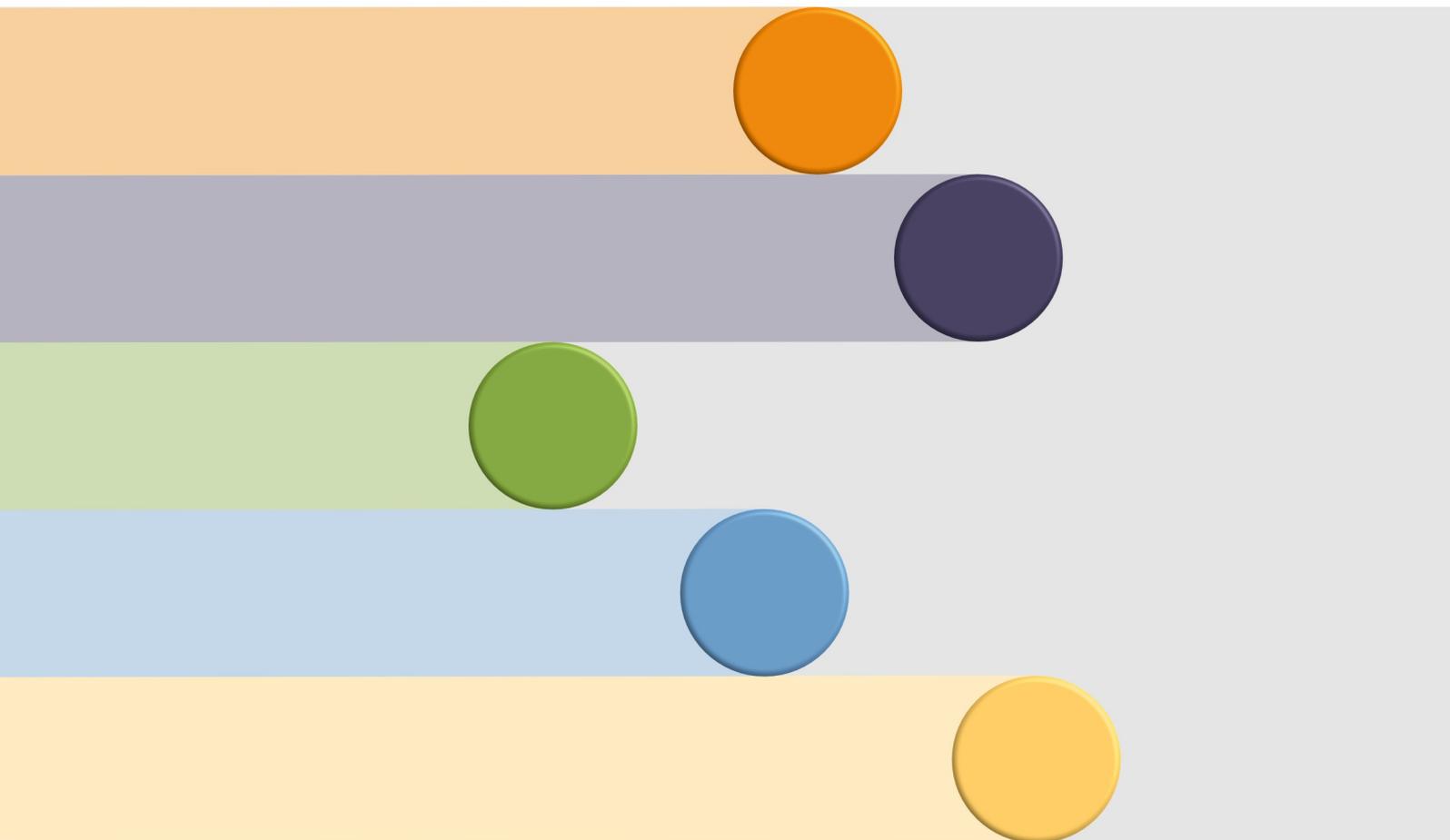


cavamh

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

Annual Report 2017/18



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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 constituency 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



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 2017/18?

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

With 100 third sector groups & 8 statutory sector observer members, the Cardiff and Vale Mental Health Forum ((MHF) 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 nearly 40 new projects, people and agencies to build liaison and partnerships.

In particular, three Forum special interest groups, - the BME Group, Counselling Group and Join the Dots, - have convened over the year to share information, gather feedback and take action.

Information

Regular fortnightly e-bulletins and info updates are shared with the Forum, and targeted information is sent to 10 additional groupings, according to the interests & wishes of the members.

Ensuring a Voice in the development and delivery of services

- ◆ We have supported 20 reps in 11 joint planning groups, the number of groups changing as reviews and implementation projects start and finish. We have worked in partnership with the Health Board in relation to reviews including Mental Health Services for Older People (MHSOP) and adult CMHTs and in developing pilot services in primary care and have facilitated the involvement of third sector, people using services and carers in the management of the Cardiff and Vale Mental Health Partnership Board.

- ◆ Following the development of a Forum strategic plan with our members, clarifying the vision and the priority needs of the membership, we have worked to promote this, including work with the MHF Vale Members Group to share issues and services with the Vale of Glamorgan Council Voluntary Sector Joint Liaison Committee Group.

Ensuring a voice in the development of policy

Cavamh has facilitated the Forum response to a range of consultations (8) including:

- ◆ Cardiff/Vale Local Authority Wellbeing Plans
- ◆ SE Wales Trauma Services

- ◆ UHB Commissioning
- ◆ CAMHS young people's involvement

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 2 joint planning working groups - Housing and Mental Health and Recovery.
- ◆ *Primary Care* –
 - ◇ Promoting the third sector and mechanisms for sharing information and engagement via GP clusters & at individual GP surgeries;
 - ◇ Reviewing, promoting and extending the Mental Health Training Menu, to support the Wg 'DES' GP training programme, incorporating PMHSS and MHF trainers. The collective list of training opportunities have been appreciated within feedback.
 - ◇ Support to the Mental Health Clinical Board in the development and rollout of the mental health primary care pilots.
- ◆ *CMHTs*- exploring mechanisms to link the third sector fruitfully with CMHTs particularly in relation to care planning, and third sector involvement in the adult CMHT review.
- ◆ *Community Education*- Linking to Community Education services across Cardiff & Vale

Promoting MHF organisations and services- through events and displays, papers and reports for example through 11 awareness events 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 the Therapeutic Relationship, Carer support and Assessments, Housing and Mental Health, and a review of outcomes and efficacy.

Funding and Development

We have supported

- ◆ seven third sector groups and initiatives, providing general funding information via the MHF
- ◆ members in relation local commissioning, strategic planning & mental health
- ◆ Third sector partnerships through the further development of the MHF third sector strategic plan.

Training

Following a Forum needs assessment, we co-ordinated a training programme with 8 training courses attended by 60 people. To support joint working training is also offered to statutory partners, and other training info, including free training and training in relation to suicide and self harm, is circulated.

Some comments included... *'improved my understanding of wellbeing and how anxiety impact,' 'Better equipped to deal with anxious patients', tools to work with young people around anxiety, excellent discussion and information, Greater insight', ...'useful tips' ...*

Would you make changes to practice? Yes- 100%

Mental Health Promotion and awareness

In liaison with the Forum and members we have:

- ◆ Five World Mental Health Day events –

open to public, including 3rd sector stalls and service user stories.

- ◆ Circulated information about World Mental Health day activities in e-bulletin/ website
- ◆ Distributed the MHF 'Feeling Down – Some Ways to Help' leaflet and the MHPB multi-stakeholder 'How to help in a mental health crisis leaflet'
- ◆ Publicised a list of suicide and self harm prevention trainers
- ◆ Circulated info/events re Mental Health Awareness Day- Co-ordinated an NHS 'Meet the mental health third sector event' at Llandough hospital with support of GVS/C3SC colleagues
- ◆ Advertised training programmes developed by service user led 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 11 awareness events over the year
- ◆ Forwarded links to GVS/C3SC e-bulletin containing general health promotion info from the Health Board

Thank you

Last but not least we want to thank the Forum Chair 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 and has a total distribution of approximately 2k copies.

Forget Me Not Chorus

Without further funding Nexus has continued to support FMNC.

The Kymin Group

This service user group has continued to work with the Memory Team in giving people with a dementia diagnosis the chance to meet and to influence the provision of services here in Cardiff and the Vale. The group now meets in the Dinas Powys Community Centre as funding is limited.

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. Woody's Lodge is now widely acknowledged as an essential service for veterans in the Cardiff and Vale area.

In appreciation of the large number of new veterans services an information meeting for veterans is being arranged in Maindy Barracks on 26th April 2019.

Dart - Dementia Art

Art classes continue to be run by Nexus targeting older people in receipt of mental health services in the rural vale – concentrating on the Rondel House Day Centre, Barry; Woody's Lodge and the Dinas Powys Memory Café.

Directions

Directions has been designed and revised & published as two handbooks, one a directory of services and the other full of advice and guidance. Owing to high demand, reprints of the English version are already underway.

Dementia Friendly Communities

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

Mentoring

Nexus supervised a student from the University of South Glamorgan Arts Facility, in classes with veterans. The report from Woody's Lodge states that these classes were

well-received and provided therapeutic benefits, particularly with sufferers of PTSD.

RNIB

Working with people with moderate sight loss has been challenging and concentrated on a one to one basis.

Gallery - photos from Nexus run art classes





Sefyll - Service User Involvement

10 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)

CREATIVE RURAL COMMUNITIES

Secured funding for creative involvement events

10,000 COPIES OF SEFYLL NEWS DISTRIBUTED;
APPROX 50/50 ELECTRONIC AND PAPER

CHAMPIONS

(TRACY)

12 Champions Meetings

18 Service User champions (11 new)

CARDIFF UNIVERSITY PSYCHOLOGY DOCTORATE MENTORING SCHEME

Following second year of the scheme, reviewing how mentoring can be delivered

JOIN THE DOTS
Young Person's
Involvement Project

17 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."

RECOVERY
RECOVERY STEERING GROUP developed a Recovery Magazine and a successful launch event was held

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)

18 RECRUITMENT INTERVIEWS HELD
22 SERVICE USER RECRUITERS
3 REPS IN CLINICAL PSYCHOLOGY RECRUITMENT

MENTAL HEALTH PARTNERSHIP BOARD
Service User and Carer facilitated
Agenda set from Feedback Fortnight Findings

Overview of Work 2017/18

Sefyll aims to:

“Create positive change in mental health services by involving and utilising the expertise of the people who use them”

This report is an overview of Sefyll’s work between April 2017 –April 2018.

Involvement Model:

The model used by Sefyll, as described at last Year’s AGM, for engagement and involvement reviewed, discussed and modified last year is now the established model.

Champions

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 flexibilities 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.

A Champions Rep was voted in to sit as a Rep on the SUEG Group; this helps the link between the Service User Representatives who have a formal input into the Planning structure and the Champions who are a less formal gathering of Service Users.

Regular Champions Events have been held throughout the year (see monitoring stats) following the Pathways for Champions established following last year’s consultation process . We are pleased with the response to the events. Events were held in the Vale to try to develop a broader geographical reach.

The Cardiff & Vale Mental Health

Partnership Board (MHPB):

Over the last year Cavamh facilitated the quarterly meetings based on themes/issues identified through Feedback Fortnight in Autumn 2016 and the . The following themes have been covered this Year:

- ◆ Housing and Mental Health
- ◆ Carers in Mental Health
- ◆ The Therapeutic Relationship

Sefyll Involvement Events

We have promoted the engagement of new Service Users in topics and of interest and concern. This has been the focus of Champions Meetings, training events and Service User Engagement Meetings (SUEG) with special topics and speakers. Examples included, Pharmacology in Psychiatry, Community Mental Health Review, Public Health Wales Consultation and a combined 4 Winds/Champions Event with the Welsh Social Services Inspectorate.

Recovery Magazine and Launch Event

The Recovery Magazine, edited by Sefyll’s Tracy Purnell, was planned throughout the year and launched in October 2017 with a successful participatory event. The Magazine reflected the success of the May 2016 Celebrating Recovery Conference This was a collaborative event, in which Sefyll was a major partner, and attended by over 100 people. The focus of the Event was to identify progress in mental health in relation to the 2011 launch of the Recovery Charter five years before.

Planning Groups:

Work was undertaken to update the list of groups within the UHB Planning structure and vacancies were advertised.

Service user representation in the Community Mental Health Review centred on the Vale Pilot Restructure has been established.

The issue of Planning Groups not meeting consistently, cancellations and the role and support of Service User Reps has been raised with The UHB and there has been an improvement in communication.

Vacancies are usually advertised in the monthly Sefyll News and elections are held during SUEG meetings.

Consultations

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 community adult mental health services and local as well as national strategies.

Sefyll also organised consultation exercises with Public Health Wales and the Welsh Government Social Services Inspectorate.

Clinical Psychology

Service users from Sefyll remained 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.

Mentoring Scheme

The Pilot for service users and carers to mentor Clinical Psychology Doctorate Students developed jointly with Nexus was evaluated in 2016/17 and considered an overall success. A new Mentoring Programme was launched and ran

successfully last year and into 2017/18.

Fifteen Sefyll and Nexus Mentors are in place and new ways to support the Mentors was established with informal support sessions delivered. The current Model is paused for the 2018 intake and is considering a range of models of Mentoring.

Training

This year Sefyll's Training Programme included a wide range of topics including Finding Your Voice through Creative Writing, Standing Up, Speaking Out, Finding Your Voice through Singing and a range of themes delivered by the Service User Training Group (Recovery Perspectives). Topics include; 'How to Live Well with Mental Ill Health', 'Recovery in Mental Health' and 'How to Get The Most Out of Your Care and Treatment Plan'.

Since 2013 the Big Lottery Fund has helped Sefyll expand our range of activities and reach. We were able to fund a wide range of training. The last of that funding expired in November 2018. Towards the end of the year we were fortunate in accessing HAU Funding; this fund helped us to deliver training in March 2018 in two locations; Barry and Llanedeyrn. The Courses were; 'Finding Your Voice Through Writing', 'How to Live Well with Mental Ill Health' and 'Recovery in Mental Health'.

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.

There is a need to recruit new Service User and Carers involved in Recruitment; discussions have taken place with the UHB to put on new training course.

Pave the Way



Pave The Way

Pave the Way is a BLF funded project working in partnership with GVS and VCS to support people with lived mental health experience into volunteering

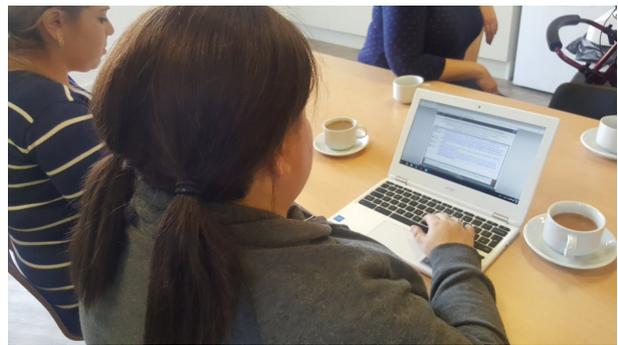
We entered our second and final year in October 2017 and achieved a number of successful outcomes:-

- Recruited 158 volunteers – ahead of the target set
- 81 of them had started volunteering placements with a range of organisations across Cardiff & the Vale



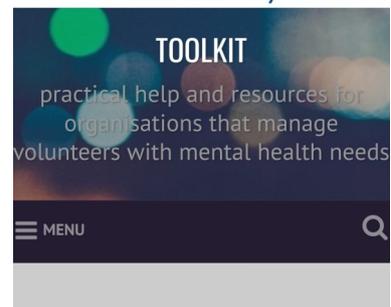
Cavamh ran a successful pilot training course for organisations in 'how to manage and support volunteers with mental health needs' (pic attached of training course). Following a full evaluation a second course ran in January 2018. To date 22 individuals from various volunteering organisations have taken part . All attendees reported that they now had an increased understanding of mental health needs and felt more able to support volunteers

We also embarked on an extensive evaluation of Pave the Way's services. Our approach was innovative and involved hosting a number of group sessions with volunteers who completing their feedback on line individually and anonymously but with the group setting. Feedback on this approach was excellent as all volunteers felt more able to express themselves with support from others but without having to speak in front of others which for many who have low confidence and self esteem is a difficult task and one of the key issues that Pave the Way helps individuals to overcome.



Cavamh has also started to build an on line toolkit which is principally aimed at

organisations providing them with practical tips and resources so they can better understand mental health needs and build a supportive environment for successful volunteering.



Supporting & Managing Volunteers – good practice



Join the Dots

Join the Dots



Supporting Young People to have a voice
in Mental Health Services

Join the Dots has continued linking with young people and groups supporting young people. This has included an information event, consultations on involvement and support for a new volunteer rep.

“Since I have been given the chance of being a young persons’ representative it has changed my life. I now look forward to opening emails as you never know what opportunity you will get”

This year we were fortunate to receive funding from Zurich International to employ a Young Peoples Involvement Officer. Christina Witney will be starting with us in Summer 2018.



Join the Dots  New Service coming up.....
Supporting young people to have a voice in Mental Health Services First Episode Psychosis Service

A new service is being developed in Cardiff and the Vale of Glamorgan, which will be managed by Cardiff & Vale UHB and Cwm Taf in partnership with Barnardo's. It will be open to young people aged 14 - 25 and is set up to provide more support for a first episode psychosis.

To find out more come along to an open event on:
Wednesday 12th July 4.30-6pm
Barnardos on 67a Grand Ave, Ely, CFS 4LE

An opportunity to:

- find out what this service aims to achieve, what may be provided and who can access it
- share some of your experiences (if you wish) about accessing support
- find out the opportunities to help shape the service and recruit the staff.

 Refreshments and cake available 

Interested? Contact Linda: Linda@cavmh.org.uk, tel 029 2022 2000 or Hayley Smith: 029 2057 7074

We look forward to hearing from you!

Bus fares can be paid. Buses to Grand Ave, Ely

- Cardiff City Centre (x1, 17, or 18)
- Barry Town centre (Kings Sq) via Cokcot and Wenvoe - 96 & 96 A

Disability access - if you have any specific access requirements, please let us know

 @IamHeadroom



Reg. Charity No. 102256 & 52327825

Admin Report

Finance

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.

Practical running of office including:-

Health and Safety - PAT tests on equipment, checking and maintenance of fire equipment, etc.

General Maintenance of property: dealing with any problems that arise, liaising with landlord over maintenance issues etc.

Information

We produced and circulated mailings and e-bulletins to Mental Health Forum members, followed up by twitter and on our website. We continued to promote the Dewis website and towards the end of 2017 Caroline became a Dewis editor.

Directions was updated again in preparation for a new hard copy to be printed.

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.

DIRECTIONS 2017

A guide to older people's mental health services in Cardiff and the Vale of Glamorgan, including younger people with dementia.

Separate directory and handbook coming soon - for copies please contact 029 2022 2000

nexus **cavamh**

careers & service users involved in older people's mental health
gdyfleur a ddwyfleur gwasgweth yn ymunoedd & llofnodwr bodolrhy gwasthredau aros iechyd Meddyfau Cardiff a'r Ffyn
Cardiff and Vale Action for Mental Health

Nexus is managed by cavamh
Registered Charity No. 1148312 / Company No. 8000094

Creating positive change in mental health services
by involving and utilising the expertise of the people
who use them **sefyll**

Achieving Positive Outcomes from Service User Involvement in Mental Health Services

One Day Training Course

Any organisation that delivers services to people with mental health issues needs to ensure that people who use services are given meaningful opportunities to participate in developing, delivering and assessing those services. Enabling people to have a say, and capturing the difference involvement has made, can often be a challenge.

The aim of this course is to enable participants to be more confident in developing appropriate ways to engage service users as well as learning about ways to capture the outcomes from involvement.

Learning Outcomes

At the end of the course, you will:

- know about a range of involvement methods and models
- understand the barriers to involvement and ways to overcome them
- learn about a range of ways to evidence the impact of involvement
- be able to plan the next steps for your organisation.

For further information, please contact Nina Langrish by email: nina@cavamh.org.uk or call: 029 2022 2000

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Cardiff & Vale Mental Health Forum **cavamh**

Are you interested in looking at ideas to develop creative activity? Want to come to a meeting to look at ideas, options and potential funding?

If so, please come along on Friday June 23rd 10am at cavamh's offices, 84 Glebe St.

Friday June 23rd, 23rd 10am at cavamh's offices, 84 Glebe St, Penarth, Vale of Glamorgan CF64 1EF

Are you interested in looking at ideas to develop creative activity? Want to come to a meeting to look at ideas, options and potential funding?

If you are interested or want to find out more, contact Linda on Linda@cavamh.org.uk, Tel 029 2022 2000

Cardiff & Vale Mental Health Forum is managed by Cardiff & Vale Action for Mental Health, Registered Charity No. 1148312 / Company No. 8000094

Website & Social Media

Cavamh Website

According to analysis, on the website there has been :

857 views of MHF pages

97,135 views of the Mental Health Services Directory :

23,846 views of Directions :

Overall there were:

149,746 views of the website as whole, up from 136,591 last year.

50,915 users

Twitter - We now have 380 followers on the MHF page and our tweets were seen 11.6k times.

Chairs Report

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

During this period we settled into our new office base at 84 Glebe St, Penarth, Vale of Glamorgan.

We have continued to develop our service, building 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 to carry out the work.

Projects New and Old

Pave the Way, the 2 year Big Lottery Fund Project supporting People with mental health issues into volunteering and volunteering involving organisations, continued into its second year. This project is run in partnership with VCS in Cardiff and GVS in the Vale and comes to an end in December 2018.

This year also saw the last of two initiatives – the Sefyll CMHT Involvement Project, and Alzheimers/Nexus initiative in partnership with the Forget Me Not Chorus, both funded by the Big Lottery under the ‘Co-Creating Healthy Change’ scheme managed by C3SC.

Apart from this there were a host of additional small engagement activities funded from various sources. For example

Nexus –

- ◆ dART creative arts engagement activities, supporting engagement with people with dementia,
- ◆ The dementia involvement group DEEP, in partnership with the Memory Clinic;
- ◆ Update of Directions, the Handbook and Directory for Carers;

Sefyll - ran additional training courses for people to gain confidence to have a voice, all funded by small Grants Schemes including HAU, and ICF capital and revenue slippage.

Join the Dots - continued activities to involve young people and groups working with young people and received funding from Zurich international to employ a (very) part time young persons involvement worker, starting summer 2018, Christina Witney.

Staff Changes

Nina Langrish worked with us for 3 months on the Sefyll CMHT project, supporting CMHT

involvement and training in service user involvement to the third sector- and Julia Greenhaf supported us to distribute Directions.

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).

Christina Witney was recruited to start work as the Young People's Involvement Officer (part time) with Join the Dots- starting in the new financial year- welcome to Christina!

Thanks to all the staff who have worked so hard over the year- those still with us and those departed.

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, families and friends, 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 extend warm thanks to 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 very much appreciated.

We would also like to thank our funders :

Cardiff Council

Vale of Glamorgan Council

Cardiff and Vale University Health Board

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

DEEP

Zurich International, (funding starting April 2018)

Legal & Administrative Information

Officers

Chair: Richard Bundy to December 2017. Jeremy Rees from December 2017

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:
Nina Langrish

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, Cardiff

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

Cavanah Trustees

1st April 2017 – 31st March 2018

Richard Bundy (Chair) until 13/12/17

Jeremy Rees (Chair) from 13/12/17

Jill Grey until 13/12/17

Susan Jones

Shameem Nawaz

Eileen Wareham

Deborah Twigg from 13/12/17

Jan Bell from 13/12/17

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

Cardif and Vale Action for Mental Health (Charity Registered Number 1148312)
ABBREVIATED ACCOUNTS
For the Year Ended 31st March 2018

The following figures are taken from the full financial statements of Cardiff and Vale Action for Mental Health for the year ended 31st March 2018, approved by the Trustees for submission to the Charity Commission and the Registrar of Companies. The Independent Examiner, Tania Cregg, has confirmed that this summary is consistent with the full report and that no matter had arisen to which attention should be drawn to enable a proper understanding of the accounts to be reached. 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 and Vale Action for Mental Health, 84 Glebe Street, Penarth, CF64 1EF.

| | 2018 £ | 2017 £ | | |
|---|-------------------------------|-----------------------------|-------------------------|-------------------------|
| Fixed assets comprising furniture and equipment | - | 241 | | |
| Debtors being what the charity is owed from: | | | | |
| Fees, grants and expenditure in advance | 44,379 | 14,139 | | |
| Cash, being monies held at the bank and in hand | 151,422 | 128,511 | | |
| Total assets | <u>195,801</u> | <u>142,891</u> | | |
| Less: What the charity owes | | | | |
| Suppliers and Social Security | (8,924) | (9,588) | | |
| Accruals and Deferred income | (12,176) | (4,778) | | |
| | <u>(21,100)</u> | <u>(14,366)</u> | | |
| Leaving what the charity owns | <u>£174,701</u> | <u>£128,525</u> | | |
| How this is represented: | | | | |
| By restricted funds | 67,591 | 68,466 | | |
| By un-restricted funds | 107,110 | 60,059 | | |
| | <u>£174,701</u> | <u>£128,525</u> | | |
| Annual Operations: Where your money come from: | | | | |
| | Unrestricted Funds | Restricted Funds | 2018 Total | 2017 Total |
| Core Activities | 92,882 | 241,437 | 334,319 | 280,747 |
| Investment Income | - | - | - | 7 |
| | <u>92,882</u> | <u>241,437</u> | <u>334,319</u> | <u>280,754</u> |
| Less: Expenditure relating to the provision of charitable services | 67,246 | 220,897 | 288,143 | 251,702 |
| Net (Outgoing)/Incoming Resources before | <u>25,636</u> | <u>20,540</u> | <u>46,176</u> | <u>29,052</u> |
| Transfers between funds | 21,416 | (21,416) | - | - |
| Net (outgoing)/incoming resources | <u>47,052</u> | <u>(876)</u> | <u>46,176</u> | <u>29,052</u> |
| Total funds brought forward | <u>60,059</u> | <u>68,466</u> | <u>128,525</u> | <u>99,473</u> |
| Total funds carried forward | <u>£ 107,111</u> | <u>67,590</u> | <u>£ 174,701</u> | <u>£ 128,525</u> |

The financial statements were approved by the Trustees.

