

# cavamh

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

The mental health development  
service, supporting voluntary groups  
with an interest in mental health in  
Cardiff and the Vale of Glamorgan





## **Who are cavamh?**

cavamh - Cardiff and Vale Action for Mental Health - is a mental health development service, supporting voluntary groups with an interest in mental health operating in Cardiff and the Vale of Glamorgan. We work together in partnership with all stakeholders, and whether large organisations or small self-help groups, to ensure that groups have a voice in the development and delivery of services and to ensure that services meet the needs of those who use them.

We believe in a person-centred approach to involvement, as reflected in our combined Recovery and Co-Production Principles and in the Cardiff and Vale Charter for Mental Health.

## **What do we do?**

We provide information, training, awareness, and development services through our:

- Newsletters, e-bulletins and website [www.cavamh.org.uk](http://www.cavamh.org.uk), and through our

### **Directories:**

- The Cardiff and Vale Mental Health Services Directory, listing mental health services in Cardiff and the Vale of Glamorgan,
- Directions – a guide to older people’s mental health services and caring
- Training: - co-ordinating an annual Mental Health Forum programme for groups and organisations with an interest in mental health.

- **Networking:** - enabling people to come together to share information, good practice and influence change through such groups as the Cardiff and Vale Mental Health Forum and its interest groups and Join the Dots- the involvement service for young people, and nationally, through our co-facilitation of Mental Health Action Wales- the national network of local organisations.
- **Having a Voice:** We support influence and co-production in the planning and delivery of mental health services by connecting our members with service providers, planners, and commissioners and co-ordinating co-produced meetings and events.
- **Development:** We provide support and funding advice for voluntary organisations, service user and carer groups, identifying needs and gaps in services and supporting the development of local initiatives
- **Mental Health Awareness:** We promote awareness through co-ordination of voluntary sector involvement in activities for example for World Mental Health Day, and mental health awareness training.

If you are interested in finding out more, getting involved or becoming a member, please contact [Linda@cavamh.org.uk](mailto:Linda@cavamh.org.uk). Tel 07522 914210, or 029 2022 2000

For Join the Dots contact [Jointhedots@cavamh.org.uk](mailto:Jointhedots@cavamh.org.uk)

# Get in touch



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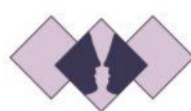
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The Project receives funding from:

Cardiff & Vale UHB

Cardiff Council

Vale of Glamorgan Council



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