



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

The weather so far has been a stark contrast to this time last year—which suits me nicely not being a fan of the heat, but it would be nice if it just stopped raining for a little while!

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.

We have been contacted by Joseff who is a filmmaker and who recently made a short documentary for BBC Wales telling Sameera's inspiring story; a young Welsh woman that, after attempting suicide and discovering she was pregnant, gained the strength to share her mental health journey regarding bipolar disorder online to help educate others.

Sameera has given her permission for the video to be shared widely to help raise awareness of mental health issues.

You can view the video at:

**[https://www.facebook.com/
BBCCymruWales/
videos/806667249728215/](https://www.facebook.com/BBCCymruWales/videos/806667249728215/)**

Sameera's video blogs (vlogs) can be seen on her youtube channel here:

**[https://www.youtube.com/user/
sameeraarmstrong](https://www.youtube.com/user/sameeraarmstrong)**

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.

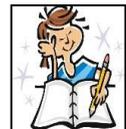
Sometimes its reassuring to be able to put a face to a name and already know someone before you join a group or come along to a meeting.

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.



Nearly half (46 percent) of British adults say they often keep their worries and concerns to themselves - with almost one in three fearing judgement. Research also found that whilst people may be reluctant to open up, an overwhelming majority (82 percent) believe that having a meaningful conversation with someone about their worries and concerns is beneficial to their mental health.

Top barriers to people opening up about their worries and concerns are:

- Worrying about being judged (30 percent)
- Worrying about showing weakness (22 percent)
- Feeling too embarrassed (22 percent)

Positively, when asked how they felt after a meaningful conversation, 69 percent of British adults said they felt the following: happier and in a better mood, relieved, more prepared to tackle the issues they were facing, or closer to the person they had the conversation with.

People said taking time to sit down for a cup of tea or coffee and a biscuit together more often and spending less time on phones really helps their mental health

Rep Vacancies

We have a vacancy for a back up rep for **The Clinical Board**.

We expect to be holding the election during the SUEG in June (see back for date and venue details) Terms of Reference for the board are available on request.

The Clinical Board is a key UHB body and it is important that we have consistent Service User Representation. The back up Rep will stand in for either of the two lead reps in the event that they cannot attend a meeting. The role is remunerated for any clinical board meetings you attend as the Rep.

If you would be interested in this or other vacancies please let us know to add you to our mailing lists to ensure we send out the details to you.

Telephone: **029 2022 2000** or

email: **sefyll@cavamh.org.uk**

Election results held at the May SUEG:

Transformation Board: **Margaret Parry**

Primary MH Steering Committee : **Paul Brown**

Digital Mental Health in Wales Event

Thursday, July 4th 2019

Cardiff City Stadium,

Leckwith Rd, Cardiff CF11 8AZ

10am – 4pm (registration from 9am)

1000 Lives together with the Mental Health Foundation, the UK partner in the eMEN project funded through the Interreg North West Europe Innovation Programme.

Carol Shillabeer, mental health CEO will give the keynote and it will include expert presentations from across the UK and a digital marketplace focusing on recent developments in digital mental health. It will also explore how evidence-based technologies can offer innovative and increased access to high-quality mental health care, including for groups with a higher risk of developing mental health problems, and those living further away from more traditional service provision. The aim is to both increase awareness and provide information about current programmes and approaches in this area, and to foster discussion and dialogue about this aspect of mental health care in WALES.

This is a **FREE** event

Register at: <https://tinyurl.com/y23sw2zk>

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.



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**

Research Into Male Suicide

Suicide is the biggest cause of death in men under 40. Despite this, there is little known about the psychological factors associated with male suicide.

Cardiff University is attempting to explore this under-researched area. We are attempting to explore whether a particular emotion, self-disgust, plays a role in male suicide. To do this we are looking to interview men who have attempted suicide in the past who are willing to talk about their experiences in an interview. The project is being supported by Sefyll/CAVAMH who are helping to promote the project.

Cardiff University understand that this is an extremely sensitive and emotional area. However, we feel that it is important to research. People's safety is our utmost priority; therefore, we are not able to interview men who have attempted suicide less than six months ago, or people who are currently suicidal. If you would like to find out more about the project you can follow the link below or e-mail MasonD2@Cardiff.ac.uk
<https://tinyurl.com/y44bqyap>

Thank you for your time, support and interest.

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 18th June** 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 25th June 2019

4Winds

Clare Road Cardiff

10:45am—1pm

(please note change of time and venue)

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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