

INVOLVEMENT NEWS

Issue 91

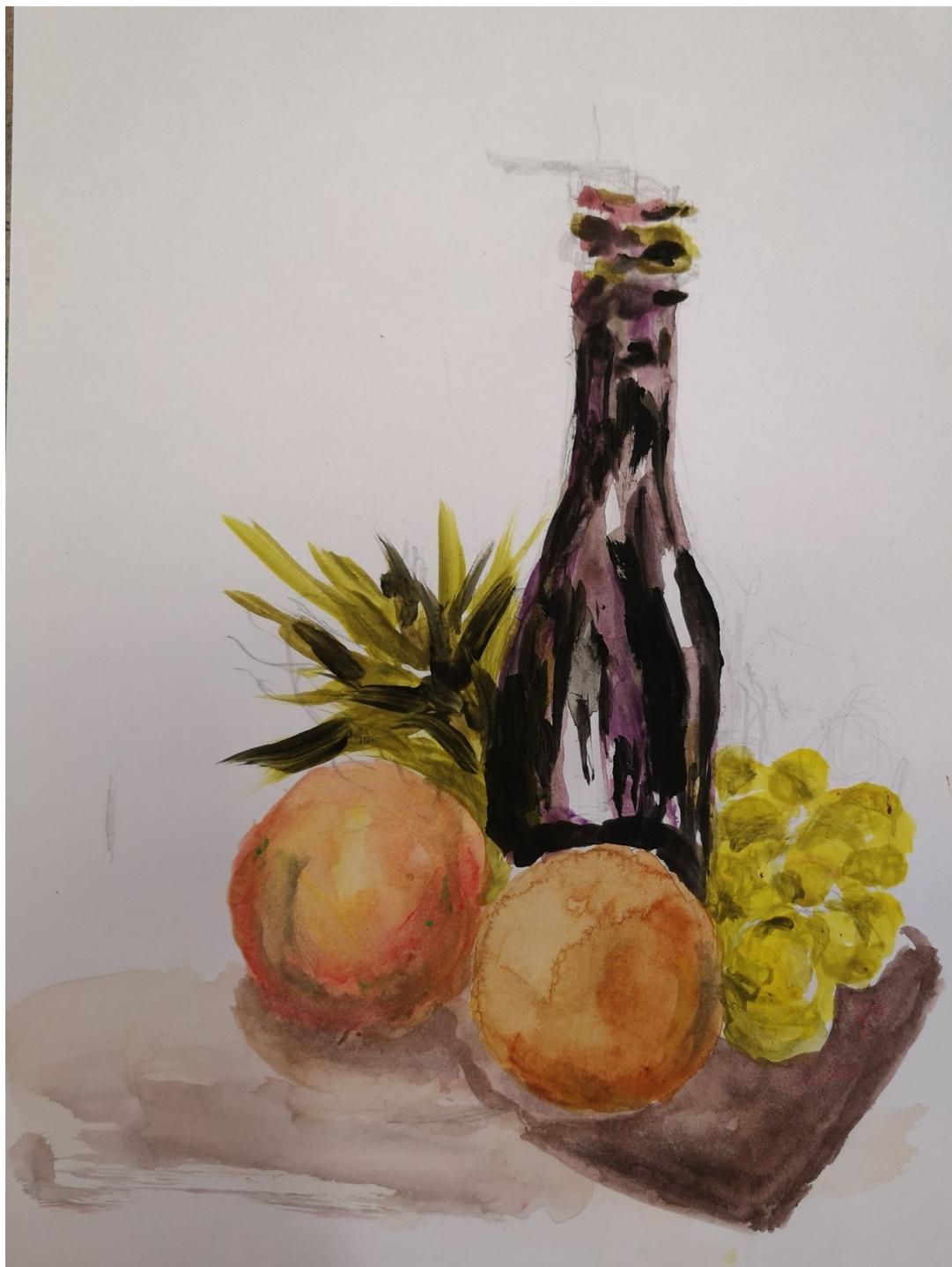
June
2019

Involving carers in mental health matters



nexus

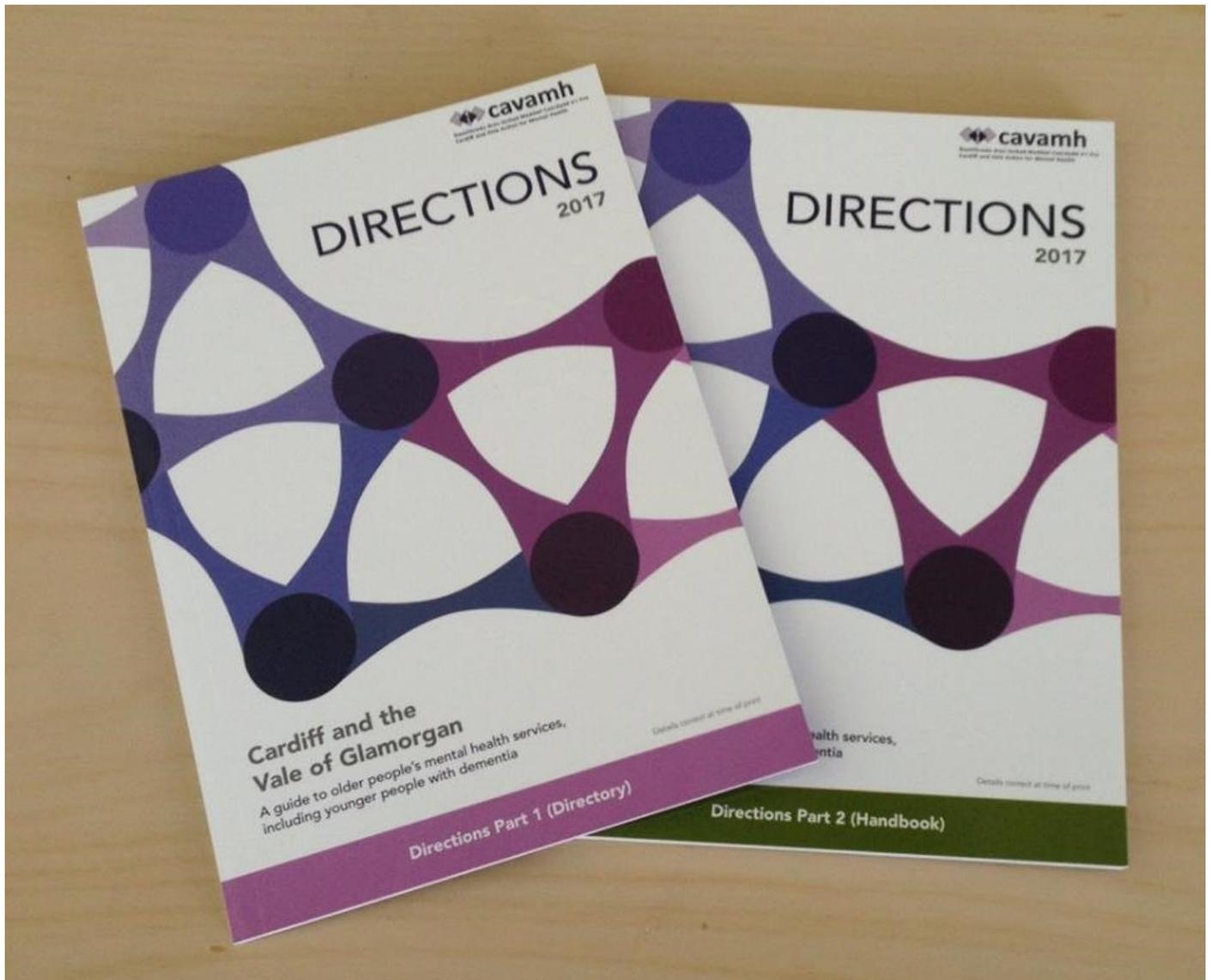
carers & service users involved in older people's mental health



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 2017–2019



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>

Woody's Lodge – a Grand Day Out

Dementia is Everyone's Business

Dementia is Everyone's Business cont'd



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.

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)



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



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Cardiff and Vale Action for Mental Health



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Nexus Involvement