



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

Its been another busy year for Sefyll which you can read about in the cavamh annual report copies of which are available from the office.

On behalf of everyone at cavamh we'd like to thank you all for your hard work and support during 2018 and look forward to working with you in the new year.

May 2019 be a successful year for us all with good health, warmth, happiness, creativity and fellowship.

**PAST.Wales** is an organisation committed to raising awareness and providing confidential support to individuals with problematic issues with prescribed, over the counter and online medication.

Issues include – dependency, withdrawal, adverse side effects, tolerance & iatrogenic harm.

We deliver support direct through the websites live messenger **<https://past.wales/>** through **[facebook.com/pastwales](https://www.facebook.com/pastwales)** and Twitter **@pastwales**

Access support to receive advice and referrals to professional services quickly within your area.

We facilitate peer led groups dedicated to support and raising awareness.

PAST Wales deliver awareness sessions to individuals, groups, organisations and companies. We raise awareness campaigns to government, health organisations and prompt for media coverage and run a dedicated web and social media presence.

If you feel you need help – please contact us for free friendly and impartial advice.

## Loneliness and Isolation

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-communities-tackling-loneliness-and-social-isolation](https://beta.gov.wales/connected-communities-tackling-loneliness-and-social-isolation)**

## Chocolates Draw

Thank you to everyone who signed up to receive the Sefyll newsletter and be added to our database. All your names were entered into the draw and one was selected at using an online randomiser.

The winner of the chocolates was Jon who has chosen a box of Thorntons Chocolates as his prize.

Congratulations Jon!

How does Good King Wenceslas like his pizzas?  
*Deep pan, crisp and even!*

Who hides in the bakery at Christmas?  
*A mince spy!*

What do you get if you eat Christmas decorations?  
*Tinsilitis!*

### **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.*



A major study into workplace wellbeing by the mental health charity Mind has revealed that poor mental health at work is widespread, with half (48 per cent) of all people surveyed saying they have experienced a mental health problem in their current job.

The survey of more than 44,000 employees also revealed that only half of those who had experienced poor mental health had talked to their employer about it, suggesting that as many as one in four UK workers is struggling in silence.

**Hafal's Winter 2018 newsletter** focuses on Employment, looking at the benefits of employment, but also the issue of mental health issues in the workplace which are experienced by many.

The newsletter also features an article **on How to set your Work & Occupation goals in your care plan.**

The newsletter can be downloaded direct from HAFAL

**<http://www.hafal.org/publications/>**

## My Say

We want to gather service user experiences of having care and treatment from Community Mental Health Teams (CMHT) in Cardiff and the Vale. We are going to use the results of this anonymous survey to tell the health board what works well for people and what people would like to see changed to best help meet their mental health needs.

To say thank you for your time you have the option of entering into a free prize draw for the chance of winning of one of **three cash prizes of £50.**

This survey is for people who have been previously assessed and accepted into CMHT care. These are people who have received treatment and/or care from a Cardiff and Vale NHS mental health service in the community in the last 12 months. The survey is for adults aged 18 and over and is likely to take between 10-25 minutes, although this will depend on how much you want to say.

My Say survey :

<https://goo.gl/forms/bw19NM5X6wzkS5pm1>

Paper copies are available on request: contact **Jaqui@cavamh.org.uk**



Nexus involves those who use older people's mental health services and their carers to have say in the way that those services are planned, run and developed.

Involvement by service users and carers means services become more suited to the needs of those who use them and make them more successful. We are also interested in what past carers have to say about the services they or the person they cared for received.

Like Sefyll we encourage older people's service users and carers to get involved in many different and interesting ways. Join our mailing list to receive Involvement News with regular information about events, opportunities and ways in which you can have your say.

Please contact Helen or Matthew **029 2022 2000** email **[nexus@cavamh.org.uk](mailto:nexus@cavamh.org.uk)**

### **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](mailto: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.



## Advance Notice

We are currently putting together a list of vacancies for service user representatives across a wide range of different groups.

We expect to be holding elections during the SUEG in January (see back for date and venue details) and will be sending out details of the roles shortly after Christmas.

We anticipate vacancies covering groups working on Suicide and Self Harm, The Mental Health Clinical Board, Psychological Therapies Management Committee and the Remuneration working group.

If you would be interested in any of these vacancies please let us know to add you to our mailing lists to ensure we send out the details to you in the new year.

**029 2022 2000**

**[sefyll@cavamh.org.uk](mailto:sefyll@cavamh.org.uk)**

## News

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>

**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.

## 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 15th January** 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 29th January 2019, 11:00am -  
1.30pm**

**(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](mailto:caroline@cavamh.org.uk)*

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