



Welcome to the September edition of Sefyll News. The wet and cool weather has returned bringing much needed relief for the farmers and for my poor lawn! The nights have already started to draw in though the weather forecasters are still promising another spell of warm and sunny weather before winter makes an appearance.

In this edition there is important information about how you can ensure you continue to receive a copy of this newsletter and maybe win a box of chocolates! Plus feedback from meetings & dates for your diary.

Remember we welcome your contributions to the newsletter and would love to hear from you!

# New Data Protection Regulations.

**We are no longer allowed to retain your information on our database without your updated permission—unless you let us know your preferences this will be the very last copy of Sefyll News you will receive.**

If you would like to continue receiving a mailed out copy of 'Sefyll News' please let us know by filling in the form included, or contacting Caroline - by email [caroline@cavamh.org.uk](mailto:caroline@cavamh.org.uk) or calling **029 2022 2000**.

**'Sefyll News'** is produced by Sefyll, part of cavamh (Cardiff & Vale Action for Mental Health). Cavamh is a membership organisation. Becoming a member is **FREE** and shows your support for the work we do - just tick the box on the form, or let us know when you contact us.

Those who receive email copies have the option to unsubscribe at any time using the link in the email however **you still need to let us know** either by calling the number above or sending us an email stating that you wish to continue to be on the database.

All those who contact us before **5th October 2018** to let us know your preference (even if its to tell us you no longer wish to receive the newsletter) will be entered into a draw to win a box of chocolates or similar depending on your preferences or dietary requirements.



Even if you have already told us you want to stay in contact you are welcome to tell us again and be entered into the draw.

## Date for your diary

### Standing Up Speaking Out 'lite'

All-day event on **17 Oct 2018** venue and timings to be confirmed.

Join us for a light hearted day looking at ways to improve your confidence speaking up for yourself and others. We will also chat about how meetings work, who's who and the various roles and functions of groups and committees. The day is intended to be informal and fun! We will provide a light lunch and may even have sweets!

Reserve your place now to avoid disappointment!

Contact: **Sefyll@cavamh.org.uk** or telephone **029 2022 2000**

#### **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.*



### **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.

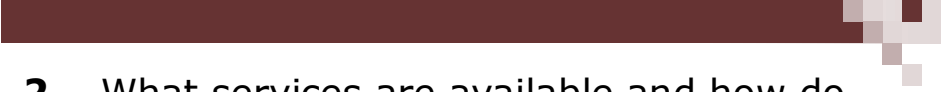
### **Cardiff and Vale Substance Misuse Needs Assessment—Your views**

Cardiff and Vale Substance Misuse Area Planning Board are undertaking an assessment of need to inform the planning of substance misuse services for the future. We are seeking your views in order to understand people's current, and future needs, how they are met now, and what improvements need to be made.

John Hedge and Graeme McLaren from the Institute of Public Care (IPC) at Oxford Brookes University will be helping us with this.

We would like to invite you to respond by email, to all, or any of the four questions below. Your input will be highly valued and will make a difference to service provision moving forward.

**1.** What are the big substance use/misuse issues at the moment, and are things changing?

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- 2.** What services are available and how do you find out about them to get help and support?
  - 3.** What's your experience of how services work at present? What helps and what hinders?
  - 4.** How do people move through the system, towards recovery? What helps people to keep going and what makes it difficult?

Please send responses to Graeme and John **cav-views@brookes.ac.uk** by Monday **17th September 2018**.

Please be assured that your views will be anonymised, so that your confidentiality is respected. All responses will be handled according to data protection regulations and solely for the purposes of this piece of work as outlined above. IPC only keep information they receive for the duration of the assessment and after which it will be destroyed. You can withdraw your consent for participation at any time by contacting John or Graeme on the above email address.

## The Links Inspection

Health Inspectorate Wales (HIW) and Care Inspectorate Wales (CIW) carried out a National Review of Adult Community Mental Health Services Inspection visit to: The Links Community Mental Health Team (CMHT), Cardiff and Vale University Health Board/Cardiff Council

The full inspection report has now been published and runs to 57 pages! Even the summary is too long to reproduce here however if you'd like to read the report for yourself you can download it from this link:

**<http://hiw.org.uk/docs/hiw/inspectionreports/180329thelinksen.pdf>**

The report is in depth and includes feedback from both service users and staff with action plans which deal with immediate and longer term improvements.



**Q:** What do you get if you cross a frog with a rabbit?

**A:** A bunny ribbit.



## Dump the scales

**#DumpTheScales** is a campaign to ensure that nobody is turned away from treatment for eating disorders purely because of their weight.

Hope Virgo, the author leading the campaign, was hospitalised for almost a year due to the severity of her anorexia nervosa and the impact it had on her mental and physical health. When she started to notice the thoughts and behaviours returning, she went to seek help before things hit crisis point again. However, she was refused treatment because she wasn't 'thin enough' to qualify.

Hope says " far too often people are being turned away. Add to that the fact that it is far better for the individual – let alone the public purse – to intervene and offer support before somebody hits crisis point, and it seems like the obvious thing to do. Which is why I am asking government to ensure that nobody is turned away purely on the basis of their weight."

The petition needs to reach 100,000 signatures to encourage a debate to take place in parliament. You can support the campaign here: **<https://www.change.org/p/eating-disorders-are-not-just-about-weight-dumpthescales>**

# **COMMUNITY SERVICES PILOT SCHEME UPDATE**

**Date: 25th September**  
**Time: 3pm**  
**Location: 4 Winds**  
**65 Clare Rd,**  
**Cardiff, CF11 6QP**



**Dan Crossland is the Project Manager of the Pilot Study concerning the review of CMHT's in the Vale Of Glamorgan.**

**Dan will be returning to 4WINDS to give an update on the project**

**There will be plenty of time for Dan to answer any questions.**

**This Pilot study is important as there will be implications for the review of the programme for the city of Cardiff;**

**ALL WELCOME**



## 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 2nd October** 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.

## Dates for Your Diary

**Service User Engagement Group (SUEG):  
Tuesday 25th September, 1:00 - 3:00pm  
Cardiff United Reform Church  
33 Windsor Place, Cardiff, CF10 3BZ**

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

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