any one time so you can see that there are lot of potential volunteers out there who need help and support to secure volunteering opportunities and to make the experience a success for all involved. That is where Pave the Way will help.

The project will officially launch in January 2017 but in the meantime please scan the barcode to find out more and to keep up to date.