

## Annual Report 2010-2011

Hafal Ceredigion provides a number of key services for people with serious mental illness and their carers:-

- Our Domiciliary Care Service offers 24-hour, high-level support for seven adults recovering from serious mental illness.
- The Cyfarfod Befriending Service provides a volunteer-based service, assisting clients in developing a social network in their own area.
- Seibiant Respite for Carers provides a service which engages with the cared-for on an individual or group basis.
- Aberystwyth Social Clubs provide a range of activities and social support (including weekends and bank holidays) for individuals recovering from serious mental illness.

A number of events have been held through the year at Hafal's Ceredigion projects. They include:

- A "Road to Recovery" campaign event held on the seafront. The event was well attended and successfully promoted Hafal's services as well as educating individuals about empowerment and recovery from serious mental illness.
- Well-attended Cyfarfod/Seibiant information and activity days were held throughout the year.
- A June trip to the local agricultural show was organised by social club members and proved to be hugely enjoyable.

Carers' information/activity days continue to be a positive way to promote social and educational engagement for the carers. Carers were able to access information from other statutory organisations present at the events and also participated in recreational and therapeutic activities.

In August we were awarded funding from the Big Lottery "Awards for All" initiative to develop textile sessions in the clubs. A mosaic of Hafal's VW camper van was made and now takes pride of place in the club's main room.

The Soar Glyd flat continued to provide a unique resource in Cardigan for individuals who need a short-to-medium-term tenancy while planning their longer-term recovery and identifying somewhere more permanent to live. The flat has been utilised this year in partnership with Ceredigion County Council.

During the year money was also secured to purchase a 42" Plasma Television and blu-ray Player to enhance social activities. A one year birthday party to celebrate Hafal's move to our new premises at Portland Road took place; a good time was had by all!



*Aberystwyth Road to Recovery event*