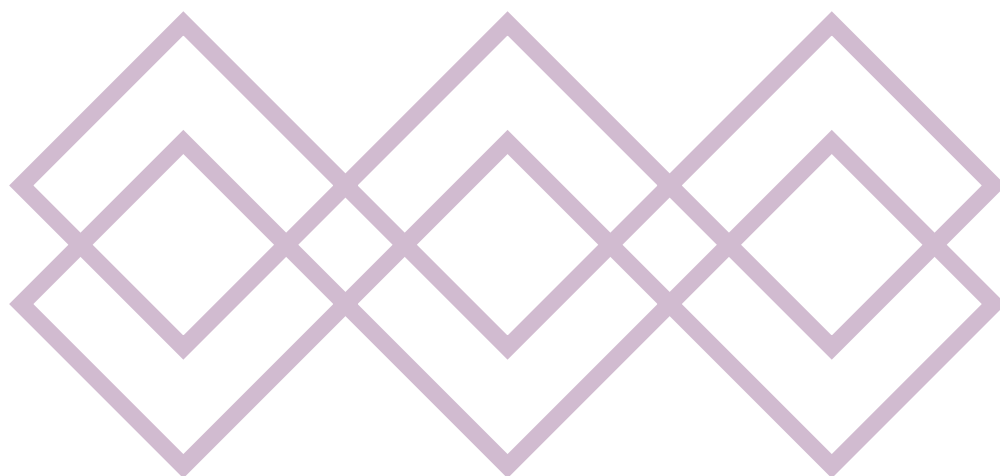
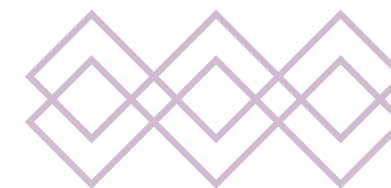


Cardiff & Vale Action for Mental Health Annual Report 2021-22



Contents

Our Vision	5
Chairs Introduction	6
Reflections on the year -	7
Cardiff & Vale Mental Health Forum	8
Sefyll	12
Nexus	16
Join the Dots	17
Admin Report	19
Website & Social Media	20
The Future	21
Legal & Administrative Information	22
Abbreviated Accounts	24



Our vision

Involving People - Improving Mental Health Services

Mental health services are recovery focused, integrated and truly responsive to the people who need them

Our Mission

To promote and facilitate service user, carer and third sector involvement in shaping mental health services in Cardiff and the Vale of Glamorgan so that they are co-produced with the people who use them

Charitable Objects

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

Strategic Aims

The charity has 4 strategic aims. These are:

1. To build on our strengths to deliver against our core service. (Voice, Information & Training, Development and Wellbeing) for the benefit of our constituency groups.
2. Introduce innovation in service user and carer involvement.
3. Build an effective sustainable organisation, with stakeholder involvement.
4. Fund the Mission.

Chairs Introduction

cavamh has over 30 years of experience in supporting the mental health of the communities in Cardiff & the Vale of Glamorgan, and this year was no exception – despite the challenges of the unprecedented times in which we live.

In partnership with our stakeholders and core members, and following the easing of COVID restrictions, we transitioned to a hybrid remote & office-based service, developing our base co-located with the Oasis charity in Spott from where we have carried out the core functions of our Charity: -

- 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

Our overarching aim remained 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.
- to 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.
- to 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 across the mental health sector and in the community to improve services and opportunities for people with mental health needs.

On behalf of the board of Trustees I would again like to express our gratitude to the cavamh team who have worked so hard, and in such challenging circumstances - Carol, Caroline, Helen, Tracy, Mike, Christina and Matthew, and this year also, Zobia and Tyrone, – all of whom have all given extraordinary service.

As always, our Director, Linda Newton, has put an incredible amount of additional time, effort and commitment into ensuring that cavamh has continued to adapt and reappraise itself to the fast-changing needs of the times.

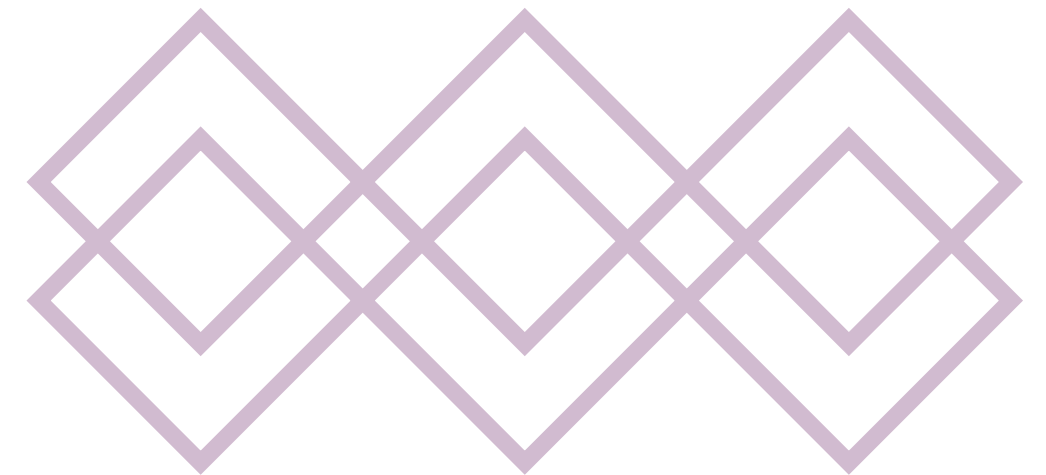
Many of you will be aware that since the period on which this report focusses, we have seen our funding reduce following a tendering process in which we lost the contracts for Sefyll and Nexus. The report on that is for 2022/23, but we want to assure our partners, allies and supporters that cavamh will continue to further our Charities' aims and objectives in new and innovative ways.

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.

Finally, thanks to our funders, including:

- Cardiff Council
- Vale of Glamorgan Council
- Cardiff and Vale University Health Board
- Zurich International

Reflections on the Year



Mental Health Forum



Cavamh supports third sector groups with an interest in mental health through Cardiff and Vale Mental Health Forum, including development, joint working, information, training, policy development & consultation, mental health awareness, service user and carer involvement and co-production. The Forum reviews performance and prioritises actions for the forthcoming year.

Mental Health Forum Annual Report April 2021/March 2022

2021 / 2022- Another busy year for us all

As for all, this was another incredibly busy year as the covid pandemic continued to wax and wane and we all responded with adapting services, developments and communications. This affected both cavamh and our members.

Building an effective third sector voice

With over 100 third sector groups & 8 statutory sector observer members, the **Cardiff and Vale Mental Health Forum (MHF)** forms the overarching local network for groups with an interest in mental health, with a remit to share information & good practice, debate new ideas and developments, action new initiatives, and ensure a platform for the sector's voice through meetings, events, interest groups, workshops, social media.

As covid continued to wax and wane, with resulting lockdowns and relaxations, we continued to connect through a range of online groups and events, creating spaces for agencies and staff to connect and develop in new ways for the benefit of the people using the services.

Networks, interest groups, and multi-stakeholder events, continued online, allowing speedy info share, frequent dialogue, new connections and mutual support.

Information

- 52 MHF news e-bulletins

Fortnightly MHF Covid Services Summary- a regular update of local/national mental health and wellbeing services and activities, available via website, ebulletin and twitter

- Themed Info leaflets eg. MHF Counselling Services, Crisis Services
- New refreshed website with new pages and info

Distributing up to date information in a still changing service environment remained a cornerstone, helping to connect services and the people they support we have maintained and introduced new formats such as:

- **MHF news bulletins** – continued in a fortnightly format over the year building connections between mental health services, signposting and community activity.
- **Local MHF covid services summary** info sheet- we continued to update this fortnightly, as a list of local Mental health & wellbeing services and activities, distributed and available on the cavamh website.
- **Twitter feeds**, continued to ensure mental health and wellbeing information was shared, and people and agencies connected.
- **Our Website**- included regular news feeds and updates – with the launch of our new website over the summer, featuring new sections, activities and extended capabilities reaching nearly 30,500 new

users, as links have gradually rebuilt with the new website.

- **'Involvement Matters'**-This year we have launched a new quarterly newsletter – 'Involvement Matters', for the whole of the cavamh membership- the Mental Health Forum, Sefyll, Nexus and Join the Dots. This replaced the Sefyll and Nexus newsletter and adds to the e-bulletin news updates, facebook and twitter posts of all projects.
- **Updated Directories** – such as the main MH Services Directory and alongside Nexus Directions Handbook in line with the development of our new website
- **Updated themed leaflets** - such as our local counselling Services booklet
- **Zoom- On line Socials such a 'Tea and Cake'** – alongside social & info activities such as 'Squash in the Park', enabled third sector groups to share info about services and activities in an informal interactive way with people with lived experience

Within the Mental Health Forum, targeted information is shared across eight areas of interest within the membership, alongside regular e-bulletins and newsletters. Over this period, we have shared for example, 108 Forum and interest group info bulletins, 84 mailings were circulated to voluntary sector members, with 68 additional focused and themed mailings to MHF Interest Groups- including Counselling Services, BAME groups, Carers, Older People, Join the Dots, - a total of 152 mailings. Twitter is a constant and tweets have increased to twice daily, reflecting the changing times and a valuable source of communication.

Supporting development and building an effective voice through networking

We have provided services to over 400 forum and interest group members and 100 third sector groups with an interest in mental health, through networks and online events, information, and training, facilitating joint working and stakeholder voices in policy development, and liaising with a number of statutory sector organisations. 32 new members joined the forum this year.

Networking forms a key element for engagement, through the Mental Health Forum (MHF), and interest groups, covering

for example, BAME communities, young people, and areas of work such as counselling services. Meetings and workshops have enabled members to share information and good practice, debate and collate the voice of the sector and develop shared action, particularly in the light of covid needs both online and face to face.

Membership

- 100+ Mental Health Forum voluntary sector agency members
- 400+ Mental Health Forum contacts /32 new members/ 84 mailings pa
- 4 MHF interest groups meeting- total 8 interest group mailing lists with 315 members/68 mailings pa

ie BAME, Join the Dots/Young People, Counselling Services, Vale members, Carers, Older People, Housing, Co-occurring MH/ Substance Use.

Networks

- 40 Mental Health Forum & interest Group meetings on line to share info, good practice, identify unmet need, build partnerships.
- **Mental Health Action Wales**- the overarching network of local mental health networks, co-ordinated in liaison with colleagues in North and West Wales

We have coordinated over 40 Mental Health Forum & interest Group meetings over the year, attracting new members, creating a focal point for information exchange and the development of productive partnerships. Some meetings continue to be themed to bring together experiences and learning, to enable a shared basis for new practice and partnership development, whether operational or strategic.

'Thank you, - another great forum'

We have continued to co-facilitate Mental Health Action Wales - in partnership with colleagues in West Wales Action for Mental

Health (WWAMH) and Unllais, to enable local groups to connect and contribute at the Wales wide level and have actively contributed to other networks such as the Minority Ethnic Communities Health Fair Planning and the Advocacy Services Forum.

Training

Funded programme of 14 free training courses on line - 75 participating

This year, we have co-ordinated a programme of 14 courses, attended by 75 members of the Mental Health Forum over the year on themes requested by members - such as suicide and self harm and BAME awareness.

Difference made?

'The suicide training, it was really good!...' I feel much more confident .. 'This was so helpful and valuable- improved my understanding and I'll definitely make use of it in our work.' 'Who Does What Where...' 'This has been great ... I have taken so much away from this'

Ensuring a voice in the development of policy

We continue to co-ordinate Network responses - third sector, service user and carers to a range of consultations, 10 this year. This has included for example, co-ordinating focus groups to enable service users and carers/third sector to feed into review of suicide and SH strategy, co-ordinating attendance for focus groups relating to the local population needs assessment, including adult carers, the response to the UHB's Integrated Medium Term Plan (IMTP), the Crisis Care Concordat Training mapping/analysis, Money Advice Service- and sharing models/vision for crisis sanctuaries and cafes.

Unmet Needs -Within the Mental Health Forum we are continuing to develop our responses about unmet needs in order to influence the development and delivery of services, feeding into the national analysis of needs via Mental Health Action Wales.

Identifying Unmet Needs and third sector responses

- 2 MHF member surveys, MHF third sector responses, future directions of travel

- Co-ordinated Presentation with MHF colleagues to Vale of Glamorgan local authority about the impact of covid on mental health third sector responses an

Development

- 5 groups supported with development and funding information;
- Regular circulation of information about funding opportunities
- Co-ordinated the Dementia Friendly Small Grants Fund supporting 10 local groups over the year.

Policy Development

- Co-ordinated MHF contribution to 10 policy consultations- local and national
- 3 MHF Good Practice debates to inform joint planning

Mental Health Awareness

We contributed to the ongoing planning of the Minority Ethnic Health Fair, supporting in terms of mental health topics, links, presentations and partnerships; we have continued to build awareness through regular activities such as our online 'Tea and Cake', 'Squash in the Park' and through tweets and info online.

Supporting development - Building collaboration and joint working

Cavamh has provided support to a number of third sector and service user led groups including around local commissioning. This year we have continued to co-ordinate the Dementia Friendly Communities Small Grants Fund on behalf of the Cardiff and Vale Integrated Health and Social Care Partnership, co-ordinating the Grants Panel which funded 10 local groups over the year.

Recovery

Cavamh has continued to promote the recovery ethos amongst our Forum members, and through our services, and to support the development of the Mental Health Clinical Board's Recovery College as it has rolled out co-produced courses.

Building Co-production – 'We Can Do It Together' 3 day on line Event

To end this year, - and working over the full course of the year, - all projects within cavamh brought together a wide range of stakeholders, to plan an open access online 3 - day event, celebrating and promoting co-production and methods to achieve co-production – with speakers and workshops both local, national, and international. Attracting 100 participants, it helped to celebrate and share positive and productive ways to work together and received great feedback.

Difference Made?

'Thank you for a great analysis of what co-production is all about and how we can make it real'

'Fantastic energy throughout the day-lots of thought-provoking points about kindness, trust, creativity-sounds easy and 'common sense' but it isn't and that's why the 3 day event has been SO helpful!'

'Co-production principles- loved the opportunity to reflect on co-production in our own lives...loved the drawing activity- Helen- good exercise...goth me thinking differently'

'Lots of things resonated for me in these presentations- really felt it has given me an insight into working together and ways forward'

'Amazing few days...lovely atmosphere...co-production needs to be part of everyday working'

'Well organised, respectful, relaxed and friendly.'

Thank you

Last but not least we want to say a huge and heartfelt thank you to all those members and partners who contributed to the work of the Forum over the year- we very much appreciate it! The Forum and the voice of the sector would not exist without you.

Sefyll



Sefyll aims to:

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

SEFYLL 2021-22

Sefyll’s agreed approach to operate within Covid restrictions which emerged in 2020-21 was largely continued this year to enable the continuation of core activities online and respond to events as they unfolded while maximising support for members' mental health and wellbeing. This proved necessary as Lockdown measures and restrictions were applied for significant chunks of time during this year.

Keeping in Touch with the Sefyll Membership

- Regular phone calls and text and email support was offered for members requiring support and contact during this period. This was particularly the case for those with challenges in relation to their mental health and wellbeing and has proved to be an important aspect of Sefyll's working practices post Covid. Regular phone and email contact was maintained by Sefyll staff with SUs not online or not wishing to participate in online meetings to gather views and experiences.
- Newsletters went out electronically on a monthly basis, focussing on local and national Covid related information, support resources and Service User stories. Sefyll News merged with Nexus's Involvement News.
- An Online Forum for SUs on the cavamh Website for info, participation, self help and support and sharing was established as response to Covid. It can also be utilised for the dissemination of information, consultation and the distribution of surveys.
- Regular Twitter posts have been sent out and the new Facebook Page helped the social media profile and the development of the 'Cavamhmar' on the Website.
- Sefyll Members contributed to and attended cavamh's "Tea and Cakes" social and activity sessions and have proved a very popular development.
- Support was made available to SUs struggling with connecting online. A number of modern tablets were acquired for those without the necessary equipment.

COVID 19
Most activities online
Members supported to operate online

Sefyll News
Sefyll News merged with Nexus Newsletter
The Newsletter moved online (6 issues)

Diversity Project
Cavamh initiative.
Worker employed to promote the voice of BAME communities

National Co-Production Conference/Event

Throughout much of this year Sefyll members and staff had a significant input along with other cavamh staff and Nexus members in the planning and delivery of what proved to be a very well received online national event that was held in March 2022.

It was an opportunity to share good practice and promote learning on the subject of how to embed co-productive thinking and practice in the planning and delivery of health and social care services. Cavamh is very grateful to those members with lived experience who put in so much time and effort to help make the event such a success

Buddy Scheme

Given the additional challenges posed by Covid to mental health and wellbeing, last year's establishment of a system of mutual support and friendship as a way of helping people cope better with the pressures of daily life, a system of mutual support for Reps and Peers, was developed.

Members volunteer to become a Buddy and identify an individual or individuals they feel comfortable with and develop a friendly mutual support arrangement. The protocols and confidentiality process agreed to last year were implemented this year.

Reps in Involvement

Routine UHB Planning Meetings were fully re-established this year. A number of established Reps returned to activities often after a difficult time. In addition to our elected Reps retained we expanded our register of Reps and Members with an interest in online Involvement.

We saw a number of new initiatives for Mental Health Services in Cardiff and the Vale, including 111 Press 2 and the Locality Implementation Group which were intensive processes, sometimes meeting weekly, demanding substantial Rep time and resources. Sefyll members stepped up to the plate to ensure the voice of lived experience was heard.

Champions and Diversity Project

Champions continued online for the first three quarters of the year but we detected a reduction in attendance online. Following a discussion with colleagues and stakeholders we suspended traditional Champions meetings while considering alternative approaches to informal involvement. We focussed efforts in developing a brief for a Diversity Project to strengthen links with BAME communities in Cardiff and the Vale.

BUDDY SCHEME ESTABLISHED
Sefyll Members volunteer to become a Buddy and identify an individual or individuals they feel comfortable with and develop a friendly mutual support arrangement.

SERVICE USER REPS
Reps are in positions across the UHB Planning Group Structure and in Cardiff University's Clinical Psychology Doctoral Programme.

Champions
7 Champions Meetings Online
14 organisational Champions
Review of Champions Project

Tracy Purnell, our Champions Worker, transferred her hours to lead our new Website development initiative. We are committed to devising informal methods of involvement and are confident that the time and energy put in developing a fit for purpose Website will help this process.

Zobia Zaman was appointed as our Diversity Worker and began the process of engaging with BAME community groups to promote their voice in the evaluation and development of services.

Monthly Service User Engagement Group Meetings (SUEG)

Monthly Rep meetings continued online with good attendance and there was positive feedback about the effectiveness of them despite being on Zoom.

Reps in Recruitment

Recruitment Involvement of SUs on Recruitment Panels continued and expanded this year with a number of key posts recruited to within the UHB. Sefyll Reps responded well to requests for lived experience representation with a blend of online and in person meetings.

Stakeholder Meetings

Regular meetings to look at the UHB Covid response and recovery strategy were convened by cavamh in response to the Pandemic and took place on a monthly basis until the end of last year. Made up of senior UHB staff, 3rd Sector, SUs and Carers they took place online. The meetings were chaired by a Service User or Carer and there was a rota for SU participation.

These meetings were paused during the end of 2020/21. We hoped that they would resume in 2021/22. However disappointingly it proved difficult to achieve UHB participation and none were held.

My Say Project

The UHB commissioned Peer Led Outpatients Research Project - began last year with the work ongoing into 2021/22 with Jacqui Campbell leading the work.

Observations

There were encouraging levels of involvement and numbers of individuals wanting to get involved despite the difficult circumstances.

A number of active SUs who struggled due to poor health but endeavoured to return to duties returned to duties.

New UHB Workstreams

- 111 Press 2
- Local implementation Group
- Crisis Care Initiative

Sefyll member stepped to participate in these regular meetings.

13 RECRUITMENT INTERVIEWS HELD
20 SERVICE USERS IN RECRUITMENT

Co-Production Online Conference National Event
Sefyll Members active in the successful planning and delivery of the event.

New members and previously active members who signed up for activities continued to attend meetings this year.

Some individuals continued to like online meetings, preferring them to physical meetings, particularly if they struggle with social confidence issues and attending physical meetings, public transport or other impediments attending; ie work and childcare commitments.

Some individuals continue to struggle with the technology of online meetings

Some individuals still don't have the kit or necessary wifi requirements to participate.

Some individuals report online meetings are a risk to their mental health.

The Future

The future shape of Involvement and Co-production in Cardiff and the Vale was uncertain at the end of 2021/22 due to a protracted re-tendering process undertaken by the UHB which instilled instability and uncertainty. However we continued to deliver services and plan optimistically for the future.

We will need to continue with online meetings but if, as we hope, lockdown eases we will think about socially distanced physical meetings with an online capacity. This would allow for the continued involvement of those who wish to connect online as well as those who are more comfortable with attending physical meetings

Some changes that we have made might prove to be enduring, including:

- Delivering Meetings, Workshops and Training online as well as in traditional physical settings.
- Utilising social media
- Questioning the argument that the measure of effective involvement and co-production is purely the presence of 'bums on seats' at meetings, training, seminars and workshops. Measures of involvement should include levels of online participation, survey participation and engagement in Forums, Twitter and Facebook followings.
- Enabling the technologically disenfranchised to achieve confidence in participation through practical support and the acquiring of resources and kit needs to be continued.

My Say, A Peer Led Research Project.
to Outpatients Project led by Researcher with lived experience.

182 Service users Supported
9 new members

ACTIVITIES, COURSES, EVENTS
10 SUEG Service User Rep Meetings
13 Sefyll information meetings.

Nexus



Nexus continued to support older people across Cardiff and Vale with online, face to face and hybrid meetings, events and fun activities.

Whilst often meetings with the professionals within the medical and social sectors were cancelled due to the pandemic, we always found ways to refer and influence the planning and ongoing development of mental health services for older people.

Working with our sister project Sefyll, Nexus was able to broaden its reach and benefit from shared administrative and team support.

Veterans

Art classes for veterans were maintained with attendance of 3 or 4 twice a month.

The Veterans' Support group meets every month. Current mental health topics

are shared and discussed. Wider contact will be sought via Adferiad, (Finola Pickthorne), HMS CAMBRIA Veterans, and Valley Veterans.

Art Classes

Classes held with Murchfield Dementia Cafe twice a month. Number of people turning up varied, between 3 and 8. Some people with dementia showed remarkable improvement in capability and attitude.

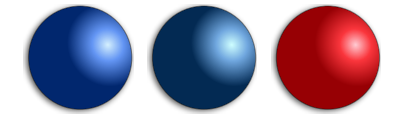
Forget Me Not Chorus

20 to 30 carers and people with dementia attend on Thursday evenings. Singing in a choir continues to show great benefit to all.

Covid

Working from home, attempts were made to keep in touch by telephone and email.

Join the Dots



The work we've been doing at Join the Dots has continued largely in the same fashion as the year previously but with the fantastic addition of a social media officer, Tyrone!

Tyrone did a fantastic job of running our tiktok and Instagram accounts, helping out with the lovely new CAVAMH website and using his creative skills to engage with some of the young people at Oasis.

We continued to input into the development of courses at the Cardiff and Vale Wellbeing Recovery college, making sure that the voices of young people were heard. We also met with their young person's worker to hear about the opportunities available for young people to get involved.

We continued to engage with many of the networking events and forums based across Cardiff and the Vale and it was fantastic to be able to return to in person events. We want to extend a huge thank you to those brave enough to book out City Hall in these uncertain times! It's so important to bring people working with young people together to share information with each other and do some joined up working to provide the best services possible.

Off the back of this, we've been continuously signposting and doing our best to make services known to each other so that the young people that need help can be reached as quickly as possible - quite literally Joining the Dots!

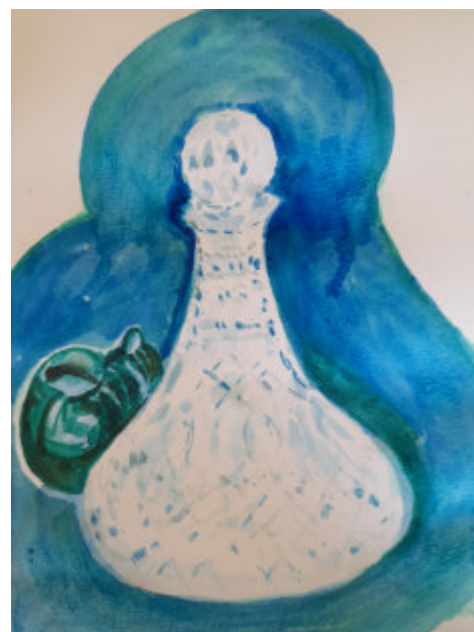
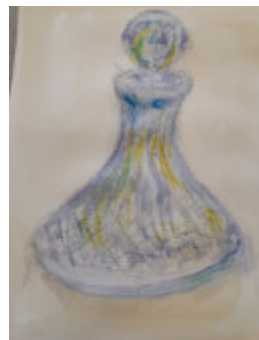
We have done a small piece of work with the Starting Well Partnership, offering young people the opportunity to name a brand new service that is being developed. We're so excited to see this service launch but I'm unsure what more I'm allowed to say about it at this point so I'll stop there!

We have continued to be involved with the regional Suicide and Self Harm Prevention Steering Group, making sure that young people are considered in the ongoing development of services.

As we have stepped out of the worst of the pandemic, my experience has been that young people are more interested in talking on a one to one basis. A lot of young people that I've spoken with are exhausted by zoom calls and have been keen to talk face to face. Some of the stories that I have heard during this time have been absolutely harrowing and are not appropriate for me to share here. What I can say is that when people have trusted me with their stories, I have taken them and carefully edited out any identifying features and made sure to challenge those in positions of power to do better. When being involved in the designing of new services, I make sure that the voices of those young people are heard because it's not always possible for them to speak up for themselves.

On a personal note, now that my time at Join the Dots has come to an end, I would like to extend an enormous thank you to every single person that has talked to me during my time in post. I've had some incredible conversations with so many people that are truly invested in creating a much better system for our young people to recover in. I've had some even better conversations with people who are committed to creating a system where our young people don't need to go through so much in the first place.

I would like to say a super massive thank you to Linda and the rest of the team at CAVAMH for their relentless work across the mental health sector and for teaching me so much. I've no doubt that many, many lives have been improved because of the work that all of you have done.



Art Classes - examples of paintings produced

Another massive thank you goes out to the Zurich Community Trust who have provided us with funding to run the whole project.

Most importantly though, I want to say a big thank you to every single young person that has taken the time to share their stories, both positive and negative with me. I hope that your bravery in raising your voices makes for a much better future for those that will be accessing services next. One of my lovely friends recently referred to young people as "green shoots of hope". He's absolutely right.



Admin Report

Office Manager/Finance Worker - Carol Cooke & Information & Admin Worker - Caroline Fellows

It's was another challenging year for all as we know, with most of cavamh continuing to work from home this. We moved from the office in Penarth to a smaller space based at Oasis in Splott, Cardiff.

There continued to be many emails sent to our generic email address from people looking for information and help over this year. Most of these were from people who haven't known exactly where to go to for help and support...we have done our best to signpost on with as much up to date information as possible. This can involve talking to people on the phone to elicit further information which helps with their queries. Also, we now receive voicemails by email, dealt with mainly by Carol.

There was a lot of work done this year on the new cavamh website, with meetings held that all staff were invited to so that everyone could have an input on the look and content of the website.

We also launched a new magazine - 'Involvement Matters' - to cover all cavamh projects.

A lot of work was done in the latter half of the year around the re-tendering process, with illustrations and graphics being required and produced by Caroline.

And the year ended on a high note with the Co-Production conference, with flyers and logos being produced by Caroline.



Co-Production event, March 2021



Cover of Issue 1 of the new cavamh magazine 'Involvement Matters'

April 2021 – March 2022 *website launched October 2021

Website

This reporting period has been really hard to get a handle on – its always quite challenging to think backwards to what I was doing 18months previous to the current annual report however this time has been even harder given the circumstances we were all dealing with at the time with the impact of covid on all our lives. I would have thought that it would have made such an impression on me that I would have found it easy but instead I find myself rather skittish about revisiting that time, and its been hard to try and force myself to focus. Looking back at my diary helped with its listings of online champions meetings over zoom which we tried hard to continue and which saw new champions joining us online. The disparity of internet connectivity and technology proved challenging at times, which is something I think many organisations struggled with and led to all kinds of innovation and insights. One of the things we identified fairly early on was that the cavamh website needed to be overhauled to keep up with the new demands.

I was tasked with leading on the website redesign project putting together a wish list consulting with service users, champions, cavamh staff and trustees and mental health forum members for their input as to what they would want to see from a new cavamh website, what were we doing well already and what needed to be changed and a wish list of what extras people would like to have available to them online. Once I had a list (and a budget) I was able to approach many different Web design consultants for quotes and we met online with the 3 shortlisted companies to discuss the project before awarding the contract to the one that not only ticked our boxes for price and ability to meet our wish list but additionally worked in partnership with a third sector design project with links to mental health who would collaborate with us on the overall look and feel for the site. For much of this reporting period I was very busy with all the behind the scenes stuff that has to happen before a website actually gets built, is tested and goes live.

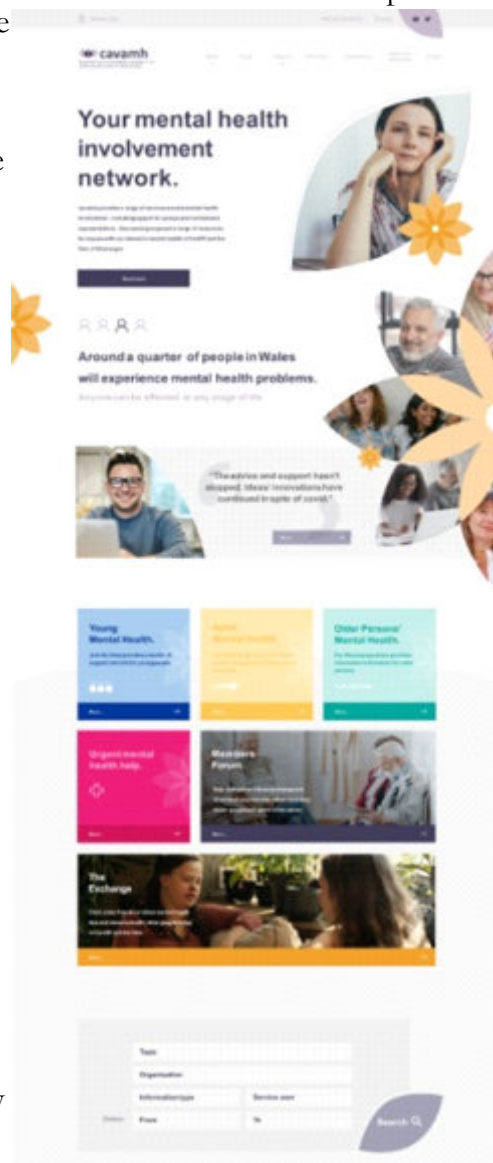
The new cavamh website was launched in October 2021

Once the site was live my role changed to being cavamh's website administrator on a trial basis and which has now become my permanent role within cavamh.

Alongside our in house news and updates, the mental health directories, publications and leaflets, the website has grown with the addition of new areas such as a digital resources section, community corner which features original artwork, poetry and articles sent in by our users, updates on the work that cavamh is doing and our newsletters, the latest news from our sector and the wider community which may be of interest, podcasts, wellbeing, surveys and opportunities for people to have their say and cost of living help and support information. We are always looking at ways we can widen the information that we have available with the very latest being the addition of a vacancies section to publicise both recruitment for paid staff and volunteers from our partner agencies. The site is always evolving and updating – if you haven't visited it yet, why not come and see!

For the future it's pretty much continue as we have been doing and look for opportunities – to build on what we already have.

Tracy



This is a snapshot of how the website looked at launch.

The Future

The Future

Over the last 6 months cavamh's work has focused on re-tendering processes as well as other charitable funding opportunities. Cavamh plans to continue to support voluntary sector groups including people with lived experience, with an interest in mental health, in finding and funding creative solutions and co-productive and innovative approaches to service development in partnership with the people who use them.

Thank you

Thank you to all our members who have contributed so much to cavamh, - whether through the Mental Health Forum, Sefyll, Nexus and Join the Dots - we really appreciate all your support. We could not do this without you.

Thank you also to our Board – for all their invaluable support and governance over the year.

Thank you finally to our funders - Cardiff and Vale UHB, Vale of Glamorgan Council, Cardiff Council, Zurich International. Again this work would not have continued without this financial support.

Legal & Administrative

Officers

Chair: Jeremy Rees

Treasurer: Ken Barker

Staff

Director: Linda Newton

Office Manager: Carol Cooke

Admin/Info Officer: Caroline Fellows



Service User Involvement Development Officer:
Mike McCandless

Service User Involvement Officer:
Tracy Purnell (on temporary secondment from August 2021)

Diversity Involvement Officer (Sefyll and Nexus)
Zobia Zaman, November 2021



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

Helen Joy

Matthew Salisbury

Join the Dots



Supporting Young People to have a voice
in Mental Health Services

Young People's Involvement Officer:
Christina Witney

Creative Media officer:
Tyrone Warner (from February 2022)

Bankers: Unity Trust Bank, Nine Brindleyplace, 4 Oozells Square, Birmingham B1 2HB

Independent Examiners: Stephen Lucey, ICAEW, Haines Watts Wales LLP, 7 Neptune Court, Vanguard Way, Cardiff CF24 5PJ

Cardiff & Vale Action for Mental Health (cavamh)

Registered Charity No. 1148312 / Company No. 8000094

69b Splott Road, Cardiff CF24 2BW

Tel 029 2022 2000

Email: mail@cavamh.org.uk

Website: www.cavamh.org.uk

Trustees

1st April 2021 – 31st March 2022

Mrs S Jones

J G Rees

Ms S Scire (previously Wills)

Ms K Natarajan

D J Hall (Stood down August 2022)

Ms K Hyman

K Barker

Abbreviated Accounts