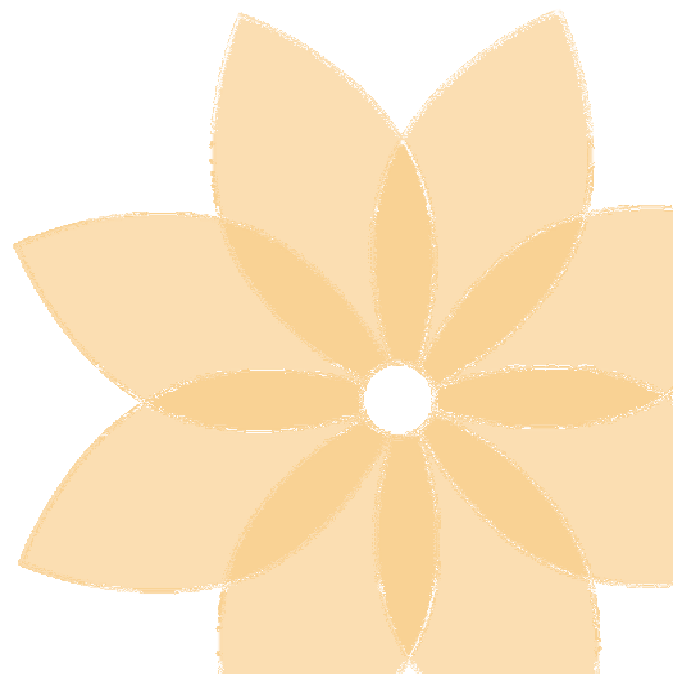


cavamh

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

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

We work together in partnership with all stakeholders, whether large agencies or small self-help groups, to support agencies to 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?

Networking

- **Mental Health Forum:** enabling people to come together to share information, good practice, connect and influence change through the Cardiff and Vale Mental Health Forum and its interest groups.
- **MHF Interest Groups:** These include, for example, Join the Dots (Children & Young People), Black & Minority Ethnic, Older People, Carers, Counselling Services, Vale Members. These can change in response to Forum member needs and interests.
- **Mental Health Action Wales:** cavamh and WWAMH co-facilitate the national network of local voluntary sector agencies, enabling a voice at Welsh Government level.

Information & Development

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

- **e-bulletins**, newsletters, leaflets and website www.cavamh.org.uk
- 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 agencies with an interest in mental health.
- **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 sector organisations, including peer led 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.
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Get in touch



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Follow us - @cavamh

cavamh receives funding from:

Cardiff & Vale UHB

Vale of Glamorgan Council



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