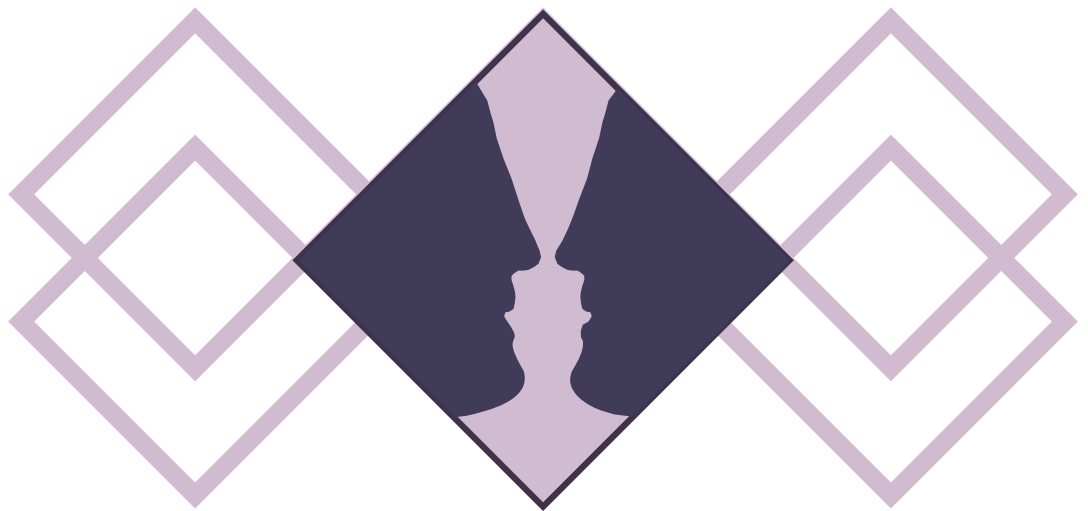


Cardiff & Vale  
Action for Mental Health  
Annual Report 2022-23





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# 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

I seem to have used variations on the phrase ‘it’s been a difficult year’ in several consecutive Annual Reports, and I’m aware it is in danger of becoming a cliché – nonetheless, for cavamh, for our members, and for the thousands of people our members served in 2022-23, the year provided some extraordinary challenges.

## **Endings & Beginnings**

We saw two longstanding cavamh services which supported people with lived experience of mental health challenges and carers – *Sefyll* and *Nexus* – transfer to another provider.

Our project ‘*Join The Dots*’ also came to an end – having connected with young people through local groups or on the street, through social media and creative activities, that will have a lasting impact on the lives of young people.

Two new projects started up: - *Co-production training workshops* with Vale of Glamorgan and Cardiff Council social work teams; and the *Winter Wellbeing Project*, a three-month initiative providing voluntary sector training, information, creative wellbeing activities, and a Small Grants Fund to support development of small and emerging peer-led groups and wellbeing initiatives.

## **Giving Voice to The Voluntary Sector**

We participated in the development of the Welsh Government’s new national mental health strategy - the *Strategic Mental Health Workforce plan* – co-ordinating our member

involvement in HEIW workshops and responses in liaison with Mental Health Action Wales, and sharing our members’ views on what this should look like. The strategy will guide the work that cross-sector partners will do to improve mental health and wellbeing in Wales and building on the work of the previous ‘*Together for Mental Health*’ and the ‘*Talk to Me 2*’ strategies (both of which cavamh also contributed to).

Following this work the Deputy Minister for Mental Health and Well-being announced an additional £3.3m to support implementation in 2023-24. The Strategic Mental Health Workforce Plan was developed by Health Education and Improvement Wales (HEIW) and Social Care Wales following extensive engagement, including with cavamh projects and users of mental health services. The plan was published in November 2022 and set out 33 actions to help achieve a sustainable mental health workforce. It aims to improve prevention and early intervention services, as well as addressing pressures on services for people with severe mental health needs. The plan is aligned to the 10-year Workforce Strategy for Health and Social Care in Wales.

## **The Role of the Mental Health Forum at a time of change**

We supported our members through a period of significant change, adapting to new needs and pressures in the post-COVID, and post-Brexit, world - with the *Mental Health*

*Forum* being at the forefront of voluntary sector networking, partnerships, training, information, and good-practice sharing. The MHF continues to give voice to our sector in joint planning with Cardiff and the Vale of Glamorgan.

### **Departures and Arrivals**

We said goodbye to six dedicated and experienced team members – Carol Cooke, Zobia Zaman, Helen Joy; Matthew Salisbury, Mike McCandless, and Christina Witney. Our thanks, too to Tyrone Powell who assisted Christina on ‘Join The Dots’ and helped make links to young people in Cathays Community Centre and Oasis in particular.

Caroline Fellows our long-standing Admin Officer moved into the new role of Office Administrator.

In a nod to 2023/24- we can add that Tracey Purnell retired in May 2023, replaced by our new colleague Alisha Bland, who is now cavamh’s Web Administrator, that Matthew Salisbury has continued as a volunteer leading on veteran creative wellbeing activities and that Zoe John has returned to lead a peer Evaluation Project into the Mental Health Act Assessment process in the Vale of Glamorgan , with Mike McCandless providing participant support.

### **Looking Ahead**

As we head towards 2024, we know more seismic change will come at UK Government level with the looming General Election.

Cavamh – along with many voluntary organisations was disappointed that the recent King’s Speech did not include a mental health bill. Mental health care reform was a key commitment in the last two

Conservative general election manifestos, but it’s now unlikely this government will carry out such reforms.

The reforms were intended to deliver parity between mental and physical health services and centre the rights and views of people using these services. We are happy to be liaising through Mental Health Action Wales with officers in the Welsh Government , as they promote co-production and the development of mental health services. As a member organisation of WCVA and via the small charities group, managed within the *NCVO*, we will be working with colleagues from across the four nations to lobby the political parties for a manifesto commitment to tackle mental health inequalities such as the disproportionate detention of people from Global Majority communities.

### **Summing Up**

On behalf of cavamh’s Board of Trustees I would like to thank our tremendous staff team – past and present; our funders Cardiff and Vale UHB, Cardiff Council, Vale of Glamorgan Council, Cardiff and Vale Regional Partnership Board, and the Zurich Trust, and our indomitable Director Linda Newton, whose dedication and tenacity has steered us through some very choppy waters.

We may be downsized, but we are also lean, flexible and ready for the challenges and opportunities of the year ahead.

Thank you for your ongoing support of Cardiff and Vale Action for Mental Health.

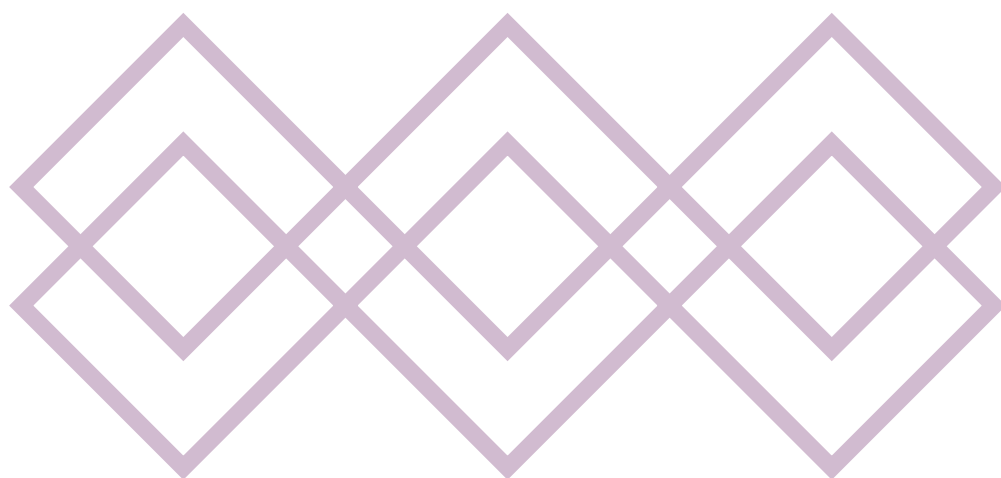
### **Jeremy Rees**

Chair of Trustees  
21<sup>st</sup> November 2023





# Reflections on the Year



# Mental Health Forum



This was a year of change as we adapted to the post covid environment and came together to meet new challenges.

The Mental Health Forum and interest groups continued online until our face-to-face networking event in October, looking at current issues, emerging themes and potential solutions.

**Working together - supporting the development of partnerships and promoting the voice of the mental health voluntary sector.**

*12 MHF network meetings to debate, identify unmet needs, share good practice, info, build partnerships.*

*Co-ordinated Mental Health Action Wales and responses to WG MH Workforce Development Strategy*

We continued to meet monthly, bringing together our members to focus on such topics as equality and inclusion, national and local strategic direction and the third sector role within this. This has enabled members- existing and new- to discuss what would make a difference and look at how this might be achieved.

**Identifying local needs and trends**

In October, 23 agencies, both voluntary and statutory- came together with stalls and stands at Chapter Arts Centre, to celebrate World Mental Health month and the

first face to face indoor meeting since the end of covid.

*World mental health Day Event- 23 stalls & agencies, pressing issues/needs following covid*

Besides updating on our services and direction of travel, experiences and trends, this proved an opportunity to reconnect, reflect, regroup, and identify the key gaps, needs and areas of development coming out of Covid and the cost-of-living crisis.

As a Forum we used this info to feed into the various local and national mental health joint planning meetings, needs assessments and plans, - 102 over the year - such as Mental Health Services for Older People, the Dementia Delivery Plan, Suicide and Self Harm Forum and the Vale of Glamorgan Voluntary Sector Liaison Group..

*MHF represented at 30+ joint planning meetings...*

This year, we were also able to focus on co-ordinating perspectives in relation to the Crisis Care Concordat and compassionate care - providing local training to enhance this, and facilitating voluntary and lived experience voices in the design and planning of new crisis care initiatives, such as local Sanctuary provision.

In the first 5 months we also facilitated the Co-production Development Group and Charter Review subgroup, which sprung from the 3-day 'We Can Do It Together' Co-production Festival in March, that cavamh co-developed together with service users, carers and all

stakeholders, which shared local, national and international initiatives and ideas to inspire us to local action.

## Sharing Mental Health Information

We continued to share info, ideas, developments, and activities through our weekly MHF e-bulletins, the weekly Summary A-Z of Mental Health Services, which continued to run as we came out of covid, the cavamh newsletter, and through focused service info booklets.

*49+ e-bulletins to MHF and interest groups*

The cavamh newsletter contained most importantly *a heartfelt thank you and farewell* to Sefyll and Nexus and the members who made the work of these projects so successful over the last 20 years. Thank you to everyone who put in so much time and effort to ensure a voice of lived experience within the planning and development of mental health services. Information about where to continue lived experience engagement with the Health Board is available on our website.

*Cavamh Website 60,913 page views 39,270 users*

Through our revitalized website, we set up new articles and pages, established the new online MHF notice board (padlet), and maintained the online local mental health directories.

The Directions Guide to Older People's Mental Health Services was updated, reprinted and distributed via Nexus with a small grant from the Regional Partnership Board, and is available online or in hard copy.

## Training

Building on our annual training programme, cavamh obtained funding to co-ordinate and deliver 9

training courses in the spring of 2023, free to the MHF members and stakeholders and attended by 74 participants.

*9 MHF training courses- 74 participants*

These courses sought to meet training needs expressed by members and arising through the Crisis Care Concordat and Suicide and Self Harm Action Plan - and to reap the benefits of joint training in promoting understanding between services and staff, along with shared values, principles, ethos and information.

## Funding and Development - Small Grants Funds and Group Development

Besides the day-to-day funding and development support, this year saw us wind up the co-ordination of one small grants fund, the Regional Partnership Board's 'Dementia Friendly Communities Small Grants Fund'. - and obtain funding to develop another.

In December 2023 we were successful in our application to develop and deliver the **Winter Wellbeing Small Grants Fund** - established with funding via the RPB's Wellbeing Grant to support development of small lived experience led voluntary groups with the aim to both seed-fund and deliver winter wellbeing opportunities.

4 groups were supported in their development who are now members of the MHF, and another 4 groups were supported over the year as part of our ongoing work.

*8 groups supported in development and 4 grants to peer led groups to support development and winter wellbeing*

## Mental Health Awareness

Besides the World Mental Health Day event, we contributed to the ongoing planning of the Minority Ethnic

Communities Health Fair in July, the promotion of MH Awareness Week in May and the various dementia and carers days during the year- sharing info/activities, through daily twitter feeds and to the Vale of Glamorgan Voluntary Sector Joint Liaison committee. Through our website we continued to promote mental health and wellbeing through links and articles.

## **Thanks**

Thanks to every member of the Forum - the would be no Forum without your valuable contributions - and to the volunteers and staff who helped us in the Directory update.

### **Some Comments...**

*Brilliant to come along and get involved again...I find out so much when I attend about mental health developments...*

*Great events- so good to link face to face, really valuable to discuss the pressing issues following covid and where we can work together.*

# Sefyll



## April to August 2022

Our aim has always been to “Create positive changes in mental health services by involving and utilising the expertise of the people who use them”.

Sefyll’s future was uncertain at the beginning of this year in the light of an impending competitive tendering process for the UHB involvement contract.

In June we were informed that our application to continue to run the Involvement Contract was unsuccessful. Whilst the outcome was the source of considerable disappointment and sadness for members and staff alike, Sefyll helped organise meetings between members, the UHB and the new service, Adferiad in the lead up to the September start date.

Despite the uncertainties Sefyll members and staff continued to deliver the lived experience perspective in the UHB planning process, recruitment, Co-production Conference post planning and the review of the Mental Health Charter.

## Support

Sefyll supported reps and members with regular phone calls, text, email support and face to face meetings during this period. This was particularly the case for those with challenges in relation to their mental health and wellbeing, an important aspect of Sefyll's work.

Anxiety among the membership about Sefyll’s future was apparent. We held more meetings and had more one to one conversations than would have normally been expected for this period. We maintained regular phone and email contact with service users not online or not wishing to participate in online meetings to gather views and experiences.

## The Newsletter

‘Involvement Matters’ combined with Nexus went out electronically, focussing on support resources, planning news, and service user stories and the forthcoming transfer of services.

Service user meetings -  
6

UHB Planning meetings -  
18

Post Co- Production Conference and Mental Health Charter review meetings -  
4

We sent out regular twitter posts and the new Facebook Page helped the social media profile and the development of the 'cavamhimar' on the Website.

We supported service users struggling with connecting online and with continued support with the provision of online devices.

### **Reps in Involvement**

Routine planning meetings were held during this time. Several established reps returned to activities often after a difficult time while others withdrew due to ill health. A general observation is that many Reps continued to struggle with wellbeing and mental health issues which were exacerbated in the pandemic, but overall, we continued with 16 active elected reps and 10 more were signed up.

Monthly Rep meetings continued online with good attendance and feedback, the agenda of the meetings began to focus more on the transfer of the service.

**Planning Groups** continued their activities online and were attended by SU Reps.

Three important work streams continued in this period; 111 Press 2, the Locality Implementation process and Crisis Care Concordat.

Two focus groups – in both Cardiff and the Vale, - were advertised and facilitated to gather views on requirements for the development of the Crisis (Sanctuary) Centre.

Reps were located and placed in these groups and further conversations took place with the leadership of the three Locality Teams in Cardiff and the Vale of Glamorgan about how co-production can be built into these emerging services.

### **Post Co- Production Conference and Mental Health Charter review meetings**

Following the successful national Co-production conference facilitated by cavamh, a number of post-conference meetings focussing on a review of the Mental Health Charter were held.

### **Conclusion**

It is with a heavy heart that I have reviewed the last few months of Sefyll's proud existence. There is much for the members and staff to be satisfied with over the many years of its existence. The offer by



Sefyll members of the benefit of their lived experience to the decision makers and service providers who plan and shape mental health services during this time has been a great achievement with tangible results. Change can be difficult of course, as well as necessary and positive, particularly the case with extended handover periods.

However, the achievements of the numerous members of Sefyll over the years have been considerable as has that of the staff that have gone before me.

I would like to profoundly thank all of you who have been involved with Sefyll over the years for your contribution. Your work has helped promote the idea of co-production and the belief that there should one day be an equality of contribution between those with lived experience and the service providers and professionals.

*Mike McCandless  
Sefyll (2016-2022)*



# Nexus



## **Nexus-April- September 2023**

With the lifting of most covid restrictions but the advent of concerns about our ongoing roles in cavamh, the Nexus team still enjoyed bringing carers and service users together in person again.

The delayed access to services as a consequence perhaps, of the pandemic has left many older people feeling undervalued and nervous for their own health and social support.

### **Keeping in Touch with Nexus service users and carers**

- Regular phone calls and text and email support were provided but more face-to-face meetings and events took place.
- We continued to offer both

online and in person activities which the agencies around us continued to provide as well – e.g., MHSOP neuropsychiatry and Health and Safety.

- Nexus continued to attend Forget Me Not Chorus, Dementia Cafes and set up and ran its own Cwtch Group as well as maintaining its own veteran mental health groups and art classes in Woody's Lodge, Solace, Murchfield and the new group at Ararat.

- Newsletters, 'Involvement Matters' went out electronically on a monthly basis, focussing on support resources and Service User stories.
- Directions was distributed both online and hard copy. The increasing demand for hard copies of these

handbooks has led to a successful application for some extra funding. Thanks to Matthew, the Directory handbook has been updated, printed and distributed. The Directory can be accessed on the cavamh website.

- Nexus continued to run daily updates through its facebook page through to the summer.
- Nexus service users and carers attended the C&V MHSOP Bereavement Consultation, which was very popular.
- Radio Cardiff cavamh weekly broadcast restarted at the end of this quarter with a string line up of interviewees talking about mental health, what's going on in Cardiff and the Vale for MH service users and carers across all ages and a bit of disco to liven things up!

### **Veterans.**

Veterans' Mental Health Support group continues to meet regularly, Contact is maintained with Veterans NHS Wales and the Armed Forces Forum. Art classes will continue at Woody's Lodge and contact maintained with veterans in Woodys.

### **Involvement**

Contact has been renewed with Solace and the Memory team.

Interviewing has taken place for the new manager of Rondel House

Contact has been re-established with Dewis Cymru, MHSOP, JOGs, CSINGs, PUCC, Recovery College.

### **Monthly Service User Engagement Group Meetings - The Cwtch Group**

The Onwards and Upwards Group working in conjunction with the Memory Team has not restarted through covid. Nexus has therefore

re-established the group as The Cwtch Group - following a carer consultation meeting on bereavement which was such fun that those attending decided to keep the group going and broaden its reach.

### **UHB and other Planning Group Meetings**

As Sefyll: Planning Groups continued their activities online and were attended by service users (and carers). Examples include the Mental Health Partnership Board, the Transformation Board, Recovery College, Suicide and Self Harm, Psychological Therapies and the PUCC Meetings in the University School of Psychology Doctorate Programme.

Three important work streams begun in 2021/22 were continued: - 111 Press 2, the Locality Implementation process and Crisis Care Concordat.

The Nexus Service ended at the end of August 2022, and Helen and Matthew transferred to the new involvement service managed by Caniad (part of Adferiad).

A heartfelt *thank you* to all those people – those people caring and those people living with dementia and mental health, who have given their time willingly to be part of Nexus and help improve services, this year and over all previous years.

*None of this would have been possible without you.*



## Veterans Art Classes 2022-23 - Nexus and Winter Wellbeing Project

From 1st March 2022 to 30th August 2022, art classes for veterans were held in Woody's Lodge, Amelia Trust Farm on 2nd and 4th Tuesdays of the month. In this period there were 10 classes with veteran attendance ranging from 3 to 5 persons.

Art classes were held in the dementia sessions at Murchfield Community Centre Dinas Powis on 2nd and 4th Fridays of the month 1st March 2022 to 30th August 2022, a total of 7 sessions in all with attendances ranging from 4 to 8 persons.

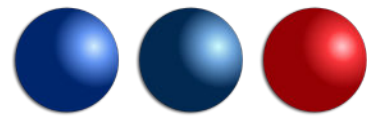
From 1st September to 31st October cavamh Nexus staff were transferred to Adferiad. Owing to popular request from participants classes were resumed in the New Year via cavamh continuing where possible on 2nd and 4th Tuesdays and Fridays. 5 Classes were realised for Woody's Lodge and 3 for Murchfield. Attendance at Woody's ranged from 2 to 4 persons and Murchfield 5 persons per session.

The benefits to those attending were a genuine sense of achievement in creative output, shown by a steady improvement in the quality of paintings. In addition, possibly just as important was a need to get out and interact with others socially. Some of the participants complained about isolation and lack of contact with others. The classes are continuing.

Matthew Salisbury



# Join the Dots



## Supporting Young People to have a Voice in Mental Health Services

Join the Dots continued to be incredibly busy from April until December 2022.

We continued to make sure that the views were fed into services being delivered by:

- The Starting Well Partnership
- The Suicide and Self Harm Prevention Steering Group for South East Wales
- Plans for a Crisis Sanctuary for Cardiff and the Vale
- The Crisis Care Concordat
- The 111 press 2 service
- The 3<sup>rd</sup> Sector Stakeholder Group for Children and Young Person's Mental Health and Emotional Wellbeing.

We continued to attend the Service User Engagement Group established by Sefyll to make sure that the 18-25 age groups views were well represented.

We continued to offer feedback to the Cardiff and Vale Well-being and Recovery College. We attended their planning meetings for courses around women's health and addiction and had a great conversation with a peer worker who was tasked with including young people.

During this period we spoke with several young people that had spent time at Hafan Y Coed and made sure their views were heard by the people developing the new crisis services.

We also had some great conversations with some workers from Scope who were launching a service that would be coproduced and owned by the service users it catered for and enjoyed some time with Holly Tarren in her new role in Social Prescribing.

We also made it along to the Doing Something DIFFerently Forum a few times to hear from other young persons' service providers in the area, attended Plattform's Wonderfest (highly recommended!) and took part in an interview on Radio Cardiff to talk about Join the Dots.



Last but not least- thanks to Tyrone Warner for his work in connecting with young people and encouraging them to have a voice through the development of creative social media content and creative mental health and wellbeing sessions with young people in Cathays Community Centre and Oasis over this period.

Christina Witney

# Co-Production in Practice Workshops



Cardiff and Vale Mental Health Social Work Managers in Cardiff and Vale of Glamorgan Councils commissioned cavamh to pilot a Co-production training initiative for Mental Health Social Work Staff and a Training Resource/Toolkit.

cavamh began the process in the autumn, 2022, with an Advisory Group meeting with managers and staff. A pilot drop-in session was trialled in December 2022, to gather feedback, resulting in the advertisement of a series of workshops running in spring 2023- a series of two sequential workshops followed by a joint evaluation and development session.

The project was initially co-ordinated by cavamh staff, Mike McCandless and Helen Joy, with the training element finally developed and delivered by Claire Davies, in association with Edwin Yhap, both trainers with carer /service user lived experience, with the support of Linda Newton. The training was also supported by others with lived mental health experience.

The purpose of these workshops was:

To share together awareness and knowledge of co-production and to begin the conversation together about its application in practice.

The workshops included:

- Looking at what is meant by Co-Production

- Meeting the legislative framework and guidance
- Exploring how co-production can benefit everyone involved.
- Examples of good practice and resources
- Hearing from those with lived experience of mental health services
- Exploring the impact that institutional/professional/diversity/marginalised barriers and assumptions can have on service provisions and people's lives
- Recognising and building on current local co-productive practice
- Considering how organisational structures are helping/hindering co-production in practice.
- Establishing how this approach resonates with staff and departments.
- Developing a working framework to implement co-production over time.

A final report was produced and shared with Cardiff and Vale Council and a further workshop is planned with Cardiff Council staff in the summer.

# Winter Wellbeing

## **Winter Wellbeing Project December 2022 – March 2023**

We were fortunate to receive funding to implement a programme of initiatives over the winter and spring. One grant- five elements - to support small and peer led groups in their development and delivery of wellbeing initiatives, creative wellbeing activities, new and updated information about wellbeing opportunities and training for groups with an interest in mental health.

**Provision of development support and resource through a Small Grants Fund** open to people with emotional and mental health, dementia and wellbeing issues to enhance wellbeing through development of self help groups and community peer led activities over the winter months

**A creative programme of social and interactive arts activities and information** support to improve wellbeing and reduce loneliness and isolation amongst veterans, people with dementia and their carers and young people.

**A training programme for cavamh, voluntary sector and community groups with an interest in mental health including dementia**, (all ages) to improve skills, knowledge, and to ensure compassionate and supportive care for people who are in crisis; to

include training regarding suicide prevention and self harm, creative person support for people with depression and anxiety, Who Does What Where in Mental Health, Collaborative Communication.

**An update of our mental health services directory** to ensure the public have access to the latest information about mental health and wellbeing services, helplines and information **including winter opening times and activities**

This enabled us to develop and roll out a Small Grants fund for small and peer led groups to both support their development and in provision of wellbeing initiatives, funding 4 groups over this period; provide access to creative wellbeing workshops and activities across Cardiff and the Vale, provide up to date information about access to services and helplines over the winter and Christmas period circulated to voluntary and statutory sector groups and available on our website, and a free training programme for the Mental Health Forum including 9 courses attended by 79 participants.

Linda Newton

# Admin Report

## Carol Cooke & Caroline Fellows

It's was yet another challenging year for cavamh, with work on the tender process adding to everyone's workload, with many calls for Caroline to produce graphics and posters.

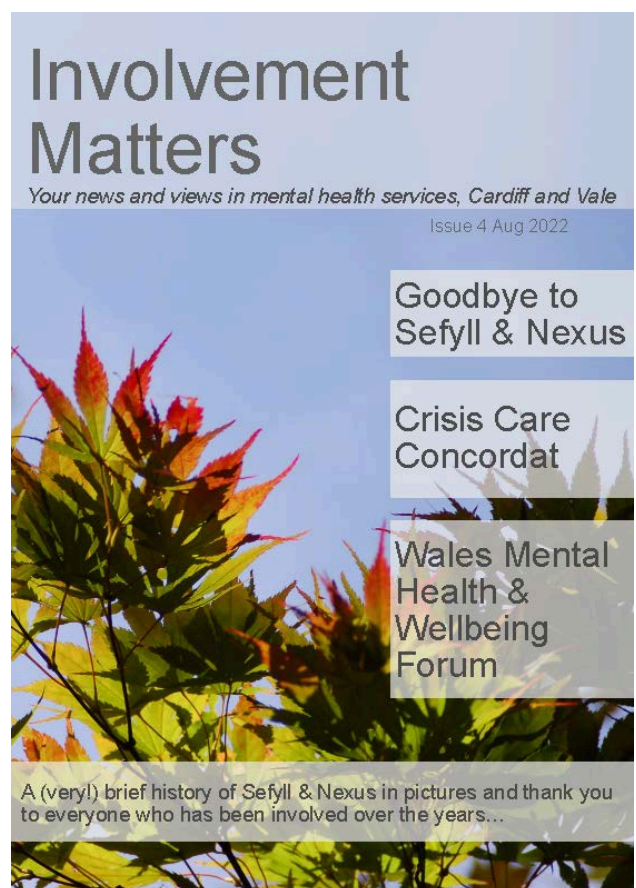
Carol continued to recieve emails sent to our generic email address from people looking for information and help over this year, and as always, did her best to signpost on with as much up to date information as possible. This can involve talking to people on the phone to elicit further information which helps with their queries.

Work continued on the website, with all staff involved.

January-March was a very busy time with the Winter Wellbeing Project, which included a Small Grants Fund, which Caroline provided admin support for, and the ongoing support for the Co-Production Workshops.

In December Carol Cooke retired, after 30 years working at cavamh - she is greatly missed and we wish her all the best!

Caroline took over the finances from December, having received training from Carol, with her role changing from Information & Admin Officer to Office Adminnistrator.



# Website & Social Media

The new cavamh website was launched in October 2021

Alongside our in house news and updates, the mental health directories, publications and leaflets, the website has 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.

During the reporting period we sadly saw the end of the Sefyll and Nexus projects which necessitated a change to the layout of the website and the design and inclusion of an area for a new time limited project “cavamh co-pro” working with Vale of Glamorgan Council and Cardiff City Council to develop and provide Co-production Training and consultancy to both Local Authorities to support them to develop, implement and evaluate services with citizens Co-production, this area will continue to evolve with the addition of downloadable resources to compliment the training course.

Over the winter we produced a temporary winter pressures section to signpost people to the additional help that was available during winter and especially the Christmas holidays.

We are always looking at ways we can widen the information that we have available with 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 in May 2023 I will be retiring from cavamh and there will be a new website coordinator, Alisha Bland, who will continue to maintain the website and look for opportunities to build on what we already have.

Tracy Purnell

# The Future

## **The Future**

We are extremely sad to see longstanding services, contributors and staff, core to cavamh's ethos go. We are looking forward to new partnerships and initiatives, building on the legacy and developments during the year and exploring new opportunities that can extend co-production with people with lived experience, voluntary sector mental health resources and partnership working so that mental health services can develop and thrive, and truly meet the needs of those who use them.

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.

## ***Thankyou***

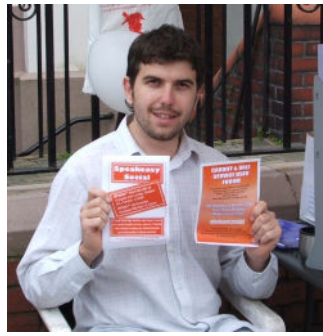
Thank you to all our members who have contributed so much to cavamh, - whether through the Mental Health Forum, Sefyll, Nexus and Join the Dots - we really appreciate all your support. We could not have done this without you.

Thank you to our volunteers - your work has made such a difference.

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, Cardiff and Vale Regional Partnership Board. Again, this work would not have continued without this financial support.

# Goodbye to Sefyll, Nexus & Join the Dots...



Dan, WMHD 2006



The Team - 2008



Jane & Finola, Directions launch 2006



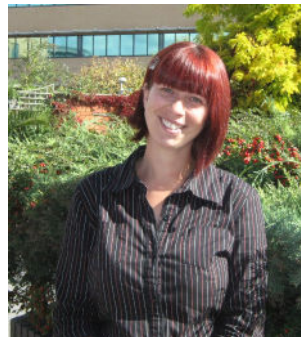
Matthew, Carol & Matt, Waitrose 2009



Rachel, Trade St Office 2010



Matt, Jane & Matthew, Trade St 2009



Anna, Trade St 2009



Matt, Carers trip to Bath 2010



Jack, AGM 2014



Dawn, Trade Street Office 2014



Jasmine & Helen Recovery Magazine Launch 2017





Matthew & Jane, Carers event, 2010



Adrian, 2011

**Many thanks to...**

**Sefyll:**

Julian Swan  
Angie Carmichael  
Daniel Smith  
Anna Suschitzky  
Bex Cicero  
Rebecca Waters  
Jasmine Chowdhury  
Mike McCandless

Adrian Bailey  
Tracy Purnell

**My Say** Jacqui Campbell

**Co-Creating Healthy Change:**

Jack Watkins  
Nina Langrish  
Siwan Darling



Caroline, Juila and Judith, Cavamh Launch 2013

**Nexus:**

Marian Scanlan  
Jane Patreane  
Finola Dignan  
Matthew Salisbury  
Rajma Begum  
Matt Quinn  
Judith Parry  
Dawn John  
Helen Joy



Jacqui & Mike, Minority Ethnic Health Fair 2018

**Sefyll and Nexus - Diversity Involvement Officer**

Zobia Zaman

**Join the Dots**

Christina Witney  
Tyrone Warner

**Admin:**

Jane Patreane  
Caroline Fellows  
Julia Greenhaf



Christina, Mental health Partnership Board, 2019

# Legal & Administrative

## **Officers**

**Chair:** Jeremy Rees

**Treasurer:** Ken Barker

## **Staff**

**Director:** Linda Newton

**Office Manager:** Carol Cooke- to December 2022

**Admin/Info Officer:** Caroline Fellows (cavamh, Sefyll, Nexus) to December 2022, **Office Administrator** from December 2022

**Web Administrator:** Tracy Purnell from September 2022

## **Sefyll**

**Service User Involvement Development Officer:**

Mike McCandless to August 2022

**Service User Involvement Officer:**

Tracy Purnell (on temporary secondment to August 2022)

**Diversity Involvement Officer (Sefyll and Nexus)**

Zobia Zaman, to August 2022

## **Nexus**

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

Helen Joy to August 2022

Matthew Salisbury to August 2022

## **Join the Dots**

**Young People's Involvement Officer:**

Christina Witney- To December 2022

**Join the Dots Creative Media officer:**

Tyrone Warner March -September 2022, Jan- March 2023

## **Co-production Training Project**

Mike Jones: October - November 2022

Helen Joy: October - December 2022

Matthew Salisbury: October 2022

Claire Davies: November 2022 – March 2023

## **Winter Wellbeing Project**

Matthew Salisbury- November 2022- March 2023

**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](mailto:mail@cavamh.org.uk)

Website: [www.cavamh.org.uk](http://www.cavamh.org.uk)

# Trustees

## **1st April 2022 – 31st March 2023**

Mrs S Jones

J G Rees

Ms S Scire

Ms K Natarajan

Ms K Hyman

K Barker

# Abbreviated Accounts

Cardiff and Vale Action for Mental Health ( Registered Charity number: 1148312)  
**ABBREVIATED ACCOUNTS**  
 For the Year Ended 31st March 2023

The following figures are taken from the full financial statements of Cardiff and Vale Action for Mental Health for the year ended 31st March 2023, approved by the Trustees for submission to the Charity Commission and the Registrar of Companies. The Independent Examiner, Victoria Carter, 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, 69b Splott Road, Cardiff, Wales, CF24 2BW.

|  | 2023<br>£                     | 2022<br>£                   |                       |                       |
|--|-------------------------------|-----------------------------|-----------------------|-----------------------|
| <b>Fixed assets comprising furniture and equipment</b>                       | <b>8,684</b>                  | 11,312                      |                       |                       |
| <b>Debtors being what the charity is owed from:</b>                          |                               |                             |                       |                       |
| Fees, grants and expenditure in advance                                      | 23,227                        | 18,514                      |                       |                       |
| Investments, being monies held on deposit                                    | -                             |                             |                       |                       |
| <b>Cash, being monies held at the bank and in hand</b>                       | <b>122,534</b>                | 168,484                     |                       |                       |
| <b>Total assets</b>  | <b>154,445</b>                | 198,310                     |                       |                       |
| <b>Less: What the charity owes</b>   |                               |                             |                       |                       |
| Suppliers & other creditors  | (12,908)                      | (4,874)                     |                       |                       |
| Accruals and Deferred income   | -                             | (2,500)                     |                       |                       |
|  | <b>(12,908)</b>               | <b>(7,374)</b>              |                       |                       |
| <b>Leaving what the charity owns</b>   | <b>£141,537</b>               | <b>£190,936</b>             |                       |                       |
| <b>How this is represented:</b>  |                               |                             |                       |                       |
| By restricted funds  | 7,476                         | 15,261                      |                       |                       |
| By un-restricted funds   | 134,061                       | 175,675                     |                       |                       |
|  | <b>£141,537</b>               | <b>£190,936</b>             |                       |                       |
| <b>Annual Operations: Where your money come from:</b>                        |                               |                             |                       |                       |
|  | <b>Unrestricted<br/>Funds</b> | <b>Restricted<br/>Funds</b> | <b>2023<br/>Total</b> | <b>2022<br/>Total</b> |
| Charitable activities  | 86,500                        | 70,705                      | 157,205               | 234,962               |
| Investment income  | 1,132                         | -                           | 1,132                 | 27                    |
|  | <b>87,632</b>                 | <b>70,705</b>               | <b>158,337</b>        | <b>234,989</b>        |
| <b>Less:</b> Expenditure relating to the provision<br>of charitable services | 117,846                       | 87,263                      | 205,109               | 219,788               |
| Other  | 2,183                         | 444                         | 2,627                 | 1,868                 |
| <b>Net (Outgoing)/Incoming Resources before transfers</b>                    | <b>(32,397)</b>               | <b>(17,002)</b>             | <b>(49,399)</b>       | <b>13,333</b>         |
| Transfers between funds  | - 9,217                       | 9,217                       | -                     | -                     |
| Net (outgoing)/incoming resources  | <b>(41,614)</b>               | <b>(7,785)</b>              | <b>(49,399)</b>       | <b>13,333</b>         |
| Total funds brought forward  | 175,675                       | 15,261                      | 190,936               | 177,603               |
| <b>Total funds carried forward</b>   | <b>£ 134,061</b>              | <b>£ 7,476</b>              | <b>£ 141,537</b>      | <b>£ 190,936</b>      |

The financial statements were approved by the Trustees and signed on their behalf by J Rees.