

Involvement

News



May 2020

Hello!

Hope you are well and managing to find some ways to make the best of these strange and taxing times.

Whilst we are no longer able to produce our usual newsletter in its normal format, we thought that we could at least get something to you - so, here's our first effort and please feel free to contact us with feedback and content.

Helen and Matthew

Nexus

Useful contact Numbers for Support:

Alzheimers Society Dementia Connect Support Line	0333 150 345
Wales Dementia Helpline	0808 808 2235
Admiral Nurses for Veterans living with dementia	0800 888 6678
Care and Repair	0300 111 3333

Samaritans provide confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts

116 123 (24 hrs)

Veterans' Gateway offers support relating to finances, housing or other issues, please contact Veterans' Gateway

0808 802 1212

Update from the University Hospital Board

Director of Operations is currently chairing twice weekly meetings in Mental Health following the dissolution of the UHB clinical board structures. These are now reporting to 4 HUBs for the main hospital sites and one for the community which were constituted in the Covid 19 emergency operations, about 4 weeks ago.. Although Mental Health is not part of the Covid 19 admission and treatment pathways as physical health care are; Physical Health Care has suspended many of its core services. Mental Health services are keeping all services running still, (if limited), whilst at the same time protecting our In Patient population from the virus.

This has been a great challenge to the directorates who have had to establish Covid 19 care and treatment wards, as well as Covid 19 "stepdown" in-patient wards. There is the additional need to staff them and then train the staff..

The community services have prepared for a 'worse outbreak' scenario where services would have to prioritize in-patient cover. This has required emergency measures of establishing localities in Cardiff to mimic the Vale position. Emergency referrals are going to the Crisis Teams at Hafan Y Coed, In Cardiff Urgent referrals to Gabalfa for Cardiff North and Links for Cardiff South. Routine work is organised from the remaining CMHTs.

The Clinical Board Director has kept teams on alert to continue being prepared for the ongoing unpredictable behaviour of the virus but felt reassured that the quality of the Mental Health leads would continue to make decisions based on 'patient first'

ethos and direction from the Welsh Government.

The Welsh Government is also rightly encouraging services to use this period of organisational 'unrest' to look at new and innovative ways of working as well as accelerating strategic work where possible as these situations do not arise often.

Community Health Council – Ian Wile, Head of Mental Health Services, reported that this NHS watchdog organisation has been in touch to keep abreast of the service changes – and requested to meet with the mental Health services in May to go through these – probably virtually. Ian Wile will be in touch with the Directorates in mental health to prepare for this.

News from the UHB

Dr Annie Procter reported back from the Health Board that Public Health Wales are reflecting that the peak of the spread of the virus has now occurred with a follow up peak in the death rate probably still to be seen. This situation reflects one of the best scenarios predicted for the UHB which has circa 200 empty general hospital beds. The Dragons Heart Hospital is now operational. Discussions now are moving to 'recovery' and 'continuity'..

Welsh Government Update

Ian Wile confirmed all tier 1 mental health targets remain suspended but is encouraging services to continue collating the data, reinforcing the responsibility to use this period to accelerate legitimate strategic change work.

Directorates

Adult Services

Ian Wile has reiterated that the Mental Health Clinical Board's transformational

agenda is based on the strength of the MDT (multi disciplinary team), from direct clinical care through directorate decision making, which reflects the way the CB functions. In this way open MDT communications and decision making are key to managing this crisis and pursuing the transformation agenda. The directorate reported that staff absences are down to 40 or so (down by 50%) - and no further covid positive patients on Pine ward (the covid positive care ward in Hafan y Coed). This is a remarkable achievement within Hafan Y Coed which had only 3 patients testing positive.

Mental Health Services for Older People

Reported a reduction in Covid positive patients on East 10 and 12 Wards to 9 from 23 in Llandough Hospital. There is also a number completing 14 days for step down returning to their treatment wards. The directorate was congratulated on its notable success in containing the spread of the virus after a worrying initial couple of weeks.

MHSOP will work with Medicine over the next few days to decide on a patient by patient basis whether any patient may be better off being transferred to medicine where their medical needs outweigh their mental health needs.

The directorate is 72 staff members down at the moment, mostly from Inpatients therefore are still very much 'in the thick of it. thanks are due to Adult Services who continue helping out with staff where possible. Community services continue to be under pressure. Ongoing relationships with Medicine in University Hospital Llandough continue to improve

Psychology & Psychological Therapies

– No significant changes to the service model from last reporting – low referrals numbers continue. Temporary counsellors' contracts are extended in anticipation of an escalation in low need referrals.

Extraordinary PTMC is being arranged to be chaired by Ian Wile to look at effective new digital practice and other methods of working including how we build capacity to meet a rebound in primary care referrals.

Nursing – 93 students due to start mainly in in-patients –No PPE issues. Updated on the visit to the Dragon Heart Hospital today to get a better sense of the liaison team requirement.

Future Planning –

Ian Wile reported that the Welsh Government dashboard Covid 19 dataset submitted last week had received feedback which could be used as the frame work of a recovery plan for the service, including templates to structure thinking.

Ian Wile will arrange a meeting of clinical and operational leads to discuss following circulation and comments on the document, to enable the blending in of the transformational funding to the discussions where appropriate. Jayne Bell as the consultant nurse for complex risk has behind the scenes prepared a report in relation to suicide and self-harm training to consider as part of these discussions.

Ian has contacted CAVAMH to discuss Service User and Carer representation within these future planning meetings

Message from Ian Wile...

At C&V we are now entering a challenging and mixed phase of being both ready to respond to any further covid outbreaks in the hospital or within the community and trying to return services to running as normally as possible. Fortunately aside for day services we didn't cease any services during the outbreak so a return to a 'new' normal hasn't been as much of a problem as it may have been. One of the biggest changes we invoked was moving crisis assessments to Hafan Y Coed from the CMHTs – this is returning to the CMHTs on 1st June.

As a MH team and partnership we are now turning our thoughts more to the impact of Covid on the general mental well-being of the communities in Cardiff and Vale, including how we assess what that demand could be, it's nature and how we then respond as a mental health team and partnership to meet that need. This could include the expansion of 3rd sector provision, re-deployment of secondary care staff into Primary care, having direct access into primary mental health services and other measures.

We look forward to working with our partners in meeting this challenge and further raising the profile of the importance of mental well being during times like this.



Try to plan healthy snacks and main meals for the week before you shop. This will help figure out 'what's for dinner?'. If you have children, they might like to get involved.

Whether shopping in-store or online, writing a shopping list will help you reduce waste and save money. It will help you to have the ingredients you need for a range of meals across the week. Before you shop, take a 'shelfie'. This way you'll remember what you've got and avoid doubling up.

Splitting your shopping list into sections e.g. fruit and vegetables, frozen food, dried foods/tins will help you spend less time in store.

Store-cupboard staples can be used to create lots of quick and tasty meals. Food such as rice, pasta, noodles, lentils, breakfast cereals, tinned fruits and vegetables, potatoes, eggs and tinned fish are versatile and have a good shelf-life. Supermarket and value brands are worth a try and can taste good at a lower price.

Struggling to find an ingredient you need? Don't worry, most recipes will still work well if you make an ingredient swap.

We all know this by now but remember to wash your hands with soap and water as soon as

you get home.

Get creative in the kitchen with dried herbs and spices – these can add flavour and variety to everyday meals. Add chilli powder to homemade potato wedges, curry powder to baked beans and garlic and mixed herbs to tinned tomatoes for a super quick pasta sauce.

Where you store food can make a big difference to how long it lasts. For more information visit <https://www.lovefoodhatewaste.com>

If you have freezer space, many foods including bread, pitta pockets, milk, berries and cheese can be frozen until you need them.

Leftover food such as cooked meat, vegetables and baked beans can be covered and safely stored in the fridge for up to 2 days. Soups, omelettes, risottos and stews are great for using these up - anything goes!

It is important not to eat foods past their 'use by date'. However, the 'best before' date is just a guide. Foods such as bread, crackers, dried and tinned foods can safely be eaten past this date.

ACCESSING FOOD

You may be entitled to a food box if you have received a letter telling you to stay home and have no one else who can get food. Visit <https://gov.wales/safe-help/if-i-need-to-stay-at-home>

If you live in the Vale contact OneVale(C1V) on 01446 700 111.

If you are self-isolating at home and unable to obtain food and live in Cardiff contact the Advice Line on 02920 871 071 or advicehub@Cardiff.gov.uk

If you live in the Vale of Glamorgan contact the Crisis Support Team on 01446 729 592.

If you have children eligible for free school meals, contact freeschoolmeals@cardiff.gov.uk or EFSM@valeoglamorgan.gov.uk if you have any questions.

Emergency food is available through your nearest foodbank.

For more information about how to obtain a Foodbank Voucher visit <https://www.trusselltrust.org/get-help/find-a-foodbank/>

Healthy Start vouchers can be spent in most supermarkets and local shops on milk, plain fresh and frozen fruit and vegetables and first infant formula milk. The Healthy Start website provides information on eligibility and how to apply - <https://www.healthystart.nhs.uk/>

The Dusty Forge Pantry (covering Ely & Caerau) and Wyndham Street Pantry (covering Riverside, Grangetown & Canton) have some limited capacity to offer deliveries for those struggling to afford food or get to the shops. Contact 02920 003132 (Dusty Forge) and 07399 810 653 (Wyndham Street) for more information

Walk a Mile Challenge



In 2012, Nigel Hughes was diagnosed with multiple sclerosis, our daughter was 9 years old. She has grown up caring for her dad and her nan who also came to live with us that year. Young carers and families that live with loved ones suffering all kinds of problems including PTSD should be recognised as heroes but often are overlooked. *Karen Hughes, Nigel's wife and carer.*

Nigel is a retired Police Officer. He now lives with M.S. and is gradually losing the ability to move. He is trying to walk 1 mile throughout May and beyond, however long it takes. He does this for Woody's Lodge - a charity which supports veterans from all services and including the emergency services. It is often the only reason Nigel leaves the house each week.

Please help support this charity during these uncertain times so that it can continue to support veterans like Nigel.

<https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?userUrl=KarenHughes43&pageUrl=1&fbclid=IwAR1RPnwyLEdln5f-P2Bcgztbie36emQtiihmjMHBaulq9Pz7ySTk7tP-bR4>

PLEASE SUPPORT NIGEL'S CHALLENGE



Nexus is part of Cardiff & Vale Action for Mental Health Registered Charity No. 1148312 / Company No. 8000094