

**MARCH 2020**



# Sefyll News



Welcome to the March edition of Sefyll News this newsletter is going to look completely different to the one I wrote just last week ready to be sent out this week.

Things however have now moved on and inside you will find important information about how we are working with the recent Government advice concerning Coronavirus, details of groups and meetings that are no longer taking place and helpful information about taking care of your mental health and wellbeing.

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**cavamh (Cardiff and Vale Action for Mental Health )**

**Registered Charity No. 1148312, Company Limited by Guarantee 8000094**

## Important Information

As of today 17th March 2020 and following the advice given by the UK Government the cavamh office premises will be closed and all staff across all projects will be working from home until further notice.

We will still be available via email and social media but this will temporarily be the last paper copy of the sefyll newsletter as we will be unable to access the necessary equipment for printing and posting. If you usually receive this newsletter through the post but you/friends/family have access to email, please email us and we can include you in any future digital newsletters and updates.

We are in the process of setting up telephone cover but in the short term this may be intermittent until we have a system up and running, we hope to be able to respond to telephone messages but this may not be as immediate as we'd like.

We will endeavour to keep the website **[www.cavamh.org.uk](http://www.cavamh.org.uk)** updated with information as we get it.

Our email address is: **[sefyll@cavamh.org.uk](mailto:sefyll@cavamh.org.uk)**

## Meetings

The **Champions** meeting that was due to take place Tuesday 24th March has been **postponed** additionally we do not expect to hold a Champions meeting in April.

The **SUEG** which was due to take place Monday 30th March 2020 is also **postponed** we anticipate that we won't be holding a SUEG in April.

We do not have any current information from the Health Board about timetabled meetings and planning groups however we have to assume that they will be cancelled.

We strongly advise **all** Service User Reps to practice social distancing and **not** to attend any of the groups that you are the representative for until further notice.

If you have attended any meetings since the last SUEG please email us your feedback as usual.

## Further Information

### Compassionate Mental Health.

The event on 25-26 March 2020 has been postponed to **6-7 Oct 2020**. Registration is now open and tickets for March can be transferred to October.

For more information please see:

**[www.compassionatementalhealth.co.uk](http://www.compassionatementalhealth.co.uk)**

### 4WINDS

The Centre is currently closed until further notice. Following escalation of Coronavirus and the risks associated with this, we have taken advice and decided to suspend our service. We hope to have a limited/1:1 service in place as an alternative to the drop-in support/groups, details will be updated on the website:

**<http://www.4winds.org.uk/>**

#### Note from the editor

*Thank you, as always, for your input. The editor retains the right to edit any content prior to publication in the newsletter. All opinions expressed within are those of contributors and not of Sefyll or cavamh.*



## Useful Websites

**UK Government** portal with the latest information about Coronavirus (COVID19) updated regularly. <https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

**NHS Direct Wales** online symptom checker <https://www.nhsdirect.wales.nhs.uk/SelfAssessments/symptomcheckers/?ScName=CoronaVirusCOVID19&SCTId=175>

Coronavirus: How to protect your mental health **BBC** article - <https://www.bbc.co.uk/news/health-51873799>

Coronavirus and your wellbeing link to **MIND** advice and helpful tips <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse34626>

**World Health Organisation** Frequently Asked Questions on Coronavirus (COVID 19) <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

# Helplines



GIG  
CYMRU  
NHS  
WALLES

Ymddiriedolaeth GIG  
Gwasanaethau Ambiwylans Cymru  
Welsh Ambulance Services  
NHS Trust



## Mental Health Support

Whether you're concerned about yourself or a loved one, these helplines and websites can offer expert advice.

### HELPLINES

#### **SAMARITANS** **24/7** **FREE** **116 123**

Whatever you're going through, a Samaritan will face it with you. They are available 24 hours a day, 365 days a year. For the Welsh Language line please call 0808 164 0123 (not 24 hour, check website).

[www.samaritans.org](http://www.samaritans.org)

#### **CALL** **24/7** **FREE** **0800 132 737**

Community Advice & Listening Line: Wales based mental health information and support. Text help to 81066

[www.callhelpline.org.uk](http://www.callhelpline.org.uk)

#### **CHILDLINE** **24/7** **FREE** **0800 1111**

Free and confidential information and advice for anyone under 19 years.

[www.childline.org.uk](http://www.childline.org.uk)



*This leaflet has been created in partnership with Interlink RCT and their Service User Representatives from the Cwm Taf Morgannwg UHB Together for Mental Health Partnership Board.*

**BEAT** **FREE ☎** 0808 801 0677  
Advice on eating disorders. Mon-Fri, 12pm – 8pm  
Weekends & bank holidays, 4pm – 8pm.  
[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

**CALM** **FREE ☎** 0800 58 58 58  
Campaign Against Living Miserably: Support for young men aged 15 to 35. Daily, 5pm – midnight.  
[www.thecalmzone.net](http://www.thecalmzone.net)

**Combat Stress** **24/7 FREE ☎** 0800 138 1619  
Mental Health support for veterans & their families.  
& for Serving Personnel **24/7 FREE ☎** 0800 323 4444  
[www.combatstress.org.uk](http://www.combatstress.org.uk)

**Cruse** **FREE ☎** 0808 808 1677  
Bereavement Care and support for anyone grieving  
Mon-Fri, 9am – 5pm, Tues, Wed & Thu until 8pm.  
For support, find your nearest branch.  
[www.cruse.org.uk/wales](http://www.cruse.org.uk/wales)

**Dan 24/7** **24/7 FREE ☎** 0808 808 2234  
Support with drug and alcohol problems.  
Text DAN to: 81066 [www.dan247.org.uk](http://www.dan247.org.uk)

**Family Lives** **FREE ☎** 0800 800 2222  
Mon-Fri 9am – 9pm Sat /Sun 10am – 3pm  
**Bullying UK** [www.bullying.co.uk](http://www.bullying.co.uk)  
Advice & support on all forms of bullying.  
**Parentline Plus** [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)  
Listening, support & non-judgemental help for families.

**HOPELine UK** **FREE ☎** 0800 068 4141  
Suicide prevention advice & support for anyone under 35.  
Weekdays 10am – 10pm, weekends & bank holidays  
2pm – 10pm.  
[www.papyrus-uk.org](http://www.papyrus-uk.org)

**LGBT Foundation** \*0345 3 30 30 30  
Support services for lesbian, gay, bi & trans people.  
Weekdays (excluding bank holidays) 10am – 10pm.  
[www.lgbt.foundation](http://www.lgbt.foundation)

**Meic** **FREE ☎** 0808 80 23456  
Information & advice for children & young people in  
Wales under 25. Daily 8am – midnight.  
Text to 84001 [www.meiccymru.org](http://www.meiccymru.org)

**Mind** \*0300 123 3393  
Information on any aspect of mental health.  
Mon to Fri 9am – 6pm (except bank holidays).  
[www.mind.org.uk](http://www.mind.org.uk)

**National Debt Line** **FREE ☎** 0808 808 4000  
Providing free debt advice.  
Mon-Fri 9am – 8pm Sat 9.30am – 1pm.  
[www.nationaldebtline.co.uk](http://www.nationaldebtline.co.uk)

**No Panic** \*0844 967 4848  
Supporting people who experience panic attacks &  
Obsessive Compulsive Disorder. Daily 10am – 10pm.  
[www.nopanic.org.uk](http://www.nopanic.org.uk)

**Rape Crisis** **FREE ☎** 0808 802 9999  
Signpost to your local services.  
Daily, midday – 2.30pm & 7pm – 9.30pm.  
[www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

**Refuge** **24/7 FREE ☎** 0808 2000 247  
Domestic violence helpline provide life-saving services  
& advice.  
[www.womensaid.org.uk](http://www.womensaid.org.uk) or [www.refuge.org.uk](http://www.refuge.org.uk)

**SANEline** \*0300 304 7000  
Support & information for people affected by mental  
illness, their families & carers. Daily 4.30pm – 10.30pm.  
[www.sane.org.uk](http://www.sane.org.uk)

**SOBS** \*0300 111 5065  
Survivors of Bereavement by Suicide:  
Support, information & advice. Mon-Fri 9am – 9pm.  
[www.uk-sobs.org.uk](http://www.uk-sobs.org.uk)

**The Silver Line** **24/7 FREE ☎** 0800 4 70 80 90  
Information, friendship & advice for older people.  
[www.thesilverline.org.uk](http://www.thesilverline.org.uk)

**Victim Support** **24/7 FREE ☎** 0808 168 9111  
Help for people affected by crime or traumatic events.  
[www.victimsupport.org](http://www.victimsupport.org)

**Wales Dementia Helpline** **24/7 FREE ☎** 0808 808 2235  
Supporting people affected by dementia.  
[www.dementiahelpline.org.uk](http://www.dementiahelpline.org.uk)



#### Support for Emergency Services Crews

**Mind Blue Light Infoline** \*0300 303 5999  
Mental Health support for Team 999.  
Email: [bluelightinfo@mind.org.uk](mailto:bluelightinfo@mind.org.uk) [www.mind.org](http://www.mind.org)

**Woody's Lodge** [www.woodyslodge.org](http://www.woodyslodge.org)  
Support for Emergency Service veterans & families.  
North Wales, Mon-Fri 10am – 3pm. \*01492 533954  
South Wales, Mon-Thu 10am – 3pm. \*01446 781792



## Staying Connected

In these challenging times it is important to look after your mental health, whilst we all need to practice social distancing we need to guard against becoming socially isolated. One of the ways in which we can stay connected with each other is through sefyll and cavamh.

Why not send us your stories on what you are doing to keep yourself entertained and active?

How about writing us a poem or sending in your artwork or photographs?

Got a recipe you would like to share? Or ideas for creative meals with store cupboard ingredients?

Recommend us a book to read or film/TV show to watch.

Tell us a joke or funny story.

Any crossword writers out there or wordsearchers who might like to set us a challenge?

Send in your ideas to **[tracy@cavamh.org.uk](mailto:tracy@cavamh.org.uk)**

I'm hoping to be able to get out a more frequent digital newsletter to help keep us all connected.



# Checklist

Are you ready to stay at home for two weeks?

- **Food:** do you have the essentials in the cupboard or do you have a way to get food delivered?
- **Cleaning:** are your cleaning supplies stocked up?
- **Medication:** do you have enough medication, or a way to get more? Does your pharmacy deliver?
- **Health:** can you reorganise any planned therapy or treatments?
- **Commitments:** can someone else help you care for any dependents, walk your dog, or take care of any other commitments?
- **Connectivity:** have you checked the contact details of the people you see regularly, like their phone numbers or email addresses?
- **Routine:** can you create a routine or timetable for yourself?
- **Exercise:** is there any physical activity you can do inside your home, such as going up and down the stairs, using bean tins as weights, or exercises you can do in your chair?
- **Nature:** have you thought how you could access nature?
- **Entertainment:** have you thought about things to do, books to read or TV shows to watch?
- **Relax:** have you got materials so you can do something creative, such as paper and colouring pencils?

## Tips For Wellbeing

### **Limit the news and be careful what you read.**

Stay informed but set limits for news and social media. The constant stream of social media updates and news reports about coronavirus could cause you to feel worried. Sometimes it can be difficult to separate facts from rumours. Use trustworthy and reliable sources to get your news.

### **Have breaks from social media and mute things which are triggering.**

Mute key words which might be triggering on Twitter and unfollow or mute accounts. Mute WhatsApp groups and hide Facebook posts and feeds if you find them too overwhelming.

### **Wash your hands - but not excessively**

OCD Action has seen an increase in support requests from people whose fears have become focused on the coronavirus pandemic. Ask yourself is the washing being carried out for the recommended amount of time to reduce the risk of spreading of the virus - or is it being done ritualistically in a specific order to feel "just right"?

## More Wellbeing Tips

### **Stay connected with people.**

Make plans to video chat with people or groups you'd normally see in person. You can also arrange phone calls or send instant messages or texts. Make a plan with someone to watch a show or read a book separately so that you can discuss it when you contact each other. Write letters to be posted when you can go out again.

### **Keep Active**

Build physical activity into your daily routine, if possible. Exercising at home can be simple and there are options for most ages and abilities, such as: cleaning your home, dancing to music, going up and down stairs, seated exercises, online exercise workouts that you can follow sitting less – if you notice you've been sitting down for an hour, just getting up or changing position can help.

### **Keep Your Mind Stimulated & Yourself Relaxed**

Read books, magazines and articles. Listen to a chatty radio station or podcast if your home feels too quiet. Watch films, do puzzles. Play a musical instrument, sing and dance. Try Yoga or meditation.

## Coping With Anxiety

AnxietyUK suggests practising the "Apple" technique to deal with anxiety and worries.

**Acknowledge:** Notice and acknowledge the uncertainty as it comes to mind.

**Pause:** Don't react as you normally do. Don't react at all. Pause and breathe.

**Pull back:** Tell yourself this is just the worry talking, and this apparent need for certainty is not helpful and not necessary. It is only a thought or feeling. Don't believe everything you think. Thoughts are not statements or facts.

**Let go:** Let go of the thought or feeling. It will pass. You don't have to respond to them. You might imagine them floating away in a bubble or cloud.

**Explore:** Explore the present moment, because right now, in this moment, all is well. Notice your breathing and the sensations of your breathing. Notice the ground beneath you. Look around and notice what you see, what you hear, what you can touch, what you can smell. Right now. Then shift your focus of attention to something else - on what you need to do, on what you were doing

*Sefyll is a project managed by Cardiff and Vale Action for Mental Health (cavamh). If you would like to become a member of cavamh please contact [caroline@cavamh.org.uk](mailto:caroline@cavamh.org.uk)*

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