

Annual Report 2010-2011

In Rhondda Cynon Taf Hafal provides employment, training and move-on services for individuals recovering from serious mental illness. The number of referrals and individuals attending the project increased greatly throughout the year; we exceeded our contract requirements regularly for numbers attending daily and we have been able, through the provision of training and other positive options, to progress many individuals within the service and to assist them in gaining valuable learning experiences.

Events and Activities during this year:

The "Road to Recovery" event was very successful and was held at the unit in August. This event greatly assisted in raising the profile of both the project and the work being carried out by Hafal. The feedback received was very positive and the project is now being recognised as a valuable resource. Members from Hafal RCT also attended the annual Physical Health Awareness Day, a great day out with plenty of chances to network and take part in a variety of activities.

Computing

The Bridges 2 Work organisation is working in partnership with Hafal RCT by providing tutors to deliver focused and accredited training.

Craft

This activity has been well attended by service users over the past year. The project was able to source a start-up grant to enable the group to purchase better quality materials which improved the quality of the products.

Carpentry

This activity has always been well attended but had tended to focus on standard products. Users reported that they would like the opportunity of designing new products and this enabled the group to make items that were more challenging and which had a strong element of personalisation and art in the designs. 2010 was a very productive year with more sales being made. A great deal of positive feedback was received from customers both about the quality of the items and the value for money of items sold. Having more orders is giving more individuals the opportunity to participate in carpentry.

Gardening

Despite poor weather conditions the gardening project commenced in March 2010. The groundwork has now been completed with the group starting with this year's planting and harvesting. The produce generated has been used throughout the year, providing the project with a healthy array of vegetables. Feedback from the users who take part in the gardening is positive and proves the link between physical activity and the real benefits this has on an individual's mental wellbeing.

Walking/cycling group

These groups are proving to be beneficial for those who regularly attend; weight loss, increased confidence, and a feeling of increased wellbeing are regularly reported.

Service User Involvement

Service Users have reported an increased level of confidence and assertiveness and are channeling these skills in running partnership meetings, being more proactive in ensuring the project has a strong health and safety culture, and taking a real interest in how and why the project is funded.

Move On

A great year for the project - not only were a number of individuals helped back into both full and part time work we were also able to work in partnership with Bridges to Work to provide a number of realistic courses to assist all users in gaining valuable life, social and learning skills.

Regular groups/clubs

Partnership meetings take place on a monthly basis. Service users and staff attend regular meetings with other voluntary and statutory agencies, including Mentro Allan and Bridges to Work. We also supporting individuals at their mental health reviews with the local Community Mental Health Teams.

New services:

Women's day

While speaking to potential clients and professionals it became apparent that there was a need for the women to have one dedicated day a week when only women would attend the project.

On Dec 7th 2010 an open day to launch the women's day and gain new referrals from various sources was held. This day was a success with over 60 people attending from local Community Mental Health Teams, other partner agencies and clients.

On January 11th 2011 we had our first women-only day, where a variety of activities was provided. Speakers and topics on a weekly basis focusing on individual recovery were also introduced. Some of the activities include arts and crafts and sessions to develop budgeting skills, decision making and interaction skills. We have informal discussion sessions which are good ice breakers for any new referrals. Also on offer are walking, cycling, Wii dance, computers/internet, and digital photography activities.



Stuart Coburn, Eve Hendra & Rachel Hendra participating in our art group. Eve is our qualified art teacher who now volunteers with us at Hafal RCT.



David Harris learning new skills while renovating an antique box