

Annual Report 2010-2011

In Blaenau Gwent Hafal provides an Education, Resource, Training and Employment Centre supporting individuals recovering from serious mental illness and their carers. The Centre, based at Godwin Hall, Llanhilleth, offers a range of activities for service users and/or carers including gardening, computer training, healthy eating and cooking skills, introductory Welsh lessons, arts and crafts, digital storytelling and social/physical fitness activities such as pool, table tennis and other indoor games.

In 2010-2011 the Centre developed new activities and services including a walking group, Nordic Walking tuition, creative writing provided by WEA and computer animation provided by Communities 2.0.

During the year the project received a number of funding awards to run activities. Health Challenge Blaenau Gwent granted £1,525 to the project so that the Project Practitioner could attend a Food Hygiene Level 4 course and a Nordic Walking Instructor course and related equipment could be purchased. Equipment such as white boards, a flip charts rail system, bookcases, shelving, a flat screen television, a DVD player and a zoom digital recorder for computer story telling has been purchased with new funding, administered by GAVO, of £2000, enabling the project to offer a more diverse range of activities.

St Illtyd's Communities First Llanhilleth has provided 20 healthy eating sessions and a community volunteer to conduct the sessions. Introductory Welsh lessons were provided with support from the University of Glamorgan, with ongoing sessions using the "Say it in Welsh" computer programme available within the IT facility provided. The gardening project, which was funded by Mentro Allan (Big Lottery) and supported by BTCV Green Gym, has also continued to develop.

Blaenau Gwent hosted the National Eisteddfod of Wales in August 2010, where Hafal held its Blaenau Gwent 'Road to Recovery' event (pictures below).

Working in partnership with Heads for Arts, service users painted a mural of a Welsh dragon and a valleys landscape at a local chapel hall for the youth club (see below).

As the project develops, regular contact is maintained with the CMHT. Monthly partnership meetings have commenced with Vision House (Social Services) and the Phoenix project (MIND) to look at what activities and opportunities are available at each centre and how service users can access them, while avoiding duplication of service delivery locally.

