

# POWYS MENTAL HEALTH PLANNING AND DEVELOPMENT PARTNERSHIP UPDATE

*Your update of all things partnership*

## WELCOME

Welcome to the sixth edition of the Mental Health Planning and Development Partnership Board (MHPDPB) update. Here you'll find all the latest news and information relating to the partnership work currently taking place in Powys.

If you have any queries about this update or would like to be featured in the next issue please contact: [Freda.Lacey@wales.nhs.uk](mailto:Freda.Lacey@wales.nhs.uk)

## TOGETHER FOR MENTAL HEALTH DELIVERY PLAN (T4MH)

We are in the last six months of a 10 year "Together for Mental Health Strategy" for Wales and the final action plan associated with that strategy. Our Mental Health Officer's Group and Third Sector Providers have contributed to the plan over the last six months. We have been mapping our local priorities, joining up other plans so it's all in one place.

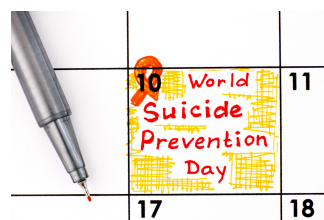
Welsh Government recently awarded a contract to "review" the 10-year strategy and evaluate the successful implementation across Wales. Our local planning will help when the Mental Health Partnership is consulted and we're asked to report on what we have achieved during the last 10 (and recent three years). The T4MH Delivery Plan for Powys will be workshopped at our upcoming Mental Health Planning and Development Partnership Board.



## SUICIDE AND SELF-HARM CO-ORDINATION

- The first of three workshops shaping the development of a Powys Suicide Bereavement Service has taken place with attendees from Health, Social Care, Emergency Services, Third Sector, Allied Professionals and those with lived experiences – feedback has been very helpful in shaping the future service development.
- Presentations have also been made with GP clusters and there is a greater wish to understand more about the self-harm prevention work we are seeking to coordinate, along with wider training on self-harm for primary care and other statutory staff.
- Funding options for the Powys Suicide Bereavement Service are being considered, service specification drawn up and continuity /sustainably planning is well in progress.
- Links will be made with other Mental Health strategic developments including the proposed NHS 111, Option 2 (for Mental Health) front door (telephone) service
- Suicide data from the last five years continues to be analysed to help shape service(s) development and help us understand themes/trends and data relating to self-harm is also now being gathered and analysed.

For more information, please contact Jan Roberts, Powys Suicide and Self-Harm Prevention Co-ordinator: [Jan.Roberts3@wales.nhs.uk](mailto:Jan.Roberts3@wales.nhs.uk)



## HARM REDUCTION (SUBSTANCE MISUSE) AND COMMISSIONING UPDATE

- Harm Reduction priorities for this past quarter include:
- New process worked out between partner agencies for Drug Related Death Reviews
- New process being worked out for Non-Fatal Drug Poisoning(s) between agencies
- Exploring dry “Blood Spot Testing” for Blood Borne Virus, Postal Testing Kits in partnership with Nation Public Health colleagues
- Drug Alert Strategy/Process drafted for Powys and agreed by Area Planning Board/Partners
- Exploring rollout of “Naloxone” with partner agencies



**Heddlu•Police**  
Pwyllwr yn Gyntaf - Supporting our Community



**GIG Cymru NHS WALES**  
Bwrdd Iechyd Addysgu Powys  
Powys Teaching Health Board



- Our new commissioning manager is supporting clinical aspects of the upcoming Substance Misuse Tender for Powys. Key immediate focus is:
- Detox and Rehabilitation - We have had a sharp increase in numbers of people requiring specialist support for alcohol issues and are ramping up our resources to support people with community detox and where necessary, residential placements ensuring wrap around support
- Pick and Mix/Needle Exchange – exploring needs for pan-Powys rolling out of Pick 'n Mix/Needle Exchange(s) in other Kaleidoscope venues following successful pilot in Newtown
- For more information, please contact Andrew Mason, Harm Reduction Coordinator, on [Andrew.Mason@wales.nhs.uk](mailto:Andrew.Mason@wales.nhs.uk) and Owen Price, Substance misuse Commissioning Manager, [Owen.Price@wales.nhs.uk](mailto:Owen.Price@wales.nhs.uk).



## ARTS IN HEALTH - HIGHLIGHTS

- “HORIZON” (Arts in Health project) has a new part-time project manager now reporting into our Arts in Health Coordinator. Guy Roderick has a great deal of experience working across arts and most recently in health/social care and we are delighted to welcome him.
- Related planning focusing on creative activities across the Health Board and partner agencies, such as children/young people who have substance misuse issues, in-patient activities in Felindre Ward, working with people living with Dementia, and Eco-Therapy focused activities.
- Digital Storytelling & documentary film-making development
- Art in Machynlleth hospital being developed
- Creativity and End of Life care being developed with the Museum of Wales and our palliative care teams

For more information, please contact Lucy Bevan, Arts in Health Co-ordinator: [Lucinda.Bevan@wales.nhs.uk](mailto:Lucinda.Bevan@wales.nhs.uk)



 **PAVO**  
Powys Association of Voluntary Organisations  
Cymdeithas Meddalwyr Gwladol Powys

 **Powys**

## CRISIS CARE FORUM UPDATE

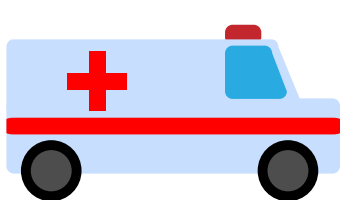
Good news. Powys will be able to use shortly (October) a new mental health conveyancing vehicle provided by St. John's Ambulance. We are discussing how to access the service and will provide details soon to all statutory and voluntary services.

A new national crisis care plan has been drafted, but only for the next six months as this plan and two others are likely to be joined together under the banner of "Together for Mental Health" next year. We have contributed our feedback to the interim plan and have especially focused on ensuring that we highlight the need to bring together mental health, harm reduction (substance misuse) and housing related needs together within the plan.

The development of the NHS 111 Mental Health service continues to gather pace and we will shortly have a new project manager recruited to take the project forward as our current project manager is moving roles.

The popular Citizens' Advice Bureau Benefit Advice Service directly supporting patients in our in-patient unit in Felindre/Bronllys Hospital has arranged funding from the Social Value Forum (Integrated Care Funding) and we're delighted to know this will continue as our patients, family members and patient's council (volunteers) really value the service.

For further information about any aspects of the Crisis Care Forum, please contact [Freda.Lacey@wales.nhs.uk](mailto:Freda.Lacey@wales.nhs.uk).



## COMMUNITY VOLUNTARY SECTOR HIGHLIGHTS

Mental Health Service Providers continue to be very busy with increased referrals post lockdown. Key areas of need include counselling where for the first time, waiting lists have had to be implemented. People presenting in crisis with emerging needs as a result of Covid-19 continue to ask for support across all community-based service centres in Ystradgynlais, Brecon, Llandrindod, Newtown and Welshpool with two Out of Hours (Sanctuary/Twilight) services being piloted in Newtown and Brecon. The Health Board is looking at the needs around Sanctuary/Twilight services in North/South of Powys and we will be engaging with the Community Voluntary Sector shortly about the needs and demands for this service across Powys. These services are linked with our NHS 111 service development.



Key area of focus for the next quarter is ensuring that bid proposals for Big Lottery and other national funding such as Arts Council/Baring Foundation are explored.

Powys County Council has a new "Grants" Officer (Tim Davies) in post who is working in partnership across PTHB and Third Sector supporting collaborative bid proposals. We are focused on additionally supporting people with ongoing/emerging complex needs, working in partnership across Third Sector, Housing, Mental Health, Substance Misuse and Offender Management/Police.

## ENGAGE TO CHANGE HIGHLIGHTS

September's Engage to Change (EtoC) meeting focused on advocacy in mental health, a dedicated agenda item gave members the opportunity to find out more about the advocacy provision in Powys. Moving forward, the Independent Mental Capacity Advocates have been invited on board as full members to bring additional insight into Powys' patient and carer voice.

The Wales Mental Health and Wellbeing Forum are working hard, finalising national guidance on co-production in Mental Health Services in Wales. Engage to Change are anticipating the guidance will be published in December 2021, and will help shape PTHB's future co-production strategy.

The MHPDPB's Annual Report for 2020 - 21 (inset) is currently being translated, we are hoping it will be bilingually available by October 2021.

Engage to Change and the Patients' Council would like to extend a huge thank you to the staff on Felindre Ward, with special thanks to Millie Griffiths, Occupational Therapist, for their hard work and dedication in transforming the Felindre Ward Garden (inset, before and after) and establishing a flourishing gardening group.



Looking forward, Engage to Change will be making preparations for World Mental Health Day on 10th October 2021.

To find out more about Engage to Change, you can contact Lucy Harbour, Mental Health Partnership Participation Officer, via email: [Lucy.Harbour@wales.nhs.uk](mailto:Lucy.Harbour@wales.nhs.uk)

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