

Working Together for Health and Wellbeing Cardiff and Vale University Health Board and the Third Sector

An 18 Month Review September 2020 to March 2022



Image above: Volunteer created garden at CF61, Llantwit Major, Vale of Glamorgan.

Image below: C3SC's new location in the heart of the community in Cardiff



Introduction

The Third Sector and Cardiff and Vale University Health Board (UHB) work together to plan and deliver services and improve the health and wellbeing of the people of Cardiff and the Vale of Glamorgan.

A Memorandum of Understanding (MoU) underpins this relationship, demonstrating a shared commitment to working together. The Third Sector in this context is represented by Cardiff Third Sector Council (C3SC) and Glamorgan Voluntary Services (GVS).

The UHB funds a Health and Social Care Facilitator post (H&SCF) in both C3SC and GVS to strengthen the role and contribution of the Third Sector to work in partnership to support delivery of improved health, social care and wellbeing outcomes, in line with the objectives of the MoU.

This update has been written by the H&SCFs in C3SC and GVS, with additional input from Cardiff and Vale Action for Mental Health (cavamh), and demonstrates how the Third Sector has contributed to the wider aims of the UHB. While the focus of this publication is to demonstrate how the Third Sector and UHB are working together to put the MoU into action, these efforts are very much set in the context of wider partnership collaboration delivered via the Regional Partnership Board and the Public Services Boards.

Assisting Third Sector frontline staff and volunteers to access the COVID-19 vaccination and provision of support for frontline services

GVS and C3SC have played a very active role in supporting the local Third Sector during the COVID-19 crisis. To keep crucial support services running, it was vital to ensure that Third Sector priority front line staff and volunteers were able to access the COVID-19 vaccination at the same time as priority front line health and social care staff. This involved liaising with a wide range of Third Sector organisations to identify priority roles and identify the staff in those roles, and working with public health colleagues to respond to any queries or concerns about the vaccination. Over 3,500 staff and volunteers from over 100 Third Sector organisations were invited to have the vaccination. The support of the Cardiff and Vale Public Health Team was essential in making this a smooth process.

“Many thanks for this update and all your hard work getting our frontline staff recognised as key workers for the vaccine. Much appreciated.”

“GVS were incredibly useful and helpful when it came to arranging Covid vaccination for Health and Social Care staff.”

Commencing at the height of the pandemic, C3SC coordinated volunteers to assist with prescription delivery to Pharmacies for people who were self-isolating and had no relatives or friends to collect their prescriptions. Using an App and COVID-19 safety guidance provided by Welsh Government and NHS Wales, volunteers helped

families, picking up prescriptions and delivering them to their homes or their pharmacy of choice.

*Really great piece of work...re support for families self-isolating (and) help with picking up prescriptions. Thank you
(Member of staff, Cardiff and Vale UHB)*

Making information about Third Sector services available to all

During the pandemic, it has been even more important than ever to enable people to access information they can trust and to find advice and services that support their health and wellbeing. C3SC, GVS and the Third Sector have been active in making sure their details are on the website Dewis Cymru and on localised websites/social media such as the Vale Heroes webpage hosted by Vale of Glamorgan Council.

As well as supporting and signposting as many people as possible to update their details of local health and care services on the Dewis Cymru website, C3SC produced a series of directories as an easily accessible route for signposting people to relevant services open during the pandemic; these included

- Shopping and food delivery
- Key safe and adaptations
- Emotional Wellbeing
- Domestic Abuse services
- Transport services
- Advice services - Benefits and legal
- Bereavement services
- The annual Christmas/New Year directory of support and services available during the festive period.

Positive feedback and website statistics indicate these resources were well received.

GVS has also ensured that their Directory of Services for Older People, which feedback tells us is a valued resource, has been updated and circulated. GVS has also produced regular briefings about Third Sector services in the Vale so that health and social care staff have an up to date picture of services.

During COVID-19 the e-bulletins circulated by GVS and C3SC to its Networks have enabled the H&SCFs to share timely and accurate information about COVID-19 and about the delivery of local health, social care and Third Sector services.

*"Thanks for the information and everything you do!"
(C3SC Network member)*

*"Thank you as ever. Full of interesting and heartening news as always. So much happens!"
(GVS Network member)*

Third Sector Community Liaison Officers (CLOs) helping people access services in the Vale of Glamorgan

GVS and Age Connects Cardiff and the Vale have Community Liaison Officers who are available to help people access a wide range of services. These roles have been developed in partnership with the Vale of Glamorgan Council and the Health Board. The CLOs are able to visit clients in their homes and fully assess their needs. The referrals are often complex so having one point of contact is invaluable. The GVS CLO has helped people get tenancy support, claim benefits, access food banks, collect prescriptions, support them to their GP appointments, access cleaning services and much more.

Developing Health and Wellbeing Centres and Wellbeing Hubs in Cardiff and the Vale of Glamorgan

A key focus of the UHB's Shaping Our Future Wellbeing strategy is the @Home programme which focusses on providing care closer to home through the development of integrated community services. This involves the development of locality-based Health and Wellbeing Centres and cluster-based Wellbeing Hubs in the region. The H&SCFs are closely involved in these developments, working with UHB colleagues to identify opportunities to involve a range of Third Sector organisations in planning and development, and to support wider community engagement as the plans progress.

Help to Name the Former Chapel at Cardiff Royal Infirmary (CRI)

C3SC worked with diverse local community groups and organisations to share a survey and recruit focus group participants to help choose the name for the former Chapel. Groups with an interest in the CRI development as well as those groups working with local Minority Ethnic communities, young people, people with learning disabilities etc. were targeted and supported with a small barriers fund.

Working in partnership with ProMo-Cymru, 65 community members were engaged via focus groups, and a further 108 via a survey. As well as positive feedback from those involved, representatives from Cardiff and Vale Regional Partnership Board confirmed -

"We would like to thank C3SC and ProMo-Cymru for helping us to make sure that the name of this much-loved building will connect its past as a Chapel to its future as a core part of the community."

Working with the Public Health team

The H&SCFs have assisted the Public Health Campaign Move More Eat Well by promoting the campaign to the Third Sector Health, Social Care and Wellbeing Network. A Move More Eat Well Healthy Workplace Principles Road Map is being developed with input from all sectors including the Third Sector. These Healthy Workplace Principles will allow organisations from all sectors to improve the overall health and wellbeing of staff. Members from all sectors have started to meet to

discuss and plan how to improve their organisations over the next year using the priorities.

Work is ongoing with the Public Health Move More Cardiff Physical Activity and Sport Strategy and the C3SC H&SCF is contributing a Third Sector perspective.

C3SC also administered the Move More Eat Well (MMEW) grant which has been helping groups through the uncertain times of the pandemic. Given the unprecedented challenges, it was important to make sure guidance and support was available to members, adopting a flexible approach. Additional engagement activities were introduced to encourage virtual participation and feedback to help encourage applications from less traditional groups who are close to some of the most vulnerable communities. Volunteer and community groups were offered online training and workshops, including around safeguarding and COVID-19 safety and rules to help the groups adapt their projects to the new circumstances.

Once restrictions were lifted, groups were supported with grants to fund various new face to face activities and address the challenges in opening up and extending existing provision - ranging from accessible sports teams and facilities, cooking and exercise classes, physical activity programmes, creative workshops and community gardens. Work is now underway to liaise with the MMEW partnership to promote case studies and learn from the scheme, produce information on their website, and to further support the MMEW campaign.

Developing health and wellbeing activities in the Western Vale – development of CF61 and Illtud House

Two community venues have been developed by GVS in Llantwit Major; to create opportunities for local community groups to provide services and for much needed office space.

The CF61 centre was opened in 2019 and continues to be accessible to community organisations and voluntary groups. CF61 was used as a vaccination centre by three local GP practices.



The building lies in central Llantwit Major and close to public transport. The centre hosts classes like Happy Hands, Pilates, Story and Song (bilingual session), Amser Stori, Tai Chi, Drama Bach Y Fro, Taekwondo and Chatty Café. The CF61 centre also has a small sensory garden designed by the CF61 garden volunteers who have plans to grow food at the location.

Image to the left: Volunteer created garden at CF61, Llantwit Major.

The centre also hosts a Foodshare every Thursday to help stop food waste. This has been a vital service during the pandemic.

Illtud House (the old WVICC centre) is within the same vicinity as CF61 and has become the new base office of GVS. This building has been undergoing building work but will soon be open as office space, community space and meeting space for the community.

Future plans for the site are to move Age Connects Cardiff and the Vale into the building. This will allow the organisations to create a partnership to help their respective service users.

GVS has also just taken on the lease for a new community space in Penarth called St Paul's Community Centre.



*Images above: Left image - CF61 building in Llantwit Major, Vale of Glamorgan.
Right Image - Illtud House in Llantwit Major, Vale of Glamorgan.*



Image above: St Paul's Community Centre in Penarth, Vale of Glamorgan.



Image above: Butetown Community Centre in Butetown, Cardiff

Supporting inclusive preventative activities in the heart of the City.

Following the sale of C3SC's former premises at Baltic House in Cardiff Bay, C3SC has undertaken a review of its future premises' plans. The first step has been to co-locate in a Centre which is based in one of the most deprived and diverse areas of Wales. This move will not only increase C3SC accessibility and visibility amongst some of the most seldom heard communities, it has also enabled a contribution to the cost of running the building, helping to sustain the provision which is very much valued by local people. In addition, Groups who use the building have been supported, helping them with governance and funding advice and recruitment of volunteers and access to resources to help vulnerable groups tackle hardship, increase connection and reduce isolation, including supporting the food bank which is based here.

'We are so glad to have you in the community and look forward to working with you.'
(Local Minority Ethnic community led group)

Working with the Cardiff and Vale Integrated Health and Social Care Partnership (IHSCP)

GVS and C3SC continue to work with the IHSCP on initiatives overseen by the Cardiff and Vale Regional Partnership Board (RPB) to allow Third Sector to contribute to the delivery of objectives and ambitions of the IHSCP.

The Regional Outcomes Framework (ROF)

This is an online tool for the collation and interpretation of data related to health and wellbeing. Third Sector data will help contribute to the picture of health and wellbeing in the region and help inform the commissioning of services. C3SC and GVS worked in liaison with the IHSCP to promote the ROF to the Third Sector and helped to organise a Third Sector workshop, which was well attended. The workshop was

attended by 26 people from a variety of organisations (16 representing Third Sector organisations) which will give a comprehensive view of Third Sector services.

Developing the Cardiff and Vale Population Needs Assessment (PNA)

The PNA is an assessment of need for care and support in the region and is divided into sections relating to service areas, e.g. unpaid carers, older people, mental health etc. Membership of the steering group ensured that the H&SCFs were able to promote the PNA surveys to the Third Sector and were able to feed Third Sector views into the process. C3SC coordinated the running of the twenty two PNA focus groups during the autumn of 2021, the outcomes of which fed into the PNA.

Right Sizing services in Cardiff and Vale – developing a framework for Intermediate Care Services

The Third Sector have been involved in the right sizing work in liaison with the IHSCP. This work will help operational delivery of Intermediate Care Services and provide a prioritised plan for ongoing investment. These services are provided to people, usually older people, after leaving hospital or when they are at risk of being admitted to hospital. An element of this work focussed on assessing the Third Sector contribution to hospital admission avoidance and hospital discharge and sharing this with statutory colleagues.

Supporting the Third Sector voice in the Regional Partnership Board (RPB) and sub groups

The RPB, and other partnerships such as the Starting Well and Ageing Well groups, benefit from having a range of partners involved, including the Third Sector. Third Sector representatives have been recruited to these partnerships. This has been achieved by C3SC and GVS working with statutory partners to develop, and promote, the representative role to the wider Third Sector. This means that Third Sector expertise is included in discussions about services.

Helping the Third Sector access new sources of funding

GVS and C3SC have continued to provide funding schemes for the Third Sector in Cardiff and the Vale.

C3SC has worked in liaison with statutory partners to advocate for and administer a range of small grant schemes, including the Hau Third Sector Fund, the Supporting People with Learning Disabilities fund, a Winter Pressures funding scheme, Unpaid Carers Funding Scheme and Food Poverty Grant. The range of schemes have been instrumental in enabling investment in a diverse range of groups to develop, re-open and start a diversity of activities aimed at supporting vulnerable groups. Over 90 projects have received support to provide invaluable services and activities, many of which would have struggled to get off the ground or re-commence delivery, including

- Provision for survivors of Domestic Abuse
- Support for people leaving care
- Support for people with learning disabilities and their carers
- Preventing Loneliness and Isolation – including for older people from Minority Ethnic communities
- Reducing isolation for deaf and hearing impaired children and young people
- Mental health support – including for young people from minority ethnic backgrounds
- Tackling food poverty and hardship

We have definitely benefitted hugely from our membership of C3SC, and funding we have received from grants administered by C3SC (such as Move More Eat Well (MMEW)) have made a huge difference for our organisation. Thanks to grants like MMEW, we have had the opportunity to continue improving the well-being and health of our disabled beneficiaries, despite the Covid pandemic (which took an especial toll on the marginalised groups we represent).
(Exercise For All)

Many thanks for all your help and support...much appreciated
(Care and Repair)

GVS has worked in liaison with statutory partners to provide the ICF Third Sector Capital Investment Fund, the ICF Vale Older People's Fund, worked with the Health Charity to provide funding schemes, facilitated a social isolation and loneliness fund and provided a Winter Pressures funding scheme.

The ICF Third Sector Capital Investment Fund 2021 awarded funding to 18 organisations to allow organisations to pilot new approaches, support innovation and extend existing services.

The funding was used to purchase a variety of items to support Third Sector organisations to assist their projects. Examples include:

- Additional Toilets to support a children's centre focused on supporting children with cerebral palsy and their families.
- Developing a garden to include raised beds, picnic benches, compost and tools creating a community space.
- Sports equipment, laptops, garden tools and furniture to create new services. Projects include supporting people with non-visible injuries, improve emotional wellbeing and support carers of people with non-visible disabilities.
- Sport equipment, litter picking equipment, musical instruments and gardening equipment to support activities for adults with learning disabilities.

This funding has been essential for Third Sector organisations, especially as they respond to the financial pressures of providing Covid safe services or changing delivery of services in response to COVID-19.

*“We have received funding to restart community classes. Without this funding our Vale classes would not have been able to return and it has ensured they can continue into the future.”
(Vale Third Sector organisation)*

Bringing the Third Sector together - Health, Social Care and Wellbeing Networks

The Health, Social Care and Wellbeing networks in Cardiff and the Vale provide a vital link between the Third Sector and statutory partners. They help to share information and ensure that the Third Sector is able to have a voice in the development of services.

The Cardiff and Vale Carers Support and Information Network Group (CSING), supported by GVS and the Carers Trust South East Wales, brings together front line unpaid carer services. It has developed close ties with the Health Board and the local Councils to support the sharing of information between organisations and sectors, and to enable the carer voice and experience to be part of service planning and development.

C3SC is Co-Chair of the MEC (Minority Ethnic Community) Health Fair Steering Group, bringing together a network of mostly BME (Black Minority Ethnic) led organisations aiming to help tackle health inequality by providing accessible support and information. The Steering Group delivered 2 virtual MEC health fairs during the pandemic, attracting over 100 people from communities more negatively impacted by COVID-19 who were able to discuss issues of concern with a panel of health professionals, as well as access relevant trustworthy information around vaccination, keeping well and other health issues through the workshops at the events.

Work is now taking place with the Group to help organise and deliver a face to face health fair event in June 2022, with the H&SCF providing support with planning, promoting and facilitating connections with statutory sector partners.

Food Vale

Food has become a more pressing issue during the last year. Food Vale is made up of various partners that seek to build a sustainable food system in the Vale of Glamorgan. The Food Vale Network contains various organisations, individuals, community groups and businesses working together giving a voice to all sectors including Third Sector organisations like cavamh.

The Facilitators attend the steering group to make sure the Third Sector is an integral part of Food Vale and keep the steering group up to date on Third Sector schemes.

Input from the Third Sector helped with the creation of the Food Vale action plan detailing how the group will go forward and grow. [Food Vale Action Plan 22/23 - Food Vale](#)

Food Cardiff

C3SC is an active member of the Food Cardiff Network and the Food Poverty subgroup working with a diverse range of partners to support the aim of tackling food poverty, mapping food provision and identifying gaps in the system which make help and support more difficult to access, particularly during the pandemic.

We worked with the Subgroup to produce the [New Cardiff Covid-19 Food Response report published | Food Cardiff](#) and support the [Good Food Cardiff Autumn Festival tackles food insecurity and isolation | Food Cardiff](#) and the [Cardiff Good Food Strategy 2021-24 | Food Cardiff](#)

Promoting the Voice and Contribution of the Third Sector

A vital element of the H&SCF role is to provide information about Third Sector services and advice about partnership working. During 2020/2022 this involved the H&SCFs having over 200 meetings with people working in health, social care, wellbeing and the Third Sector.

The Third Sector is very diverse with approximately 3,000 organisations working across the Vale of Glamorgan and Cardiff. They provide services for older people, children and young people, people with a learning disability, people experiencing mental health issues and in a whole range of other service areas.

It is important that the Third Sector's contribution is acknowledged. The Third Sector helps alleviate pressures and provides insights into different, new and innovative ways of working. The strength of the Third Sector is the ability to work in partnership with other Third Sector organisations and other sectors. Examples of partnership working include, working on the wards in University Hospital Llandough, having a presence in the emergency unit in the University Hospital of Wales (Heath), being an integrated partner in the discharge support service and working closely with the CRTs and VCRS.

The C3SC and GVS H&SCFs have attended regular multi-organisational meetings and updates associated with the pandemic and have been proactive in distributing updates and information from these meetings via their respective networks. In addition to this they have played an active role in these meetings and forums representing issues and concerns from the Third Sector and in so doing have ensured that the Third Sector has had a voice in the on-going response to the pandemic.

Health and Social Care Facilitators – changes in staff

Linda Pritchard has worked as the Health and Social Care Facilitator at GVS for eleven years and will retire from the role in April 2022. She will continue to work on a part time basis for GVS.

"It's been a real pleasure working in GVS for the last eleven years. One of the benefits of the Facilitator role has been that I've worked with so many people over

the years. I'm constantly impressed with what the Third Sector and statutory sectors can do in the face of many challenges and especially how they've continued to support people during COVID-19. There has been some excellent partnership working over the years resulting in setting up much needed services. It's been one of the most enjoyable aspects of the role to see the positive outcome of this."

GVS, C3SC and the UHB would like to take the opportunity to wish her all the best on her future endeavours.

Lani Tucker, who has been job-sharing with Linda, will be taking over the role of GVS Health and Social Care Facilitator on a full-time basis. She worked on previous projects at GVS such as the Wellbeing in Action project, Third Sector Locality project and Dewis Cymru.

Duncan Innes took over as the C3SC Health and Social Care Facilitator in January 2021, having worked for C3SC since 2019. Prior to this he was working on the Third Sector Locality Project, managing the Dewis Cymru project and also has Public Health experience having managed the local Making Every Contact Count (MECC) Programme.

"The key thing about this role is that it acts as a link between the UHB and the third sector. The last two years have shown how important this is – organisations working in partnership and with a sense of trust between each other is the way forward, and I'm pleased to take on the H&SCF role which is there to promote that partnership working in all its forms"

Contact Details of the Health and Social Care Facilitators

Duncan Innes, Cardiff Health and Social Care Facilitator, Cardiff Third Sector Council (C3SC), email: duncan.i@c3sc.org.uk

Lani Tucker, Vale Health and Social Care Facilitator, Glamorgan Voluntary Services (GVS), email lanit@gvs.wales

Cardiff and Vale Action for Mental Health (cavamh)

cavamh – Cardiff and Vale Action for Mental Health – is a development service that supports third sector groups, and people with mental health lived experience, to have a voice in planning and delivering mental health services. Funded by the Cardiff and Vale UHB's Mental Health Clinical Board, Cardiff Council and Vale of Glamorgan Council and charitable trusts, they promote and facilitate service user, carer and third sector involvement in shaping mental health services in Cardiff and the Vale of Glamorgan so that they are co-produced with the people who use them.

They believe in a person-centred approach to involvement, as reflected in combined Recovery and Co-Production Principles and in the Cardiff and Vale Charter for Mental Health. They have distilled their values as person-centredness, inclusion, equality, empowerment, hope and positivity, independence, and collaboration.

This is achieved through:

- **Information and Training** – Directories, newsletters, e-bulletins, courses
- **Voice** – networks, - supporting involvement, dialogue, representation, shaping services - such as the third sector Mental Health Forum - and lived experience involvement development groups, - Sefyll, Nexus, Join the Dots.
- **Development** – support for third sector mental health organisations and groups
- **Wellbeing** – anti-stigma promotion, creative and positive engagement

cavamh as a hub - building connections

Over the last 18 months, work has as ever, been influenced by stakeholders and the response to COVID-19 as it continues to unfold. Building connections to improve services and service development has been the key constant; requested by Mental Health Forum members, this has enabled interactivity, partnerships and development.

Distributing up to date information in a rapidly changing service environment has stood out as the cornerstone of shared, joined up services for agencies and the people they support.

- **Mental Health Forum (MHF) news bulletins** – twice weekly initially and settling down to a fortnightly format over the last 18 months, building connections between MH services, signposting and community activity.
- **Local MHF COVID-19 services summary** - *an up to the moment list of local MH & wellbeing services and activities*, distributed and available on the cavamh website, complementing the cavamh wellbeing page.
- **The Mental Health Forum noticeboard listing latest community events and activities, available on the cavamh website**

Also during this time, cavamh:

- Researched and developed the out of hours and emergency crisis services leaflet within MH third sector for Community Mental Health Teams
- Reviewed the co-produced Access to Help in a Crisis leaflet
- Updated the themed services leaflets for young people and counselling services.
- Reached out to new community contacts
- Has been updating the main **MH Services Directory** and **Nexus Directions Handbook** for people living with dementia, in line with the development of a new website
- Launched '**Involvement Matters**' - a new co-produced newsletter for all stakeholders'- people with lived experience, providers, planners.

- **Online Socials such as 'Tea and Cake' and outside 'Squash in the Park'** have enabled third sector groups to share information about services and activities in an informal interactive way with people with lived experience.

These have been with statutory colleagues through presentations in Cardiff and the Vale, through forum meetings open to all providers and planners, and on social media to reach as many people as possible.

Feedback indicates this has been greatly valued at a time of rapid service change... *'Many thanks ...for this wonderful digest of interesting and useful stuff! ... 'such good info & updates, - my word you didn't miss a beat.' 'The updates are fab as usual and really keeps me connected to what is going on in the community.'...Counselling Services leaflet. 'this is very helpful!'*

In terms of training, cavamh has fundraised for a suite of **free training** for the third sector in relation specifically to Suicide and Self Harm amongst other things, whilst Sefyll and Nexus have maintained the 'Standing Up speaking Out' course for people with lived experience. Cavamh has also been pleased to support the Recovery College in its onward development and success.

Voice and Development

Cavamh has brought people together to share information, unmet needs and to develop new services together through networks such as the Mental Health Forum (MHF) and its interest groups, such as BAME, Co-occurring Substance Use, Counselling Services etc.

Sefyll - linking with adults; Nexus - linking with older people, and Join the Dots - linking with younger people - have continued through various and creative means to connect and work together with people with lived experience of all ages and with planners and providers, to ensure people can both be involved and co-produce services which make a difference to the people who receive them. Building ways to connect and converse, the teams have coordinated veterans' arts classes, regular liaison with the Forget Me Not Chorus, co-ordinated focus groups, the Service User Engagement Group and most recently a show on Radio Cardiff. Diversity is a keen and constant focus and cavamh has appointed a Diversity Involvement worker to connect and broaden its work.

Cavamh has also worked with the UHB's Mental Health Clinical Board on two specific peer research projects and reviews, following on from the My Say Peer Research Project in 2019.

Working Together

Cavamh has coordinated at least 3 surveys with MHF members to establish COVID-19 impact, needs, responses and direction of travel; collating and presenting MHF reports that contributed to the Clinical Board's Recovery Plan and the Integrated Medium-Term Plan (IMTP).

Over the year, cavamh has contributed to nearly 70 local joint planning MH meetings, 6 national meetings and 19 other local joint working networks.

Together with Sefyll, Nexus and Join the Dots, this included co-ordination of the Mental Health Partnership Board online, co-produced by people with lived experience, and including the Mental Health Forum and statutory sector.

Cavamh has continued for the third year and fourth years, to manage the Dementia Friendly Communities Small Grants Fund (part of ICF funding and on behalf of the Regional Partnership Board), providing seed funding and support to new local initiatives.



Prevention

Cavamh has continued to work together with the Minority Ethnic Communities Health Fair and through World Mental Health Day and MH Awareness Week to build wellbeing awareness and promotion and embed wellbeing learning from lockdown.

Stakeholder Events

With a hardworking group of people with lived experience, planners and providers, cavamh has been working over the last year to bring together a 3 day 'We Can Do It Together' MH Co-Production event.

Held online at the beginning of March this year, this brought together local, national and international speakers, workshops, and creative activity exploring co-production across a wide range of topics - providing inspiration, direction and 'oomph' for the next couple of years. Cavamh and the Stakeholder Group are now taking forward recommendations from the event and developing connections, resources and tools for future use.

See programme here <https://mailchi.mp/3b3501261c98/mhf-finalised-programme-for-co-pro-event>



Mental Health Action Wales- MHAW.

In October 2020, working with local mental health development services around Wales, cavamh relaunched online Mental Health Action Wales - the national network of local mental health networks. Meeting quarterly, this has linked with over 40 local agencies across Wales in its first meeting - and growing, to contribute to a broader picture of local mental health services around Wales- the needs, achievements, issues and priorities. This will enable local agencies to have a voice at national level with Welsh Government and the National MH Forum, working in partnership with the network of national mental health voluntary sector agencies.

Contact Details for cavamh

Linda Newton, Director of cavamh, Linda@cavamh.org.uk