cavamh

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

Annual Report 2016/17

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Chair's Introduction

This has been another busy and productive year for cavamh, working with our core members across Cardiff and the Vale of Glamorgan, which are:

- Third sector groups with an interest in mental health- through the Mental Health Forum
- People using mental health services- through Sefyll
- People using mental health services for older people and their carers – through Nexus
- Young people and groups supporting young people aged 11-25 through Join the Dots

New Projects and Old

October 2016 saw the launch of Pave the Way, the two year Big Lottery Fund Project supporting people with mental health issues into volunteering and volunteering involving organisations. This project is run in partnership with GVS and VCS.

This year is also the last full year for the Sefyll Co-creating Healthy Change Project, funded by the Big Lottery Fund as one of a portfolio of projects under the 'Co-Creating Healthy Change' scheme and managed by C3SC to support citizen involvement.

Staff Changes and office move

We said goodbye to Jasmin Chowdhury as the Sefyll Service User Involvement Development Officer in May 2016, as she moved on to a post in London, and welcomed Mike McCandless into post. In January, Jack Watkins, from the Sefyll Co-Creating Healthy Change Project, also moved on. Good luck to Jasmin and Jack and welcome, Mike.

This year also saw cavamh move offices from Cardiff to Penarth, as our old offices in Williams Court were bulldozed to make way for new developments - a busy period particularly for our office manager.

So, a year of change and positive development. All of this would be made more difficult without the continued dedication of our staff and the support of our funders and stakeholders.

I would like to thank all who have supported Cavamh in delivering a vital role at a challenging time for the third sector. This support gives confidence that Cavamh can continue to play an influential role in improving collaboration, sharing best practice and ultimately improving the experience of those who use mental health services.

Richard Bundy

Vision, Values, Aims

cavamh is the Mental Health Development Service for Cardiff and the Vale of Glamorgan, working with third sector groups with an interest in mental health, people with experience of mental health services and carers.

Our Vision

Working to progress mental health services by service user, carer and voluntary sector involvement

Our Principles

To aspire to work within the principles of respect, equality and diversity, promoting the principles of social inclusion and independence, particularly through implementation of the recovery ethos.

Our strategic aims

To support and facilitate networking

To connect our consitutency productively with service providers, planners and commissioners

To provide and share relevant training

To support the development of organisations, user and carer initiatives

To sustain and build an effective organisation, ensuring stakeholder involvement in the running of our organisation

Our services

Cavamh operates in three interlinked areas:

- A mental health development service to third groups with an interest in mental health via the Cardiff and Vale Mental Health Forum
- Sefyll – an involvement development project for people with experience of using mental health services and
- Nexus – the Older People's Mental Health Carer & User Involvement Development Project for people, both service users and carers, with experience of older people's mental health services.

Reflections on the Year

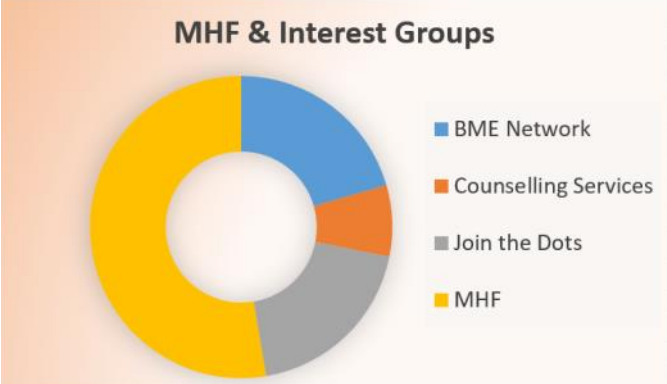
Cardiff & Vale Mental Health Forum

Cavamh supports third sector groups with an interest in mental health through Cardiff and Vale Mental Health Forum, providing services in relation to development and consultancy, joint working, information, training, policy development & consultation, influencing change through mental health promotion/prevention, service user and carer involvement.

Action for the year is decided with the Forum, reviewing performance and prioritise key actions for the forthcoming year.

What did we do in 2016/17?

Building an effective third sector voice through the co-ordination of networks



Interest groups	Nos
BME Network, meeting bi-monthly	78
Counselling Services , meeting bi-annual	29
Join the Dots (YP involvement)	72
MHF	*200*

With 109 third sector group & 8 statutory sector observer members, the Cardiff and Vale Mental Health Forum is the key network for groups with an interest in mental health, sharing information, facilitating debate, implementing action, and collating a voice for the sector through monthly meetings and workshops .

We have met with at least 50 new projects, people and agencies to build liaison and partnerships.

Three special interest groups, - the BME Group, Counselling Group and Join the Dots, - have convened over the year to share information, gather feedback and agree action.

Information

Regular fortnightly e-bulletins, info updates are shared with the forum, and targeted information is sent to 8 additional groupings, according to the interests & wishes of the members.

Ensuring a Voice in the development and delivery of services

We have supported 30 reps in 14 joint planning groups,the number of groups now reducing as reviews and implementation projects come to an end. We have worked in partnership with the Health Board in relation to the review of Mental Health Services for Older People (MHSOP) and in developing pilot services in primary care and we look forward to involvement in the review of adult mental health services.

We have developed a strategic plan with MHF members, clarifying the vision and the priority needs of the membership over the next 3 years and areas for action.

Ensuring a voice in the development of policy

The Forum has responded to a range of consultations including:

- Public Health Needs Assessment,
- Suicide and Self Harm Prevention Strategy
- Together for Mental Health Delivery Plan & local implementation report
- MHSOP Community Services Review

Building collaboration and joint working

We have worked across a range of areas to improve services & delivery through collaboration, for example,

Joint Planning- Co-ordinating two joint planning working groups, Housing & Mental Health and Recovery

Primary Care –

- Promoting the third sector and mechanisms for sharing information and engagement via GP clusters & at individual GP surgeries;
- Promoting the Mental Health Training Menu, to support the Wg 'DES' GP training programme, incorporating PMHSS and MHF trainers. The collective list of training has been appreciated within feedback and we look to review the scheme in 2017.
- Worked with the UHB to co-ordinate third sector involvement in the development of primary care pilots.

CMHTs- exploring mechanisms to link the third sector fruitfully with CMHTs particularly in relation to care planning, and to ensure third sector involvement in the adult CMHT review. .

Communities First- Liaison to promote partnerships with MHF members .

Welsh Ambulance Trust- Links with Welsh Ambulance Service Trust (WAST) engagement service, A&E (Emergency Unit), to seek solutions to high levels of demand, information to support people in a mental health crisis

Community Education- Linking to Community Education services across Cardiff & Vale

Promoting MHF organisations and services- continuing through events and displays, papers and reports, for example through 10 awareness events & displays over the year.

Sharing Good Practice – Recovery and Awareness

We started the year with a bang in April, co-ordinating the 'Celebrating Recovery' event with the support of our colleagues, the Sefyll Co-Creating Healthy Change (CCHC) Project, the Recovery Steering Group and all stakeholders. This event, funded by the Big Lottery Fund and attended by 100 people, shared progress since the launch of the Charter for Mental Health in 2011, what works well, barriers and what would make a difference. Work is ongoing through Recovery Planning Group. Rich information about experiences and good practice has been shared with the Mental Health Partnership Board (MHPB) and the MHF.

Through the Mental Health Forum, speakers, e-bulletins, workshops and surveys contributing to the MHF Strategic Plan, good practice has been shared. This has included for example, employment initiatives, mechanisms for engagement through creativity, and range of wellbeing initiatives. Through e-bulletins articles have been shared regarding new ways of working and thinking.

Service User and Carer Involvement - continues as a key principle for the Forum, identifying organisational involvement champions with Sefyll and focus groups in

support of Feedback Fortnight; also through co-ordination of 'Join the Dots with the support of organisations working with young people and young people themselves- 5 meetings being held over the year. Cavamh along with Nexus has also contributed to the DEEP Steering Group (a group for People with Dementia)

Mental Health Partnership Board - MHPB: We have organised jointly with Sefyll/ Nexus/ Join the Dots, Hafal, MHF & UHB reps, quarterly debates based on service user and carer feedback around topics such as GP liaison and services at tier 0 and the therapeutic relationship.

Training

Following a needs assessment in summer 2016, we co-ordinated an annual training programme with seven training courses attended by 78 people. To support joint working training is also offered to statutory partners, and other training info, including free training, is circulated.

Some course comments included: '*Greater insight', …'useful tips, info & resources', …'able to work more effectively with depressed clients'…'Good info and exercises to get you thinking'…'very informative and engaging'…'Would you make changes to practice? Yes- 100%'*

Mental Health Promotion

In liaison with the Forum and members we have:

- Organised a World Mental Health Day event at Cardiff University Students Union with VCS, GVS – open to public, including 3rd sector stalls and service user stories and circulated information about World Mental Health day activities in e-bulletin/ website
- Developed 'Feeling Down – Some Ways to Help' leaflet
- Co-ordinated development and piloting of multi-stakeholder 'How to help in a mental health crisis leaflet'- some positive feedback from GPs, the Forum and service users. Currently seeking funding for widespread distribution
- Publicised a list of suicide and self harm prevention trainers
- Time to Change pledge debated and promoted
- Advertised training programmes developed by service user trainers, inc. 'Recovery perspectives' regarding 'Living Well with mental ill health', 'Getting the most from your care and treatment plan'
- Mental Health Forum information displayed through 10 awareness events
- Forwarded links to GVS e-bulletin containing general health promotion info from the UHB.

Thank you

Last but not least we want to thank the Forum Chairs and all those members who contributed to the work of the Forum over the year- very much appreciated- the Forum and the voice of the sector would not exist without you.

Nexus - Service User & Carer Involvement for Older Peoples Mental Health

It has been an interesting year and Helen and Matthew have divided their time between new initiatives and the business as usual which has continued unabated.

A selection of our activities:

Involvement News

The readership of this bimonthly publication continues to increase. In addition to the regular posting of around 500 service users and carers on the database every two months, copies are forwarded to all the members of the various groups with which Nexus is involved. It is now being sent to pharmacies in Cardiff and the Vale as part of a marketing initiative. A total distribution of approximately 2k copies. Feedback continues to be positive with GP surgeries now requesting copies.

Forget Me Not Chorus

The Co-Creating Healthy Change project whereby Nexus has worked alongside the Choir to support its members both individually and through offering opportunities for research, consultations with service providers and social information activities, was completed successfully. Further monies from CCHC allowed Nexus to continue its involvement through 2017 which will allow attendance at practices and performances and running 2 focus groups.

The carers and people with dementia who meet at the Thornhill Community Centre on Monday evenings, now number over 60. Penarth on Thursdays attracts about 30. Singing is of course widely regarded as having a beneficial effect for those with dementia and the choir continues to attract new members.

DEEP / The Kymin Group

In collaboration with the Memory Clinic, meetings are held every two months in The Kymin, Penarth, with about ten people with dementia. People are encouraged to voice their experiences of mental health and other services. Members of the group have been offered opportunities to speak on a number of occasions, for example in training sessions for psychology students and at national

conferences. This has the potential to illuminate a number of issues which can assist enormously in shaping the better management of dementia. We continue to seek further sources of funding to continue this important and respected group.

Solace

Nexus continues to support Solace through weekly art classes at Barry Hospital and through meeting carers as part of the Solace training and induction programme.

Veterans Mental Health Support Group

This aims to widen the reach of Nexus amongst veterans and particularly those who did National Service or served in WWII and are thus deemed to be in the age bracket in which dementia prevails. Special information meetings in Maindy Barracks, the Principality Stadium, Penarth Pier Pavilion and HMS CAMBRIA were arranged and mental health professionals invited to speak.

Woody's Lodge, HMS CAMBRIA

With the support of the local authority, service providers and 3rd Sector in embracing the terms of the Armed Forces Covenant, liaison with Reserve Forces and Cadets Association for Wales, Royal Naval Reserve and veterans are forging the way ahead. Woody's Lodge is now widely acknowledged as an essential service for veterans in the Cardiff and Vale area.

Mentoring Programme

A collaborative and trail-blazing programme of mentoring between Cardiff University Clinical Psychology Doctorate Trainees (17) and Sefyll & Nexus service users and carers (17) completed its first full academic year. It is an exciting venture in influencing the future of psychology. Feedback and evaluation will determine the progression of the programme.

Dart - Dementia Art

A series of over 30 art classes was run in 2017 by Nexus with funding through the Vale of Glamorgan, targeting older people in receipt of mental health services in the rural vale. These were well received with Rondel House Day Centre, Barry; and Ward East 8, UHL, requesting continuation of the group classes. Owing to their success in providing activity, wellbeing and feedback on services, further funding to continue these classes has been confirmed for 2017/2018.

Carers Involvement Group

This has been remodelled to include creative activities to encourage attendance and stimulate conversations around mental health services.

GP Training

Nexus has continued to work with surgery staff at a selection of hubs across Cardiff. There is an acknowledged need for guidance in MH in terms of signposting and service provision which we have helped to fulfil.

RNIB

Nexus continues to liaise closely with the RNIB to support older people affected by low vision and its associated MH concerns.

Directions

Directions has been designed and revised & will be published as two handbooks, one a directory of services and the other as advice and guidance.

Dementia Friendly Communities

Nexus continues to support initiatives across the Vale, including Penarth, Cowbridge and Barry.

Sefyll - Service User Involvement Development Project

10,000 COPIES OF SEFYLL NEWS DISTRIBUTED;

APPROX 50/50 ELECTRONIC AND PAPER

CELEBRATING RECOVERY EVENT HELD
(with Co-Creating Healthy Change)

Over 100 Attendees.

RECOVERY STEERING GROUP began developing a Recovery Magazine.

MENTAL HEALTH PARTNERSHIP BOARD

Service User and Carer facilitated

Agenda set from Feedback Fortnight Findings

sefyll

12 SUEG MEETINGS HELD

(Service User Rep meetings)

"I found SUEG meetings helpful as a means of connecting with service users and gaining an understanding of the broader issues" (New Member)

"SUEG helped me gain confidence and feel less isolated." (New Member)

CHAMPIONS

18 Champions meetings

28 Service user champions

FEEDBACK FORTNIGHT HELD

Surveys and focus groups, analysis of Service User and Carer Views about Services

Feeds into the Mental Health Partnership Board.

184 SERVICE USERS SUPPORTED

"Involvement has resulted in my confidence improving"

"Involvement has helped a sustainable Recovery"

"Involvement has helped me engage with care services and set goals"

(SEFYLL Survey)

16 RECRUITMENT INTERVIEWS HELD

22 SERVICE USER RECRUITERS

3 REPS IN CLINICAL PSYCHOLOGY RECRUITMENT

PSYCHOLOGY MENTORING SCHEME THRIVING

Pilot scheme a success

New scheme established and running well.

25 TRAINING EVENTS HELD
RECOVERY PERSPECTIVES THRIVING

"The Training was excellent…very enjoyable"

"Hugely Enjoyable, wonderful Trainer and a nice relaxed environment!"

"I really enjoyed the Group Work and the materials."

JOIN THE DOTS

Young Person's Involvement

5 Meetings Held

Sefyll - "Creating positive change in mental health services by involving and utilising the expertise of the people who use them"

This year Mike McCandless took up post as Service user Involvement Development Officer in May 2016, as we said farewell to Jasmin Chowdhury. Thanks and good luck to Jasmin and welcome to Mike!

This year saw a further evaluation and review of the Involvement model. The purpose of engaging new Service Users in topics of interest and concern has been the focus of Champions Meetings, training events and Service User Engagement Meetings (SUEG) with special topics and speakers.

Champions: Regular Champions Events have been held throughout the year following the Pathways for Champions established following last year's consultation process with more events in the Vale to try to develop a broader geographical reach. For many who are currently using mental health services or with recent experiences of using services, joining the joint planning groups and formal meetings can be a daunting experience despite being keen on involvement. Having the flexibility and creating a range of opportunities at different levels for involvement helps to reach out more widely and to develop a more inclusive environment for people to participate in.

The Service User Engagement Group (SUEG) has remained the core group for those elected as reps within joint planning meetings or active in recruitment or other initiatives, meetings enhanced with group speakers and dialogue with planners regarding partnership work. Vacancies are usually advertised in the monthly Sefyll News and elections are held during SUEG meetings.

The Annual Review of Sefyll in June 2017 will look at the most efficient means of implementing principles of the Involvement Model.

Sefyll Advisory Group (SAG)

This group meets quarterly and strives to get 50% service users and 50% service providers/ organisations. The primary focus for these meetings is development and monitoring of the Sefyll Work plan and an overview of the work and direction of Sefyll.

Celebrating Recovery Event

Held in April 2016 Celebrating Recovery was a collaborative event, in which Sefyll was a key partner, attended by over 100 people. The focus of the event was to identify progress in recovery practice 5 years on from the launch of the Charter for Mental Health in 2011.(See Sefyll Co-Creating Healthy Change Report, pg16)

Mental Health Partnership Board: Over the last year cavamh facilitated the quarterly meetings of the Mental Health Partnership Board based on themes/issues identified through the Feedback Fortnight consultation in 2014 and the latest exercise in Autumn 2016. A multi stakeholder planning group meets to discusses the process and inform the debate on each topic. Following the debate and discussions at the meetings an action plan and planning group is put together for each theme.

Consultations and Feedback Fortnight

Sefyll is often asked to carry out or to be part of consultations for the Health Board. As well as the continuous consultation for the MHPB there have been consultations on adult

mental health services, the local as well as national strategies.

Sefyll and the Co-Creating Healthy Change Project was centrally involved in the second Feedback Fortnight Exercise in the late Summer/Autumn of 2016 and the findings are informing the Mental Health Partnership Board Agenda.

Supporting Involvement in Clinical Psychology

Service users from Sefyll remain involved in the Service Users and Carers Committee at Cardiff University's Clinical Psychology Doctorate programme. The reps are involved in recruitment of student intakes, attending committee meetings and being involved in any other matters that arises such as assessments, recruitment of staff etc.

Sefyll supported the Co-Creating Healthy Change Project and Nexus in piloting the successful Clinical Psychology Doctorate Monitoring Scheme for 1st year students, in which 15 service users and carers took part.

Training

Based on needs and interest of service users Sefyll develops a training programme each year. This year the courses were also identified through discussions with Reps, Champions and also partner organisations. The feedback and evaluation forms from this year as well as discussions at SUEG and SAG meetings will help to develop the programme for next year.

Recruitment

Sefyll continues to work closely with Nexus and the UHB to ensure service users are involved in all relevant recruitment of staff at all different levels for the Health Board.

Involving Young People: Join the Dots

Join the Dots (young people's involvement group)– has been co-facilitated between cavamh and Sefyll, and with the involvement of a number of voluntary sector groups working with young people as well as young people themselves. It has continued with events, mailings and small group meetings to share information & opportunities for involvement, and gather feedback into joint planning meetings, with 5 meetings over the year. Since the autumn, the group has become virtual and is now regrouping, with research to find the best ways to link with young people and with groups in order to gather views and build involvement. The aim is to seek funding based on the evidence of needs to ensure that the work is sustainable and new initiatives are planned for 2017 in response to developments and needs.

Sefyll Co-Creating Healthy Change Project

This was the last full year of the Project, managed by Jack Watkins and supported by a Project Advisory Group. The Project is funded by the Big Lottery Fund Community Voices scheme as part of the Co-creating Healthy Change project, co-ordinated by C3SC. Some highlights included:

Celebrating Recovery Event April 2016

The Project supported the planning and funding of this event in partnership with a wide range of stakeholders- including people using services, carers, statutory sector and third sector.

Attended by 100 people – including people using mental health services, carers, family and friends, staff in third sector, CMHTs, primary care, inpatient units, planners, social services, this event looked at the progress in implementing the recovery ethos since the launch of the Cardiff and Vale Charter for Mental Health in 2011. Discussing together what is working well, what not so well, and what would make a difference, participants shared together experiences, learning and ways forward in order to take us on in our recovery journey - both staff and people using services- in the next 5 years.

'It was very interesting and really highlighted the areas that were working and what continues to need development. It has most certainly given me more drive to do more toward peer support.'

'I have to tell you I really enjoyed the event. We had really interesting and positive conversations at our table, it was a pleasure to be a part of it.'

As a result a rich experience of practice was shared and collated, which the project and service user and carer reps fed back to the Cardiff and Vale Mental Health Partnership Board and the Recovery Steering Group, forming the basis for action plans.

We will be producing a magazine capturing the outcomes in 2017.

Stories, Lived Experience and Recovery

This year the Project, having supported people to produce their own video stories, was able to share these stories in the Celebrating Recovery event, and with permission will be adding these to the cavamh website as part of a new recovery page.

Empowering people - Service user involvement in collaborative planning

To support service user involvement in collaborative planning, Care and Treatment Plan workshops continued**,** delivered by people with lived experience of using mental health services. The sessions are based on Welsh Government material to explain to people their rights and what they should expect in creating their plans.

Service User Led Training

Recovery training, also led by service users, 'Recovery Perspectives', also took place. The course content and structure is service user

designed and the session is service user led. These sessions offer service users an opportunity to understand the meaning of recovery and what they can do to support their own recovery. The value of this and other workshops has been demonstrated by the positive feedback of attendees and the knock on impacts that it has had in encouraging people to take up other involvement opportunities, and we hope that providing these workshops will build a foundation for them to continue in some way beyond the lifespan of the project.

'*I learned a lot and went away feeling more confident about making a difference to services as a service user.'*

'*Fantastic , I hope it goes nationwide, there is a demand for this course all over the country'*

Following on the Project also supported the delivery of new service user led training sessions, 'Living Well with Mental Ill Health', to people in contact with mental health services, building confidence and wellbeing.

Feedback Fortnight

The Project, along with others, supported service users to plan and implement the Feedback Fortnight bi-annual exercise – which gathered feedback from service users on a wide range of services through surveys and focus groups, and collated feedback to partners and to service users. The report in 2016 involved working with researchers at the National Centre for Mental Health at Cardiff University.

A group of service users and carers assisted with organising the structure for a presentation and report to the Partnership Board. The aim was to inform the development of a local delivery plan to meet the expectations of the Welsh Government's Together for Mental Health Strategy and the results also informed the Cardiff and Vale Population Needs Assessment. Ongoing engagement through the Mental Health Partnership Board took place via Sefyll and cavamh.

Doctorate of Clinical Psychology Mentoring Scheme

Approached by the Doctorate of clinical Psychology, the Project in liaison with Nexus, supported the roll out of a pilot mentoring scheme. This scheme, supported people using mental health services and carers to mentor first year students. 15 service users and carers took part.

Newsletter

The Project co-ordinated the monthly Sefyll newsletter, supporting the distribution of information and feedback to and from people using services

In January 2017, we said goodbye to Jack, who moved on to new pastures, whilst the project itself carried on into 2017 for a few months. Thanks to Jack and the Advisory Group for all their hard work and commitment.

Pave the Way

The Pave the Way project is funded by the Big Lottery to support people into volunteering to achieve wellbeing.

Operating throughout Cardiff and the Vale of Glamorgan, it is led by cavamh in partnership with Glamorgan Voluntary Services (GVS) and Voluntary Community Services (VCS).

73 referrals accepted in first 6 months (57% in Cardiff & 43% in the Vale)	67 people are already taking part in Pre Volunteering (That's 56% of our Year 1 target of 120	Pave The Way
15 volunteer buddies have been recruited and trained	We produce bi-monthly e bulletin newsletters for partners distributed via Mental Health Forum database	All GP surgeries across Cardiff & the Vale now have our posters, leaflets etc
We have linked with Hafal, Wellbeing4 U and Jorneys to provide pre volunteering support and confidence workshops	Pave The Way	Weekly meet ups for new volunteers/referrals in Cardiff (fortnightly in the Vale)
Volunteering opportunities sources via Sherman Theatre, Wales Millenium Centre, Health Board, RVS/ Red Cross Positive Steps …to name but a few	Comment from one new volunteer in the Vale after joining Barry allotment volunteers… '*I had such a great time, I was so nervous about coming but I don't know what I was worried about now*'	@pavethewaywales We have 132 followers already
	Half day training for VIO's in how to support volunteers with mental health problems is being developed with service users and will be piloted this summer	ARIENNIR GAN Y LOTERI LOTTERY FUNDED

Admin Report

Finance throughout the year involved regular meetings with Linda to check over finances and produce quarterly reports for management committee and liaising with other staff re their budgets, eg Nexus, Sefyll.

Events and notable bits of work for the Admin staff through the year:
April 2016 Recovery Event at Heath Hospital Social Club

May 2016 Caroline – updating Directions push

New Office Premises – Round about this time we also began to look seriously at finding a new place to live. Various places in Cardiff eventually had to be turned down as they were too expensive.

Eventually it was one of our management committee members, Paul Brown, who noticed a for rent sign in Penarth ….

Office move…

There were lots of things to organise when moving the office – we knew we had to move about the first week in September. Carol undertook most of the practicalities, ie cancelling, renewing contracts eg Gas, Electric, Water, organising removal of phones, and setting up a new phone system in Penarth.

We moved on 30th August to Penarth, Carol stayed behind in Trade Street for one month with a desk and telephone to tidy up loose ends. There was still quite a lot to do in Trade Street including a final tidy up.

The exhibition before the demolition

Helen, Matthew and Carol took part in an art event held in the courtyard before they demolished the buildings. I have a lasting memory of Matthew on a very warm day with straw hat, easel and paints recording the courtyard. The event didn't quite work out as planned, but a least there was a final echo of cavamah…

In the new offices, Glebe St., Penarth…

- Quite a few teething problems regarding phones for a good two months..
- Thank you to Cardiff Computers, would have been lost without them

December 2016

Volunteer

For a short period of time, we welcomed a new volunteer to our office, introduced by Ann Jones, OT…she began helping us in January and stayed for a good few months. We would like to say a warm thank you, and also to others who have helped us throughout the year.

Generally…from January to March..

As the New Year moved towards the end of the financial year, we had settled in well in Penarth. Overall, admin has contributed on a regular basis to the running overall of cavamh, with Caroline working for everyone and providing much appreciated IT support and help with all tasks. She is very patient! Her skills with graphic design and her knowledge of IT and up to date technology have resulted in cavamh being able to produce high quality flyers and other publications, and to deal with the problems which occur with technology [and the reliance of so many of us on it as a means of communication] which saves us money in the long run.

Website & Social Media

Information

We produced and circulated mailings and e-bulletins to Mental Health Forum members, followed up by twitter and on our website, continued to update our own and advertised the Dewis website. We provided ongoing support to the 3rd sector to maintain entries on Dewis. In May Caroline updated Directions for Nexus.

Training info circulated via e-bulletin and training mailing list.

Cavamh Website

According to analysis, on the website there has been :

979 views of MHF pages

84,590 views of the Mental Health Services Directory :

23,039 views of Directions :

Overall there were:

136,591 views of the website as whole, up from 124,597 last year

45,718 users

Twitter - We now have 312 followers on the MHF page

We have updated the website structure to include a clear tab for Pave the Way a link to language translation and we continue to link with the UHB website & Stepiau

Themed Leaflets: This year we have continued to maintain and review the themed leaflets on emotional and wellbeing services for Young People, Counselling Services, BME leaflet. All our leaflets are available on the website.

Cavamh Organisational Activities

During this period cavamh continued to work from its office base at Unit 11, Williams Court, Trade St., Cardiff until September 2016, when we re-located to 84 Glebe St, Penarth, Vale of Glamorgan.

We have continued to develop our service, with successful funding bids to help build service user and carer involvement in the development and delivery of mental health services and support to agencies with an interest in mental health, obtaining additional charitable funding in an era of economic uncertainty.

This has included funding for activities through Nexus, continuation of the Co-Creating Healthy Change Big Lottery Fund Project, one of 10 portfolio projects managed by C3SC and new funding from the Big Lottery Fund in partnership with GVS and VCS, to establish Pave the Way, supporting people with mental health needs into volunteering and volunteer involving organisations.

Cavamh has continued to develop and review organisational policies and procedures and reviewed its service in relation to PQASSO (the Charities Evaluation Services' quality assurance for the voluntary/community sector).

Staff

During this year we said goodbye to Jasmin Chowdhury, Service user Involvement Development Officer and Jack Watkins from Co Creating Healthy change project, and welcomed Mike McCandless.

The Future

Our aim is to improve and develop all our services with the third sector groups with an interest in mental health, people in contact with mental health services and carers in Cardiff and the Vale of Glamorgan, – to build better services based on recovery and the empowerment of the people who use them.

We will respond to the changing external environment to help build a stronger third sector that can support delivery of person centred recovery based services and to ensure that the voice of people in contact with services and carers is strong.

We will continue to ensure that the voices and views of our stakeholders shape our vision, aims and delivery – working in partnership with service users, carers and colleagues cross mental health and in the community to improve services and opportunities for people with mental health needs.

Thanks

We would like to thank all those with whom we have been in contact over the year for their contributions and support, and particularly to those who have given their time freely. Your support has been much appreciated.

We would also like to thank our funders –

Cardiff Council

Vale of Glamorgan Council

Cardiff and Vale University Health Board

Lloyds TSB

Big Lottery Fund (Community Voice- Co-Creating Healthy Change)

DEEP

Legal & Administrative Information

Officers

Chair: Richard Bundy

Staff

Director: Linda Newton

Office Manager: Carol Cooke

Admin/Info Officer: Caroline Fellows

Sefyll

Service User Involvement Development Officer: Mike McCandless

Service User Involvement Officer: Tracy Purnell

CMHT Project, Co-creating Healthy Change, Service User Involvement Officer: Jack Watkins

Admin officer: Siwan Darling

Nexus

Older People's Mental Health Carer & User Involvement Development Officers:

Cardiff: Helen Joy

Vale: Matthew Salisbury

Pave the Way

Co-ordinator: Andrew Jones

Admin/Finance Officer: Siwan Darling

Bankers: Unity Trust Bank, Birmingham

Independent Examiners: Haines Watt Accountants, Newport

Cardiff & Vale Action for Mental Health (cavamh)
Registered Charity No. 1148312 / Company No. 8000094

84 Glebe Street, Penarth, CF64 1EF

Tel: 029 2022 2000 Email: mail@cavamh.org.uk Website: www.cavamh.org.uk

Cavamh Trustees

1st April 2016 – 31st March 2017

Roger Bone (Treasurer) to October 2016

Paul Brown to October 2016

Richard Bundy (Chair)

Jill Grey from October - December 2016, from March 2017

Susan Jones

Shameem Nawaz from December 2016

Jeremy Rees from December 2016

Eileen Wareham

About the Organisation

Cardiff and Vale Action for Mental Health and previously Cardiff and Vale Mental Health Development Project has been in existence since 1991, originally funded as one of the several county mental health development services under the first Mental Illness Strategy of 1989.

Cardiff and Vale Action for Mental Health (cavamh) was launched in April 2013, formerly operating as Cardiff and Vale Mental Health Development Project (CVMHDP).

We have been in existence since 1991, originally funded as one of several county mental health development services under the first Mental Illness Strategy of 1989.

Initially operating under the auspices of first Intervol and then the Vale Council of Voluntary Services, CVMHDP obtained independent charitable status following a special meeting on June 15th 2000 and an inaugural public meeting on November 18th 1999. The membership approved the change of name to cavamh, the objects and structure on 13th December 2012 and cavamh, as a new charity and company limited by guarantee, became operational with a transfer of undertakings from CVMHDP on 1st April 2013 A policy for the election of Directors was adopted by the membership on December 13th 2012.

Charitable Objects

Cavamh's objects, in accordance with its articles, are to promote any charitable purposes for the benefit of those people experiencing mental health problems within the Locale, and assisting the work of the voluntary organisations, mental health service users and carers acting in the mental health sector.

Abbreviated Accounts

CARDIFF & VALE ACTION FOR MENTAL HEALTH ***(Charity Registered Number 1148312)***
ABBREVIATED ACCOUNTS
For the Year Ended 31st March 2017

The following figures are taken from the full financial statements of Cardiff & Vale Action for Mental Health for the year ended 31st March 2017, approved by the Trustees on 15 November 2017 and submitted to the Charity Commission and the Registrar of Companies. The Independent Examiner Andrew Hill FCCA DChA, who had no matters to report to the members in order to enable a proper understanding of the accounts to be reached, has confirmed that this summary is consistent with the full report. These summarised accounts may not contain sufficient information to allow for a full understanding of the financial affairs of the Charity. For further information the full accounts, Independent Examiner's report on those accounts and the Trustees' annual report should be consulted; copies of these can be obtained from Cardiff & Vale Action for Mental Health, 84 Glebe Street, Penarth, CF64 1EF.

	2017 £	2016 £
Fixed assets comprising property, equipment and fixtures & fittings	**241**	322
Stock	**-**	-
Debtors being what the charity is owed from:		
Grants and expenditure in advance	**14,139**	4,602
Cash, being monies held at the bank and in hand	**128,511**	122,458
	142,891	127,382
Less: What the charity owes		
Suppliers & other creditors	**14,366**	27,909
	14,366	27,909
Leaving what the charity owns	**£128,525**	£99,473
How this was created:		
Restricted funds	**68,466**	575
Un-restricted funds	**60,059**	98,898
	£128,525	£99,473

Annual Operations: Where your money come from:

	Unrestricted Funds	Restricted Funds	2017 Total	2016 Total
Grants and other charitable income	**69,127**	**211,620**	**280,747**	195,660
Investment income	**7**	**-**	**7**	46
	69,134	**211,620**	**280,754**	195,706
Less: Expenditure relating to the provision of charitable services	**103,609**	**148,093**	**251,702**	199,504
Net Incoming Resources before transfers	**(34,475)**	**63,527**	**29,052**	(3,798)
Transfers	**(4,365)**	**4,365**		
Net Incoming Resources	**(38,840)**	**67,892**	**29,052**	(3,798)
Total funds brought forward	**98,898**	**575**	**99,473**	103,271
Total funds carried forward	**£ 60,058**	**£ 68,467**	**£ 128,525**	£ 99,473