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## **Foreword: Newsletter of the Mental Health Forum Neath Port Talbot and Swansea**

### **CSV: 'Giving Time' Beats Stress and Combats Depression**

*600+ volunteers survey –  
Published 28 September 2004*

Volunteering could help the 12 million people who suffer from mental health problems in the UK combat stress and depression, according to new research by ICM, commissioned by CSV Make a Difference Day and Barclays.

The research is supported by GMTV's Dr Hilary Jones who says: "Nearly half of regular volunteers say that volunteering makes them feel less depressed. It's clear that keeping physically and mentally active can often improve your state of mind. The research indicates volunteering might help achieve this, especially if it's done on a regular basis."

Volunteering is shown to have a big impact on work-related stress, a problem that affects around 5 million UK adults and costs society an estimated £3.7bn a year according to research by the Health and Safety Executive.

With an estimated half a million people suffering from Seasonal Affective Disorder (S.A.D.), volunteering could also help beat the winter blues. Dr Miriam Stoppard says: "It has been known

for years that many people suffer from the winter blues. It is clear from the research that volunteering could help alleviate depression for some people."

The survey coincides with the build up to CSV Make a Difference Day 2004 campaign, now the UK's biggest day of 'hands-on' volunteering, which takes place on Saturday 30 October.

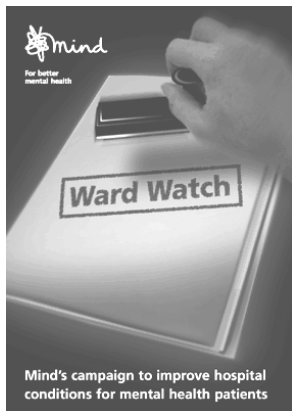
The research follows the publication of initial findings, released on 21 July, which show volunteering improves health and fitness, particularly amongst young people. The research also highlights the impact of volunteering on smoking, drinking and sex.

**Find out more:  
Call 0800 284 533 or see  
<http://www.depressionalliance.org/>**

**"Volunteering is good for mental wellbeing because its reward is on a totally human level rather than financial."**

*Deborah Jaffe, a volunteer with Rosetta Life in London, a National Association of Hospital and Community Friends project.*

*The NPSA Joint Chief Executive says: "The factors which make a ward safe are often the same as those which make a ward therapeutic. If we can find solutions to the problems of ward safety we will also improve the quality of the whole experience of inpatient care for both patients and staff"*



## NATIONAL PATIENT SAFETY AGENCY ANNOUNCES SAFETY PROGRAMME TO SAFEGUARD MENTAL HEALTH SERVICE USERS

A project to improve and ensure the safety of mental health service users has been announced recently by the National Patient Safety Agency. The focus of the project will be on acute wards, which have been the subject of concern for some time. This will be

the first project in a programme of wide-ranging work to promote the safety of mental health service users.

The issue of acute wards was identified as a priority for action when analysis of data from the pilot National Reporting and Learning System revealed a high

number of patient safety incidents in those areas.

The Agency will work with frontline staff, service users and other key stakeholders in the mental health field to develop safety measures to be piloted. You can visit the NPSA web site at

<http://81.144.177.110>

### Mind's Ward Watch Campaign

**Hospitals should support our recovery. Some do. Too many do not.**

The *Ward Watch* report was successfully launched at the National Assembly in Cardiff in front of an invited

audience including voluntary sector representatives and Assembly Members. Three user-survivor speakers put a human face on the report and Jane Hutt, Minister for Health and Social Care welcomed and endorsed its findings

and accepted that the Assembly had much work to do to ensure the National Service Framework for Mental Health in Wales was fully implemented and monitored.

<http://www.mind.org.uk>

### CONFERENCE - DANOS – MODULE 1 Drugs and Society – A Historical Perspective

Date: 26<sup>th</sup> January 2005  
Venue: Scout & Guide HQ  
Time: 12pm – 2pm  
Facilitated by: DANOS

**Drug and Alcohol National Occupational Standards – Level II Certificate supplied when all 10 modules of DANOS course are completed**

**Places Available: 30-40 Closing Date: 02/01/2005**  
**Application forms available from Hugh Griffiths, Tredilion Information Centre, 26 Uplands Crescent, Swansea, SA2 0PB**  
**Tel. No. 01792 469700**



## Learning for Living: Courses Taking Care of Carers

City & Guilds is once again innovating learning opportunities with its new **Learning for Living** online learning programme designed specifically for unpaid carers. Over one and a half million people in the UK have given up their jobs to look after sick, disabled or frail relatives. These people – by C&G's definition unpaid individuals who care for someone close to

them' - often do not think of themselves as carers, but view caring responsibilities as part of their daily lives. Often carers don't have the time to think about using their existing skills or getting new ones. A carer's confidence can be affected by time away from a paid job, and by the isolation of their caring role, when the carer may feel lost and unsure what to do next.

Does this sound like you? If you would like to find out how *Learning for Living* could help you, go to <http://www.learning-for-living.co.uk/>

## Learning for Living Goes Live

Learning for Living, the brand new online learning resource for unpaid carers is now live. City & Guilds has been developing this unique set of resources in partnership with carer organisations specifically for unpaid carers. Development, piloting and testing has been taking place over the past 2 years to ensure that all learning materials are relevant to carers needs. During development the Learning for Living team has received a lot of feedback from carers detailing how the programme has helped. Learning for Living now look forward to many more success stories.

## MIND Annual conference 2005: Stepping up to excellence

MindinfoLine  
0845 766 0163

The focus for Mind's 2005 annual conference will be excellence, innovative services, user initiatives, rights and arts and relaxation.

In 2004, almost one in ten mental health trusts were given zero star status. This is double the number from 2003. These results may not be surprising to those

working in mental health, but are contrary to the Government's stated aims.

### Conference format and activities

Each day will start with a main plenary session, followed by a series of lectures and workshops. On the second and third days the doors will open early for delegates to take part in early morning activities

### Conference programme:

Day one  
Beyond diagnosis: focusing on recovery

Day two  
My own reality

Day three  
Have users' rights gone down the plughole?



### Exhibitors Include:

Mind Cymru  
Mind Policy  
Mind Publications  
Mind Network Support  
BASW  
Bristol Crisis Service for Women  
Community Care  
Community Links  
Creative Review  
Creative Routes  
Coventry Teaching Primary Care Trust

## Conference News: Black Women and Mental Health - From the margins to the mainstream

**Venue ORT House  
Conference Centre,  
London 22 April  
2005**

The government has recently published policies on the developmental changes which are required for women

users of mental health services, and for Black and minority users through the NIMHE strategy. This conference is a timely forum for service providers, practitioners and users to focus on the

needs and experiences of Black and minority ethnic women psychiatric service users. This conference offers an opportunity to consider the increasing number of Black and minority ethnic women within the mental health services who are often marginalised and their needs neglected.

### Who should attend?

Mental health workers in the statutory and voluntary sectors, service managers, service commissioners, researchers and educationalists.

## Local Feature: On Your Bike!



The Bike Club is rolling out from the rear of Rainbow Charity Shop, 76 St Helens Road, Swansea, every Thursday from 10am-5pm. Run by Ben, the Bike Club Project is only a fiver to join for the Unwaged, asylum seekers and refugees, young people over 16 years, and entirely free for the homeless and children unwaged people under 16 years of age. The Club provides members with a bike, lock and access to tools to maintain their

bike. Those who join the scheme must fill in the 'Reused Bike Scheme Agreement of Use/Cycle Disclaimer'. For those interested in picking up a bargain, bikes will be sold at their market value to employed people.

For **info** contact Mike Cherry, Black Environment Network (BEN), The Environment Centre, Pier Street, Swansea SA1 1RY, 01792 462 990

**Prices** £195.00 + vat for Supported Rate (vol orgs and charities employing fewer than 25 staff/individuals) £255.00 + vat for Reduced rate (public sector/educational/charitable/NHS/local government) £295.00 + vat for Full rate (central gov, private sector)

## Developments in *Local* Mental Health

The Joint Planning Group are supporting a proposal for a Mental Health Services Development Team approach to taking forward the National Service Framework. It is proposed the team be multi-agency, will include a voluntary sector worker/post and involve users and carers. The team would share accommodation, pool admin and staff training would occur as a team. Information/data collection and analysis would also be pooled. It has not yet been decided what would be the most appropriate accountability arrangement given the wider scope of team approach. It is anticipated that the first team member would be in place by April 2005.

## Mental Health Alliance Rally **Psychiatrists, service users and nurses join forces for the first time to march on Department of Health**

**Join us at the Mental Health Alliance Rally, 31 January 2005 and make your voice heard... Register at [www.mentalhealthalliance.org.uk](http://www.mentalhealthalliance.org.uk)**

The Mental Health Alliance is a unique coalition of more than 60 user groups, major charities, psychiatrists, social workers, nurses, psychologists, lawyers, voluntary associations, research bodies and carers' associations. Together we are campaigning for a new mental health act that provides a legal right to assessment, care and treatment to help reduce the use of compulsory powers. Any of us could develop mental health problems in the future. Many people in our community are experiencing them now. We are living in the 21st century, and need legislation that reflects our deeper understanding of mental health, and recovery.

### ***What is mental health legislation?***

Mental Health legislation exists to protect the human rights of people who are detained because of a mental disorder, if there is a risk to their health and safety or the health and safety of others. At the moment, people in England and Wales are treated under the Mental Health Act 1983. There is widespread agreement that the Act needs to be reformed. Reform of the Mental Health Act presents a once-in-a-generation opportunity to improve rights, care and treatment for people with mental health problems.

### **Four new Primary Care Resource Centres 'earmarked' for Neath Port Talbot**

There are plans to build four new resource centres in the Neath Port Talbot area – two large centres, each in Neath and Port Talbot, and two smaller primary care centres, each in Seven Sisters and Briton Ferry.

The Resource Centres will house a large range of primary care services including podiatry,

chiropractic, occupational therapy, dental, minor ops, patient library/resource area, café, plus providing information and provision of complementary therapies and the delivery of voluntary services.

### **Carers Action Movement (CAM)**

The NPT Carers Action Movement ran a workshop as part of the Carers Rights Day conference held on the 3<sup>rd</sup> December 2004 at the Afan Lido

Sports Hall, Port Talbot. The workshop attracted several new members and contributed to an overall conference report, which will be compiled by the Local Authority Strategy & Development Officer for Disability and Carers, Brenda Turner.

The next meeting of CAM will be held on the 26<sup>th</sup> January 2005 at NPT CVS 17-19 Alfred St, Neath from 1-3pm. It is open to all carers of all ages and is a group for carers run by carers to offer mutual support, raise issues, plan events and influence local planning of carer services.

Liz Main, diagnosed with severe depression and anxiety, said:

*"The proposed changes to the Mental Health Act pander to public misconceptions linking mental ill health with violent crime. The Bill focuses on compulsion when it should address the huge gaps in care - too often we are unable to access services when we need them."*

**The Mental Health  
Forum Neath Port  
Talbot and Swansea**

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**Neath Port Talbot:**

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Tel: 01639 631387

Email:

[nptcvs@ukonline.co.uk](mailto:nptcvs@ukonline.co.uk)

We're on the Web!

We're on the Web!

See us at:

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

## Books of Note

### **Caring and Coping**

Rethink's most popular publication is now in a handbook format. It is aimed at new informal carers and offers strategies to deal with some of the more practical day to day challenges that are thrown up by a diagnosis of mental illness.

Rethink 2003

pp101

£9.99 (including p&p)

£7.99 (including p&p)

for Rethink

members/projects/

groups

### **Dual diagnosis toolkit**

Produced in partnership with Turning Point, the UK's leading social care organisation, this toolkit provides background information to the issues surrounding dual diagnosis and offers a practical guide to delivering services. It includes information about substance misuse, mental health and policy background and features current treatment modules along with case studies and exercises for individuals or group work.



Rethink and Turning Point 2004 - Free  
This can be downloaded (not available to order in print):

<http://www.rethink.org>

### **Participation Group**

#### **'Stronger In Partnership' (WAG Good Practice Guide)**

The document dated September 2004 gives some policy implementation guidance on involving service users and carers in the design, planning, delivery and evaluation of mental health services in Wales. It looks at key issues around service user/carer involvement, benefits of engaging people and the needs of those participating. It also includes a Good Practice checklist that organisations could use to measure how they are engaging. There is significant relevance of the Guide given the Adult NSF and to the generic Patient and Public Involvement work being undertaken locally. The Guide is available for download from the WAG website: [www.wales.gov.uk](http://www.wales.gov.uk)

#### **Locally a Participation Sub-Group of the Mental Health Joint Planning Group**

has been established. The Group will look at ways of engaging users and carers in all aspects of service planning. Anyone keen to get involved or interested in learning more about this group please contact Kim on 01792 544021.

## **SPECIAL ANNOUNCEMENT: CHANGES TO THE FORUM**

Many of you are aware by now that the joint Neath/Port Talbot and Swansea Forum has decided to split into 2. The decision was made by members at the Nov. meeting. Members felt that a Forum in each area would better reflect their local needs and perspectives. The 2 Forae will continue to have regular contact through the Development workers and also the Mid and West Wales Regional Link meeting. The Foreword newsletter will continue to be sent to members of Forae and cover news, information and events from both areas.

## Neath Port Talbot CVS Training Programme



<b>COURSE</b>	<b>DATE</b>
<b>The Environment and Sustainable Development - What's in it for you?</b>	Thursday 3 <sup>rd</sup> February 2005
<b>Developing Effective Minute Taking</b>	Tuesday 8 <sup>th</sup> February 2005
<b>Communicating Effectively</b>	Thursday 3 <sup>rd</sup> March 2005
<b>Support, Supervision and Appraisal</b>	Thurs 10 <sup>th</sup> & Tues 15 <sup>th</sup> March 2005
<b>Equal Opportunities: Not a Matter of Conscience but the Law!</b>	Thursday 14 <sup>th</sup> April 2005
<b>Data Protection to shred or not to shred?</b>	Tuesday 19 <sup>th</sup> April 2005
<b>Monitoring and Evaluation</b>	Tues 26 <sup>th</sup> & Wed 27 <sup>th</sup> April 2005
<b>Making your Meetings Work for You</b>	Thursday 28 <sup>th</sup> April 2005
<b>Training Skills</b>	Tue 3 <sup>rd</sup> & Tue 17 <sup>th</sup> May 2005
<b>Developing Effective Minute Taking</b>	Saturday 7 <sup>th</sup> May 2005
<b>Business Planning</b>	Thursday 12 <sup>th</sup> May 2005
<b>Basic Communication Skills</b>	Thursday 19 <sup>th</sup> May 2005
<b>Making Effective Applications</b>	Thursday 9 <sup>th</sup> June 2005
<b>The Criminal Records Bureau</b>	Thursday 23 <sup>rd</sup> June 2005
<b>Disability Equality Training</b>	Thursday 30 <sup>th</sup> June 2005
<b>Quality Models</b>	Tuesday 5 <sup>th</sup> July 2005

- Please contact our Training Unit for more information and cost of all courses on: **01639 631246**



**SWANSEA COUNCIL FOR VOLUNTARY SERVICE**  
**CYNGOR GWASANAETH GWIRFODDOL ABERTAWE**

### SCVS TRAINING PROGRAMME SPRING 2005

COURSE	DATE
<b>BRITISH RED CROSS BASIC FIRST AID CERTIFICATE</b>	Thursday 3 <sup>rd</sup> February 2005
<b>TRAINING THE TRAINER (3 day course)</b>	Mondays 7 <sup>th</sup> , 21 <sup>st</sup> and 28 <sup>th</sup> February 2005
<b>CHILD PROTECTION</b>	Tuesday 22 <sup>nd</sup> February 2005
<b>INTRODUCTION TO LEGAL STRUCTURES FOR VOLUNTARY ORGANISATIONS AND THE NEW CHARITIES BILL</b>	Wednesday 23 <sup>rd</sup> February 2005
<b>WELSH WORKS (In partnership with Menter Iaith Abertawe &amp; Estyn Llaw)</b>	Tuesday 1 <sup>st</sup> March 2005
<b>INTRODUCTION TO MARKETING</b>	Wednesday 2 <sup>nd</sup> March 2005
<b>MONITORING AND EVALUATION (2 day course)</b>	Monday 7 <sup>th</sup> and Tuesday 8 <sup>th</sup> March 2005
<b>PLANNING AN EVENT</b>	Wednesday 9 <sup>th</sup> March 2005
<b>DATA PROTECTION – To shred or not to shred!</b>	Friday 11 <sup>th</sup> March 2005
<b>CHARITY FINANCIAL MANAGEMENT CERTIFICATE (2 day course)</b>	Mondays 14 <sup>th</sup> and 21 <sup>st</sup> March 2005
<b>WEB DESIGN</b>	Tuesday 15 <sup>th</sup> March 2005
<b>PROTECTION OF VULNERABLE ADULTS – AN INTRODUCTION (½ day course)</b>	Wednesday 16 <sup>th</sup> March 2005
<b>MANAGING AGGRESSION</b>	Wednesday 23 <sup>rd</sup> March 2005

**For further information contact:**  
**Amanda Carr 01792 543633**  
**Sarah Harris 01792 543632**  
**Pamela Sutton 01792 544014**

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