

Local Booklet Goes National!

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Thank you to all our Carers!

Without whom this booklet would not have been created.



It will soon be used as a part of Hafal's training programme for carers across the whole of Wales.



contd from front page

The **Family Crisis Plan** booklet (*see front page*) was created with the expertise and diligence of carers attending the Tuesday evening Hafal support group in Ty Canna. This was in response to a need identified at the Local Mental Health Partnership Board for a simple but comprehensive information booklet explaining what steps to take in the event of an impending crisis. The booklet has been taken up by Hafal to be used as a national resource for carers.

If you or anyone you know would like a copy of the Family Crisis Plan please contact Sam Hewitt at Hafal on 029 2056 5959 or e mail sam.hewitt@hafal.org.uk

Final note from the editor

This is the last edition of [Carers' Update](#). It has been a pleasure working on it for the past few years. The aim has been to share information and opportunities with yourselves whilst encouraging and supporting your involvement in influencing the services you or your loved ones use. Thanks to you we have been successful.

Let us know of anything that has helped you in your role as a carer - this could be Hafal, or any other informal group or organisation. We hope that you have enjoyed [Carers' Update](#). All feedback about [Carers' Update](#) is welcome. Thank you for ongoing support please contact Sam Hewitt on 029 2056 5959 or e mail sam.hewitt@hafal.org



*What makes
you*



SMILE?

*At one of our carers event we had
a “What makes you smile?” wall.*

Spending time at
the seaside

*Following its success
we have a regular
Smile page in Carers*

The changing
colours
of autumn

Having fun times
with my family

Update.

Let us know what

hafal Family Support Services



The Hafal Integrated Family Support Workers are based within each of the five Community Mental Health Teams (CMHTs) in Cardiff and at the Amy Evans Centre in Barry, providing services across the whole of the Vale of Glamorgan.

Hafal's Family Support Workers are able to offer information, advice and assistance as well as practical and emotional support to people who are caring for an individual who is accessing the services of a CMHT.

You can contact your Hafal Family Support Worker through the Community Mental Health Team (CMHT) which is providing support to the person you are caring for.

Cardiff CMHTs

Gabalfa	Hayley	029 2069 3941
Hamadryad	Julie	029 2046 3488
Pentwyn	Lydia	029 2073 1466
Pendine	Hayley	029 2057 8778
The Links	Lydia	029 2033 5555

Vale of Glamorgan CMHTs

Amy Evans	Julie	01446 733 331
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Covering Hafan Dawel, Amy Evans and Western Vale.

Welcome to Lydia



Hello, my name is Lydia Williams and I have recently joined Hafal as an Integrated Family Support Worker based with the Pentwyn and Links Community Mental Health Teams. My role involves working with families to provide practical help and emotional support. Through my induction training

and shadowing my colleagues I have gained a vast knowledge of Mental Health Awareness and understanding of the services available to carers.

Hafal family support is provided for 12 weeks working towards short and longer term goals. Emotional support will continue to be available through monthly Hafal carers groups - a fantastic opportunity to bring any issues or share experiences with other carers facing similar difficulties.

The Social Service Well Being Act 2014 became law April 2016. It gives carers an automatic right to a Carers Assessment. Hafal offer an excellent service and have helped so many families.

If you would like to know more about the service Hafal offer please email or contact me on the details below

E mail lydia.williams@hafal.org

Telephone: 07974 175 189

Carers at Porthkerry Park



Carers from Hafal's Vale groups came together in August for a day out in Porthkerry Country Park. The British summer weather showed us no exception but a little rain didn't stop us from having a fantastic day.

The morning began sat sheltered outside the cafe. It might have been raining but the wasps took an immediate shine to us! One of the carers shared a useful trick to deter them by burning some fresh coffee. The lovely people working in the cafe were more than happy to get this for us and it turned out to be an effective strategy for keeping wasps away! Fuelled by a hot drink and with the rain holding off, the adventure continued by going for a lovely scenic stroll towards the pebble beach. Porthkerry Country Park was the Vale location for Hafal's Big Carers Tea Break last year and it was a pleasure to return. All those who part said that they enjoyed the day out and look forward to more in the future.

Details of the upcoming Vale groups can be found on page 15 of this newsletter.



Carer Participation Project

The Legacy

The Co-creating Healthy Change Carer Participation project funded by the Big Lottery is coming to an end in December. During its four year run the project has exceeded all expectations.

Carers have welcomed the opportunity to become involved with providers and influence the services they and their loved ones receive. In spite of their caring commitments, which impact heavily on their personal life and well being, the carers have contributed tirelessly; attending groups, giving presentations and collaborating on the production on many documents and consultations.

There have been several very positive outcomes.

- Carers have greater access to information and welcome the long overdue recognition that they are the experts in their field.
- Carers have said that they have enjoyed sharing their experiences and expertise with other carers through the various support, discussion and focus groups.
- This project in conjunction with the Cardiff & Vale UHB has provided carers with a safe environment, the Local Mental Health Partnership Board (LMHPB), to share their extensive experience and knowledge and to demonstrate that caring is different for everyone but little changes - like listening, can benefit all.
- The changes implemented at the LMHPB have

Carer Participation Project

meant that carers have been able to give first hand accounts of life as a mental health carer. This ultimately has bestowed service providers and other interested parties with the knowledge vital for them to meet the needs of carers.

Tracey Porter, Mental Health Service Development Manger, Cardiff & Vale University Health Board said,

"Hearing first hand the experiences of carers has increased the awareness and understanding, by service providers, of a very complex and often overlooked role in today's society. With mental health issues on the increase it is vital that we harness this expertise and share it as widely as possible. The LMHPB has provided an excellent platform for this and hopes to continue to do so in the future."

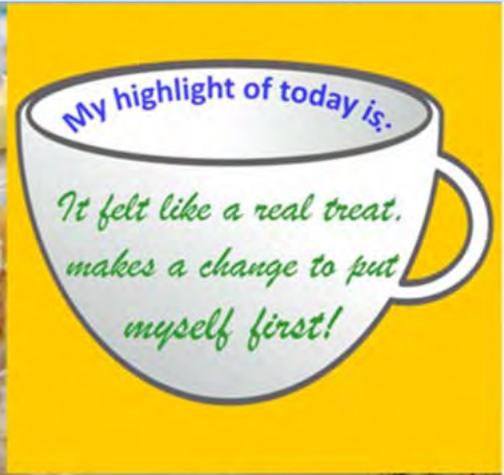
We would like to thanks service users, providers and everyone who has contributed to making this such a successful project but especially the dedicated carers without their tenacity none of these outcomes would be achieved.

Never forget as a person and a mental health carer you do an incredible job in difficult circumstances - don't ever let anyone tell you otherwise! Keep up the good work but never lose sight of who you are; your well-being is crucial to your ability to care. Thank you.



Cardiff and Vale Carer Participation Project

Cardiff Big Carers' Tea Break



I Care

I am proud, oh so proud,
proud to say I Care

I am strong, oh so strong, strong
enough to bear

Join with me on my journey,
there is a lot to learn

Hear my voice, give me a choice
I want somewhere to turn

I am proud, oh so proud,
proud to say I Care

I am strong, oh so strong, strong
enough to Dare!

Written by Julia G



Focus Group

GP Surgeries want to
know how they can
better support you in
your role as a Carer.

hafal
Are you supporting someone with a mental illness?

You can help shape mental health services

We can help you to:

- Get involved with the services that matter to you
- Have your say on how mental health services are run
- Feel confident that you will be listened to

If you want to help improve mental health services in your area and would like more information contact Sophie Hirst at Hafal
Call or text 07989 473 375 or e-mail: sophie.hirst@hafal.org
Telephone: 029 2056 5859

c3sc **hafal**

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Ysgol Cymer, Y Rhondda
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dros Hafal



September /October 2016

hafal **Carers' Update**

Carers Come Together at St Fagans!

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- Pages 8/9/10 & 11 Carers Support Groups - note Vale

Carers relax on a sunny day in St Fagans

Cardiff and Vale Family Support Workers invited Carers, who are currently receiving support, to a walk around St Fagans Museum of Welsh Life in late August. This was followed by refreshments at the Hafal Gardens Project. The sun shone and everyone enjoyed the day.

This year's final **Big Carers Tea Break** campaign event is taking place on Friday, 7 October at the St Fagans Village Hall, in the Plymouth Arms car park.

Carers Celebration Event October 2017



hafal
**Cardiff & Vale
Mental Health Carers
Celebration**

The Co-creating Health Change Carer Participation project will end shortly. We would like to take this opportunity to thank all carers for their invaluable help, support and incredible achievements.

Come and enjoy
a bowl of hot soup
and sandwiches

**Tuesday 24th October
1.00pm - 3.00pm
St Fagans Village Hall
(in the Plymouth Arms car park)
Cardiff CF5 6DU**

Booking Essential
To book a place or for more information
please contact Julia or Nicol on 029 2056 5959
or e mail julia.greenhat@hafal.org.uk

c3sc **ARENIER GAN Y LOTERI** **LOTTERY FUNDED** **EV3**



Llywelyn Ifan Jones playing the harp

Carers attended an event at St Fagans Village Hall to celebrate them and their huge contribution to the Carer Participation Project and the influence they have had on the services they receive. The carers were served soup, sandwiches and cake by Hafal staff, followed by a harp recital provided by the charity Music in Hospitals and Care.

A very relaxing time was had by all with carers saying that the project had been very successful and they were pleased that many parts of it will be carried forward after its conclusion at the end of the year.





*dros adferiad
o afiechyd
meddwl difrifol* **hafal** *for recovery
from serious
mental illness*



Grangetown Community Social and Support Group

*for anyone supporting
someone with a mental illness*

**Monday 6th November / 4th December 2017
12.00pm - 1.30pm**

**Grangetown Bowls Pavilion
Grange Gardens
Grangetown
CF11 7LJ**

*Come along to meet **Hafal** staff, get practical support
and information on the issues that matter to you.*

The group meets 1st Monday of every month.

For more information

drws adferiad
o afrechyd
meddal difrifol

hafal

for recovery
from serious
mental illness

Discussion group

**for mental health carers in
Cardiff and the Vale**

Do you care for someone with a mental
illness? Come along to Hafal's

Daytime Discussion / Information Group

Hafal Members Survey

**Chapter Arts Centre
Market Street, Canton
(private room)
1.00pm - 2.00pm**

Thursday 16 November 2017

**Future dates
to be confirmed**

**For more information contact Julia
on 029 2056 5959 or e-mail julia.greenhaf@hafal.org**

C3SC
Cardiff Third Sector Council
Cyngor Trydydd Sector Caerdydd



**ARIENNIR GAN Y LOTERI
LOTTERY FUNDED**



**Co-Creating
Healthy Change**



Empowering people. Inspiring excellence. Strengthening communities.



*drau adferiad
o afiechyd
meddal ddydd*

hafal

*for recovery
from serious
mental illness*

Support Groups

for mental health carers in Cardiff and the Vale of Glamorgan

Do you care for someone with a mental illness?

Come along to one of our friendly and informal support groups to meet other carers and chat to Hafal's Family Support Team

Afternoon Support Group

Chapter Arts Centre Cafe

Market Street, Canton

2.00pm - 4.00pm

Thursday, 16th November 2017

Future dates

To be confirmed

**For further information contact
Hayley on 07487 254 007 or
e-mail hayley.driscoll@hafal.org**



*llyso arferiad
o afiechyd
mabwys ddiolch*

hafal

*for recovery
from serious
mental illness*

Support Groups

for mental health carers in Cardiff

Do you care for someone with a mental illness?

Come along to one of our friendly and informal support groups to meet other carers and chat to Hafal's Family Support Team

Monthly Morning Support Group

Bunker Coffee Shop

173 St Fagan's Road, Fairwater

10.00pm - 12.00pm

Friday, 1st December

Future dates

To be confirmed

**For further information contact
Hayley on 07487 254 007 or
e-mail hayley.driscoll@hafal.org**

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o afiechyd
meddwl difrifol*

hafal for recovery
from serious
mental illness

Support groups

for mental health carers in the Vale of Glamorgan

Do you care for someone with a mental illness?

Come along to one of our friendly and informal support groups to meet other carers and chat to Hafal's Family Support Team

Cowbridge - 1st Wednesday of every month

Wednesday 1st November / 4th December

10.00am - 11.30am

Cafe Nero (opposite Waitrose) 4 Birds Lane, Cowbridge

Penarth - 2nd Wednesday of every month

Wednesday 8th November / 11th December 2017

10.00am - 11.30am

Windsor Tea Rooms, Penarth

Barry - 3rd Wednesday of every month

Wednesday 15th November 2017

10.00am - 11.30am

YMCA (upstairs), Court Road, Barry

**For further information on Family Support contact Julie,
tel: 07580 792 168 or e-mail julie.pickin@hafal.org**

Get in touch!



Cardiff & Vale of Glamorgan

Gardens House

c/o Museum of Welsh History

St Fagans

Cardiff

CF5 6XB

Telephone 029 2056 5959

Visit the website www.hafal.org

Hafal carers database - you are receiving this Carers' Update because you have previously registered to join Hafal carers database. If you would like to remove your details from the carers database following the end of the project please return the slip below to the address above or e mail sam.hewitt@hafal.org. If you are happy for us to keep your details we will try our best to update you periodically with our developments.

I, would like to remove my details from Hafal's carers database