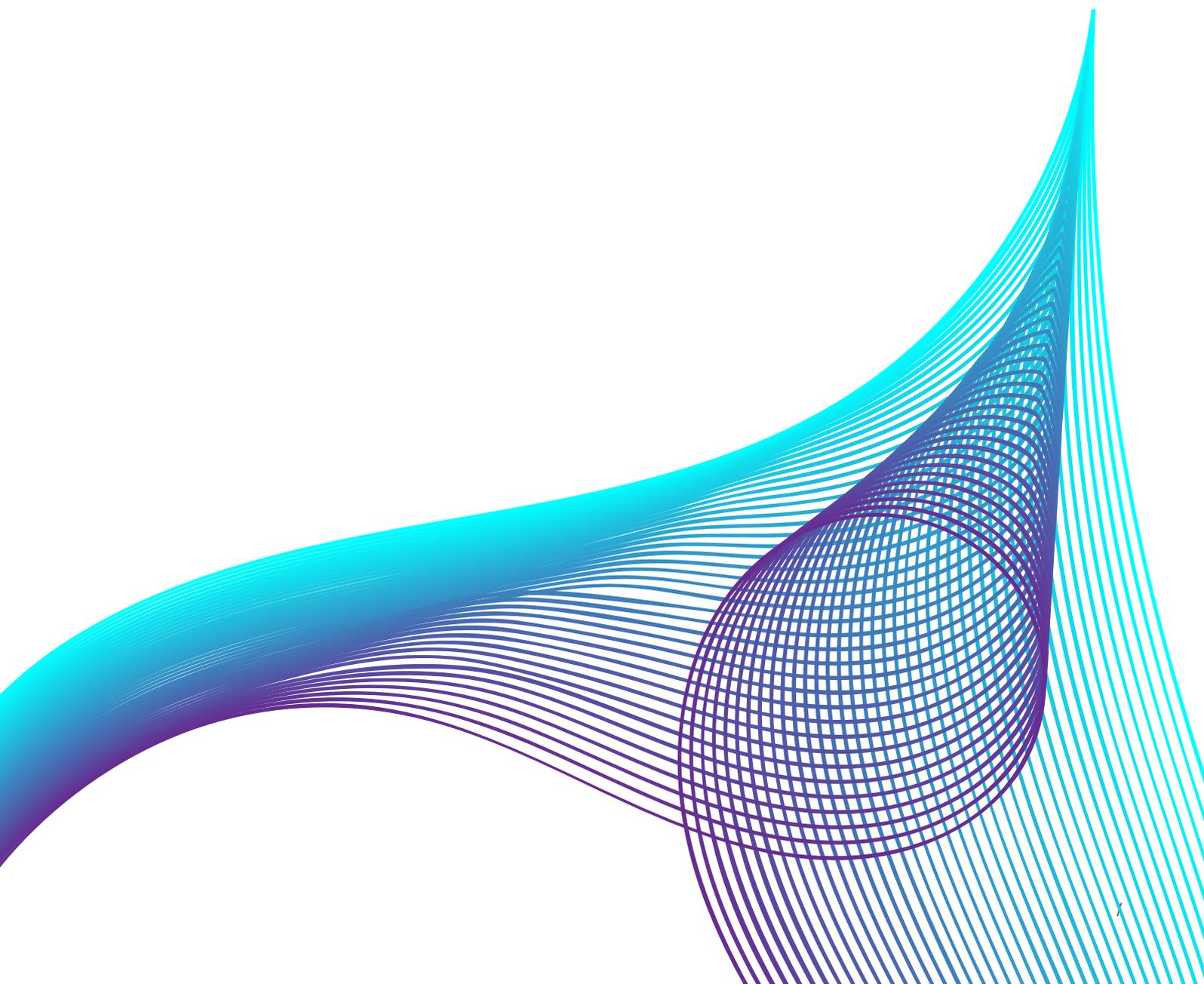


Cardiff & Vale Action for Mental Health Annual Report 2019-20





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Our vision

Cardiff and Vale Action for Mental Health - *Involving People - Improving Mental Health Services*

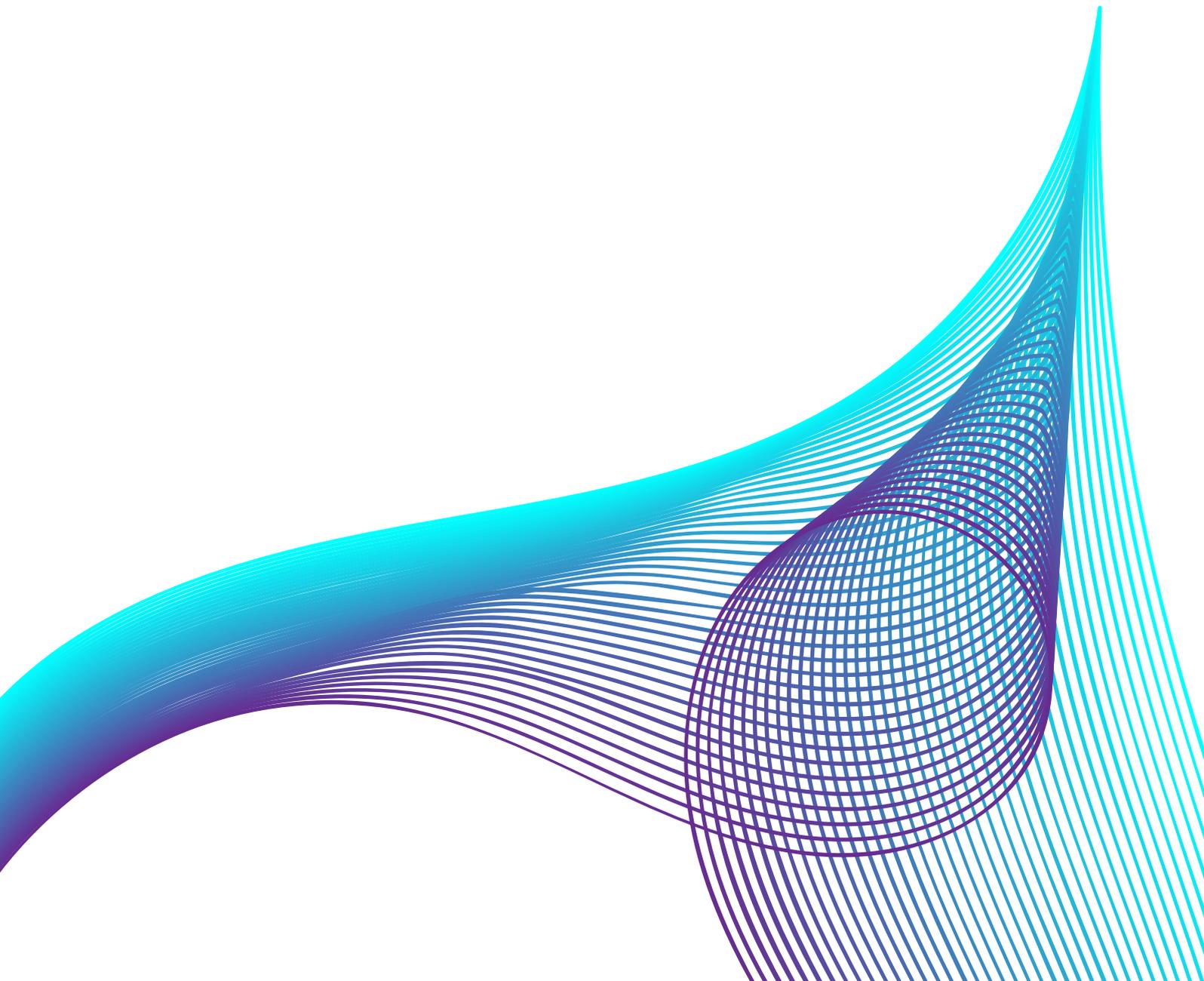
Our Vision

Mental Health Services in Cardiff and the Vale are person-centred, recovery focused, reflective of local cultures, sustainable and work in partnership to be authentically responsive to the people who need them.

Our Mission

To promote and facilitate service user, carer and third sector involvement in shaping mental health services in Cardiff and the Vale of Glamorgan so that they are co-produced with the people who use them

Reflections on the Year



Mental Health Forum

Cavamh supports third sector groups with an interest in mental health through Cardiff and Vale Mental Health Forum, providing services in relation to development and consultancy, joint working, information, training, policy development & consultation, influencing change through mental health promotion/prevention, service user and carer involvement

Action for the year is decided with the Forum, reviewing performance and prioritise key actions for the forthcoming year.

What did we do in 2019/20?

Building an effective third sector voice.

With 100 third sector groups & 8 statutory sector observer members, the **Cardiff and Vale Mental Health Forum (MHF)** forms the overarching network for groups with an interest in mental health, sharing information & good practice, debating new ideas and developments, implementing action, and collating the sector's voice through monthly meetings, networking events and workshops

We have shared information with 400+ individual members, made contact with 50 new members & projects, and brought groups together to build partnerships and progress services through nearly 40 meetings & events.

MHF special interest groups, around BAME, Counselling, Vale and young

people/Join the Dots , have convened over the year to share good practice and take action to improve access and service delivery.

In response to our members we have organised 3 new networking events this year, – with many thanks to all the agencies taking part, - around BME and housing, young people, co-ordinating 3rd sector involvement in the MHSOP event for older people.

We share fortnightly MHF e-bulletins and updates, and send targeted information to 10 additional groupings, according to the interests and wishes of MHF members. Over 100 targeted mailings have been circulated this year, alongside tweets, the information available on our website, in our themed booklets, and the Mental Health Services Directory.

'The good thing is the way they - and we - are working together....there is time to talk.....for everyone to discuss schemes...good afternoon with better understanding of services and issues'

A Voice in the development and delivery of services,- Building collaboration and joint working/ Developing Policy

We have:

- contributed to nearly 40 joint planning groups; covering reviews, transformation initiatives, repatriation of CAMHs, people with dementia and changes to adult CMHTs.
- co-ordinated 22 Forum & interest group meetings over the year, debating good practice, news and service development- ensuring we can reflect the local community voice in service planning.
- facilitated the Forum response to consultations including the new Wales Together for Mental Health

Delivery Plan and changes to specialist CAMHs.

Promoting Mental Health

Awareness –we have co-ordinated 9 awareness events and stalls over the year.

Service User and Carer

Involvement & co-production – is a key principle for the Forum & cavamh. Working jointly with Sefyll, Nexus and Join the Dots, we have supported service users and carers to lead the quarterly debates within the Mental Health Partnership Board, (MHPB), Topics have included transitions- from young to adult mental health services, physical health and mental health, substance misuse and mental health, LGBTQ and an overall review of the Board.

....'Cavamh is well focused on involving stakeholders, service users and carers in their work and in development of services.'

Funding and Development: We have supported 11 groups and initiatives this year, circulating additional info via e-bulletins. We have been pleased to manage the Dementia Friendly Communities Small Grants Fund & facilitate the

Grants Panel on behalf of the Cardiff and Vale Integrated Health and Social Care Partnership, enabling 6 new community activities space to start up, grow and develop.

..'Being given tailored funding information plus the value of making links through networking has led to new services.'

Training This year we put together a training programme with 7 courses and publicised a range of other training opportunities.

Massively improved/enhanced my understanding and to perceive things from others views-..... 'Fantastic training'.....-'90% stated they will make changes to practice as a result

Impact- covid 19: Inevitably the lockdown that came mid March 2020 changed our services overnight leading us to move quickly to on line networking and information sharing via zoom website and various social media- connection, communication and mutual support between members to provide services being the priority in the first instance.

Thank you

Last but not least we want to thank all those members and partners who contributed to the work of the Forum over the year- it is very much appreciated! The Forum and the voice of the sector would not exist without you.

Sefyll

Sefyll aims to:

“Create positive change in mental health services by involving and utilising the expertise of the people who use them”

Sefyll News

5400 Copies of Sefyll News Distributed

70% electronic/30% paper

10 editions

17 RECRUITMENT INTERVIEWS HELD
22 SERVICE USERS IN RECRUITMENT

Recovery Steering Group

Sefyll Reps at heart of work to develop and launch the Recovery College

Champions

11 Champions Meetings

14 new Champions

14 organisational Champions

Champions rep elected

2 Champions (inc rep) regularly attending SUEG

Mental Health Partnership Board

4 co-produced Stakeholder meetings

Service user and Carer Led

Developing local ‘Together for Mental Health’ priorities.

185 Service users Supported

12 new individuals

Activities, Courses, Events
 10 SUEG Service User Rep Meetings
 7 Training sessions & events, including Rural Vale 'Creating Havoc' and new 'News & Views' initiative.
 12 Sefyll information sessions.

Creative Rural Communities
 Creative workshops across the rural Vale concluded with a Workshop in Llantwit Major

20 filled remunerated service user rep positions across UHB and Clinical Psychology Doctoral Programme

New COVID 19 Reality
 Planning begins with stakeholders to maintain our service into Year 2019/20 as we go into a UK lockdown.

Sefyll Annual Report - Overview of Work 2019/20

Sefyll's work between April 2019– March 2020.

This year Sefyll has endeavoured to build on the co-production and engagement ethos established for a number of years to build a foundation for better and more integrated Service User and Carer involvement at the heart of Mental Health Services in Cardiff and the Vale.

We accept that progress is not always straightforward; constant effort is required to maintain the level of involvement and engagement already achieved and build momentum for the future.

Without our dedicated, hard working Service User Reps, members, supporters and subscribers to Sefyll News, Sefyll would be a shadow of itself. Thank you so much to all of you who have contributed to our work this year.

At all levels of University Health Board Planning and Development we have Service User Representatives sitting on planning bodies, providing insights from lived experience, chairing partnership meetings, delivering presentations, leading workshops and with the capacity to undertake peer led research.

Sefyll Reps responded brilliantly to the additional demand this year for Reps and Service User participation

in new UHB Service User and Carer initiative and Recovery College Developments and the UHB Task and Finish Groups that emerged this year.

Cardiff University Clinical Psychology Doctoral Programme, both Service Users and Carers play a key role in the recruitment, support and education of Trainee Clinical Psychologists.

We have a dedicated Team of Service users on Recruitment Panels; appointing mental health staff within the University Health Board and our Local Authorities. We increased our activity levels in recruitment this year. Thank you to the dedicated Team of Service User Reps in Recruitment who always step forward when asked to.

For us the highlights this year have included:

Service User Engagement Group Meetings (SUEG).

Reps coming together on a monthly basis in a supportive setting, reporting their Rep activities and sharing experiences. It was encouraging that the Champions Rep and Young Persons Rep became regular attendees of SUEG meetings. It has also been great to welcome new members to SUEG.

Champions Meetings

Monthly informal get-togethers of users of services, for feedback, information sharing and support again proved very popular this year and expanding the scope of the scheme is planned. Several champions have this year become involved in attending the SUEG and have taken part in some of our training courses.

Rural Vale; Creating Havoc;

A program delivered with Nexus and co-produced with trainers with lived experience through creative activities for users of services and carers. Partnership with Creative Rural Communities to promote wellbeing and involvement.

We delivered our final session early in the year; a well attended 'Standing Up Speaking Out' session in Llantwit Major.

Recovery Steering Group/ Recovery College Steering Group

The Recovery College initiative had Working Groups with Service User Reps involved at all levels, e.g. Planning Workshops, Communications Group, Curriculum Development Group and Recruitment Group as the launch of the College drew closer.

'Standing Up, Speaking Out' Courses

Delivered jointly with Nexus; these proved popular this year in supporting new members interested in involvement and promoting people's knowledge and confidence to get involved.

News and Views Initiative

Sefyll enjoyed being part of the new cavamh "News and Views" open info and feedback session in Grangetown, with more planned as a regular event covering Cardiff and Vale communities exploring mental health issues.

Sefyll News's increased digital reach

The trend to wider digital distribution accelerated this year allowing us to communicate with our membership more efficiently. Paper versions continued to be popular but we foresee this trend continuing.

Working with UHB on Co-production Initiatives.

The University Health Board committed itself to deepen involvement and engagement at all levels of its activities.

Sefyll valued being at the heart of new developments including the Recovery College and the planned new UHB Peer Co-production Lead Post which secured NHS funding.

Planning with UHB HR Dept to put on an event to attract more Service Users and Carers into Recruitment. Unfortunately a planned event was cancelled due to Covid but the foundations are in place to pick it up again.

Working with Nexus on joint initiatives.

We have increased the amount of joint work with Nexus; it has been encouraging to bring Carers and service users together in supportive environments to undertake

Thoughts for the Future.

Towards the end of the year Sefyll was of course affected by the onset of Covid 19 and the subsequent national measures implemented in March.

Our first response and early planning was undertaken to maximise Sefyll's role in supporting Service Users in the new reality.

We spent the early days with cavambh colleagues working out how we could support and help our community in an unprecedented time. We were determined that genuine involvement and engagement would continue; the challenge was to establish how it could be achieved.

Mike McCandless and Tracy Purnell

Nexus

The new financial year started in robust fashion for Nexus.

In considering the many changes to services for older people, on 28th April Nexus had organised a major meeting in Maindy Barracks to give 15 new and existing organisations an opportunity to present their services. In addition to giving the 40 strong audience a description of their services they were offered presentation stands to set out literature and provide one to one assistance.

In addition to the speakers Stephen Doughty MP for Cardiff South and Penarth, made known his great interest in the mental health of veterans. Charles Janczewski, then Vice Chairman of Public Health Wales also attended.

Contact was maintained with people living with dementia and their carers through the Forget Me Not Chorus, Rondel House in Barry, the Dementia Café in Dinas Powys, Solace and Woody's Lodge in Amelia Trust Farm. A lunch to raise funds for Forget Me Not Choir and St John Ambulance was organised for Friday 20th March 2020, but had to be postponed because of Covid 19. It is anticipated that the choir's share will be at least £750, a significant boost for this essential support for people with dementia and their carers.

Support was not just music based and both Helen and Matthew conducted art classes for people with dementia and established new venues to provide facilities in

Western Vale where they were lacking.

Close contact was maintained with Mental Health Services for Older People in Llandough Hospital, Memory Clinic and the Deep organisation with whom Nexus continued to seek involvement of carers and people with dementia

Dementia struck close to home for Matthew Salisbury, whose Auntie Renee was diagnosed with Alzheimer's Disease in 2019. Her lacking mental capacity at the time of diagnosis meant that Matthew had to take on the role of Deputy for his aunt's financial affairs. Setting up deputyship was not straight forward. There was a multitude of forms, other people had to be consulted and included, and ultimately legal assistance was secured to ensure all documentation was properly completed. The Office of the Public Guardian issued daunting instructions for the execution of the deputies' duties, but with some application they were carried out to OPG's satisfaction. (Sadly the deputy function ceased on Auntie Renee's death in October 20.)

(A sadder and a wiser man, He rose the morrow morn - Samuel Taylor Coleridge: The Ancient Mariner)

Our involvement in the development of The Recovery College continued with the inclusion of carers, particularly in its planning stages.

Carers also continue to be strongly engaged with Clinical Psychology and in interviewing for MHSOP and related posts.

Working closely with Sefyll through the start of the Covid-19 pandemic, online events and meetings took place with much higher attendance than expected although technology can be problematic. The move into a more tech savvy environment has included the development of cavamh-cast - a platform for sharing a series of podcasts with our wider team with the public.

Many of our carers and service users are unable to utilise online services and so we are maintaining contact through one to ones by phone and in person where possible.

It continues to be a challenging year.





Join the Dots

What a year it's been!

Join the Dots has continued on from the work of previous years - maintaining and establishing great relationships with many young people and other projects in the Cardiff and Vale area.

We have been involved in the setting up of the Cardiff and Vale Wellbeing and Recovery College - making sure that the needs of younger students have been considered and their views represented. We are pleased to say that the college has now officially launched and appears to be going from strength to strength.

We continue to work as part of the areas Suicide and Self Harm Prevention Steering Group. It's been really wonderful to see the concerns of young people acknowledged and addressed and to hear that the local services are working together and tapping into the expertise of young people to come up with creative solutions to keep people safe and well.

We also remain involved with the local CAMHS service. Now that the CAMHS repatriation project is complete, the managers of the service have set up an Emotional Well-being and Mental Health Engagement Steering Group to ensure that the views of young people are fed into the improvement work that the service continues to undertake.

We managed to get along to lots of community events over the year. These events are so valuable for

reaching more people, raising awareness of what we do and for gathering the opinions and views of the young people that might not usually be represented as they don't want to engage on a long term basis. At these events, we make sure we have arts and crafts set up at our table so that young people can chat in a relaxed environment. We also make sure we take plenty of leaflets and information with us about the things that other services in the area are offering. We continue to do a lot of signposting.

This year we attended a well-being day at Cardiff and Vale College. As well as having a lot of fun watching the performances that the students put on, we had some really interesting conversations and made some great links with young people who are keen to come to a laserquest session as soon as it is safe to do. We were also very grateful to receive a cash donation from the students that had organised the day and a cake sale to raise money for the organisations that were involved.

We held a few small events ourselves this year at a local community centre. These were particularly well attended by other third sector agencies and with some attendance from young people.

We continue to find that the best way to engage with young people is over a good old fashioned cuppa! We've spent lots of time this year meeting up with young people in local cafes and parks because it's so nice to talk in an informal setting. I'd say we've listened to the views of

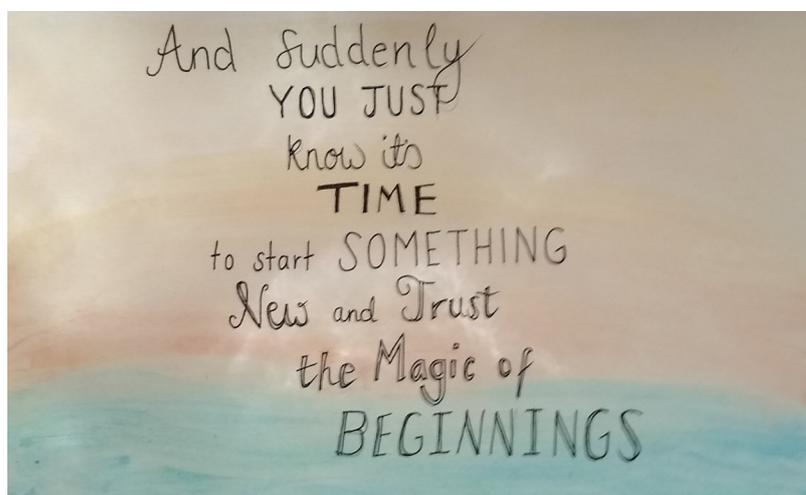
close to 100 young people directly and 100's more indirectly (i.e. through friends and engaging via social media).

We were due to start running drop in sessions at Grassroots in Cardiff this year but unfortunately these had to be put on hold due to the Covid pandemic.

We've still been engaging with young people locally through video calls,

social media and through a facebook group organised by parents and carers.

I have continued to attend training sessions. This year I have completed listening skills training, assertiveness training and influencing change workshops. Not only has this been great on a personal level but it has equipped me with lots of ways to encourage younger people to make positive changes for themselves.



Admin Report



Finance

Finance throughout the year involved regular meetings with Linda to check over finances and produce quarterly reports for management committee and liaising with other staff [Nexus, Sefyll, and Join the Dots]

Practical running of office including:-

Health and Safety - PAT tests on equipment, checking and maintenance of fire equipment, etc. General Maintenance of property: dealing with any problems that arise, liaising with landlord over maintenance issues etc.

Information

We produced and circulated mailings and e-bulletins to Mental Health Forum members, followed up by twitter and on our website. We continued to promote the Dewis website.

Directions was updated and the decision made to split it into three books that could be printed on demand using the office photocopier.

..and we must say here a big Thank you! to Julia Greenhaf again, who helped with the Directions update.

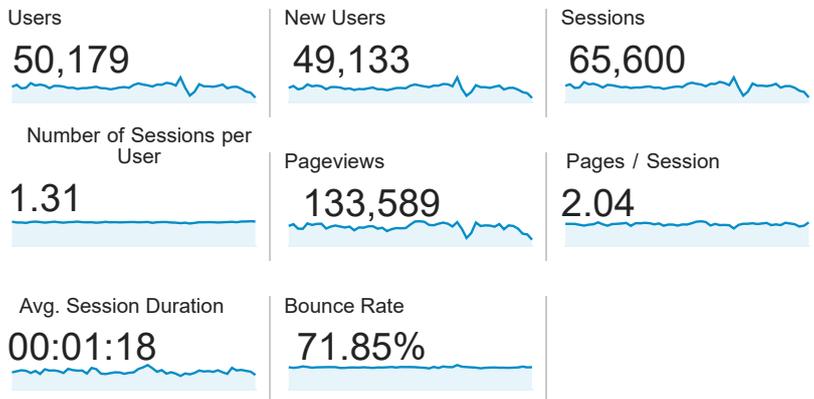
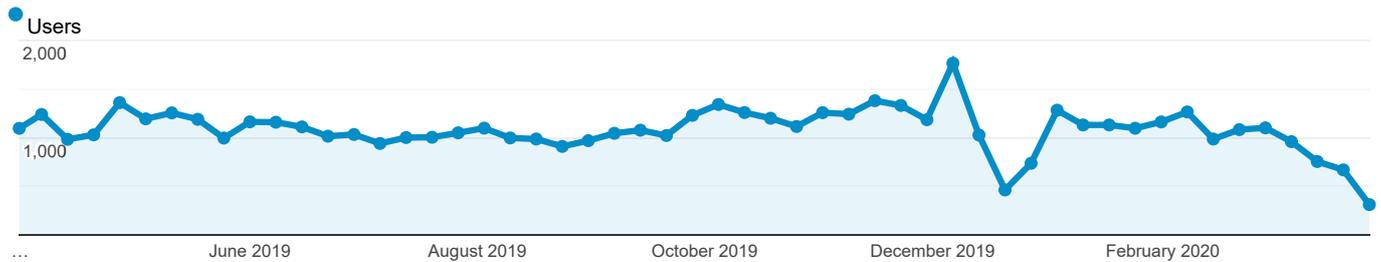


Website

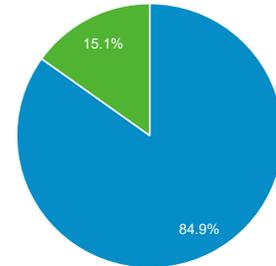
Audience Overview

Apr 1, 2019 - Mar 31, 2020

Overview



■ New Visitor ■ Returning Visitor



Twitter

In 2019/20 we continued our use of Twitter. Our tweets had a combined total of approx 67,258 impressions and we gained 151 new followers.

Chairs Report

Needless to say this year has been more than a little unusual. The COVID pandemic has not only challenged us at cavamh to adapt our services, but also to repurpose our focus to best respond to the unprecedented effect that coronavirus - and the measures put in place in response to it - have had on the mental health of the communities we serve in Cardiff & the Vale of Glamorgan.

Our work in partnership with all our stakeholders, and with our core members, has continued unabated although has needed to take a different, and often virtual form. This report on the financial year 2019-20 only covers the beginning of the pandemic, and while it may seem like a different era now, it's important that we record the crucial work cavamh was doing pre-COVID such as our support to:-

- 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
- Young people and groups supporting young people aged 11-25 through Join the Dots

We continue to be based at our offices in 84 Glebe St, Penarth, Vale of Glamorgan - although in practice most of the work is currently done by the cavamh team working from home; - over the phone, by email - and using Zoom, which few of us had even heard of this time last year but where now much of our group work and meetings has migrated. We have also developed a *You Tube* channel where we have been able to provide features and information, and our monthly podcast - *the cavamhcast*. Through these platforms we have continued to develop our service, building service user and carer involvement in the development and delivery of mental health services.

Cavamh has also continued to develop and review organisational policies and procedures and reviewed its service.

Projects New and Old

In addition to our support to agencies with an interest in mental health, we have been successful in obtaining additional charitable funding to carry out a host of additional small engagement activities funded from various sources. For example:-

Nexus and Sefyll

- **Creating Havoc**- facilitated by Nexus and Sefyll, supporting creative engagement in the Western Vale through activities delivered by people

with lived experience to people with lived experience and dementia,

- **Through the My Say Project-** funded by Cardiff and Vale UHB, we employed Christina Witney to complete surveys with people in hospital with the support of peer surveyors. Thanks to Christina and the peer surveyors for undertaking the work.
- **Join the Dots** – expanded this year - We were pleased to receive continued funding from Zurich International to employ a part time young persons’ involvement worker. Christina Witney has developed activities in partnership with young people and with the support of groups supporting young people, to enable them to have a stronger clearer voice.

Finally, on behalf of the board of Trustees I would like to say an especially big *thank you* to cavamh team who have worked so hard, and in such challenging circumstances - Carol, Caroline, Helen, Tracy, Mike, Christina and Matthew - all of whom have all given extraordinary service; and, of course, to our Director, Linda Newton, who has put an incredible amount of additional time, effort and commitment into ensuring that cavamh has adapted to the new demands we have faced despite the most unpredictable and turbulent circumstances.

The Future

Our aim remains to improve and develop all our services with the third sector groups with an interest in mental health, people in contact with mental health services and carers in Cardiff and the Vale of Glamorgan, – to build better services based on recovery and the 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 people in contact with services, families and friends, 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 across the mental health sector and in the community to improve services and opportunities for people with mental health needs.

Thanks

A big thank you- to 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 very much appreciated.

Thanks also to our funders, including:

Cardiff Council

Vale of Glamorgan Council

Cardiff and Vale University Health Board

Zurich International

Jeremy Rees,

Chair of Trustee Board

Legal & Administrative

Officers

Chair: Jeremy Rees

Staff

Director: Linda Newton

Office Manager: Carol Cooke

Admin/Info Officer: Caroline Fellows



Service User Involvement Development Officer:
Mike McCandless

Service User Involvement Officer:
Tracy Purnell



**Older People's Mental Health Carer & User
Involvement Development Officers:**

Helen Joy

Matthew Salisbury

Join the Dots



Supporting Young People to have a voice
in Mental Health Services

Young People's Involvement Officer:
Christina Witney

Bankers: Unity Trust Bank, Birmingham

Independent Examiners: Haines Watt Accountants, Cardiff

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



Trustees

1st April 2019 – 31st March 2020

Jeremy Rees, Chair

Eileen Wareham

Susan Jones; re-appointed 11th December 2019

Deborah Twigg; re-appointed 11th December 2019

Hazel Cryer, appointed 5th December 2018

Sarah Wills, appointed 5th December 2018

Kalpana Natarajan; appointed 11th December 2019

Dan Hall; appointed 11th December 2019

Abbreviated Accounts

Cardif and Vale Action for Mental Health (Charity Registered Number 1148312)

ABBREVIATED ACCOUNTS

For the Year Ended 31st March 2020

The following figures are taken from the full financial statements of Cardiff and Vale Action for Mental Health for the year ended 31st March 2020, approved by the Trustees for submission to the Charity Commission and the Registrar of Companies. The Independent Examiner, Stephen Lucey, has confirmed that this summary is consistent with the full report and that no matter had arisen to which attention should be drawn to enable a proper understanding of the accounts to be reached. 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 and Vale Action for Mental Health, 84 Glebe Street, Penarth, CF64 1EF.

	2020 £	2019 £
Fixed assets comprising furniture and equipment	427	-
Debtors being what the charity is owed from:		
Fees, grants and expenditure in advance	16,806	10,741
Cash, being monies held at the bank and in hand	133,239	161,455
Total assets	<u>150,472</u>	<u>172,196</u>
Less: What the charity owes		
Suppliers and Social Security	(2,598)	(3,864)
Accruals and Deferred income	(8,275)	(32,518)
	<u>(10,873)</u>	<u>(36,382)</u>
Leaving what the charity owns	<u><u>£139,599</u></u>	<u><u>£135,814</u></u>
How this is represented:		
By restricted funds	136,197	21,653
By un-restricted funds	3,402	114,161
	<u><u>£139,599</u></u>	<u><u>£135,814</u></u>

Annual Operations: Where your money come from:

	Unrestricted Funds	Restricted Funds	2020 Total	2019 Total
Core Activities	87,059	103,446	190,505	280,587
Investment Income	389	1	390	236
	<u>87,448</u>	<u>103,447</u>	<u>190,895</u>	<u>280,823</u>
Less: Expenditure relating to the provision of charitable services	57,430	129,680	187,110	319,710
Net (Outgoing)/Incoming Resources before transfers	<u>30,018</u>	<u>(26,233)</u>	<u>3,785</u>	<u>(38,887)</u>
Transfers between funds	(7,983)	7,983	-	-
Net (outgoing)/incoming resources	22,035	(18,250)	3,785	(38,887)
Total funds brought forward	114,161	21,653	135,814	174,701
Total funds carried forward	<u><u>£ 136,196</u></u>	<u><u>3,403</u></u>	<u><u>£ 139,599</u></u>	<u><u>£ 135,814</u></u>

The financial statements were approved by the Trustees.

Jeremy J Rees

Chair, Board of Trustees