



Welcome to the May 2019 edition of Sefyll News as usual it contains lots of information about coming events and dates for your diary.

Don't forget it's the Mental Health Today Conference this month which is always well worth attending, if you are still thinking of going you need to apply for tickets without delay. Details of how to obtain **FREE** tickets are inside this edition.

Just a little note to say if you see a copy of this newsletter with dates for training or meetings that appear to have been altered and written over please do check with us at the office for confirmation.

This is YOUR newsletter

If you feel that you would like to contribute in any way please get in touch. It may be a drawing or painting you have created which you could send us via email.

You might want to tell us about a piece of artwork that you may have seen in a gallery or museum that means something to you.

If you like films/movies feel free to email us any recommendations for publication in the next newsletter. Perhaps you could write a review if you feel passionate about a favourite film.

Send us a poem if you want to express yourself or if you're a musician, you might want to send us a link to some of your material you have uploaded to YouTube. Maybe you could suggest a good Open-Mic venue and get your friends to come and support you.

If you are participating in a fundraising event or if you know someone who is please let us know and we'll publish it and help to spread awareness.

Mental Health
Awareness Week

13-19 May 2019

mentalhealth.org.uk

How we think
& feel about
our bodies



Mental Health
Foundation

Nice to meet you

If you are interested in learning more about Sefyll, or have been considering coming along to the **S**ervice **U**ser **E**ngagement **G**roup or Champions but feel nervous or anxious or not sure if it's for you. Tracy is always willing to meet somewhere local to you for a coffee and a chat about who we are and what we do.

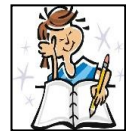
Sometimes its reassuring to be able to put a face to a name and already know someone before you join a group or come along to a meeting.

Or perhaps you are someone who used to be involved with Sefyll and are thinking of getting involved again and would like to meet up and have a chat about it.

Drop me an email: **tracy@cavamh.org.uk** or leave me a contact number at the office **tel: 029 2022 2000** and I'll get back to you.

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.





Research into Male Suicide

Suicide is the biggest cause of death in men under 40. Despite this, there is little known about the psychological factors associated with male suicide.

Cardiff University is attempting to explore this under-researched area. We are attempting to explore whether a particular emotion, self-disgust, plays a role in male suicide. To do this we are looking to interview men who have attempted suicide in the past who are willing to talk about their experiences in an interview. The project is being supported by Sefyll/CAVAMH who are helping to promote the project.

Cardiff University understand that this is an extremely sensitive and emotional area. However, we feel that it is important to research. People's safety is our utmost priority; therefore, we are not able to interview men who have attempted suicide less than six months ago, or people who are currently suicidal. If you would like to find out more about the project you can follow the link below or e-mail MasonD2@Cardiff.ac.uk

<https://tinyurl.com/y44bqyap>

Thank you for your time, support and interest.

Rep Vacancies

We are currently putting together a list of vacancies for service user representatives across a wide range of different groups.

There are currently two important vacancies for Reps that are vacant and really need to have a service user presence.

1. Primary Care Liaison Project;
undertaking the work in developing mental health services in Primary Care.

2. CMHT Transformation Board ;
developing a new model of Community Mental Health Services in Cardiff following the work in the Vale.

We expect to be holding elections during the SUEG in May (see back for date and venue details) and will be sending out details of the roles shortly. Both roles are remunerated.

If you would be interested in any of these vacancies please let us know to add you to our mailing lists to ensure we send out the details to you.

Telephone: **029 2022 2000** or

email: **sefyll@cavamh.org.uk**

New Mural at Hafan Y Coed

A stunning new mural has been designed to create interest and promote a sense of space in the garden at Hazel Ward, Hafan y Coed at University Hospital Llandough. The mural, designed around the food and nature theme was spray-painted by talented artist Amelia Thomas (millimagic). This artwork was funded by Cardiff & Vale Health Charity's Make It Better Fund which is for general projects that enhance the service provided to patients.

The garden will be used by service users involved in the Hazel Fresh project to grow food to be used in meals at the hospital. Service users will not only feel the benefits of being outdoors in the fresh air tending to the vegetable patch but in the long-term teaching them how to eat healthier, especially those that most need to heal.

Josh Bell and his colleagues on Hazel Ward submitted a bid to the Staff Lottery Bids panel after meaningful engagement with services users. It was this engagement that impressed the panel to approve the bid.

Would you like to be directly involved in how your mental health services are run?

There are a number of exciting opportunities to represent the experiences of people who use mental health services on health board planning groups. You could have a direct influence on what's happening in your area, find out more about what's going on, or use it as an opportunity to learn new skills.

Anyone can be a rep. All you need is your experience of what it's like to use mental health services. We can offer you support and training to help you build the skills and confidence you need to do this.

Opportunities for Reps:

There are currently spaces open for a number of people to become service user representatives at planning groups with the University Health Board and other services. To find out more about these opportunities, either contact sefyll@cavamh.org.uk or telephone

029 2022 2000, or alternatively come along to the next SUEG meeting to have a chat with other service user reps to see what's involved in being a rep.



Nexus involves those who use older people's mental health services and their carers to have say in the way that those services are planned, run and developed.

Involvement by service users and carers means services become more suited to the needs of those who use them and make them more successful. We are also interested in what past carers have to say about the services they or the person they cared for received.

Like Sefyll we encourage older people's service users and carers to get involved in many different and interesting ways. Join our mailing list to receive Involvement News with regular information about events, opportunities and ways in which you can have your say.

Please contact Helen or Matthew **029 2022 2000** email **nexus@cavamh.org.uk**

Mental Health Today Wales 2019

Date: **22 May 2019.**

Venue: Motorpoint Arena Cardiff, Cardiff.

Mental Health Today Wales 2019 (or MHT Wales 2019) is a CPD-certified event for professionals and service users from different mental health sectors. The event's aim is to help and encourage progress in mental health services in Wales. We will do so by provoking discussions, improving knowledge and, above all, championing the voices of those who aren't often heard.

You will spend the day with key thought-leaders in mental health, as they address today's most competitive challenges. Most importantly, you'll go home with new insights and strategies that will help improve crisis care, better understand equality and diversity, and recognise mental health conditions.

This vibrant and inspiring event will consist of 3 main streams:

Room 1: Children/Schools

Room 2: Mental Health Disorders

Room 3: Therapy

We offer complimentary tickets for service users and their unpaid carers. Please email **info@pavpub.com** if you feel you are eligible.

Involvement Champions are groups of people who identify themselves as having experienced mental ill health and who are enthusiastic about wanting to help improve the services available to themselves and others. We meet informally every 4 weeks over Coffee (or Tea) & Cakes to talk about mental health services, what's working and what's not and how we can help to make things different and have our voices heard.

Our next meeting is on **Tuesday 28th May** starting at **3pm** in **4WINDS** Clare Road Cardiff .

Please do join us.

For more information contact 029 2022 2000
Tracy@cavamh.org.uk

If you are an organisation or group or you regularly attend or hold meetings with people who have an interest in mental health services in Cardiff and The Vale and you would be interested in us setting up a regular Champions Coffee & Cake group we'd love to hear from you.

Did I mention we have cake?

Dates For Your Diary

Service User Engagement Group (SUEG):

Wednesday 29th May 2019

Barry YMCA

Court Rd, Barry CF63 4EE

1pm—3pm

(please note change of time and venue)

For service users who are currently reps at meetings or who are interested in finding out about becoming a rep in the future.

All welcome and a light lunch will be provided.

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 on 02920 222000 or caroline@cavamh.org.uk

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