



Voluntary Sector Mental Health Services in the
Vale of Glamorgan

Mental Health- Why is it Important

- Mental health problems are the largest global cause of years lived with disability.
- One in four adults and one in ten children are likely to have a mental health problem in any year.
- People with severe mental health problems die 15-20 years prematurely.

70% of children and adolescents who experience mental health problems

have not had appropriate interventions at a sufficiently early age.

- 30% of people with a long-term physical health problem also had a mental health problem, and 46% of people with a mental health problem also had a long-term physical health problem.

(Fundamental Facts About Mental Health 2015, Mental Health Foundation)

Dementia

- There are 850,000 people with dementia in the UK, with numbers set to rise to over 1 million by 2025.
- Two thirds of the cost of dementia is paid by people with dementia and their families.
- Unpaid carers supporting someone with dementia save the economy £11 billion a year.
- Dementia is one of the main causes of disability later in life, ahead of cancer, cardiovascular disease and stroke.
(Alzheimers Society)

Who Are We?

Cardiff and Vale Mental Health Forum (Vale Members)

- 20 voluntary sector groups with an interest in mental health operating in the Vale of Glamorgan
- Signed up to Forum principles +
- The Mental Health Charter for Cardiff and the Vale of Glamorgan



Mental Health Charter

Every person in Cardiff and the Vale of Glamorgan has the right to mental health services that:

1. Make a positive difference to each person they serve.
2. Stop doing things that are not working.
3. Are guided by the individual's views about what they need and what helps them.
4. Treat everyone as a capable citizen who can make choices and take control of their own life.
5. Work with respect, dignity and compassion.
6. Recognize that mental health services are only part of a person's recovery.
7. Recognize, respect and support the role of carers, family and friends.
8. Communicate with each person in the way that is right for them.
9. Understand that each person has a unique culture, life experiences and values.
10. Give people the information they need to make their own decisions and choices.
11. Support their workers to do their jobs well.
12. Challenge "us and them" attitudes both within mental health services and in the wider society.

What is Important in delivering a service that works for the people who use it?

– **Attention to Quality** - for positive outcomes including...

- **Knowledge of community**
- **Prevention** - not tackling creates a longer term negative impact
- **Range & choice** - does not mean luxury services but meets the needs of people
- **Holistic** - including social support
- **Involving people / co-production** - leads to empowerment, 'recovery' and services that 'fit'
- **Value of continuity** - vs higher staff turnover with short term projects and contracts

Collaboration is key

- **Effective Partnership working, which is:**
 - **Cost effective**
 - **Avoids duplication (referring, signposting, active linking)**
 - **Recognising time required to build relationships**

Some sample mental health services in the Vale of Glamorgan

- **Resource / Day Opportunities** promoting social inclusion and recovery
- **Mind in the Vale Resource Centres**, Barry, Penarth, Llantwit Major - providing 1-2-1 appointments /recovery star, community info & signposting, skills development, Peer Support, Self help groups, Volunteering opportunities, Practical and Social support
- **Vocational and training initiatives, e.g.**
 - **Travellers In Mind Cafe/Gallery**, Mind in the Vale of Glamorgan
 - **Peer Mentoring Project**, Gofal - referrals for employment, training, education

Volunteering Initiatives

- Befriending Project , Alzheimers' Society
- Dementia Dial Project, Gofal.
- Pave the Way, supporting people into volunteering, GVS/VCS/cavamh

Income, Debt & Benefits Advice ie

- Riverside Advice, CAB
- **Initiatives for people from BME communities ie**
- Mental Health Support Project, Diverse Cymru

Carer & Peer Support

E.g.

- Carers Service and Involvement Group, Hafal
- Carer Support Groups, Alzheimers' Society/
Crossroads in the Vale
- Self Help/Peer Support groups, e.g Cwtch, Shine

Support for Young People

- **Advocacy Support Cymru** -Independent Mental Health Advocacy
- **Amber Project**, young people aged 14-25 who have experience of self-harm, & 'Belong' LGBT Group, 12- 16
- **Barnardos** - inc., support to First Episode Psychosis Service, ages 14-25; Schools Based Counselling
- **Beat** - (formerly known as the Eating Disorders Association)
- **CGL**- Emotional Wellbeing Service for ages 10-18,- First point of contact, one-to-one support& wellbeing courses.
- **Llamau** - supporting homelessness and emotional mental health
- **Princes Trust**, - A personal and social development programme, aimed at young people (16-25) and not in Education, Work or Training
- **Mindhub**, *CYC*, - designed by young people- on line portal providing information and links to services in relation to emotional health and wellbeing

Dementia Friendly Services/community and respite services for older people

- **Crossroads in the Vale**, - carer assessments, domiciliary support, counselling, carer support and social groups...
- **Alzheimer's Society**, - carer support groups, (Llantwit), info fact sheets, support to access services, training in dementia care, dementia support and befriending, BME befriending, advocacy, Ty Hapus - Day opportunity for younger people with dementia (open to older people with dementia one day a week)
- **Gofal Dial Project**- a range of activities including cookery, sports, and therapy to support people living with dementia and their carers
- **Directions Handbook and Directory, Nexus, cavamh**

Counselling and Psychological Therapies

- **Counselling Services, including...**
 - Breathe Spaces,
 - CCAWs,
 - Crossroads in the Vale
 - Cruse,
 - Jigsaw
- **Primary Mental Health Support- short term therapeutic interventions** provided by Mind in the Vale in liaison with the UHB - currently in the Barry area...to be rolled out across GP clusters in 2019.

Drug and Alcohol Services

- **CGL- Emotional Wellbeing Service, 10- 18 years**
- **Newlink Wales and Switched On-** volunteering, training, community involvement
- **Recovery Cymru-** Vale Recovery Centre- recovery programme, coaching, volunteering, telephone and peer led support groups, drop in & social activities.
- **Taith** - confidential drug and alcohol service for adults
- **Wallich** - The Croes Ffin Supported Housing Project

Supported Housing Services

- **A range of mental health related housing support** enabling people to maintain their tenancies ..including Supported Accommodation, Floating Support, Housing / Homelessness Support and Advice.

Provided by for example

- **Gofal,**
- **Hafod**
- **Taff Housing Assoc.,**
- **Poble**

Other targeted Services, inc.

- **Domestic Abuse**

- Gofal Mental Health Placement worker with Atal y Fro

- **Veterans**

- **Veterans Mental Health Support Group**

- **Woody's Lodge**- support for veterans with mental health needs of all ages

Service User and Carer Involvement

Including

- **Sefyll**, - supporting people to have a voice in the planning and delivery of mental health services
- **Nexus**, - supporting carers & older people's involvement in older people's mental health services
- **Join the Dots**- a partnership between young people aged 11- 25 and agencies supporting young people to have a voice
- All initiatives for service user and carer involvement within local mental health third sector services

Where to Find Info

- DEWIS - www.dewis.wales
- Cardiff & Vale Mental Health Services Directory
- Directions, Directory and Handbook for Older People
- Themed Leaflets
www.cavamh.org.uk
- Stepiau- Primary Care Mental Health Support
www.stepiau.org

Meeting the Need- What Will Help?

- Partnerships
- Public Services, e.g.
 - community
 - debt/welfare/income maximisation
 - educational /vocational
 - social