



Sefyll News



Welcome to the October 2019 edition of Sefyll News.

Its certainly a wet and windy start to autumn this year, quite the contrast to the lovely summer we had. The nights are drawing in and would you believe I saw my first decorated Christmas tree in a restaurant on Sunday 30th September?

This edition contains information about coming events and dates for your diary, volunteer opportunities, advance notice of our Creating Harmony event and no further mention of Christmas in this edition.....

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.

What Is Service User Involvement?

Service user involvement refers to the process by which people who are using or have used a service become involved in the planning, development and delivery of that service. There is a growing recognition that because of their direct experiences of using services, service users have a unique and expert insight into what works, which can be used to improve services.

Involvement in services can lead to enhanced quality of care, improved quality of life, improved relationships between staff and service users, and improved outcomes for service users; it can also lead to improved outcomes for providers.

Involvement in planning, commissioning and governance can improve information and access for service users, and have positive effects on decision-making processes and staff attitudes and behaviour.

Involvement can also help service users with their own recovery, building resilience, learning new or refreshing existing skills, which could be useful in gaining employment or voluntary roles. Moreover it can provide a sense of accomplishment and validation.

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.

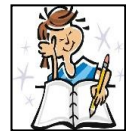
Sometimes its reassuring to be able to put a face to a name and already know someone before you join a group or come along to a meeting.

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: 02920 222000** 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.



Volunteering with Cardiff and Vale University Health Board— There are a number of volunteer positions available within Mental Health Services.

The roles are spread across a number of sites within Cardiff and the Vale of Glamorgan, and cover a variety of different specialities from carer support to helping to run anxiety and stress management groups.

We welcome volunteers who have a lived experience of mental illness as well as those who have cared for someone with a mental health condition.

For more information visit:
<https://tinyurl.com/mentalhealthvolunteers>

For an application pack, or to discuss volunteering within mental health services, contact:

Helena Robertson-Reid

Email: Volun-
teer.enquiries.cav@wales.nhs.uk

029 2184 5813

There are also general volunteering opportunities available.



Do you have an interest in Mental Health Services?

We are looking for people who may be interested to come along, share their experiences, or help with the planning of a particular topic.


What is the Mental Health Partnership Board (MHPB)?

The Mental Health Partnership Board is the overarching multi-stakeholder group for mental health in Cardiff and the Vale of Glamorgan. It reports to the Welsh Government in relation to the 'Together for Mental Health Strategy. It includes people from health, local authority, education, police, housing, social services, people with lived experience, third sector.

Meetings take place quarterly and are led by people with lived experience. They focus on key issues that people have raised, examples from lived experience and discussion about what would make a difference.

Planning for the MHPB

The planning group meets before the MHPB and consists of people with lived experience



including from the involvement Networks, Sefyll, Nexus and Join the Dots along with attendees from the third sector (Mental Health Forum), health board and service users, providers and planners relative to the theme under discussion.

The format has settled into, - but not always takes the format - of a short presentation from services /planners summing up where things 'are at' currently and direction of travel and voices of lived experience – what is working well/not so well- what would make a difference.

This is often followed by small mixed groups discussion aiming to identify 2 or 3 practical measures for change. The group try to bring in creativity wherever possible.

The theme for the next MHPB is '**transitions**', and covers transitions for people from young to adult mental health services and adult to older people's mental health services.

The MHPB meeting itself takes place on **Wed November 13th 1-3pm**, provisionally at the Millenium Centre.

Please contact Linda@cavamh.org.uk for more details. Tel: **029 2022 2000**

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.

Recovery College Peer Lead

Cardiff and Vale University Health Board

Job Reference: **001-PST089-0919**

Employer: Cardiff and Vale University Health Board **Department:** Mental Health

Location: Llandough, Cardiff

Salary: £37,570 to £43,772 per annum

An exciting opportunity has arisen for someone who has lived experience as a user of mental health services to manage the setting up and running of a Recovery College across Cardiff and the Vale. The work will involve working closely with partners in: Service-user and Carer groups, Health, Local Authority, Education, Third Sector, Local Government and statutory services.

A Disclosure and Barring Service check will be required for applicants. Flexible working and jobshare opportunities will be considered.

Closing date: **14th October 2019**

For more information: <https://tinyurl.com/jobpack>

Dan Crossland Transformation and Innovation Lead **01446 454300** or Andrew Vidgen Deputy Clinical Director **02921824968**

Creating Harmony

We welcome adults and older people, carers and service users, who have experience of mental health services in Cardiff and the Vale of Glamorgan

CREATING

Harmony



Wednesday 16th October 2019
at St Michaels Church Hall between 1-3pm
arrive at 12:30 for snacks.

Change your music change your mood!


Join us in a fun and interesting session
about how music can change our
moods

Bring along your favourite track on CD, MP3 etc. or if you have written your own songs feel free to bring those along too.

If you play an instrument, or sing or both! Share with us the role music has on your moods and how it can help with your mental health.

Advance booking essential.

For more information email sefyll@cavamh.org.uk
or call 029 2022 2000 and ask for Mike.

 **nexus**
carers & service users involved in older people's mental health
gofalwyr a defnyddwyr gwasanaeth sy'n ymwneud â iechyd meddwl pobl hyn

sefyll 

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

Sefyll & Nexus are part of cavamh Registered Charity No. 1148312 / Company No. 8000094



Champions Coffee & Cake

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 **Tuesday 22nd October** 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):

Tuesday 29th October 2019

4Winds

Clare Road Cardiff

10:30am—1pm

Please note earlier start time.

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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