

INVOLVEMENT NEWS

Issue 91

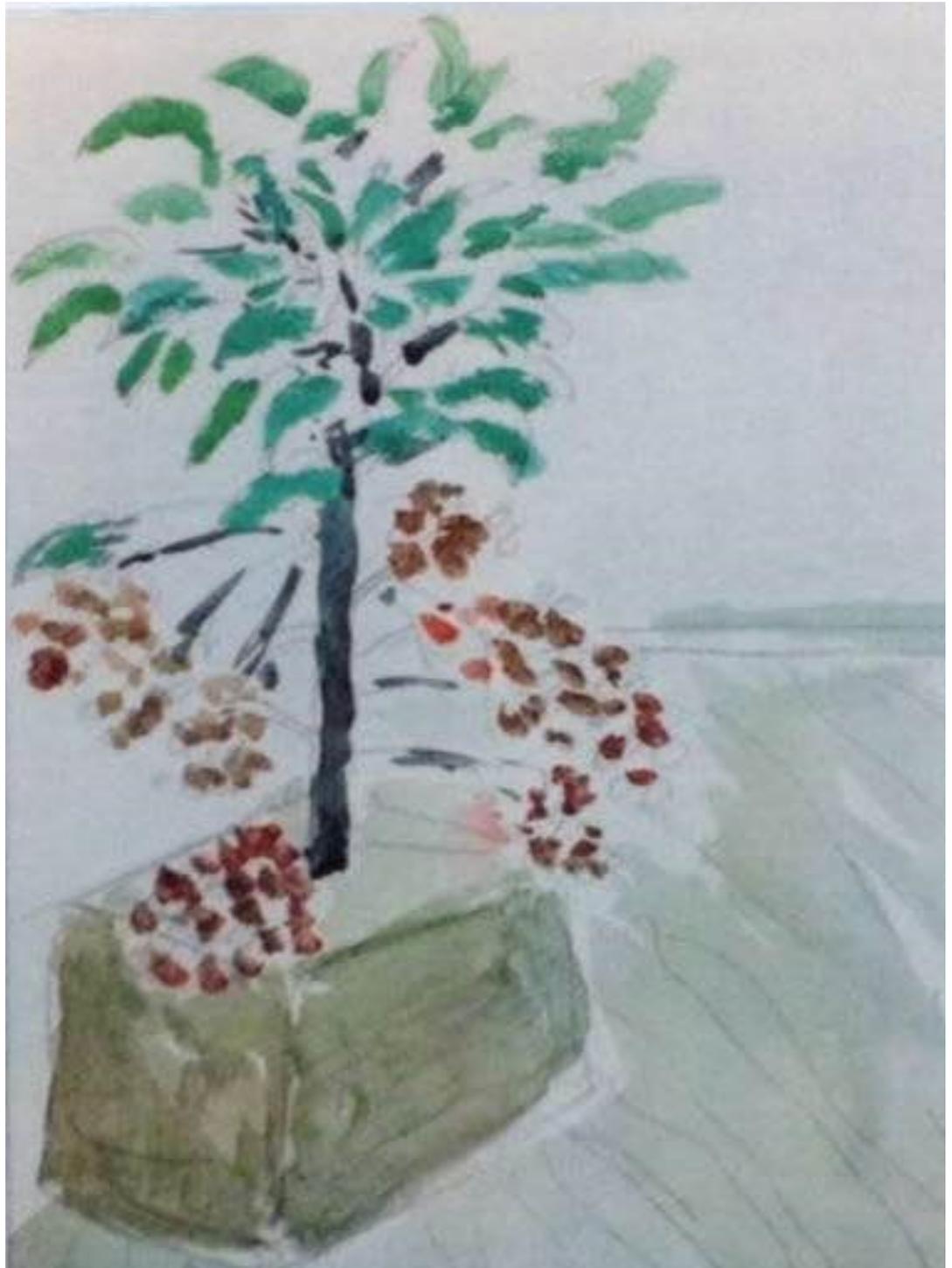
Jan–March
2019

Involving carers in mental health matters



nexus

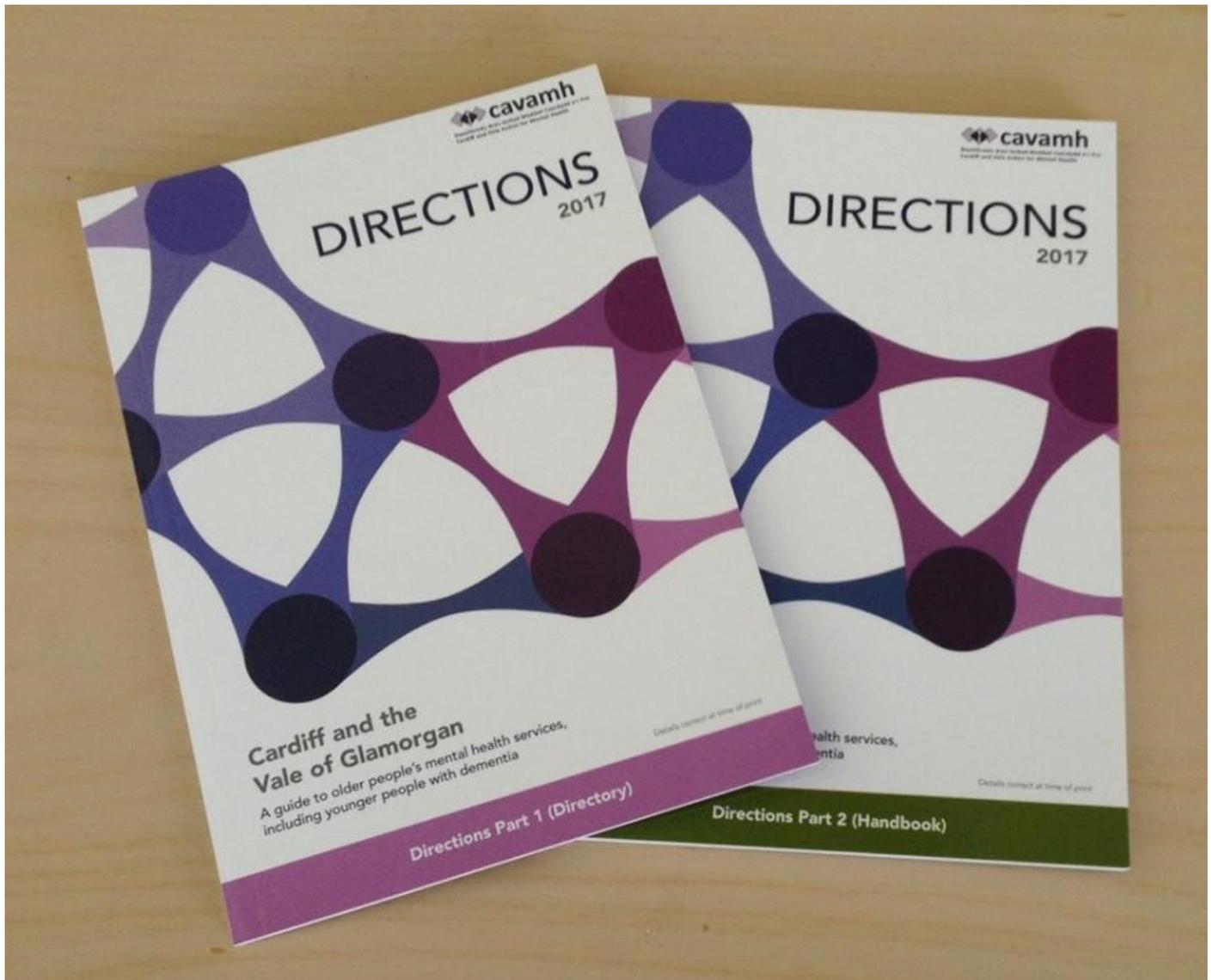
carers & service users involved in older people's mental health



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



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

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

The Kymin Group. Meeting Notes 14th 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 12th 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 12th December 2018 at 1030-1200

Woody's Lodge – a Grand Day Out

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

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

- 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

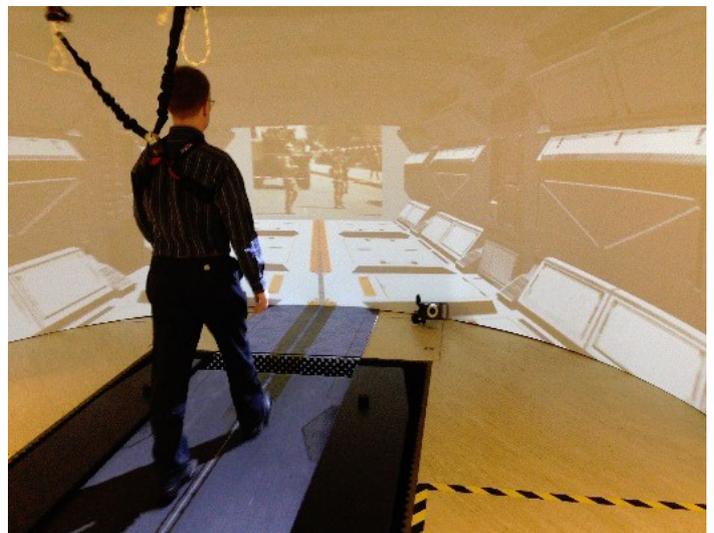
Professor Jon Bisson, Cardiff & Vale University Health Board.

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, 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.

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->



Dementia Friendly Barry's Vision

Dementia Friendly Barry's vision is for Barry to becoming a community supporting and respecting the needs of people living with dementia and their carers.

I am the new chairman of Dementia Friendly Barry Steering group. Working with support from the Alzheimer Cymru, the Barry steering group consists of representations from Barry Town Council, local organisations, charities, businesses, and volunteers all committed to continuing to support to be a Dementia Friendly Barry.

Most people are touched by dementia, whether it be a family member, friend, or by reading about dementia in the news. Dementia reaches across all ages, and the group are keen to reach out to all age groups and encourage voluntary groups in Barry to participate in a one-hour dementia awareness session; to help to dispel some of the myths and fears and understand the issues about people living with this disease.

The session is run by a local qualified volunteer Alzheimer's Society Dementia Champion, with the sessions tailored to the ages and requirements of the group. Following the session participants are asked if they wish to become 'dementia friends' and make their own pledge. It can be as simple as being more understanding about people living with dementia.

Groups can, if they wish, continue to become a dementia friendly organisation by pledging to support dementia friendly Barry by doing one extra thing in their group. In return for the pledge groups will have a yearly Dementia Friendly Barry certificate which is supported by the Alzheimer's Society. You will also be invited to participate in Dementia Friendly Barry Steering group meetings held throughout the year; and be supported to take part in any Barry planned events. We will also add any dementia friendly news, events etc by your group onto the website below.

You can find more about what support and Activities are available for people living with dementia in Barry and the Vale, by visiting Dementia Friendly Vale website at:

www.dementiafriendlyvale.co.uk Or please contact Jane Weldon chairman Dementia Friendly Barry Steering Group By Emailing dementiafriendlybarry@outlook.com

Mobile Number: 07572591138

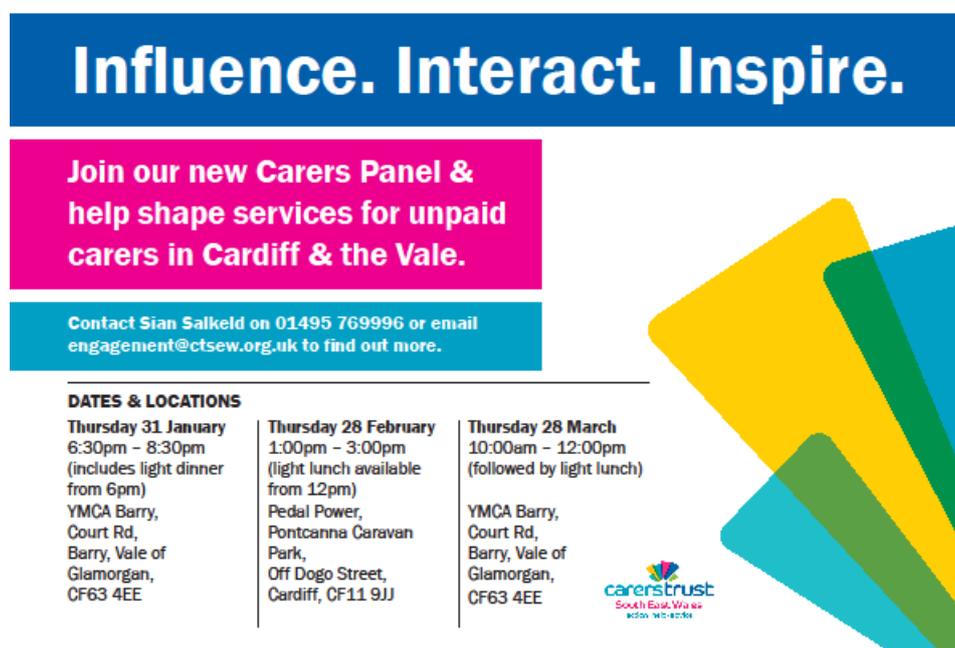
Carers Panel Meeting Dates

The next three meetings of the Cardiff and the Vale Carer's Expert Panel have been arranged and more information can be viewed below.

The panel is an opportunity for carers to shape and influence the services available to them in Cardiff and the Vale and to have the opportunity to meet other carers from a wide variety of backgrounds and caring roles. All unpaid carers are welcome to join the panel and they can come along to as many of the meetings as they are able to.

We have many plans afoot for 2019 and want the widest possible array of input when developing these services, so that we can make sure they serve the needs of all carers. The plan is to hold these meetings monthly throughout the year, so details of future meetings will be circulated as soon they are agreed by the panel.

Please let Sian Salkeld, Carers Development Worker at Carers Trust SEW know if you would have anywhere to display this poster or if you would like some A5 flyers to be able to give to interested carers. Telephone number 07706 297966 or 01495 769996.



Influence. Interact. Inspire.

Join our new Carers Panel & help shape services for unpaid carers in Cardiff & the Vale.

Contact Sian Salkeld on 01495 769996 or email engagement@ctsew.org.uk to find out more.

DATES & LOCATIONS

Thursday 31 January 6:30pm – 8:30pm (includes light dinner from 6pm) YMCA Barry, Court Rd, Barry, Vale of Glamorgan, CF63 4EE	Thursday 28 February 1:00pm – 3:00pm (light lunch available from 12pm) Pedal Power, Pontcanna Caravan Park, Off Dogo Street, Cardiff, CF11 9JJ	Thursday 28 March 10:00am – 12:00pm (followed by light lunch) YMCA Barry, Court Rd, Barry, Vale of Glamorgan, CF63 4EE
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 carerstrust
South East Wales
0504 765 8254

Dementia is Everyone's Business

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

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



Free Tax and Welfare Rights Sessions with Age Connects in Barry

Free Tax advice session

Are you worried about your Tax Affairs? Age Connects Cardiff & Vale Senior Health Shop run a free monthly tax advice surgery which is available to anyone over the age of 50. A session will be held on Monday 28th January 9.30am - 11.30am advice is free and no appointment is needed. You will be able to get advice from retired tax professional. Contact 01446 732385 for further information. Home visits can be arranged if needed.

Free welfare rights session

Are you living in Vale of Glamorgan and need some advice or help on Benefits such as Pension Credit, Attendance Allowance, Housing Benefit or Disability Living Allowance? Age Connects Cardiff and Vale run a FREE Welfare Rights Service which can help you with any of these issues. An Adviser from Age Connects Welfare Rights Service will be able to chat to on any of these issues and help with form filling. A session will be held on Tuesday 5th February 2019 9.30 am to 11.30am at Age Connects Senior Health Shop 38 Holton Road Barry NO Appointment is needed Contact 01446 732385 for further information. Home Visits can be arranged.

Bits n Bobs

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.

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>



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

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)



cavamh

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>

Nexus Call for Carers & Service Users

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



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



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