

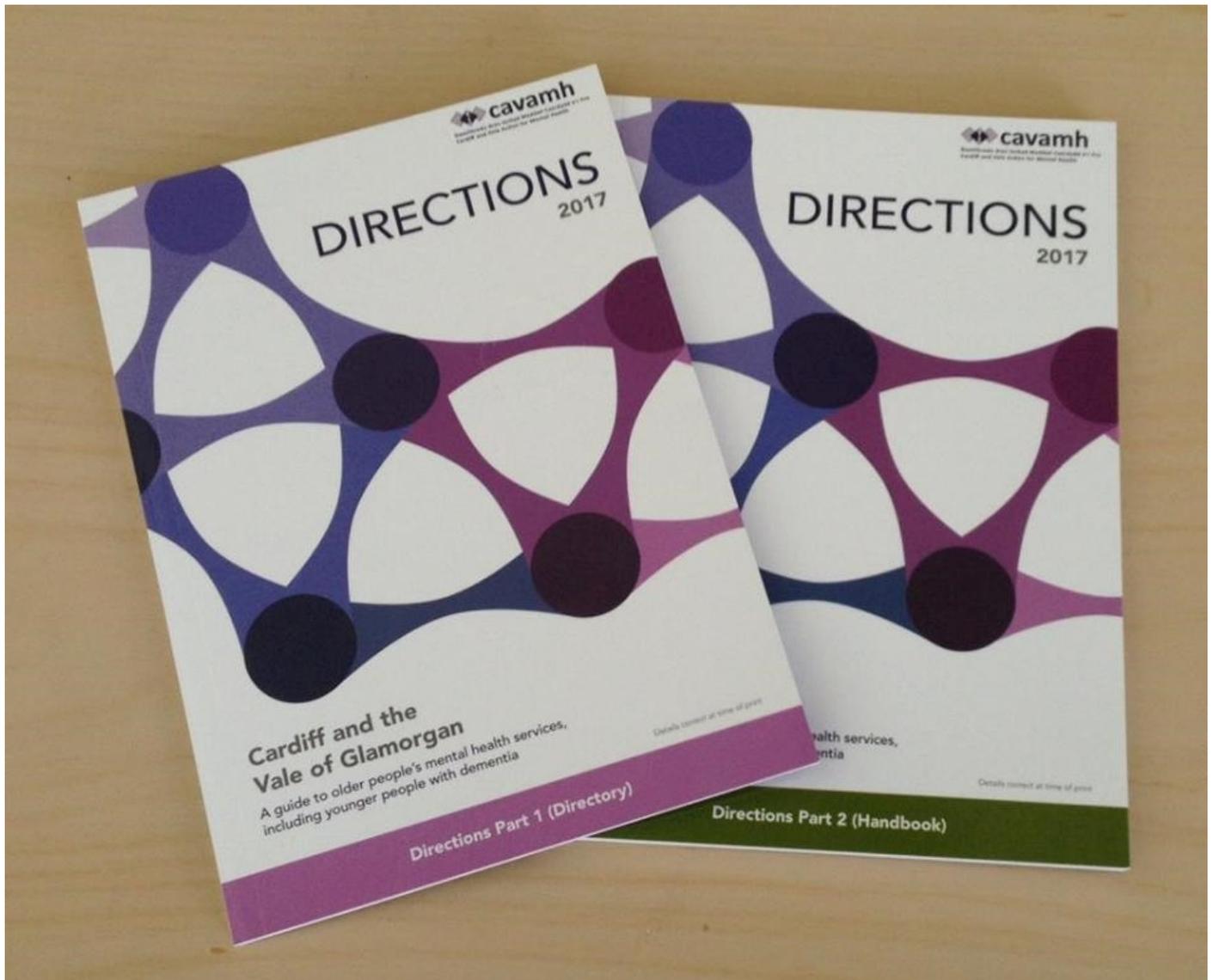


## PURPOSE OF THIS NEWSLETTER

This publication is specifically designed for carers of those receiving older people's mental health services in Cardiff and the Vale of Glamorgan. It helps them to know about and have a voice in service planning and delivery, locally and nationally.

# Directions Handbook & Directory 2017–2018

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Cardiff & Vale Action for Mental Health is very proud to announce the latest edition of the Nexus Directions Directory & Handbook.

This has been a huge task to update, revise and revamp the previous version. Thanks to the team, we now have all the latest advice and guidance for older people using mental health & dementia services; as well as all the organisations providing support in Cardiff and the Vale –and all listed in two handy-sized booklets.

Directions has been distributed to the GP surgeries, libraries, hospitals and everywhere else we could think of where they would be most helpful but if you think we have missed somewhere off the list or if you or someone you know would like a copy, please call us.

Directions is also available on line at <http://www.cavamh.org.uk/directories/directions/introduction>

# A Message from Heléna Herklots CBE, Older People's Commissioner for Wales

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**Being appointed as Older People's Commissioner was an honour, and I feel privileged to be working on behalf of older people throughout Wales to promote their rights and interests and drive change that will make a positive difference to their lives.**

On day one, I set out my ambition to make Wales the best place in the world to grow older and I have since been travelling throughout Wales to hear directly from older people and stakeholders about what would make Wales the best place to grow older for them, something that has been both enjoyable and hugely valuable.

I've visited community-based services that are supporting people in a variety of ways and helping them to age well, and I've seen how important Wales' 50+ Forums are in ensuring that older people's voices are heard. I've also met stakeholders working across a wide range of sectors who are committed to delivering change and improvements.

As Commissioner, I will celebrate growing older and the positive things happening for older people in Wales. I will highlight what is working well for older people and the areas in which Wales is leading the way. But I will also shine a spotlight on issues that mean older people are not treated with the dignity and respect they deserve, or that they are unable to access the services and support they might need.

And, as Commissioner, I pledge to listen to older people, particularly those whose voices are often unheard; to challenge ageism and age discrimination; and to hold those in power to account.

I hope you share my ambition, and I hope you will work with me to make Wales the best place in the world to grow older.

**Heléna Herklots**  
**Older People's Commissioner for Wales**

<https://avow.org/wp-content/uploads/2018/11/Newsletter-Autumn-2018-web.pdf>

# The Kymin Group

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## The Kymin Group. Meeting Notes 14<sup>th</sup> December 2018

### PRESENT;

Peter Wayne, Madeleine Phillips, Jean Morgan

Memory Team: Rosslyn, Beth,

Nexus: Matthew.

Apologies: Margaret Cook. Mary Roblin, David Samuel, David Howells, Helen Joy.

### REPORT OM PROJECTS

Madeleine said that she started her Memory Jar in Cowbridge two years after her diagnosis. The Memory Jar is very well attended and is now meeting twice a month.

With support from the church, Memory Jar has a programme which includes Tai Chi, films and refreshments. It is helping to make Cowbridge a dementia friendly town, which makes a difference when making plans for dementia. A mental health professional in an organisation called Innovations is attempting to develop dementia management in the NHS, and referring to Madeleine's Project was clear that Madeleine is driving this. "Even more important is future of dementia diagnosis and care," he said. Innovations has involved a number of organisations to create a dementia hub. An administrator is leading a multi-disciplinary team in the hub. The hub will have a virtual system to allow patients to access it.

Peter emphasised how important it is to keep busy and has developed a sizeable model rail network. He keen on keeping tropical fish and developed a great interest in military history, particularly WW1 and Dunkirk. Jean concurred with the idea of keeping busy and said that it was not desirable to be stuck with a dementia label.

Rosslyn said that a leaflet "The Kymin Group's Guide to Sharing a Diagnosis of Dementia" is to be launched shortly.

### FUTURE EVENTS

Rosslyn asked about the possibility of a Christmas event. Murchfield Community centre is holding a special event on Wednesday 12<sup>th</sup> December. The Older People's Commissioner will be in attendance along with Dinas Powys Primary school's Choir. It was thought that the Kymin Group could join this.

Date of Next Meeting.

Wednesday 12<sup>th</sup> December 2018 at 1030-1200

# Woody's Lodge – a Grand Day Out

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Royal Army Corps Veteran, Eric Henderson, opened the batting for the Woody's Lodge team at Sophia Gardens' Glamorgan County Cricket Ground, Nov. 2018



# 3MDR Therapy

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This study is investigating whether 3MDR therapy can reduce symptoms of PTSD in military veterans.

## Background

Very few people with mental health problems seek professional help, and this is especially true of people with experience of being in the military. Recent trials of the first-line trauma-focused interventions have shown clinically significant improvement, however poor treatment outcomes have been high and many patients continue to have symptoms.

## Purpose of research

Modular Motion-assisted Memory Desensitisation and Reconsolidation (3MDR) is a new treatment that aims to reduce cognitive avoidance and augment engagement with therapy.

The purpose of the research is to determine if 3MDR therapy is able to reduce symptoms of PTSD in military veterans. The focus of the research is on people who have not responded to, or are unable to engage with, treatments that are currently available.

## Who can take part?

This study is aimed at veterans with treatment-resistant PTSD, and participants will be recruited to the study through referrals made by a therapist in their health board area.

## What does it involve?

- Researcher will interview participants about their combat-related trauma. This will take 60 minutes. Participants will also be given some questionnaires to complete.

# 3MDR Therapy cont'd

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- The 3MDR therapy will then be delivered weekly over nine weeks (two weeks preparation, six weeks 3MDR and one concluding session) by experienced psychological therapists. Participants will be randomized into two groups; group one will receive 3MDR therapy and group 2 will be a waiting list group who will receive no intervention for 12 weeks and then receive 3MDR over nine weeks.

The researcher will conduct the same interview and participants will be asked to complete the same questionnaires at two separate time points during the interventions.

## Principal Investigator

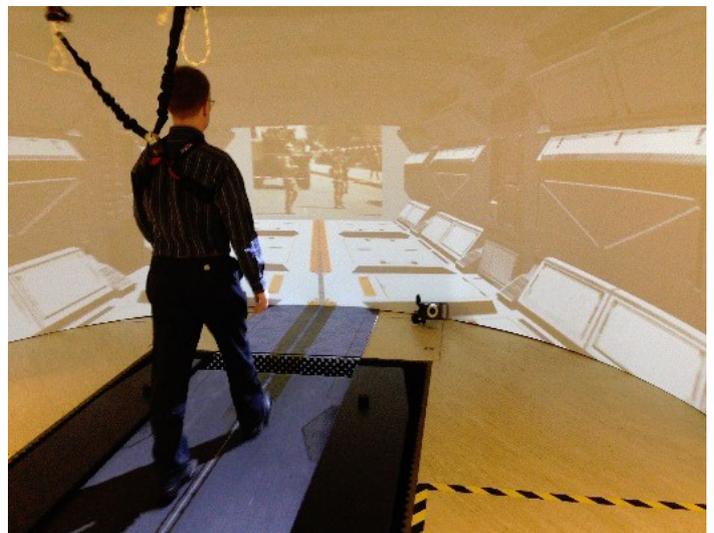
Professor Jon Bisson, Cardiff & Vale University Health Board.

## Contact for further information

If you require any further information about this study, please contact Kali Barawi on (029) 20874000 ext. 20003 or via [barawik1@cardiff.ac.uk](mailto:barawik1@cardiff.ac.uk), who is the researcher with day-to-day responsibility for the study, or the chief investigator Professor Jonathan Bisson on 029 20688486 or via [bissonji@cardiff.ac.uk](mailto:bissonji@cardiff.ac.uk).

For more information on 3MDR therapy you may also be interested in reading this short article, which we can also provide for you in paper copy if you prefer:

<http://www.cbc.ca/news/politics/experimental-ptsd-therapy-gets-traumatized->





**£54,250 raised!**



**Thanks to you, we  
smashed it.**

Every donation received was doubled by the  
Garfield Weston Foundation.

Your generous support will bring music, joy and  
friendship to people with dementia and their  
families in Cardiff, the Vale of Glamorgan and  
Newport.



# Dementia is Everyone's Business

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A really positive event delivered by Cardiff Council & Alzheimer's Society took place in October which aimed to review the progress made to date in the development of dementia supportive environments across the city and also identify achievable steps and deliverables in the ambition to become a Dementia Friendly City.

Partners and stakeholders came together to review recent developments and hear all about potential initiatives aimed at improving the lives of those affected by Dementia living within Cardiff and the Vale.

This includes the ambition of the delivery of mandatory Dementia Friends training for all Cardiff Council staff, the recent refurbishment of Grand Avenue as a centre to support people living with Dementia and the development of a Dementia focused Authority led website.

Participants agreed that the event was a good way of sharing best practice and learning about what work is taking place within the City. It is proposed that this event will now take place on a quarterly basis and will provide an opportunity to showcase progress by businesses, services and partners.

Future events will also include networking opportunities that can be so invaluable as we work together to create a Dementia Friendly Cardiff.

# Dementia is Everyone's Business cont'd

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## Reading Well

Dementia (Books on Prescription) was launched in July within Welsh Public Libraries. Reading Well builds on the Books on Prescription model which was originally developed in Wales by Professor Neil Frude.

The book list has been clinically selected and has been created to support people with dementia and their carers as well as to raise public awareness of the causes and symptoms of the condition.

Endorsed by the public as well as by GPs and mental health professionals as a helpful community-based health service, the scheme's booklist includes information and advice for people living with dementia and their carers as well as fiction, memoir and photographic books used in reminiscence therapy. The books are available at all Cardiff's Hubs and Libraries and selected Libraries within the Vale.

To find out more contact [dementiafriendly@cardiff.gov.uk](mailto:dementiafriendly@cardiff.gov.uk)



# Bits n Bobs

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The Welsh Government has launched a national conversation on what can be done to combat loneliness and social isolation in Wales.

The National Survey for Wales 2016-17 found that 17% of the population of Wales, around 440,000 people, reported being lonely, while younger people were more likely to be lonely than older people: 20% of 16-24 year olds were lonely, compared with 10% of those aged 75 or over.

The Welsh Government's proposed approach to tackling the issues is to focus on intervening early to prevent chronic loneliness, given its wider effects on health and well-being, and resultant pressure on NHS and social care services. However, it also identifies a need to ensure that support is available for those who are, or who become, chronically lonely.

The Welsh Government's programme for government, Taking Wales Forward, includes a commitment to develop a nationwide and cross-government strategy to address these issues.

The strategy will cover people of all ages and all backgrounds. For more information on the consultation, which ends 15th January 2019, visit: [beta.gov.wales/connected-communitiestackling-loneliness-and-social-isolation](http://beta.gov.wales/connected-communitiestackling-loneliness-and-social-isolation)



**MERRY CHRISTMAS  
& HAPPY NEW  
YEAR!**

## Bits n Bobs cont'd

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**Vale of Glamorgan Libraries** run a Home Library Service where volunteers will deliver books to people in their homes. This free service is ideal for anyone who can no longer get to a library themselves because of mobility, caring responsibilities or other issues.

Every four weeks a volunteer will drop off a bag of books for the reader and collect the previous month's books. The volunteer can bring books in a number of formats - ordinary print, large print or talking books on CD. As the reader, all you need to do is give the volunteer an idea of the kind of books you like - books by a particular author, for example, or historical, crime, romances or non-fiction - the choice is yours!

If you think this service might be just what you are looking for or if you know of someone who could benefit from it, please call Melanie on 02920 708438 for more information.

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The Assembly's Health, Social Care & Sport Committee has just published its **suicide prevention inquiry report**.

Everybody's business - a report on suicide prevention in Wales can be downloaded from <http://www.assembly.wales/laid%20documents/cr-ld11947/cr-ld11947-e.pdf>

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**Creating Havoc**  
Sefyll and Nexus continue to run their art, craft and photography sessions in Rural Vale thanks to the support of Vale of Glamorgan Creative Rural Communities

# Solace—Supporting Carers across Cardiff and the Vale

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**Solace** exists to support people whose lives have in some way been affected through providing care for a relative or friend with memory problems, diagnosis of a dementia, depression or any other mental illness.

**Solace** provides carers with the following services:

## **Carer Support Groups**

**One-to-one support**

**Confidential Tel. Support Line**

**Information and Signposting**

For more information on any of these services then please contact **Solace** on 02920 529 848.

Solace- Cardiff & Vale NHS Trust  
1 Park Road, Whitchurch, Cardiff  
CF14 7BP

Contact: Carer's Support Worker/  
Carers Support Nurse/Solace  
Manager Janice Becquer-  
Moreno

**Telephone:**

**029 2052 9848 (helpline)**

**029 2052 9832 (office)**



Gweithredu dros lechyd Meddwl Caerdydd a'r Fro  
Cardiff and Vale Action for Mental Health

## **Directory of Mental Health Services**

<http://www.cavamh.org.uk/search>

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## **Nexus Call for Carers & Service Users**

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We would be delighted to hear from anyone interested in sharing their experiences and knowledge in the planning and delivery of mental health and dementia services in Cardiff and the Vale. This could involve interviewing for jobs in the UHB, consultations and attending meetings. Call 02920 222000 and ask for Helen or Matthew.

# MATTHEW'S EASY MAKE SEMOLINA PUDDING

**4oz semolina**

**1 pint whole milk**

**Tsp vanilla essence**



**Warm the semolina in the milk in a pan over a low heat, stirring continuously until the semolina is thick and warm.**

**Add vanilla essence and stir in gently when the semolina is soft.**

**Serve with jam or honey or marmalade, according to taste.**

# WALES DEMENTIA HELPLINE

This helpline offers support, information and agency for anyone caring for a family member or friend with dementia.

**Freephone: 0808 808 2235**

**Text HELP followed by your question to 81066**



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Helen & Matthew  
Nexus Involvement Officers

Based at the Cardiff & Vale Mental Health Development Project, Nexus supports carers and service users of mental health services to know about and have a voice in service planning and delivery. To do this, we have dedicated Involvement Officers who work in partnership with voluntary agencies and statutory services – Matthew and Helen.

This publication is specifically designed for carers of those receiving older people's mental health services to get information and to become involved according to their personal situation.

We aim to update this newsletter once every three months. All information in this publication is provided to the best of our knowledge. If you have anything you would like to include in a future issue please contact us, we would be delighted to hear from you.

A project  
managed by



@cavamh



Nexus Involvement