



## Flintshire Mental Health Services Mental Health Involvement Steering Group

We are a group of service users, carers and staff from Health, Social Services and Voluntary Organisations. We have been meeting monthly since January 2009.

The aim of our group has been to set up a project that will look at how we can improve the way we involve service users and carers in the planning, delivery, management, review and development of our services across Flintshire.

To help us to do this we have employed a project officer called **Jane Slater**. Jane will be joining Unllais in August and will be looking to meet with you to find out your ideas on how we can do things better.

We will keep you updated on how things go in future editions of this newsletter.

We also want to increase the numbers of service users and carers who are involved. As such we are creating a list of people who would like to be involved. If you would like to give your views on services or have your say on how we develop services, or help us in the recruitment and training of staff we would like to hear from you.

If you would like more details about our project or are interested in joining us please contact **Unllais** on **01352 752471** or email [develne@unllais.co.uk](mailto:develne@unllais.co.uk) or [www.unllais.co.uk](http://www.unllais.co.uk)

### MOTIV8 2009

Following the success of last year's Motiv8 Day when we had over 160 attendees, we would like to invite you to attend this year's event which is being held at **Glyndwr University Sports Hall, Wrexham** on **September 10th 2009** from **9.30 - 4.30 pm**.

Motiv8 2009 is an opportunity to 'have a go' at a range of activities which include cycling, badminton, dance, football, circuits, yoga, table tennis, to name but a few! The event is open to all mental health service users and carers and staff across Wrexham and Flintshire.

The focus of the day is 'health and well-being', but as was proven at last years event, it was also fun! So please come and join us,

For more information contact:  
contact **Amanda Hall**, Team Manager  
Assertive Outreach Team,  
on **01978 263404**  
or **Diane Jones** on **01244 834922**.



Each Community Mental Health Team has its own healthy living group. If you would like some support with diet or exercise or improving your health please ask your care co-ordinator.

### World Mental Health Day 10th October 2009

This years theme is "Mental Health in Primary Care: Enhancing Treatment and Promoting Mental Health"

Email: [wmhday@wfmh.com](mailto:wmhday@wfmh.com)

[www.wfmh.org](http://www.wfmh.org)  
[www.mentalhealth.org.uk/tea](http://www.mentalhealth.org.uk/tea)

## Arrange your own support with Direct Payment

### What is a Direct Payment?

Direct Payments are a different, more flexible, way of meeting your assessed needs. With a Direct Payment you are in control, you choose who provides you with support and you decide when that support is provided. Direct Payments also offer creative and individual solutions to achieve your agreed goals.

If you have been assessed by your Care Coordinator as needing social care support why not think about organising this support rather than have social services do this for you? Social Services would provide a payment directly to you, providing you are eligible to receive this service, so that you can arrange and buy your own support. You can be assisted with this process.

### Ways Direct Payments have been used elsewhere.

Listed below are some creative examples of how people with mental health problems have used Direct Payments in England to achieve their individual outcomes in regaining a good quality of life.

- A mother used a Direct Payment to employ a personal assistant to help her in her parenting role
- Five people who lived in a rural area with poor transport links to the nearest town pooled their Direct Payments to employ 2 trained artists to run a local arts group.
- A person who wanted to get healthy used a Direct Payment for Gym Membership.
- A South East Asian man used Direct Payment to employ an Asian personal assistant. He wanted a worker he could relate to in terms of similar backgrounds.
- One socially isolated person used a Direct Payment for driving lessons
- Two people wanting to get back to work pooled their Direct Payments to rent a garage for 6 months
- One person wanting to go to college used a Direct Payment for life coaching to help him get the confidence to go.

Ask your Care Coordinator for more information or you could ask for them to arrange for you to speak with someone who is already using Direct Payments.

---

## New Name, New Look

This edition of the newsletter has a new look and a new name - Mindful. Thanks to Wilf for suggesting it.

It has also got bigger with four pages instead of two. We've kept the listings, added web addresses and still have space for more information. Do tell us what you think of it.

For the first time we've also gone bilingual and future issues will be available both on paper and on the Flintshire County Council web site at [www.flintshire.gov.uk/mentalhealth](http://www.flintshire.gov.uk/mentalhealth)

## Work Services

These can only be accessed by a referral from your Care Co-ordinator

### Deeside Workscheme:

Provides woodworking skills and a gardening service for the local community.

### Adfer Hyder:

Garden conservation based in the beautiful Greenfield Valley.

### Capabilities:

Is a shop-based service which offers digital photography, picture framing, computer skills, card making, marketing and administrative opportunities.

### Next Steps:

Supports service users to access opportunities in education/training, voluntary work and paid employment.

## Listings

### Community Mental Health Teams (CMHT)

Key contacts:

**Pwll Glas - 01352 750252**

Team Manager - Gordon Kennedy

**Tŷ Celyn - 01352 731293**

Team Manager Sean Clarke

**Aston House - 01244 834921**

Team Manager - Gill Strong

### Hafal

Provides support to carers' families

Cerys Thomas:

Family Support Co-ordinator

☎01352 731293

[www.hafal.org](http://www.hafal.org)

### Stepping Stones

A service for adults who have been sexually abused as children.

☎01978 352717

### FMHAS

Provides trained advocates who will offer formal representation and support.

☎01352 759332

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

### K.I.M

Kindness in Mind

(Mental Health Support to Women)

☎01352 755333

[www.kindnessinmind.co.uk](http://www.kindnessinmind.co.uk)

### Flintshire MIND

☎01352 744050

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

### C.A.L.L

**Community Advice & Listening Line**

☎0800 132 737

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

## Regular Drop-In Sessions

### MONDAY

Hope Church Hall

1:30pm to 3:30pm

### TUESDAY

Mold, St David's Church Hall

10:00 am to 1:00 pm

### WENESDAY

Connah's Quay Cricket Club,  
Cable Street.

10:00am to 1:00pm

### THURSDAY

Holywell Youth Club

1:30pm to 4:00pm

### SATURDAY

C.A.B Offices in Connah's Quay

10:00am to 12:30pm

### SATURDAY

Mold Mind Drop-in at English Methodist Church, Wrexham St.

1:00pm to 4:00pm

### SATURDAY

Holywell Youth Club

1:45pm to 4:00pm

### SUNDAY

River Dee Community Church in Flint

1:30pm to 4:30pm

**These groups are available to everybody - Just turn up!**

For information and links to other organisations try our new friendly web address:

**[www.flintshire.gov.uk/mentalhealth](http://www.flintshire.gov.uk/mentalhealth)**

## Small Print

Articles for Mindful can be sent to Capabilities, 25c, Brunswick Road, Buckley, CH7 2ED.

The Editorial Committee are Cherrell Wood, David Jones, Sean Clarke, Jane Moore, Rhian Evans, Joyce Gibson, Janet Roberts and Peter Rodgerson. All articles and advertisements in Mindful are published in good faith and without prejudice. Space constraints mean that submitted articles may be edited. The editorial committee reserves the right to accept or reject submissions subject to discussion.