



Sefyll News



Welcome to the April 2019 edition of Sefyll News as usual it contains lots of information about coming events and dates for your diary.

I don't know about you but this year seems to be flying by—wasn't it Xmas just a few weeks ago? I hope you are all enjoying the unseasonably warm and dry weather. Winter is over and Spring has now officially sprung.

Just a little note to say if you see a copy of this newsletter with dates for training or meetings that appear to have been altered and written over please do check with us at the office for confirmation.



This is YOUR newsletter

If you feel that you would like to contribute in any way please get in touch. It may be a drawing or painting you have created which you could send us via email.

You might want to tell us about a piece of artwork that you may have seen in a gallery or museum that means something to you.

If you like films/movies feel free to email us any recommendations for publication in the next newsletter. Perhaps you could write a review if you feel passionate about a favourite film.

Send us a poem if you want to express yourself or if you're a musician, you might want to send us a link to some of your material you have uploaded to YouTube. Maybe you could suggest a good Open-Mic venue and get your friends to come and support you.

If you are participating in a fundraising event or if you know someone who is please let us know and we'll publish it and help to spread awareness.

Support our veterans.

A frequent complaint from some veterans' is that they do not get the support and information that they need. However there are a number of organisations which offer veterans support for a comprehensive range of problems. A good selection of these organisations will be present at Maindy Barracks for you to consult. If this is of interest to you, or someone you know come to the VETERANS Information meeting.

10.00 for 1030 Friday 26th April 2019

580 Squadron Royal Logistic Corps HQ

Maindy Barracks, Cardiff.

Admission is free but for security reasons it is vital to register your interest. Please contact Matthew Salisbury by Wednesday 24th April 2019 If you are traveling to Maindy Barracks by car please tell CAVAMH your registration number.

Lunch Is available from 1.00 pm in the Hub Restaurant in Maindy Barracks at a reasonable cost.

TELEPHONE 029 20222000

Email:- matthew@cavamhorg.uk

Nice to meet you

If you are interested in learning more about Sefyll, or have been considering coming along to the **S**ervice **U**ser **E**ngagement **G**roup or Champions but feel nervous or anxious or not sure if it's for you. Tracy is always willing to meet somewhere local to you for a coffee and a chat about who we are and what we do.

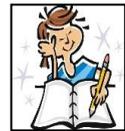
Sometimes its reassuring to be able to put a face to a name and already know someone before you join a group or come along to a meeting.

Or perhaps you are someone who used to be involved with Sefyll and are thinking of getting involved again and would like to meet up and have a chat about it.

Drop me an email: **tracy@cavamh.org.uk** or leave me a contact number at the office **tel: 02920 222000** and I'll get back to you.

Note from the editor

Thank you, as always, for your input. The editor retains the right to edit any content prior to publication in the newsletter. All opinions expressed within are those of contributors and not of Sefyll or cavamh.



The next Mental Health Partnership Board meeting on **Wednesday May 8th 2-4 pm** at **Hafan y Coed**, is discussing Substance Misuse and Mental Health, (secondary topic Physical Health and Mental Health).

The Meeting is open to all with an interest in the topic. If you have a personal story around Substance Misuse and Mental Health that would help illustrate the issue and you would be willing to share at the Meeting please let Linda or Mike know.

Your Medicines, Your Health

Do you keep tablets, creams and medicines 'just in case?' Do you have a cabinet full of out of date medicines? April 1st launches a Wales-wide initiative to spring clean your medicines cabinet and return old items to your local pharmacy where they can be disposed of properly and safely.

You can pick up a bio-degradable 'spring clean' bag from your local pharmacy, fill it with your unwanted or unused medicines and return them to your pharmacy where they will be disposed of safely.

Samaritans Male Suicide

In 2017, 360 people died by suicide in Wales; this is around 3 times the number killed in road accidents. 77% of these suicides were by men, which means the male rate is now more than 3 times higher than the female rate. The figures also show that men aged 40-44 have the highest suicide rate in Wales and that rates are 2 -3 times higher in the most deprived areas compared to the most affluent.

Samaritans is launching a campaign, supported by National Rail, called Real People, Real Stories. The campaign sees men who have overcome tough times share their stories to encourage men, who are most at risk of suicide, to seek help by contacting Samaritans 24/7 free on **116 123** or **Samaritans.org**

“We didn’t want to create just another awareness campaign. We wanted something authentic and emotive from men who have been through tough times, sharing their really powerful, positive and hopeful stories to encourage other men to seek help before they reach crisis point.”

“Our survey results found that although 78% of men aged 20-59 say it’s okay to admit you’re not feeling okay, many still avoid speaking out

Awareness Campaign

when they're finding life tough. A quarter (25%) felt their problems weren't important enough to warrant calling a helpline, which is one of the reasons this awareness campaign is so important."

The survey found that some of the main reasons why these men find life tough and struggle include debt or financial worries (36%), relationship breakdown or family problems (30%), loneliness or isolation (29%) and job loss or job-related problems (25%).

Almost 3 in 10 (29%) of the men surveyed said loneliness and isolation had made them feel low in the past; "At Samaritans we understand the value of talking and the power of human connection. Just two people talking can really help that person to stop, breathe and start to see a way through their problems. Samaritans gives people the space to be themselves. We won't judge or tell you what to do, we're here to listen." **Find out more about Real People, Real Stories at: <http://www.samaritans.org/realpeoplerealstories>, where you will find real stories from real men who have been through tough times.**

Would you like to be directly involved in how your mental health services are run?

There are a number of exciting opportunities to represent the experiences of people who use mental health services on health board planning groups. You could have a direct influence on what's happening in your area, find out more about what's going on, or use it as an opportunity to learn new skills.

Anyone can be a rep. All you need is your experience of what it's like to use mental health services. We can offer you support and training to help you build the skills and confidence you need to do this.

Opportunities for Reps:

There are currently spaces open for a number of people to become service user representatives at planning groups with the University Health Board and other services. To find out more about these opportunities, either contact

sefyll@cavamh.org.uk or telephone

029 2022 2000, or alternatively come along to the next SUEG meeting to have a chat with other service user reps to see what's involved in being a rep.

CREATING HAVOC

We welcome adults and older people, carers and service users, who have experience of mental health services in Cardiff and the Vale of Glamorgan



standing Up speaking Out

16th May 2019, 10-3
Compass Room, Old School
Llantwit Major

Are you a service user or carer who would like to have a say in influencing mental health services?

This course aims to develop your confidence and skills.

Informal and fun, it will include:

- ✧ Confidence Building
- ✧ Communications Skills
- ✧ Influencing Others
- ✧ Negotiation Skills
- ✧ Challenging & Assertiveness
- ✧ Involvement Scenarios
- ✧ Opportunities for Involvement

For more information email

sefyll@cavamh.org.uk or nexus@cavamh.org.uk

or call 029 2022 2000 and ask for Helen or Mike.



carers & service users involved in older peoples mental health
gofalwyr a delnyddwyr gwasanaeth sy'n ymwneud â iechyd meddwl pobl hyn



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



Sefyll & Nexus are part of cavamh
Registered Charity No. 1148312 / Company No. 8000094

BOOK NOW to ensure your place!



Mental Health Today Wales 2019

Date: **22 May 2019.**

Venue: Motorpoint Arena Cardiff, Cardiff.

Mental Health Today Wales 2019 (or MHT Wales 2019) is a CPD-certified event for professionals and service users from different mental health sectors. The event's aim is to help and encourage progress in mental health services in Wales. We will do so by provoking discussions, improving knowledge and, above all, championing the voices of those who aren't often heard.

You will spend the day with key thought-leaders in mental health, as they address today's most competitive challenges. Most importantly, you'll go home with new insights and strategies that will help improve crisis care, better understand equality and diversity, and recognise mental health conditions.

This vibrant and inspiring event will consist of 3 main streams:

Room 1: Children/Schools

Room 2: Mental Health Disorders

Room 3: Therapy

We offer complimentary tickets for service users and their unpaid carers. Please email **info@pavpub.com** if you feel you are eligible.

Champions Coffee & Cake

Involvement Champions are groups of people who identify themselves as having experienced mental ill health and who are enthusiastic about wanting to help improve the services available to themselves and others. We meet informally every 4 weeks over Coffee (or Tea) & Cakes to talk about mental health services, what's working and what's not and how we can help to make things different and have our voices heard.

Our next meeting is on **Tuesday 23rd April** starting at **3pm** in **4WINDS** Clare Road Cardiff .

Please do join us.

For more information contact 029 2022 2000
Tracy@cavamh.org.uk

If you are an organisation or group or you regularly attend or hold meetings with people who have an interest in mental health services in Cardiff and The Vale and you would be interested in us setting up a regular Champions Coffee & Cake group we'd love to hear from you.

Did I mention we have cake?

Dates For Your Diary

**Service User Engagement Group (SUEG):
Tuesday 30th April 2019, 11:00am -
1.00pm
(please note change of time and venue)**

4WINDS

65 Clare Road

Cardiff CF11 6QP

For service users who are currently reps at meetings or who are interested in finding out about becoming a rep in the future.

Sefyll is a project managed by Cardiff and Vale Action for Mental Health (cavamh). If you would like to become a member of cavamh please contact Caroline on 02920 222000 or caroline@cavamh.org.uk

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