

Annual Report 2010-2011

Hafal Bridgend provides the following services:

- An **Employment Move-on project** providing positive pathways to work, training and volunteering.
- A **Family Support Service** providing support in a crisis, home visits, carer support groups, link meetings, carers computer classes, advocacy and an out-of-hours helpline.
- A **Breaks for Carers (Seibiant) service** providing carers with a short break package in conjunction with a support package to the cared for.
- A **Service User and Carer Participation Service** supporting people using services and carers to ensure they are meaningfully involved in the planning, design, delivery, monitoring and evaluation of mental health services.
- A **Core & Cluster supported housing service** which offers services provided on a needs basis and is available 24 hours per day.
- **Flexible Support** for four tenants, enabling them to live in self-contained flats.

It has been a very successful year for the Core & Cluster supported housing project with one client moving on into independent living. Now in its third year, the housing project has continued to develop and is currently running at full capacity of eight tenants.

The number of referrals and move-ons with the employment project continues to increase. The service has extended to accommodate individual needs by providing support to people in the community; clients complete personal profiles to increase confidence and gain placements as early as possible.

During September, Hafal Bridgend held the 'Road to Recovery' Campaign: 88 service users, families and professionals attended this event. Service users and staff arranged a number of activities, stalls and classes including head massage and Nordic walking.

In June 2010 SUCPO arranged an annual trip for carers to Tenby with 46 carers attending. SUCPO approached Bridgend Carers Centre and has jointly set up a monthly Coffee and Cake Morning to engage with more carers; this was launched in November 2010 and the numbers are increasing. In January 2011 the SUCPO nominated a service user for Mental Health Matters Recognition day and they were awarded for their positive achievements in their personal life and for getting involved in the planning of services. The SUCPO received recognition from service users for the support given at the Service User Network meeting. Pat Nolan, Family Support Advocacy Worker, received recognition from service users' families for her support.

In 2010-2011 the SUCPO worker has taken on extra number of hours per week to support a Substance Misuse Service User Led Group (BIG). This is helpful in understanding more about Substance Misuse and Dual Diagnosis. In November the SUCPO worker was invited to get involved in the Bridgend Social Care Workforce Development Partnership (SCWDP) and continues to meet with this group to look at training for social care staff and how service users can become a part of this.

In 2010-2011 we established good links with the 'Mental Health Matters' Information and Communication Officer and will be jointly attending visits at the POW and community settings such as Cefn yr Afon on a regular basis. We also worked alongside the Mental Health Development Officer at BAVO to set up a "Have Your Say Day" which took place in March 2011. This was attended by 20 people. The event was arranged for service users and carers to be able to come together to understand more about participation and involvement and how people can get involved in the planning of services in Bridgend. The day also gave people the opportunity to write their concerns about mental health services on visual boards to help feed into a report.

During the year we supported service users and carers to attend events such as a WAG consultation on the Mental Health (Wales) Measure, a Women/Men and Mental Health Conference, a review of CMHTs, Question Time with Parliamentary Candidates, and a CPA Conference. We continued membership of the Service User Network and the Carers Link meetings.

Regular activities take place including walking groups, visits to cinema, gardening, football, cooking competitions, and life skills sessions. There is a full range of indoor games activities available in the project and monthly day trips take place. Additionally we run a number of regular groups and clubs including:

- Weekly Learn Direct classes
- Monthly Carers Support Group
- Monthly Carers Befriending Group
- Bi-monthly Carers Link meeting
- Weekly carers computer class
- Monthly luncheon club (service users).

Carwyn Jones at Mental Health Matters Recognition Day



"Road to Recovery" campaign event

