

Mid Powys Mind Members Day - Tuesday 14th May 2019

Indoor Bowling Centre, Llandrindod Wells

Jo Houlsby welcomed everyone attending

Service Developments

Youth Service Developments

- Thursday evening youth group at the Wellbeing Centre 6-8pm continues staffed by Lorna Jones, open to 16 – 25 yr olds.
- Abi Simms will be joining the team on 1st June one day per week working in schools. We plan to run a drop-in in one or two schools, where young people can come and talk to us and access support and information. Abi currently provides counselling at Mid Powys Mind (MPM) on a Monday as well.

Side by Side Cymru

- Welsh Government funded, four hubs across Wales.
- Lorna Jones covers mid and north Powys.
- Lorna's role is about supporting all types of groups – not just mental health related – it's all about peer support.
- Lorna has small grants of up to £250 for one-off payment for things like venue costs or an item to help with sports or drama – whatever can help that group. Group leaders are asked to attend a half day's training on effective groups management including self-care, mental health, safeguarding, etc.
- There is a face book page and more information on Mid Powys Mind's website. Or come and see Lorna at MPM.

Mindfulness Group

New mindfulness group for anyone that has attended one of our courses before. Starts 31st May (Friday) 1.30 – 3pm in the Training room at MPM, every week throughout June – then the group will look at demand and how to take it forward, this may be a larger venue.

Buddying

Tim Skelcher told us about the Buddying service which has been running for several months, but uptake has been very low. Tim asked if there were any ideas on how to take the service forward. Members expressed how great it has been to make friends by attending Mid Powys Mind's groups and services. Community Connectors were suggested as a link.

Depression, stress & anxiety - new support group

Anyone interested in being part of such a group was invited to attend a set up discussion meeting on 4th June at 12 noon in the Wellbeing Centre. The group could support people with



coping strategies and encourage people to share what works for them, triggers, understandings, etc. If people are not around at that date, please get in touch with Claire.

Silvercloud

- This is an internet-based service to support people with their mental health, being rolled out across Wales.
- Its CBT-based and can be accessed on any device with an internet connection. People can dip in and out at any time. There is a smart phone app. People access it themselves.
- Within Silvercloud there are different modules, videos and information to choose from including; depression, anxiety, sleep, relaxation, anxiety, stress etc.
- People need an email address for referral. You can get referred by your GP or Caroline at Mid Powys Mind. Mid Powys Mind also have a tablet computer and private room that people can use to access the service, by pre booked appointment with Caroline.

Blended online CBT service

- The LHB have decided that this new services, based in the GP surgeries across Powys, is replacing Active Monitoring. It is one to one support within the surgeries for up to six sessions with either Anthea Jones, or our new worker, Jennifer Englefield.
- The Blended On-line CBT service blends the support of the on-line Silvercloud platform with one to one support.
- It includes IT support to help people use the service, encouragement and someone to talk to about the thoughts and ideas that it may bring up.
- In order to access the service you will need a referral, this can either be via your GP or via Caroline in the Wellbeing Centre.

Supporting People Project

- Background – 18mths ago MPM went through an organisational improvement project with the help of the Supporting People (SP) Team from Powys County Council. It made us look again at all services from a members point of view and remove administrative processes that got in the way of people accessing our services and helped us make the service work better. Last Autumn, a commercial SP tender went out and Mid Powys Mind applied and was successful. We have now employed three more one to one support workers, to join Tim & Claire, supporting anyone over 16 yrs of age in their own homes and communities.
- Claire, Tim and Caroline cover mid Powys
- Lizzie and Janet cover Montgomeryshire
- Support can be around anything – talking to someone about the issues you face, off loading, benefits, making a change in your life, help to cope with symptoms and recover from poor mental health, etc.
- Several people said how they had found the one to one service very useful and the support of volunteers.

Mid Powys Mind changing its name

- Currently MPM has three services being delivered in north Powys – Mums Matter, Support People one to one support and Side by Side Cymru.
- Mid Powys Mind's Board of trustees asked people to discuss their thoughts on changing Mid Powys Mind's name to reflect this.
- We have contacted national Mind to ask, if we did change our name, what could we be called, as national Mind have strict rules on this and they came back with 'Mid and North Powys Mind' as our only option.
- We split into working groups to discuss advantages and disadvantages. Overall feedback was positive. There were some worries about the effect on current services

and reassurance that we have taken on extra staff to ensure there will not be any effect on current services.

- The next stage of the process will be a Members vote at AGM in June.

Suicide prevention campaign – The Pledge

- See MPM's You Tube Channel for the videos shown and more information on this campaign.

Workshop

Currently the Big Lottery funds our training courses and Tim and Claire's posts. We have 18mths left of funding and have approached the Lottery about continuation funding, as the project has been very successful. As evidence for this, we asked people the following questions and discussed in small groups:

- What improves your mental wellbeing?
- What gets in the way of your mental wellbeing?
- What could Mid Powys Mind do to support your mental wellbeing?

Wellbeing Centre Performances

- Some of the members of the Wellbeing Centre Choir sang two songs
- Graham read a poem written by Maria on suicide prevention
- There were lots of applause!



New project with Brecon Mind

- National Mind have awarded us a small grant which has paid for the costs of today's Members day and those of our next one (in November).
- As part of November's event, we will be inviting members, staff and volunteers from Brecon Mind to attend where we will jointly discuss how people that use services are able to influence their makeup and design, with the aim sharing ideas and best practice.
- Mary took names from people who were interested in attending a similar event in Brecon

Llandrindod carnival

Caroline took names of anyone that was interested in joining herself, Mary & Claire as a walking float and taking part in the procession. Caroline is going to arrange a meeting to discuss ideas and plan.

Mid Powys Mind Annual General Meeting (AGM)

Friday 7th June at 5.30pm at Celf, Tremont Road, Llandrindod Wells, followed by the opening of an art and craft exhibition of items produced at Mid Powys Mind's Creative Therapies courses, with cheese and wine. We need 10% of members to attend the AGM for the meeting to take place, so please come and have your say.

Due to requests from members, it was agreed that another vote would be held at the AGM about allowing dogs to access the Wellbeing Centre.

Evaluation

Tim asked for feedback about the event. People enjoyed the event, venue and food. At our next Members Day in November, Mid Powys Mind will be 30 years old and people would like to celebrate this in some way. Cake was mentioned.