Welcome

Welcome to Issue 13 of Mental Health Promotion Wales. This Newsletter is for anyone working or interested in mental health promotion and focuses on sharing ideas and practice examples. To contribute to future editions of the Newsletter please contact Marie Griffiths marie.griffiths2@wales.nhs.uk

Maintaining Mental Health and Wellbeing in Adversity

The fourth annual conference of the All Wales Mental Health Promotion Network was held on the theme of Maintaining Mental Health and Wellbeing in Adversity on 1st February 2011.

Public Health Wales board member Professor Gareth Williams delivered the keynote address to the 119 attendees on wellbeing during adversity and called for education that helps children to succeed both economically and emotionally as well as promotion and protection of mental health in the workplace.

The conference also saw the Wellbeing Wales Network launch a new toolkit to help organisations and groups understand sustainable wellbeing better. The Exploring Sustainable Wellbeing Toolkit has been designed to help organisations and groups to explore what sustainable wellbeing means in the context of their own work. The pack aims to help users turn their strategic aims into deliverable and achievable outcomes and includes an appraisal table and facilitator’s manual.

Other topics discussed at the conference include measuring and evaluating national wellbeing, wellbeing and learning, and wellbeing in the family.

Chair of the Network, Professor Sir Mansel Aylward CB said, “This conference does not come at a more critical moment, as we attempt to meet the challenges of this wretched time of severe economic stringency.

“Now we have to guard against deterioration in the mental health of the population of Wales in such circumstances as we have before us.

“The conference deliberations should galvanise us to pool our resources and intelligence to
confront those factors in adversity which assault mental health and wellbeing.”

The All Wales Mental Health Promotion Network is managed by Public Health Wales and has nearly 500 members made up of organisations and individuals who contribute to the mental health and wellbeing of the population of Wales.

Further information on the conference, including all presentations can be found on the Network website [www.publicmentalhealth.org](http://www.publicmentalhealth.org).

### The Place2Be announces a hat trick of successes in Cardiff

2011 has started well for children’s charity The Place2Be which works inside six Cardiff primary schools to improve the emotional wellbeing of children, their families and teachers.

On 1st February the charity was presented with the Public Health Wales National Good Practice Award in the category Mental Health Promotion.

The judging panel presented the award on the grounds that 'The Place2Be is an exemplary initiative from which there is huge learning potential.' The judges commended, 'the model of delivery, the high standard of monitoring and evaluation, the strategic insight, the credible economic analysis and the potential impact on the critical arena of early years development.'

This announcement follows news that the three primary schools in Cardiff to gain Healthy School awards in the Mental Health and Emotional Wellbeing category all invest in The Place2Be service.

The third reason for celebration is The Place2Be received a grant by the Big Lottery in November to support the running of their Foundation Programme in Cardiff during 2011, this will enable The Place2Be to start building their new ‘Centre of Excellence’ where they can share their learning through training.

Catherine Roche, COO of The Place2Be said:

*We are thrilled that The Place2Be has been recognised in Wales at this level and that the organisation continues to be acknowledged nationwide as a leading model of good practice.*

The Place2Be in Cardiff has a dedicated team of six School Project Managers (experienced and qualified counsellors) and 34 trained volunteer Place2Be counsellors who are based across six primary schools in Cardiff. The teams deliver a range of integrated, on-site services and work to enhance the wellbeing and improve the coping skills of children.

For more information about The Place2Be’s school-based therapeutic support for children, volunteer placement opportunities or training contact: Place2Be Hub Manager in Cardiff, Linda Nicklin [linda.nicklin@theplace2be.org.uk](mailto:linda.nicklin@theplace2be.org.uk) or 07545733 668 [www.theplace2be.org.uk](http://www.theplace2be.org.uk).

For further press information and images contact: Merrie Ashton [mashton@brunswickgroup.com](mailto:mashton@brunswickgroup.com) or 07801 930 847.
Take 5! A Day To Keep The Blues At Bay....

Caia Park Health Team, Wrexham, is running an emotional wellbeing campaign *Take 5! A day to keep the blues at bay*” from March to July to promote the New Economics Foundation’s 5 Ways to wellbeing: Connect, Be active, Take Notice, Keep Learning, and Give. One of the 5 ways will be promoted each month, with free activities available to everyone in the community to promote the actions that can help improve or maintain their wellbeing. We have worked in partnership with the Community Development Team and Queensway Sports Stadium to offer a range of activities, including an introduction to family history, confidence building, ladies only fitness sessions, self-defence, salsa, relaxation, meditation, photography, jewellery making, aromatherapy, flower arranging and massage... A guide with information on the 5 ways to wellbeing, and the details of all planned activities is being sent to every house in our community.

To kick start the Campaign we have organised Mental Health First Aid training in partnership with Mind Cymru, for those who work in our community, including district nurses, health visitors, midwives, practice nurses, tenancy support staff, parent advisors, family support staff, and project workers. Everyone attending the training has signed up as a supporter of the *Take 5!* Campaign, and will receive monthly posters and letters containing information on the evidence base, actions to take, what to promote to their client group and what they can do for themselves. We have also highlighted the evidence-base showing the duality of mental and physical health, and how considering mental health needs is equally relevant to health staff predominately addressing physical needs. With this in mind we have worked with a local mental health service to deliver an additional days training on a mental health toolkit developed for primary care health staff by the Charlie Waller Memorial Trust.

We hope to promote the *Take 5!* message to the community, and the role everyone has within their working practice to consider the emotional wellbeing of their client group. If you would like any information on the campaign or activities, please email: claire.woodcock2@wales.nhs.uk
BTCV and mental health at Upper Gwastod Allotment

BTCV has for the past 2 ½ years restored a disused allotment at Upper Gwastod in Cwmtillery, Gwent under the aegis of the Mentro Allan programme under the project name ‘Green Gym’. The purpose of the Green Gym programme is to engage a disparate range of individuals in physical activities tailored to suit the individual’s physical and mental abilities with the aim of improving both their physical and mental well being. The Mentro Allan project in Blaenau Gwent is aimed specifically to encourage people with mental health problems to use the environment to help them through their difficulties – “Ecotherapy”.

During this period a considerable number of people have worked on the site, many being long term unemployed who have since found work as a result of confidence found in the own abilities, a confidence lost during long absences from work. The most rewarding aspect of the programme has been to witness real development and improvements in the well being of volunteers with mental health problems. Two individuals stand out in particular. These are young men, 22 years of age, Rory and Gavin who attend every week irrespective of weather conditions. When Rory started, he had to be guided through every activity with much patience and perseverance. He would ask weekly if we were working next week and what time we would start. When the need arose to, say, contact his mother to arrange a lift home, I would have to phone for him. This has all changed, his confidence has grown; he makes those calls himself, even phoning me at home if he can’t attend and phoning his few friends when the need arises. I met his CPN recently during one of my yoga classes and enquired about his progress. She informed me that his social skills have improved immensely and his general confidence had blossomed. Gavin, too has shown similar progress, from being the lad who hardly spoke and just sat in a corner smiling quietly to himself, he now tells all about his week, what he has been doing and has formed a valuable friendship with Rory. They now phone each other and arrange visits to local cinemas or the occasional drink. For two young men in the grip of psychosis, this is indeed remarkable success and a key indicator in the effectiveness of the programme.

Walk and Talk Carmarthenshire

Am Dro am Glonc Sir Gâr (Walk and Talk Carmarthenshire) is a county wide initiative that aims to increase the number of people participating in walking as a regular activity in order to improve their health and well being. Part of the national Let’s Walk Cymru project the programme is managed by Carmarthenshire Public Health Team, part of Public Health Wales NHS Trust.

The programme is there to support and train local organisations, groups and communities to develop and promote walking opportunities, both group and individual, in Carmarthenshire. It also provides free walk leader training for those interested in becoming walk leaders.

Currently 37 walk leaders have been trained from 16 organisations across the County such as Pantyffynon and Felinfoel Communities First, Hywel Dda community mental health teams, Tywi Yr Afon Oesoedd community project, Llanelli mind, local authority 50+ forum members,
Why Walk?
Walking is a great way to get active and achieve the recommended 30 minutes of activity 5 times a week. Walking programmes provide us with excellent opportunities to meet other people; it is a fun and free activity that requires no special equipment….just comfortable shoes and can be done anytime, any place, any where. Walking can help us increase our energy levels and promote a better night’s sleep. It can also help to reduce stress levels, the risk of coronary heart disease, stroke, diabetes, obesity and osteoporosis.

If you would like to find out more about the programme or are interested in walk leader training or developing walking groups please contact:
Caroline Nichols – Health Promotion Practitioner
Carmarthenshire Public Health Team
01267 225073/225072
caroline.nichols2@wales.nhs.uk

MDF—The Bipolar Organisation Cymru

MDF The Bipolar Organisation Cymru is a user-led mental health charity for people affected by Bipolar Disorder (Manic Depression) and their family/carers.

The Organisation works to develop partnerships with other organisations concerned with mental health to represent the needs of all those affected by Bipolar Disorder and to challenge the stigma of any serious mental health problem.

The Bipolar Link Project, which is part of MDF, works with individuals with a diagnosis of Bipolar and their family/carers. The services provided are varied and include:

One-to-One Mentoring Service where individuals with Bipolar Disorder (or their Family / Carers) can be linked up with a Volunteer Mentor who has first-hand experience of living with Bipolar Disorder. This gives the individual an opportunity to meet up with a Mentor to discuss any issues or concerns they may have in respect of their Bipolar Disorder.

Volunteering opportunities for individuals with a diagnosis of Bipolar Disorder who are living well with the condition, or their Carers, to be trained to become a Volunteer Mentor.

Bipolar Disorder awareness sessions: We can also deliver awareness sessions to organisations and services who would like to know more about Bipolar Disorder.

If you would be interested in any of the above or would just like some further information then please contact:

Angela James, Senior Area Project Worker on 01633 244244
or email: angela@mdfwales.org.uk
Website: www.mdfwales.org.uk / Charity No: 293340
Partnership to Provide Prison Support and Resettlement

Mental health charity Gofal has teamed up with G4S managed Parc Prison in Bridgend and Cartrefi Cymru to launch a new pioneering project which supports ex-offenders on release from prison.

This Prison Support and Resettlement project sees the three organisations’ working in partnership with the key objective being to provide the appropriate support for people on release.

The project team will be based at Parc Prison and will provide support within the prison to offenders as well as providing 1 to 1 support to released offenders living in Swansea, Neath Port Talbot and Bridgend.

Support will include provision for on-going health, housing, education and employment needs. The project team will include a mental health and a learning disability case worker, sharing knowledge and best practice to meet the needs of offenders with mental health issues, learning disabilities and dual diagnosis.

Gofal’s Executive Director, Ewan Hilton commented: “We were delighted to receive funding for this project through the Lloyds TSB Foundation for England and Wales. The funding will enable us to run the project for at least three years. We look forward to working with Parc Prison and Cartrefi Cymru and we hope that we are able to make a real difference to the lives of released offenders and ultimately reduce the level of re-offending.”

Head of Safer Custody at HMP & YOI Parc said: “This unique and innovative ‘through the gate intervention’, is an excellent opportunity for all parties to work together for a common goal, whilst offering a vital and ground breaking service for those prisoners currently suffering with mental health or learning disability issues."

He added: "The provision of mentors out in the community to support for a period of up to 3 months will be the lynch-pin to the success of the project."

For more information about the Prison Support and Resettlement project, please contact Gofal’s Area Manager for Swansea, NPT and Bridgend, Jayne Marks on 01792 321390 or via email jaynemarks@gofal.org.uk

Contact details: Gareth Lewis, Marketing & Communications Officer (Gofal), 07866420263

Looking after our Young People’s Mental Health Better – The Youth Mental Health First Aid Course in Wales

Growing through adolescence to adulthood is never easy. When I was a teenager in the eighties the political climate was pretty grim, we had very little money and we didn’t have much information about sex, drugs or alcohol, We tried them all anyway and most of us came through unscathed. But some of us didn’t, and for young people today there are many
of the same challenges and plenty of new ones too. From the temptations of drugs and alcohol to the pressures of academic work, lack of employment opportunities, potential debt and the double edged sword of social networks, the task of working out who you are and how you relate to the world can be too much for some.

This is important because around half of mental health problems begin in youth, but are often not detected till later in life. Problems that interfere with a young person’s development can have major implications for how their life unfolds further down the line. And it is relatively common: at least one out of every four to five young people in the general population will suffer from a mental health problem in any given year. We know that the earlier people get help the better, so it makes sense to pay close attention to the mental health of our young people.

The Youth Mental Health First Aid course is designed to give anyone who comes into contact with young people an understanding of mental distress and provide them with the tools needed to recognise the first signs of a problem, support the young person and signpost them to appropriate help. It is a development from the adult Mental Health First Aid course which has now trained 5,000 people across Wales in the past two years. Both courses are internationally recognised and are a joint initiative in Wales of the Welsh Assembly Government and Mind Cymru.

‘Youth Mental Health First Aid’ was launched in Wales by Alastair Campbell, writer and former press secretary to Tony Blair, at Flintshire Mind last October. Since experiencing a psychotic breakdown in his late 20’s Mr Campbell has made a significant contribution to the campaign to break down the stigma surrounding mental health problems. At the launch he took part in interactive exercises from the course and spoke about his experiences to health and social care students from local schools. He emphasised the importance of seeking help early on, saying “We need to break down the taboo and allow people to discuss their problems more openly. I think for young people in particular it is sometimes difficult to admit to a problem.

The Youth Mental Health First Aid course is an excellent way to advise people to spot the first signs of mental distress in those that they’re close to, so they can offer help and support at the very early stages”.

Anyone interested in attending a course should visit the Mental Health First Aid Wales website at www.mhfa-wales.org.uk. Here you can discover more about both courses and find a course or instructor near you.

Jan Batty, YMHFA and MHFA Instructor, Jan.batty@wales.nhs.uk
Taking Care Farming Forward in Wales

The IRH has secured funding from the Welsh Assembly Government to facilitate ‘Taking Care Farming Forward in Wales’. Care farming falls within the ‘green care’ umbrella of activity and is the therapeutic use of farming practices to provide health, social or educational care services for one or a range of vulnerable groups of people.

In recent years the concept of care farming in the UK has gained momentum but the nature, activity and extent of care farming in Wales is unclear. Under the guidance of a Project Advisory Group, the IRH seeks to investigate current care farming activity in Wales and, ultimately, outline next steps for the development of care farming in Wales.

If you are interested in this project and/or becoming part of this initiative then please contact the project coordinator, Fiona Williams at the IRH (fionaw@irh.ac.uk) for further information.

Fitness Wales

The benefits of activity for individuals with mental health conditions is well evidenced and an increasing number of referrals to the National Exercise Referral Scheme (NERS) in Wales have a mental health component. Results from the NERS research trial showed that individuals referred for coronary heart disease or mental health reasons demonstrated significantly lower levels of anxiety and depression activity following participation in exercise.

A key element in successful participation is knowledgeable and understanding fitness professionals, and Fitness Wales are proud to have developed the only approved Level 4 Award in Physical Activity and Mental Health in the UK. This five-day course is designed to equip fitness professionals with the knowledge and skills to plan and deliver activity and exercise for individuals and groups with mental health conditions in both clinical and mainstream settings.

For further information and dates of the next courses contact Fitness Wales at enquiries@fitnesswales.co.uk

The PATHS curriculum (Promoting Alternative Thinking Strategies) has now been established across 50 Conwy primary schools. PATHS is a comprehensive school-based curriculum designed to promote social and emotional competence within a developmental context for pupils aged 5-11 years. The PATHS curriculum aims to enhance specific skills of emotional literacy including self awareness, self-regulation, motivation, empathy and social skills. Following the success of the school-age curriculum, interest lay in extending the curriculum to pupils in the early years.

The Foundation Phase PATHS curriculum, which covers nursery and reception aged pupils, is currently being piloted in six interested Conwy schools (Ysgol Bod Alaw, Ysgol T Gwynn Jones, Ysgol Penmaenrhos Ffordd Dyffryn, Pencae, Glan Gele and Conwy Child Development Centre).

A working party has been set up to introduce the materials and to support Foundation Phase staff with implementation of the curriculum. The working party is organised by Dr Anna Riley (Educational Psychologist) alongside a team of Early Years representatives from each school.
Swansea carers’ benefit from locally based stress awareness workshops

Swansea Carers’ Centre has gratefully received a Wellbeing Activity Grant to run community based stress awareness workshops for carers. Following a consultation in October, where stress workshops were identified as one of the main activities that carers felt would benefit their overall health and wellbeing, the centre successfully applied for a grant to run a number of workshops across Swansea. Successful sessions have been held in Pontarddulais and Clydach, and there will now be a chance to access sessions in other areas including:

- The Gorseinon Institute on Wednesday 23rd February from 10.30am-12.30pm
- Mumbles Pier Ballroom on Friday 18th March from 1pm-3pm
- A session in North Gower on Monday 28th March from 7pm-9pm (venue TBC)

If anyone wishes to attend these sessions please get in touch with Delyth Rees at Swansea Carers’ Centre on 01792 653344 or email delyth@swanseacarerscentre.org.uk

Applied Suicide Intervention Skills Training (ASIST)

Applied Suicide Intervention Skills Training is a 2 day workshop that offers intensive training for front-line workers and community members. The emphasis is on teaching suicide first-aid to help a person at risk stay safe and seek further help as needed. ASIST provides practical training for caregivers seeking to prevent the immediate risk of suicide.

We have a national team of very experienced trainers. All programmes are rigorously monitored to ensure that the training is delivered to the highest standards. Feedback from participants has been consistently high—over 90% reporting a significant increase in confidence as a result of the training they have experienced.

Southeast Wales courses are run by Torfaen Mind. Registration is available via Ceri Taylor. Mid & West Wales courses are run by Mind Aberystwyth and are accepting registrations via Maggie Cooper. Details and costs are available on the website. Courses are also provided in North Wales, but there are no public courses scheduled at the moment. They will be added to the website as dates are set.

People living/working in the boroughs of Bridgend or Neath Port Talbot may be eligible to attend ASIST at no cost through the Siaradwn Ni project. Information can be found about this on the website or on the Siaradwn Ni website.
Forthcoming Events

Think Family.....mental ill health from the family’s perspective

16 March 2011
Llancaiach Fawr Manor, Nelson

A free event to explore, with professionals, communities and individuals, how mental ill health affects families in the Caerphilly County Borough.

For further details or to book your place please email Anna Morgan, Health Promotion Officer, Public Health Wales or telephone 01495 241210

Newport Self Management

4–5 April 2011
The Bellevue Pavilion, Newport

The group meet for coffee/tea at 9.30am with the workshop starting at 10am. There are plenty of breaks throughout the day and lunch is provided. The day finishes at 4.15pm.

More About Self Management The pathway for the self management is a 2 day workshop, where people learn the basics of self management i.e., goal setting, action planning and problem solving. The course also helps promote self confidence and self esteem. The course is facilitated by people who have had mental health problems/diagnosis and are good self managers.

After the 2 day workshop people attend 6 half day follow-up sessions every other week - here people with have, in the first half of the session, a chance to practise the skills they learnt at the workshop and in the second there will be information sessions which initiate discussion and people sharing the knowledge they have gained through their experiences. The workshop and follow-up sessions are all facilitated by two facilitators who both have personal experience of a mental health diagnosis.

After the follow-up's, the group forms a self management peer-support group which we fund for six months. We'll help them access the funds to continue or help find them free to use venues.

Although the course is being held in Newport there are no borders to this project as this is a Big Lottery Cymru funded project and should you or your team feel that you know of someone who may benefit from attending, please pass the details to them. If you, or anyone that you pass the information to, would like to discuss anything further with us then clients can contact Catherine on 01633 415434.

To be eligible to attend the course, people should have an enduring mental health diagnosis, including, schizophrenia, bipolar disorder, personality disorder, long-term & serious depression, etc. Importantly though, they need to be "well" enough to be with other people in an informal learning environment.

We now have funding to refund or help with travel and care costs

Please print off the poster and display it to let people know the course is happening. If people would like to register for the workshop and course they can use the registration form and either fax it to 01633 415434 or freepost it to us.

More information can be found on the self-management brochure.
OPENspace, in collaboration with research partners at the Universities of Salford and Warwick, is hosting a third international conference in Edinburgh, UK.

The event will coincide with the publication of findings from the consortium’s flagship research project – Inclusive Design for Getting Outdoors (I’DGO) – and marks the tenth anniversary of OPENspace, based at Edinburgh College of Art, The University of Edinburgh and Heriot-Watt University.

The conference will focus on recent research into the design and provision of accessible outdoor environments for everyone – people of all ages, backgrounds and abilities. It will highlight the importance of inclusive environments in improving the quality of life of individuals at different life stages and explore the links between the design and planning of communities – both urban and rural – and enhanced health and wellbeing.

We are pleased to welcome the following invited key speakers:

**Rachel Kaplan**, School of Natural Resources and Environment at the University of Michigan, philosopher and environmental psychologist exploring links between the environment and behaviour using the Reasonable Person Model.

**Robert Methorst**, Rijkswaterstaat Centre for Transport and Navigation, highways engineer and senior advisor to the Dutch Ministry of Transport on supporting pedestrian needs and shared space.

**Marketta Kyttä**, Centre for Urban and Regional Studies at Helsinki University of Technology, senior researcher on child-friendly urban environments which promote health and physical activity. The event follows on from two previous conferences in the Open Space: People Space series (in 2004 and 2007), and will be delivered through a combination of plenary and parallel sessions. Drawing on expertise in enhancing people’s engagement with the outdoor environment, it will be of interest to researchers, designers, planners, policy makers, public health professionals and campaigners; in short, everyone working for accessible and more inclusive environments for all.

For further information visit the Conference website at: [http://www.openspace.eca.ac.uk/conference2011/confbackground.htm](http://www.openspace.eca.ac.uk/conference2011/confbackground.htm) or email: openspace@eca.ac.uk

Telephone OPENspace: 0131 221 6177.
Future contributions

If you would like to contribute to future editions of Mental Health Promotion Wales please contact:

Marie Griffiths
All Wales Mental Health Promotion Coordinator
Public Health Wales
14 Cathedral Road Cardiff
CF11 9LJ

Tel: 029 2022 7744
Email: Marie.Griffiths2@wales.nhs.uk

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To join the network:

Visit the website and complete a short online form.
www.publicmentalhealth.org

Please be assured that your details are kept in the strictest confidence. However, if you wish to unsubscribe from receiving Mental Health Promotion Wales then please email Marie.Griffiths2@wales.nhs.uk