



Sefyll News



Welcome to the July and August 2019 edition of Sefyll News this is a double edition as we take a break from the newsletter during August and the next edition will be in September.

This edition contains information about coming events and dates for your diary, details of how to take part in our Sefyll Survey and advance notice of our next Standing Up Speaking Out course.

The weather is starting to be more summer like so remember the advice from the NHS is to stay hydrated and wear sunscreen and a hat if out in the sun.

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.

What Is Service User Involvement?

Service user involvement refers to the process by which people who are using or have used a service become involved in the planning, development and delivery of that service. There is a growing recognition that because of their direct experiences of using services, service users have a unique and expert insight into what works, which can be used to improve services.

Involvement in services can lead to enhanced quality of care, improved quality of life, improved relationships between staff and service users, and improved outcomes for service users; it can also lead to improved outcomes for providers.

Involvement in planning, commissioning and governance can improve information and access for service users, and have positive effects on decision-making processes and staff attitudes and behaviour.

Involvement can also help service users with their own recovery, building resilience, learning new or refreshing existing skills, which could be useful in gaining employment or voluntary roles. Moreover it can provide a sense of accomplishment and validation.

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.

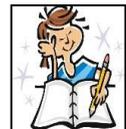
Sometimes its reassuring to be able to put a face to a name and already know someone before you join a group or come along to a meeting.

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.



We are once again seeking your views on Sefyll and service user involvement—to this end we have put together a survey which we would like to invite you to complete.

You can access the survey online via this link:

<https://forms.gle/S4oJz5xR6rswkY5c7>

We will use this information when we look at planning future training courses or workshops, to provide feedback to our funding providers and to the Sefyll Advisory Group and to enable us to plan our future activities.

Hard copies of the survey are available by contacting Caroline on **02920 222000**

We would like to encourage as many people as possible to complete the survey so feel free to share the link or request additional copies.

The survey will be open until 30th August 2019

Repair Café Wales

Repair Cafe Wales was founded by Joe O'Mahoney and Cerys Jones in April 2017 to start and support Repair Cafés in Wales. We reduce landfill, teach repairing skills and build local communities in our once a month cafes. Our Repair Cafés are staffed by volunteers and will try to fix anything that is bought to them (though with specialist items, do contact us first!).

At each event, somewhere between 20 to 50 members of the public bring their damaged or broken household items in for repair. Typical items include electrical goods (speakers, hair dryers, grass trimmers, etc), computers, ornaments, clothes, and upholstery. The repair volunteers then fix (or at least attempt to fix) the items. Sometimes the item owners like to join in and learn what's going on so they can fix it themselves next time if something similar happens.

Please note computer repairs must be booked in advance.

If you would like something fixed local dates are

Repair Café – Oasis Cardiff, Burnaby Street, **Splott**, Cardiff, CF24 2 JX **July 13, 2019**

Repair Café – St Augustine's Parish Church Hall, 29 Albert Road, **Penarth**, CF64 1BX **July 28, 2019**

For further information or if you would like to volunteer with us please visit our website <https://repaircafewales.org/> or come along to the next Repair Cafe.

Cardiff and Vale University Health Board is inviting volunteers to take part in this year's Pride Cymru parade.

The health board will be joining the colourful procession through Cardiff City Centre on **Saturday 24 August**, along with partners including the Cardiff & Vale Health Charity, Aneurin Bevan University Health Board and Velindre NHS Trust.

The parade, which attracted more than 15,000 participants in 2018, is part of the wider Pride Cymru celebration of equality and diversity and the LGBT+ community, taking place throughout the August Bank Holiday.

Keithley Wilkinson, Cardiff and Vale UHB's Equality Manager and LGBT+ Ally, said: "Being amidst the parade's river of colour is an amazing experience, and we'd encourage as many people as possible to come along and join the celebration in support of our LGBT+ colleagues and the wider community."

The celebration takes on additional significance this year, as the LGBT+ rights charity Stonewall marks its 30th anniversary. At the parade, the health board and its partners will be recognising the historic changes in legislation, policy, and societal attitudes that have been achieved since the charity's inception in 1989.

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.

Local Mental Health Partnership Board (LMHPB)

The next LMHPB planning meeting takes place on:

Tuesday July 9th 2pm

at cavamh, 84 Glebe St Penarth, CF64 1EF

The **LMHPB** takes place on:

Wednesday August 13th, 1-3pm

at Vale of Glamorgan Civic Offices, Barry.

The theme is **LGBTQ**

Anyone with an interest in Mental Health is welcome to attend.

If you have any experiences or comments to share with the board which relate to the LGBTQ theme please let us know

Standing Up Speaking Out

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

25 September 2019, 10-3
Chapter Arts Centre, Canton
Cardiff CF5 1QE

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

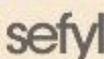
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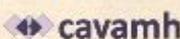
sefyll@cavamh.org.uk or nexus@cavamh.org.uk

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

 **nexus**

carers & service users involved in older people's mental health
policy & delivery projects across south & west Wales

 **sefyll**

 **cavamh**

Cardiff and the Vale of Glamorgan
Mental Health Charity

 **creative**
RURAL COMMUNITIES



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

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 **Tuesday 16th July** 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 July 2019

4Winds

Clare Road Cardiff

10:45am—1pm

There is no SUEG meeting in August

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

All welcome and a light lunch will be provided.

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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