



Rhwydwaith Hybu Iechyd Meddwl
CYMRU GYFAN
ALL WALES
Mental Health Promotion Network

MENTAL HEALTH PROMOTION WALES

Working together to improve mental health
and wellbeing

Welcome

Welcome to issue 6 of the Mental Health Promotion Wales newsletter. The quarterly newsletter is disseminated to members of the All Wales Mental Health Promotion Network and is targeted at practitioners and other professionals who contribute to, or have an interest in, mental health promotion.

To join the network:

Visit the website and complete a short online form.

www.publicmentalhealth.org

Update from the Coordinator

Over the past couple of months the website has seen some interesting new developments, including:

- A section on [Data, Surveys, Research and Evaluation](#).

This section of the website provides access to data, surveys, research and evaluation which relate to mental health. It will be updated regularly and will prove really useful for accessing facts, figures and the best public health evidence available.

- A page dedicated to the [Initiatives Database](#).

In order to exchange ideas and share examples of mental health promotion practice an Initiatives Database is being developed. The Network is delighted to have received some examples of projects going on around Wales:

[Ategi Shared Lives Scheme](#): This scheme provides Adult Placements, now known as Shared Lives. Individuals, couples or families are recruited to offer long term accommodation or short breaks in their own homes. These Shared Lives Carers offer inclusive support to encourage greater independence to people who want to live or take short breaks in an ordinary home setting.

[Mentro Allan Merthyr Tydfil and Blaenau Gwent](#): joint partnership project which enables the local community to access the natural resources available to its residents in order to increase physical activity levels and improve health. The project's primary target group is people with poor mental health.



Update from the Coordinator—Continued

Mentro Allan Ynys Môn: a National Lottery funded project run through Anglesey County Council. Mentro Allan is aimed at young women from the ages of 16 to 30 living on Anglesey, giving opportunities to participate in Outdoor Activities on Anglesey for Free. Current activities include Horse Riding, Kayaking, Golf, Mountain Biking, Walking and Climbing. There are also volunteer and training opportunities.

Mind Your Heart: The Mind Your Heart programme aims to improve the physical health of people with mental health problems in Ceredigion. The focus is on encouraging people to look after their own health better emphasising the benefits to both physical and mental health of eating well, taking exercise, stopping smoking and so on.

Ymlacio Relaxation CD: A professionally produced CD with four relaxation exercises in Welsh. The CD is copyright free so may be freely copied on to blank discs and shared with colleagues and clients.

These will be fed into the database but as an interim measure have been displayed on the website. More examples are needed. To tell us about a project or initiative please complete the [Initiatives Database Submission Form](#) which can be downloaded from our website.

- A list of [Courses](#).

This section aims to provide information and links to courses and education programmes which may be of interest to people working in the area of public mental health.

For more information visit the website www.publicmentalhealth.org.



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Thinking Positively: Emotional Health and Well-being in Schools and Early Years Settings

This draft good practice document entitled 'Thinking Positively: Emotional Health and Well-being in Schools and Early Years Settings' focuses on the role that education staff play in providing preventative services and improving the emotional well-being of children and young people and strengthening their resilience. This is a consultation document on which comments and specific amendments are invited. The closing date for responses is the 29 May 2009. It is intended that the final version of the document will be distributed to schools and other parties in the summer 2009.



For more information and to view the document visit the Welsh Assembly Government website: (http://wales.gov.uk/topics/educationandskills/policy_strategy_and_planning/schools/339214-wag/thinkingpositively/?lang=en)

“Talk to Me” The National Action Plan to reduce self harm and suicide in Wales

Suicide and Self harm are significant public health issues.

On average approximately 300 people each year die as a result of suicide. Whilst 6000 are admitted to hospital as a result of self harm. The exact rate of self harm is not known because many people who self harm do not attend hospital, of those that do many are not admitted. Whilst it is recognised that self harm is frequently not an attempt at suicide, it is an indicator of the degree of emotional distress experienced by that person. Furthermore it is recognised that people who do self harm are at raised risk of completing suicide.

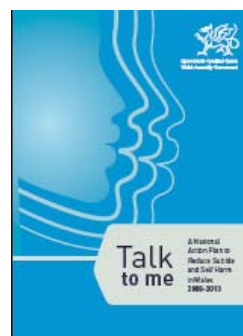
The National Confidential Inquiry into suicide “Avoidable deaths” 2006 published by the University of Manchester has indicated that in Wales and England only 27% of people who completed suicide between April 2000 and December 2004 were known to have been in touch with specialist mental health services in the year prior to death. Many of the remaining 73% will have been in touch with other services such as primary care, social services, substance misuse or criminal justice services.

These facts are highly significant in taking a strategic approach to tackling suicide and self harm in Wales. Firstly they indicate that specialist mental health services need to take active steps to reduce suicide in their patient population.

Secondly they suggest that a public mental health approach is required with actions to improve the mental health and wellbeing within the whole population with interventions targeted at groups with a raised risk.

“Talk to Me” a National Action Plan to reduce suicide and self harm in Wales published for consultation in 2008 has incorporated this range of approaches within its seven objectives.

- Helping people to feel good about themselves.
- Providing help early to those in need.
- Responding to crises in people’s lives.
- Dealing with the effects of suicide and self harm.
- Increasing research and improving information on suicide.
- Working with the media to make sure reporting on mental health and suicide is sensitive.
- Making sure that, where possible, people at risk do not have access to things which could be used for suicide.



A National Action Plan to Reduce Suicide and Self Harm in Wales 2008-2013

The action plan sets out not only to take steps to improve interventions for people in crisis but also to encourage a broad based community approach to build individual and community resilience. This approach will enable people and communities to cope better with the difficult experiences that are part of everyday life. This approach is particularly important during the current economic downturn when unemployment and over indebtedness will affect many people and communities in Wales.



"Talk to Me" - Continued

The Minister will shortly consider the responses received during consultation on this plan.

The Mental Health Promotion Network will continue to work closely with the Welsh Assembly Government to promote public mental health approaches that can assist in delivering the National Suicide and Self Harm Prevention Action Plan for Wales.

Copies of the Action plan its accompanying technical document and data on suicide and self harm in Wales can be found at:

"Talk To Me"

<http://new.wales.gov.uk/consultation/dhss/talktome/talktomee.pdf;jsessionid=56Y3JHnQGXLjghWQ8LC272Q0SPvkwR155fWsPfpV1HJQhZx9Ztbh!-1868201774?lang=en>

Detailed Action Plan

<http://new.wales.gov.uk/consultation/dhss/talktome/actionplane.pdf;jsessionid=56Y3JHnQGXLjghWQ8LC272Q0SPvkwR155fWsPfpV1HJQhZx9Ztbh!-1868201774?lang=en>

Facts and Figures

<http://new.wales.gov.uk/consultation/dhss/talktome/factsfiguressuicidee.doc;jsessionid=56Y3JHnQGXLjghWQ8LC272Q0SPvkwR155fWsPfpV1HJQhZx9Ztbh!-1868201774?lang=en>

Suicide and self harm data

<http://new.wales.gov.uk/consultation/dhss/talktome/suicidedatae.doc;jsessionid=56Y3JHnQGXLjghWQ8LC272Q0SPvkwR155fWsPfpV1HJQhZx9Ztbh!-1868201774?lang=en>

Mental Health and Work

The Welsh Response to Dame Carol Blacks Review "Working for a Healthier Tomorrow"

The relationship between employment and health has been explored for many years focusing upon the risk factors associated with hazards at work. This has led to significant strides to improve the safety of working environments. Importantly work can also be a significant protective factor in retaining good health. In 2006, Wadell and Burton identified that there is strong evidence that work is generally good for physical and mental health and well being¹. They also identified that work can reverse the adverse effects of unemployment but that the beneficial effects depend upon the nature and quality of work and its social context. Jobs should be safe and accommodating.

The Welsh Assembly Government (WAG) draft Mental Health Promotion Action Plan identified the workplace as one of the settings in which mental health promotion activity should be directed.

1 Waddell G, Burton AK.2006 Is work good for your health and well-being? The Stationary Office London.

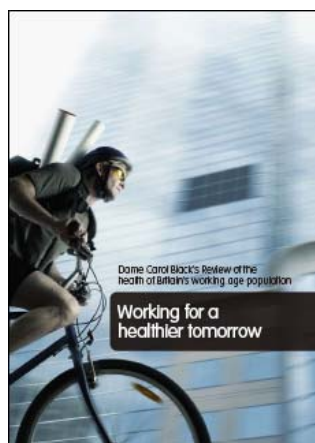
Mental Health and Work—Continued

This important connection between work and mental health was highlighted in Dame Carol Black's review "Working for a Healthier Tomorrow".

This review identified that for most people, their work is a key determinant of self-worth, family esteem, identity and standing within the community, besides, of course, material progress and a means of social participation and fulfilment.

Many common diseases are directly linked to lifestyle factors, but these are generally not the conditions that keep people out of work. Instead, common mental health problems and musculoskeletal disorders are the major causes of sickness absence and worklessness due to ill-health. This is compounded by a lack of appropriate and timely diagnosis and intervention.

Within the review's conclusions and recommendations it calls for a renewed focus upon the world of work and health from Government, health professionals, employers and staff side organisations. This focus needs to accentuate the positives and to work proactively to eradicate the obstacles to job retention, the reduction of sickness absence and reduced productivity of people in work experiencing mental health problems. This should be achieved by providing increased support to the workforce from employers, healthcare and employment professionals.



In its response to 'Working for a Healthier Tomorrow' WAG welcomed the review stating that "it provides a useful analysis of the current health status of Britain's working age population and provides us with recommendations to consider in developing our approach to improve health and work in Wales. WAG particularly welcomed the recommendations on raising awareness of the health benefits of work and the greater engagement of health professionals, especially GPs, in this agenda".

WAG has proposed twenty actions in support of the recommendations made within the review these include:

- Encouraging employers to engage with the Mental Health First Aid (Wales) programme
- Strengthening the workplace awards and support offered to employers, with a greater emphasis on smaller workplaces - specific criteria on mental health and wellbeing and musculoskeletal disorders will be included in the new Small Workplace Health Award.
- Continued efforts to encourage public sector organisations to achieve Corporate Health Standard accreditation
- Work with NHS staff especially G.P.s and with healthy schools schemes to raise awareness of the health benefits of work
- Work with the Department for Work and Pensions (DWP) on how proposed changes to support people to work will be introduced in Wales
- Work with DWP to explore pilot projects and evaluations undertaken in order to consider work and health programmes such as the 'Fit for Work Service', the introduction of employment advisers and electronic sick notes for their applicability in Wales

Mental Health and Work—Continued

Dame Carol Black's review together with the WAG response provides a major opportunity to raise awareness of the importance of work in sustaining good mental health and wellbeing and the steps that can be taken to support employers both large and small to make their workplaces promoting of health in body and mind.

"Working for a healthier tomorrow" Dame Carol Black's Review of the health of Britain's working age population (March 2008 London)
<http://www.workingforhealth.gov.uk/Carol-Blacks-Review/>

"Working for a healthier tomorrow" The Welsh Assembly Government Response (2008 Cardiff)
<http://new.wales.gov.uk/topics/health/improvement/work/working/?lang=en>



New Economics Foundation: '5 Ways to Wellbeing'

In 2008, nef was commissioned by the UK Government's Foresight Project to review the interdisciplinary work of over 400 scientists from across the world. The aim was to identify a set of evidence-based actions to improve well-being, which individuals would be encouraged to build into their daily lives.

More information about these, and about the work being taken forward by nef, please see http://www.neweconomics.org/gen/well-being_fiveways.aspx

Think of these as the mental health equivalent of your five portions of fruit and vegetables!

Connect

- With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community.
- Think of these as the cornerstones of your life and invest time in developing them.
- Building these connections will support and enrich you every day.

Be Active

- Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance.
- Exercising makes you feel good. Most importantly, discover a physical activity you enjoy; one that suits your level of mobility and fitness.

Take Notice

- Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are on a train, eating lunch or talking to friends.
- Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

New Economics Foundation: '5 Ways to Wellbeing' - Continued

Keep Learning

- Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food.
- Set a challenge you will enjoy achieving. Learning new things will make you more confident, as well as being fun to do.

Give

- Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in.
- Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and will create connections with the people around you.

Be a part, not apart!

More than 80 people gathered together at Theatr Clwyd, Flintshire on Wednesday 18th March, to 'Be a part, not apart', and explore ways of looking after their own mental health, and that of others.

The event, organised by Flintshire's Local Public Health Team, was held to launch the development of an Action Plan to promote mental health and well-being in the county. The keynote speaker, Catherine Reynolds (a Public Mental Health Specialist, working in England) gave an overview of how a public mental health approach could strengthen both individuals and communities, so that there was more 'flourishing' and less 'languishing'.



Using a Lowry painting as the backdrop, she highlighted how the circumstances and opportunities (or lack of them) in people's lives could impact on their mental wellbeing, as well as on their physical health.

Comparing life now with then, participants identified that although there have been significant improvements in living and working conditions, some of the protective factors (such as close-knit communities, and a need to 'pull together' in order to survive) appear to have been lost - risking increased feelings of loneliness, isolation and helplessness.

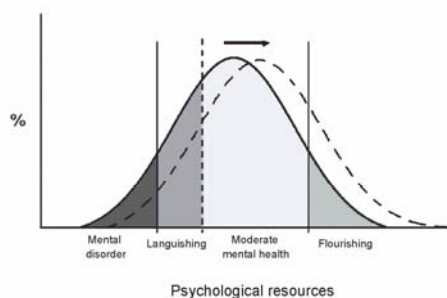
In discussing ways to change this situation, participants were reminded of a quote by Jeremy Bentham, a 19th century philosopher:

"Create all the happiness you are able to create: remove all the misery you are able to remove. Every day will allow you to add something to the pleasure of others, or to diminish something of their pains."

Be a part, not apart! - Continued

By taking an approach that concentrated on strengthening protective factors and reducing risk factors, participants recognised that it could increase everyone's mental health, which Catherine illustrated thus:

The effect of shifting the mean of the mental health spectrum



And - importantly - it would also reduce the numbers in the population who had poor mental health or who had a diagnosable mental illness.

Finally, sharing reports that having a strong sense of well-being increases life expectancy by an average of 7.5 years, provides a similar degree of protection from coronary heart disease as giving up smoking, and improves recovery and health outcomes from a range of chronic diseases (e.g. diabetes) - Catherine summarised by calling for action to promote positive mental health at individual, community and county levels to become a part of (not apart from) everything we should be doing to benefit our local population.

A series of lively workshops followed the presentation, with participants discussing key priorities for future work: strong support was shown for '*making sure mental distress / mental illness is not seen and any more shameful than other health conditions*', and for support in recognising and responding to signs and symptoms of mental distress.

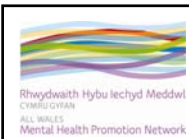
This gives a strong steer for the initial direction of the Action Plan for Mental Health and Well-Being in Flintshire - which will be developed as part of the suite of health improvement plans locally. The role of the All-Wales Mental Health Promotion Network is seen as a key resource in sharing local ideas and finding out about progress in different areas!

For further information, please contact: Jackie James, Principal Health Development Specialist, Flintshire LPHT jackie.james@nphs.wales.nhs.uk

Mental Health Action Week 12-18 April 2009

For this year's Mental Health Action week the Mental Health Foundation are launching a national campaign to raise awareness about the impact fear and anxiety can have on our lives.

Visit the Mental Health Foundation website (<http://www.mhf.org.uk/campaigns/mental-health-action-week-2009/>) to find out more.



The Hidden Phenomenon of Bereavement

Cruse Bereavement Care celebrates its Golden Jubilee this year, but Richard Paterson, Director of Cruse Cymru, thinks that death and bereavement are even more powerful conversation-stoppers today than they were when the charity was founded in 1959. Benjamin Franklin once commented that death and taxes will always be with us, but, in an age where death has been sanitised and removed from the home and community, people are even less well-equipped to cope with the reality of death and the impact of bereavement.

Around 30,000 people die every year in Wales - around 1 in 90 of us. The impact of bereavement is particularly powerful where death has come suddenly, in traumatic circumstances, where there has been a high degree of dependence on the person who has died, where it is a child who has died, where several deaths have occurred in a short space of time, or where those who remain are vulnerable because of other adverse factors in their lives. People bereaved in such circumstances make up a high proportion of those who seek help from Cruse, but no-one is immune from the potential effects of bereavement. Cruse estimates that, for every 7 deaths, 1 person will need one-to-one support or counselling.

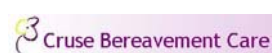
Cruse provides free and confidential support throughout Wales, through over 400 volunteers who have undergone 60 hours intensive training but who, above all, are mature and compassionate people and good listeners. Help can also be provided through support groups and drop-ins and some Cruse services run groups for people bereaved, in particular circumstances, such as suicide. There is a helpline - 0844 477 9400 - which operates 9.30am to 5 pm Monday to Friday, and the Cruse website - www.cruse.org.uk can provide details of local branches and has information on coping.

There is also a separate website for bereaved children - www.rd4u.org.uk - which gets 250,000 hits a year and reflects Cruse's rapidly growing work with children and young people. The long-term effects of bereavement and loss on young people is beginning to be better appreciated. Last year, Cruse Cymru services gave one-to-one support to over 250 children in Wales. Though still better known for its bereavement support work as a whole, Cruse is the UK's and Wales's largest provider of bereavement support for children and young people.

Richard Paterson thinks that the importance of bereavement as a significant factor in health and social care is now beginning to be better understood by funders and care providers. Welsh Assembly Government initiatives, such as the Suicide Action Plan, and its new emphasis on end-of-life care as well as continued planning for a possible pandemic, highlight the importance of bereavement support. In even the best run systems there will always be cases where cure or recovery is not possible and there is now greater appreciation that interventions should end, not with a death, but when those left bereaved have been offered support. Timely bereavement support has an important role to play in averting physical and mental ill-health, economic inactivity, and social isolation or dysfunction. It helps people who are going through probably the greatest challenge they will ever face to resume a life which, though it will always be different, can still offer meaning, purpose and happiness.

Further information about Cruse services and activities in Wales can be obtained from:

Cruse Cymru, Ty Energlyn, Heol Las, Caerphilly CF83 2TT;
phone 029 2088 6913; email wales.cymru@cruse.org.uk.



Not Just Nuts

Mental health charity Gofal Cymru has launched its first social business - a website selling organic, fair-trade, wholefood and ethical products.

www.notjustnuts.org.uk specialises in products that are linked to good mental wellbeing - including vitamin-rich dried fruit and nuts, relaxing bath products and scented candles - all of which are then delivered straight to the customer's door. Best of all, the new venture provides employment opportunities for people who have experienced mental ill-health and all surplus profits go back to Gofal Cymru to support the charity's work.

Jo-Ann Davis, who works for 'NotJustNuts', said: "Being part of 'NotJustNuts' has changed my whole outlook on life and I now look forward to what each day will bring. My confidence and self-esteem has increased to levels I could only imagine possible at one time.

"I also really believe in the 'Healthy Body, Healthy Mind' message of 'NotJustNuts'. On and off throughout my life I've maintained a certain level of healthy eating, but that totally went out of the window before and during my illness. There were, of course, other factors affecting my mental health but by improving and maintaining a healthy eating routine I feel better able to cope."

Janet Lane, Head of Social Business at Gofal Cymru added: "What makes 'Not Just Nuts' different from any other business is its link to Gofal Cymru. Shoppers know that by supporting the site, they're also supporting the charity. Using www.notjustnuts.co.uk is a way of doing something positive to help to tackle the stigma around mental health as well as buying quality ethical products."

"We also took the decision early on that we wanted to try to limit our impact on the environment, and so we make a point of sourcing all our products as locally as possible and use only recycled packaging materials - we've found that shredded office waste paper is great for packing our products in!"

If you want to show your support for this exciting new enterprise, and enable us to offer more opportunities to others like Jo-Ann, you can do so in three easy steps:

- visit www.notjustnuts.co.uk - we're confident you'll be tempted to buy something!
- tell your friends, family and colleagues about the site - word of mouth is the most powerful marketing tool there is.
- put a link to the site on your website, so even more people find out about us!



And if you want any further information, contact Janet Lane on 01656 647722 or email her - janetlane@gofalcymru.org.uk.

Health Challenge Flintshire

Every year, Health Challenge Flintshire seeks to recognise and celebrate work done by local groups and services to promote well-being in the population. For 2009, applications were invited for funding to support events or initiatives meeting the following criteria: encouraging feelings of 'belonging'; improving surroundings; providing 'taster' sessions for arts, cultural or physical activities; providing information about look after mental as well as physical health

A total of ten Awards were made to organisations / services in support of activities that included a youth group to put on an 'alternative' fashion show, the purchase of musical instruments to support work with disaffected young people, extending the life of a meditation group, supporting the expansion of the eco-centre at a local special school, promoting a wide range of physical activities for older people and the development of peer-to-peer information provision for young mums.

Further information about the initiatives supported can be found on the Health Challenge Flintshire website shortly www.healthchallengeflintshire.co.uk.

Other News

- [New Small Workplace Health Award Launched](#)
- [Recovery Book for Ceredigion Published](#)
- [Wales Volunteer of the Year Award 2009](#)
- [Caerphilly Health Colleges](#)
- [Preventing Bullying Behaviour](#)
- [Mental Health Aspects of Women's Reproductive Health: A Global Review of the Literature](#)
- [Health for Kids Award](#)
- [MIND Food & Mood Website](#)
- [NHS Direct Wales 'Directory of Health, Well-being & Support Services'](#)

For more information visit the website www.publicmentalhealth.org

Forthcoming Events

The All Wales Mental Health Promotion Network is delighted to announce a series of seminars: 'Future-Proofing - Promoting the Mental Health and Wellbeing of Children and Young People'

The following seminars will each focus on the mental health and wellbeing of children and young people by engaging with youth workers and other professionals working in the community and voluntary sector:

7 May 2009 - Aberystwyth

20 May 2009 - Llandudno

11 June 2009 - Merthyr Tydfil

To express your interest in attending please email: [Kelly Mason](mailto:Kelly.Mason@allwalesmentalhealth.org)



Forthcoming Events—Continued

Benefits of Nordic Walking to Welsh Communities: a briefing seminar

8 May 2009— Sports Council Wales, Sophia Gardens, Cardiff

22 May 2009—Alyn Waters Country Park, Wrexham

This British Nordic Walking Event aims to facilitate Local Authorities, Local Health Boards, Mentero Allan and other not for profit organisations to deliver Nordic Walking projects. This briefing will give those responsible for developing such projects all the tools they need and will provide an opportunity to try Nordic Walking and information on:

- The benefits of Nordic Walking for health and in community projects
- How to establish and run a successful scheme
- Existing Welsh Nordic Walking projects
- The role of British Nordic Walking and INWA (International Nordic Walking Federation)

[Download the flier and booking form](#) (English only)

Children and Young People's Mental Health

13 May 2009—Glasgow Royal Concert Hall

This 5th annual conference from the University of Glasgow (Division of Developmental Medicine) is relevant to those working with children and young people. For more information and to book online, visit: www.gla.ac.uk/departments/developmental/cpd/newcourses

Helping Children and Young People to Cope with Loss & Grief

20 May 2009- Hilton Glasgow Hotel

This one day conference from the University of Glasgow (Division of Developmental Medicine) will consider the needs of children and young people suffering loss and grief. For more information and to book online, visit: www.gla.ac.uk/departments/developmental/cpd/newcourses

Future Contributions

If you would like to contribute to future editions of Mental Health Promotion Wales please contact [Kelly Mason](#), All Wales Mental Health Promotion Coordinator, Wales Centre for Health, 14 Cathedral Road, Cardiff, CF11 9LJ, Tel: 029 2022 7744, Fax: 029 20226749.

Please be assured that your details are kept in the strictest confidence. However, if you wish to unsubscribe from receiving **Mental Health Promotion Wales** then please email Kelly.Mason@wch.wales.nhs.uk.