



Suicide and Self Harm Prevention Project - A Partnership Approach

**Neath Port Talbot and Bridgend
2009-2014**



ARIENNIR GAN Y LOTERI
LOTTERY FUNDED



Siaradwn Ni - Let's Talk Project

What is the Siaradwn Ni-Let's Talk Project?

Suicide is a major public health problem in Wales. The Welsh Assembly Government has adopted suicide mortality at a national level as a health gain target to be reduced by at least 10% by 2012 from the 2002 baseline. Within the Neath Port Talbot and Bridgend communities, there has been a particular high level of suicide which required a co-ordinated response from all sections of the community and this led to the development of the Siaradwn Ni-Lets Talk Project. The Siaradwn Ni-Lets Talk Project is a partnership made up of both voluntary and statutory organisations from Neath Port Talbot and Bridgend with ABM University NHS Trust as the lead. The project is funded by the Big Lottery, Mental Health Matters Fund.

The Aim of the Project

The aim of the project is to reduce stigma and improve public awareness in relation to mental health and provide a legacy of knowledge regarding mental health and suicide prevention across the Bridgend and Neath Port Talbot Borough areas. This will encourage earlier recognition, response and recovery for those in need.

This will be achieved by:

- Promoting a more positive image of mental health within the community, thus reducing barriers to accessing support.
- Promoting greater social inclusion for those with mental health problems and those in emotional distress.
- A co-ordinated approach, working for and with, the beneficiaries, through their involvement in health promotion, the provision of opportunities for engagement and inclusion and the cascading of learning opportunities.
- Providing free training, counselling and bereavement support to local communities in Neath Port Talbot and Bridgend over the next five years.
- Working closely with other local initiatives such as the Neath Port Talbot and Bridgend "Improving Futures Strategy" Group currently developing a local Suicide and Self Harm Prevention Action Plan.

Siaradwn Ni Project Services

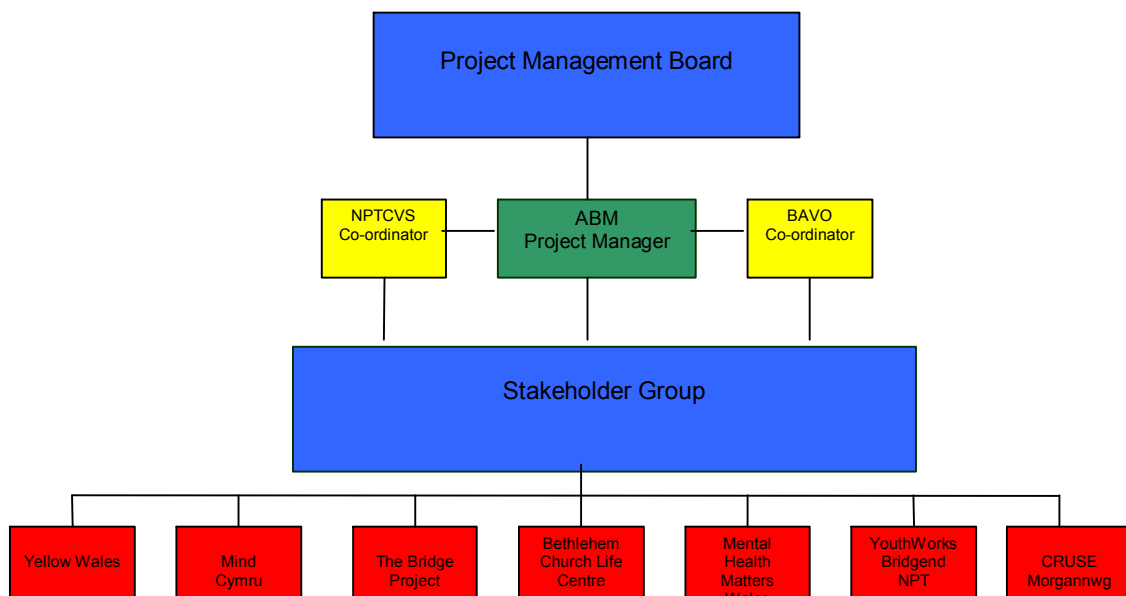
The Siaradwn Ni-Lets Talk Services can be split into four distinct parts:

- Training – provided by The Bridge Mentoring Plus Scheme, Mind Cymru, YouthWorks, Yellow Wales and Cruse Bereavement Care Morgannwg
- Counselling and Bereavement Support – provided by Bethlehem Church Life Centre and Cruse Bereavement Care Morgannwg
- Annual Conference – Mental Health Matters Wales
- Mental Health and Suicide Prevention Literature – Neath Port Talbot Council for Voluntary Service and Bridgend Association of Voluntary Organisations.

All service providers/stakeholders in the project work very closely together to ensure that they deliver a quality, seamless service. This partnership work is co-ordinated by two project officers. The project officer for Bridgend is based with BAVO and the project officer for Neath Port Talbot is based at Neath Port Talbot CVS.

Siaradwn Ni Project Management

The Siaradwn Ni Project is managed by a multi-agency partnership board which consists of ABM University NHS Trust, Neath Port Talbot and Bridgend Local Health Boards, Neath Port Talbot and Bridgend Local Authorities, Neath Port Talbot CVS and BAVO.





Training Providers Programmes & Application





The Bridge Mentoring Plus Scheme uses trained volunteer mentors to provide 1-2-1 support for vulnerable young people aged 10 - 25 living in the borough of Bridgend. Mentoring aims to help young people increase their confidence and self esteem, better manage their emotions and relationships, improve academic progress, and learn new skills. In order to achieve the desired outcomes the organisation provides the following:-

For Young people:

- One to one mentor support using community facilities
- An accredited Emotional Literacy Programme (a choice of nine subjects)
- Evening activities, social events and trips out (Youth Achievement Awards)
- Allotment, nutrition course (accredited), healthy eating and cookery
- Accredited Peer mentoring course (age 12 +) and Mentor training (age 16+)
- A qualified counsellor

For Volunteers (Mentors)

- Accredited training in Mentoring and Peer Mentoring
- Training in Youth work and youth related issues
- Practical experience to support certain college courses
- Opportunity to learn new skills

Due to the popularity of its training programmes the Bridge MPS has removed its upper age limit to benefit those interested in courses provided under the "Siaradwn Ni" project ("Let's Talk" project).

Siaradwn Ni Project (Let's Talk Project)

The Bridge Mentoring Plus Scheme is offering a number of programmes accredited by Open College Network (Wales) and National Open College Network to those interested in their and other peoples well being. Each course will require the learner to produce a portfolio of evidence of learning in order to acquire an accredited certificate. Programme delivery will vary between 10 and 20 classroom hours.

Peer Mentoring (OCN Level 1 or level 2)

In a relaxed friendly atmosphere this course will enable you to learn about different forms of communication in a fun way. Values and attitudes that

shape us are examined and how and why other peoples may differ. We explore problems and difficulties faced at various times in our lives and identify methods of support and agencies that could help in times of need. Confidentiality and boundaries are discussed alongside the expectations and responsibilities of a peer mentor.

Emotional Literacy NOCN (Level 1 or level 2)

A choice of three units:-

1. Understanding & Handling Relationships

This unit will explore Active Listening, Effective Conversation, and Passive, Aggressive and Assertive behaviour. With the help of a qualified counsellor you will explore anger and its physical effects and look at a range of strategies to bring about positive change.

2. Getting and Giving Support

This unit will help you identify and access support relevant to your needs. You will look at how people feel about asking for support, being offered support, and the effects on the individual when supporting others. It includes confidence building exercises.

3. Understanding Feelings

This unit helps you identify your own feelings in good and bad situations and looks at factors that affect them. You will discuss how feelings affect us and our behaviour towards others. With the help of a qualified counsellor you will have the opportunity to explore your feelings and learn new strategies to deal with and manage them more effectively.

Facilitating the development of Emotional Intelligence (OCN Level 3)

A little more demanding with lots of role play and self awareness exercises. You will be analysing your own and other people's strengths and weaknesses using a range of communication skills to promote the development of Emotional Intelligence. Along with the portfolio personal reflection will be required to evidence learning.

Who is the Project for?

Age group: 16 years and upward (no upper age limit)

The programmes are suitable for:-

- Those that have experienced bereavement and need to make sense of their feelings
- those who would like to have a better understanding of supporting others through difficult periods
- those that would like to improve their communication skills
- those that would like to facilitate the development of Emotional Intelligence in themselves and others

How are people referred?

Referral routes:-

- Self referrals (phone/email and ask for a referral form)

- Through another agency (Doctors surgery, Mental Health Matters etc.)

Office hours

The Bridge MPS offices are based in Bridgend town centre.

Office hours: Monday to Thursday 9am – 4pm

Programmes can be provided during these hours or between 6pm – 9pm certain evenings for those not available during the day.

Contact details

Angela James

angela@thebridgemps.org.uk

Tel/fax: 01656 647891

Andrea Thomas

andrea@thebridgemps.org.uk

Tel/fax: 01656 647891



Siaradwn Ni Programme dates 2009

Peer Mentoring Level 1

Monday	29 th June	5.30pm to 9pm
Wednesday	1 st July	5.30pm to 9pm

Peer Mentoring Level 2

Monday	13 th July	5.30pm to 9pm
Wednesday	15 th July	5.30pm to 9pm

Emotional Literacy Level 1 or 2 (Handling Relationships)

Wednesday	1 st July	9.30am to 3.30pm
Wednesday	8 th July	9.30am to 3.30pm
Wednesday	15 th July	9.30am to 3.30pm

Emotional Literacy Level 1 or 2 (Getting and Giving Support)

Wednesday	19 th Aug	9.30am to 3.30pm
Wednesday	26 th Aug	9.30am to 3.30pm
Wednesday	2 nd Sept	9.30am to 3.30pm

Emotional Literacy Level 1 or 2 (Handling Relationships)

Wednesday	16 th Sept	9.30am to 3.30pm
Wednesday	23 rd Sept	9.30am to 3.30pm
Wednesday	30 th Sept	9.30am to 3.30pm

Peer Mentoring Level 1

Wednesday	11 th Nov	1.00pm to 3.30pm
Wednesday	18 th Nov	1.00pm to 3.30pm
Wednesday	25 th Nov	1.00pm to 3.30pm

Emotional Intelligence Level 3

Monday	9 th Nov	6.00pm to 9.00pm
Monday	16 th Nov	6.00pm to 9.00pm
Monday	25 th Nov	6.00pm to 9.00pm
Monday	2 nd Dec	6.00pm to 9.00pm

More of the above programmes will be available in the new year and will continue for the next five years. Times to be arranged.

Dates and times may vary from the above so please check by ringing 01656 647891





Mind is the leading mental health charity in England and Wales. We work to create a better life for everyone with experience of mental distress by:

- * campaigning for people's rights
- * challenging poor practice in mental health
- * informing and supporting thousands of people on a daily basis
- * providing over a thousand services across England and Wales through our network of local Mind associations.

Mental health problems can affect anyone, rich or poor, young or old, shattering the lives of those affected and the lives of the people close to them. One in four of us will experience a mental health problem at some point in our lives. Each year more than 250,000 people are admitted to psychiatric hospitals and over 4,000 people take their own lives.

Mind's work in Wales is managed and carried out by Mind Cymru. We have offices in Cardiff and staff based in Mid, North and South Wales.

Local Mind associations provide essential direct services within local communities. Mind Cymru offers support and advice to local Mind associations on issues such as funding, quality standards, good practice and organisational effectiveness.

Since 1973 Mind Cymru has established itself as an influential commentator on, and partner in the development of mental health and community care policy in Wales, working closely with the Welsh Assembly Government and National Assembly for Wales, other voluntary and statutory agencies and the Policy, Legal and Parliamentary Units of Mind.

Mind Cymru organises a number of key events throughout the year including an annual conference, stands at the National Eisteddfod and Royal Welsh Show as well as addressing the importance of rural issues and mental health throughout Wales.

Description on your Siaradwn Ni Project

The Positive Choices Project aims to help reduce the suicide rate across Wales and to promote mental health by relieving the serious mental distress experienced by individuals with thoughts of suicide. Funded by the Big Lottery

Fund's Mental Health Matters Programme, the project will be led by Mind Cymru, working in close partnership with NPHS Wales, Mind Aberystwyth, Torfaen Mind and Vale of Clwyd Mind. The project will engage with voluntary and statutory sectors as well as communities to raise awareness of suicide, break down stigma, and increase the perception that suicide is everybody's business.

The Positive Choices Project aims to have trained 13000 people in Applied Suicide Intervention Skills Training (ASIST) by 2014. In partnership with the Siaradwn Ni project we will be delivering 80 ASIST workshops over the next 5 years in Bridgend and Neath Port Talbot County Boroughs.

Who is the Project for?

This is an established, award-winning, evidence-based training model that has been continuously developed over 25 years and is used world-wide to provide suicide intervention training to professionals and community members alike.

What will the Positive Choices Project be Providing in Neath Port Talbot and Bridgend?

In partnership with the Siaradwn Ni project we will be delivering 80 ASIST workshops over the next 5 years in Neath Port Talbot and Bridgend County Boroughs.

Applied Suicide Interventions Skills Training (known as ASIST) is a training module developed and refined by Livingworks Education in Canada since 1985 and is based on best practice, up to date research and effective teaching methods. Training will be undertaken using award winning audio visuals along with interactive small group work and simulations to encourage competence and confidence. ASIST Trainers are provided by Mind Cymru.

The course is offered free of charge as part of the Siaradwn Ni – Let's Talk project funded by the Big Lottery to people who live or work in Neath Port Talbot and Bridgend.

This includes:

- training workbook/materials
- Suicide Intervention Manual.
- certificate of attendance

Please note that in order to receive a certificate at the end of the course one needs to attend the full two days - from 9.00 a.m. till 5.00 p.m. both days.

To find out more about ASIST go to: www.asist-wales.org.uk

Who do I contact for Courses in Neath Port Talbot and Bridgend?

For Neath Port Talbot

Lianne Casley
Neath Port Talbot CVS,
Tŷ Margaret Thorne,
17-19, Alfred Street,
Neath,
SA11 1EF
tel: 01639 631246
email: LianneC@nptcvs.org.uk

For Bridgend

Claire Foster
BAVO,
112-113, Commercial Street,
Maesteg,
CF34 9DL,
tel: 01656 810400
email: clairefoster@bavo.org.uk

For the Positive Choices Project in other parts of Wales

Principal contacts for the Positive Choices Project are:

For training in Bridgend contact Ceri Taylor

c.taylor@mind.org.uk

tel: 07775 870 321

For Training in Neath Port Talbot area contact Maggie Cooper

m.cooper@mind.org.uk

tel: 07775 872704

Positive Choices Project Manager:

Alan Briscoe

a.briscoe@mind.org.uk

tel: 01654 703487

mobile: 07525 933815

Mind Cymru

Y Plas

Machynlleth

Powys

SY20 8DQ



The challenge

Every year in Wales roughly twice as many people die by suicide than are killed in road traffic accidents. For every suicide, there may be up to 100 times more who are injured by non-fatal suicidal behaviours.

In any year, an estimated 5% of the population have serious thoughts of suicide. (*Samaritans*)

How can we prevent further deaths and injuries? How can we support people to choose life when something prevents them from seeing a way forward?

After suicide

Many more people are left to live on, their lives permanently affected by suicide, wishing they could have said or done something to prevent an avoidable death happening.

The opportunity

Most people considering suicide share their distress and their intent. Training can help us see and respond to these invitations to help. It can give you the confidence to ask about suicide if you are concerned about someone's safety. It can provide you with the tools to help prevent the immediate risk of suicide.

Just as "CPR" skills make physical first aid possible, training in suicide intervention develops the skills used in suicide first aid.

The workshop

The two day intensive, interactive workshop is the most widely used and researched suicide intervention skills training in the world with over 20 years of evaluation.

Already well established in Canada, USA, Australia, New Zealand, Norway, Eire, Scotland and Northern Ireland, **Mind Cymru** can now provide this internationally recognised and award-winning training

ASIST provides practical training for caregivers seeking to prevent the immediate risk of suicide.

Participants include:

- Emergency service workers
- Counsellors, teachers and ministers
- Mental health practitioners
- Workers in health, welfare or justice
- Community volunteers
- People concerned about family, friends
- Natural helpers and advisers

Working mostly in small groups of one trainer to no more than 15 participants, **ASIST** uses many different teaching processes to create a practice-oriented and interactive learning experience.

The outcome

The emphasis of the **ASIST** workshop is on suicide first aid, on helping a person at risk stay safe and seek further help. Attendance at the full two days is essential.

Learn how to:

- Recognise invitations for help
- Reach out and offer support
- Review the risk of suicide
- Apply a suicide intervention model
- Link people with community resources

The workshop increases caregivers' knowledge and confidence to respond to a person at risk of suicide; the skills learned can be put to use to save lives.

What participants say about our ASIST workshops

- *'Very practical and supportive structure.'*
- *'Very important first aid to be armed with, both personally and professionally.'*

- *'Presentation was professional and sensitively handled. Extremely thorough and very informative.'*

- *'Well delivered and thought out workshop.'*

How are people referred?

- Self referral

- Referral via statutory or voluntary organisation



Yellow stands for 'Youth Enterprise, Life-long Learning & Opportunities to Work.' Yellow Wales is a charity and company limited by guarantee based in Bridgend. Providing services to vulnerable people since September 2004, we work with other agencies and the community to help people experiencing difficulties to move on positively in their lives. We aim to prevent homelessness and support people to develop skills that promote self esteem and health and well being. We provide the encouragement, support and training to individuals to move on in their lives, progress, contribute to their community and identify and reach their own goals.

Yellow Wales role in 'Siaradwn Ni' is to provide Neath Port Talbot and Bridgend with:

Listening skills

It is planned to deliver Listening Introduction Courses of between 2 to 6 hours long, by request, to 40 people of all ages through the year.

And

Open College Network (OCN) accredited courses in Listening / Counselling Skills for 20 people will be delivered within Bridgend, Neath Port Talbot.

All training and accreditation will be voluntary and there will be an opportunity to progress from the introduction to accredited course.

Participation and engagement

We will provide community members with the encouragement, support, self and positive mental health awareness, opportunities for new experiences and training, to become involved in the community and become an integral part of that community helping yourself and others.

There will be an ongoing programme of participation and engagement. Core hours for delivery and involvement will be Tuesday to Thursday weekly

Circles of Support

Yellow Wales will assist community members to develop Circles of Support. These are groups of people in their own community supporting each other formally or informally and socialising. Circles are for people who may feel isolated or may share a common interest, need or goal which they can support each other in.

This will begin in 2010 and meet according to need.

The Profile of Yellow Wales Siaradwn Ni participants

Yellow will work with all ages 16 and above to support awareness of positive mental health and provide the infrastructure of support to meet Siaradwn Ni aims.

Criteria for referral to Yellow Wales Siaradwn Ni services are as follows:

- Self Referral
- Referral via organisations both statutory or voluntary

Contact information

Tracey Miles
Training Officer
Yellow Wales
14-18 Queen Street
Bridgend
CF31 1HX
Tel: 07786143482



Yellow Wales Training Programme Timetable

June 2009: Courses available

Course	Date	To include	Venue	Times
Food co-op & Volunteering opportunities and community participation, OCN.	4 th , 11 th , 18 th , 25 th	Volunteering opportunities and community participation, OCN.	Youth Service Just Ask Bridgend.	10am – 3pm
Independent Living Skills OCN	9 th , 16 th , 23 rd , 30 th	Basic cookery skills, budgeting, dealing with debt, basic household management, awareness of health, hygiene and team building activities	YMCA Bridgend.	9.30am – 3.00pm
Listening Skills, World of work, Youth exchange planning.	17 th , 24 th	Introduction to listening skills	YMCA Bridgend.	9.30am – 3.00pm
Duke of Edinburgh	12 th , 13 th	Practice for Silver expedition	Meet at YMCA Bridgend.	Meet at 9.30 am
Duke of Edinburgh	25 th , 26 th , 27 th	Silver Expedition.	Meet at YMCA Bridgend.	Meet at 9.30 am
Duke of Edinburgh	29 th .	De-brief of Silver expedition.	YMCA Bridgend	9.30 am

If you would like further information on any of the above courses please contact Tracey Miles, Training Officer for Yellow Wales, on Tel 07786143482.

* All of the above are subject to change, Depending on demand.





Yellow Wales Training Programme Timetable

July 2009: Courses available

Course	Date	To include	Venue	Times
Listening Skills OCN , World of work OCN & Youth exchange planning.	1 st , 8 th , 15 th	Introduction to listening skills & World of Work	YMCA Bridgend.	9.30am – 3.00pm
Food co-op & Volunteering opportunities and community participation, OCN.	2 nd , 9 th , 16 th , 23 rd	Volunteering opportunities and community participation, OCN.	Youth Service Just Ask Bridgend.	To be confirmed.
Youth Exchange	17 th – 29 th	Romanian Youth Exchange (for more information contact Dave Muckell on 07821918732)	Meet at YMCA Bridgend.	8.30am -
Independent Living Skills OCN	7 th	Basic cookery skills, budgeting, dealing with debt, basic household management, awareness of health, hygiene and team building activities	YMCA Bridgend.	9.30am – 3.00pm

If you would like further information on any of the above courses please contact Tracey Miles, Training Officer for Yellow Wales, on Tel 07786143482.

* All of the above are subject to change, Depending on demand.





Yellow Wales Training Programme Timetable

August 2009: Courses available

Course	Date	To include	Venue	Times
Food co-op & Volunteering opportunities and community participation, OCN	13 th , 20 th , 27 th	Volunteering opportunities and community participation, OCN	Youth Service Just Ask Bridgend.	To be confirmed.
Food skills OCN	11 th , 18 th , 25 th	Cooking, Budgeting and Food Nutrition.	YMCA Bridgend	9.30am – 3.00pm
Duke of Edinburgh	12 th , 19 th , 26 th ,	Listening skills OCN and Basic First Aid	YMCA Bridgend	9.30am – 3.00pm

If you would like further information on any of the above courses please contact Tracey Miles, Training Officer for Yellow Wales, on Tel 07786143482.

* All of the above are subject to change, Depending on demand.





Yellow Wales Training Programme Timetable

September 2009: Courses available

Course	Date	To include	Venue	Times
Food skills OCN	1 st , 8 th	Cooking, Budgeting and Food Nutrition.	YMCA Bridgend	9.30am – 3.00pm
Independent Living Skills OCN	15 th , 22 nd & 29 th	Basic cookery skills, budgeting, dealing with debt, basic household management, awareness of health, hygiene and team building activities.	YMCA Bridgend.	9.30am – 3.00pm
Listening skills OCN	2 nd	Listening skills, communication skills, awareness raising, team building activities.	YMCA Bridgend	9.30 am- 3.00pm
First Aid OCN	2 nd	Basic First Aid skills.	YMCA Bridgend.	9.30am – 3.00pm
Basic Hill Walking Skills OCN	9 th , 16 th , 23 rd , 30 th	Working towards skills for Duke of Edinburgh Award.	YMCA Bridgend.	9.30 – 3.00pm
Food Co-Op	3 rd , 10 th , 17 th , 24 th .	Volunteering opportunities and community participation.	Youth Service Just Ask Bridgend.	To be confirmed.

If you would like further information on any of the above courses please contact Tracey Miles, Training Officer for Yellow Wales, on Tel 07786143482.

* All of the above are subject to change, Depending on demand.





Yellow Wales Training Programme Timetable

October 2009: Courses available

Course	Date	To include	Venue	Times
Independent Living Skills	6 th , 13 th		YMCA Bridgend	9.30 am – 3.00pm
Listening skills OCN	14 th , 21 st , 28 th	Listening skills, communication skills, awareness raising, team building activities.	YMCA Bridgend	9.30 am - 3.00pm
Food skills OCN	3 rd , 10 th , 17 th	Cooking, Budgeting and Food Nutrition.	YMCA Bridgend	9.30am – 3.00pm
Basic Hill Walking Skills	7 th	Working towards skills for Duke of Edinburgh Award.	YMCA Bridgend.	9.30 – 3.00pm
Food Co-Op	1 st , 8 th , 15 th , 22 nd , 29 th	Volunteering opportunities and community participation.	Youth Service Just Ask Bridgend.	To be confirmed.

If you would like further information on any of the above courses please contact Tracey Miles, Training Officer for Yellow Wales, on Tel 07786143482.

* All of the above are subject to change, Depending on demand.





Yellow Wales Training Programme Timetable

November 2009: Courses available

Course	Date	To include	Venue	Times
Food skills OCN	3 rd , 10 th , 17 th	Cooking, Budgeting and Food Nutrition.	YMCA Bridgend	9.30am – 3.00pm
Listening skills OCN	4 th , 11 th	Listening skills, communication skills, awareness raising, team building activities.	YMCA Bridgend	9.30 am- 3.00pm
Food Co-Op	5 th , 12 th , 19 th .	Volunteering opportunities and community participation.	Youth Service Just Ask Bridgend.	To be confirmed.

If you would like further information on any of the above courses please contact Tracey Miles, Training Officer for Yellow Wales, on Tel 07786143482.

* All of the above are subject to change, Depending on demand.





YouthWorks Bridgend Neath Port Talbot



Organisation Description

The YouthWorks programme reduces crime, youth annoyance and drug related problems in the most deprived neighbourhoods, it does this by engaging young people aged 8 to 25, focussing on the most 'hard-to-reach' and 'at risk'. This is conducted by providing activities that enhance their personal and social skills, enabling them to become valued citizens within their communities. Whilst implementing improvements in their physical environment.

We currently work with young people who are not in education, employment or training. (NEET) Using community engagement programmes, that include landscaping and construction skills. These skills have been successfully implemented in past programmes. We support young people to engage in full time education or training opportunities and will be using this experience gained by our own staff and our track record of partnership working in the field of outdoor education opportunities and problematic behaviours to offer our proposed 10 week sessional programmes to those experiencing issues around those or other mental health and well being.

Description on your Siaradwn Ni Project

YouthWorks will offer a 10 session programme of daytime interaction and residential opportunities predominantly engaging young people of 16 to 25 years in therapeutic activities. Assisting them to develop their self esteem and confidence, allowing them to develop their social skills and vocabulary, this will assist them in forming positive relationships with adults and peers.

Initially the project will concentrate on developing good relationships between staff and young people. The staff involved in these sessions are qualified and have expertise in a range of backgrounds. Supported by a health professional our team will provide a variety of activities such as outdoor education, team building and one to one work between staff and young people, with the aim of assisting participants to develop their self esteem and confidence, so they can better interact with other young people and adults. The result will be that participants by improving their social and interactive skills will feel more empowered to speak about any issues and difficulties in their personal lives either with other young people, family members or if appropriate professionals.

Who is the Project for?

The project is predominantly aimed at 16 to 25 year olds either suffering themselves with issues related to their mental health and well being or those whose lives are being affected by others with mental health and well being issues (e.g. siblings and parents).

We are looking to engage over the period of the project with those in the initial stages of diagnosis or on the periphery of service need, gaining experience as we progress towards partnership working with other health professionals so as to work with those suffering to a greater degree.

How are people referred?

Either through our own projects and client group, other voluntary agencies or statutory bodies, advertising in appropriate settings for candidates to self referral.

When are your offices open?

We are contactable during normal office hours and our projects work most evenings in the week.

How do people contact you?

Reg Denley
Programme Manager
Groundwork Bridgend & Neath Port Talbot
The Engine House, Parc Tondu,
Maesteg Road, Tondu,
Bridgend
CF32 9TF

Tel: 01656 727800

Fax: 01656 727832

E-mail: regdenley@groundworkbnpt.com

Other staff connected with this project will have their contact details issued to those taking part. This information will be available on poster and flyers which will be circulated to statutory and voluntary partners and be posted in various other venues e.g. youth clubs, clinics, GP surgeries, hospital foyer etc.

Eric Programme Timetable for 2009/2010.

	Programme 1	Programme 2	Programme 3
Session 1	3 rd August	5 th October	1 st February 2010
Session 2	4 th August	12 th October	8 th February
Session 3	10 th August	9 th October ¹	15 th February
Session 4	11 th August	26 th October	22 nd February
Session 5	17 th August	2 nd November	1 st March
Session 6	18 th August	9 th November	8 th March
Session 7	24 th August	16 th November	15 th March
Session 8	25 th August	23 rd November	22 nd March
Session 9 and 10 Residential	27 th +28 th August	30 th November and 1 st December	29 th and 30 th March

Everyone experiences bereavement at some stage in their life, the death of a partner, a child, a parent, a loved one, a friend. The feelings of grief can overwhelm us at the time, and our lives will never be the same again. Things have changed, but we can work through them to come to terms with our loss.

Cruse Bereavement Care exists to promote the well-being of bereaved people and to enable anyone bereaved by death to understand their grief and cope with their loss. Services are free to bereaved people. The charity provides support and offers information, advice, education and training services.

Cruse Bereavement Talks

Our talks are bespoke, and vary in length depending on need, but usually last about 2-3 hours. They are very much hands-on, informal, jargon and theory free, and include workshops. They are primarily bereavement awareness, and include a 15 minute animated video called 'Grief in the Family', but they can include specifics such as bereavement through suicide, or listening skills. Time is also allowed for question and answer sessions.

We can also facilitate groups that wish to discuss aspects of their own bereavements, or the effect of bereavement in their community.

Talks can be arranged through our Area Coordinator, Sue Richards at our Swansea Office on 01792 462845 mentioning Siaradwn Ni.

Siaradwn Ni Application Form

Which course are you applying to attend? Please tick box/boxes below.

- | | | | |
|--|--------------------------|---|--------------------------|
| • Peer Mentoring Level 1 | <input type="checkbox"/> | • Introduction to Listening | <input type="checkbox"/> |
| • Peer Mentoring Level 2 | <input type="checkbox"/> | • Listening Skills Level 2 | <input type="checkbox"/> |
| • Emotional Literacy Level 1 | <input type="checkbox"/> | • Circles of Support | <input type="checkbox"/> |
| • Emotional Literacy Level 2 | <input type="checkbox"/> | • Participation Department of
Education Open College | |
| • Emotional Intelligence Level 3 | <input type="checkbox"/> | • Network courses | <input type="checkbox"/> |
| • ASIST – Applied Suicide
Intervention training | <input type="checkbox"/> | • ERIC - Youthworks | <input type="checkbox"/> |
| • CRUSE-Bereavement
Awareness Talk | <input type="checkbox"/> | | |

Name:

Age:

Male **Female**

Do you live or work in :

- Bridgend
- Neath Port Talbot

Current Address:

Telephone:

Mobile:

Emergency contact no.

E mail address:

Any special requirements?

- Dietary
- Access
- Learning support
- Other

Is there anything else we need to know that may affect your ability to participate?

Referred by (please tick)

Self How did you hear about the Project?

Other Who?

For the purpose of monitoring, please tick one of the following:

White European	<input type="checkbox"/>	White & Asian	<input type="checkbox"/>	Indian	<input type="checkbox"/>	Chinese	<input type="checkbox"/>
White & Black African	<input type="checkbox"/>	Caribbean	<input type="checkbox"/>	Pakistani	<input type="checkbox"/>	Other	<input type="checkbox"/>
White & Black Caribbean	<input type="checkbox"/>	African	<input type="checkbox"/>	Bangladeshi	<input type="checkbox"/>		<input type="checkbox"/>

Please tick the box which applies to you or the sector you work in.

√

Statutory	<input type="checkbox"/>	Private	<input type="checkbox"/>
Voluntary	<input type="checkbox"/>	Individual	<input type="checkbox"/>
Further/ higher education	<input type="checkbox"/>	Other	<input type="checkbox"/>

Please tick the box which best describes the nature of your work (if applicable)

Mental Health	<input type="checkbox"/>	Youth Work	<input type="checkbox"/>
Social Work	<input type="checkbox"/>	Foster Care	<input type="checkbox"/>
Police	<input type="checkbox"/>	Fire Service	<input type="checkbox"/>
Education	<input type="checkbox"/>	Health	<input type="checkbox"/>
Other	<input type="checkbox"/>		<input type="checkbox"/>

Do you work with/have personal experience/or know individuals in the following groups:

√

History of self harm and suicidal behaviour	<input type="checkbox"/>
People who abuse substances including alcohol	<input type="checkbox"/>
People with mental health problems	<input type="checkbox"/>
People in contact with criminal justice services	<input type="checkbox"/>
Those not engaged with education/training/employment	<input type="checkbox"/>
People who have recently suffered bereavement	<input type="checkbox"/>
Homeless people	<input type="checkbox"/>
Those involved in and experiencing family breakdown	<input type="checkbox"/>
Young people	<input type="checkbox"/>
Anyone who asks for help with their emotional ill health	<input type="checkbox"/>

Which of the following best describes your current situation?

√

In paid employment	<input type="checkbox"/>
Not currently employed, but looking for work	<input type="checkbox"/>
Long term sick	<input type="checkbox"/>
Retired	<input type="checkbox"/>
In education or training other than Siaradwn Ni	<input type="checkbox"/>
In unpaid/voluntary employment	<input type="checkbox"/>
Other	<input type="checkbox"/>

Have you attended any other Siaradwn Ni Training? Yes/no

Would you be interested in receiving information on other Siaradwn Ni Training?
Yes/No

Would you be interested in receiving information on volunteering opportunities?
Yes/No



Counselling & Bereavement Support Services



Bethlehem Church Life Centre's new building was opened in March 2005. The Centre has three main areas of focus which were determined following research carried out in the local community and area. These main focus areas are:

- Fitness and Health including Sport
- Lifelong Learning and Families
- People Support including Children and Young People.

In line with these objectives the Centre has a fully equipped Fitness Centre staffed by qualified Fitness Coaches, a Training Centre equipped with Digi-Lab equipment and other equipment for education and training and Counselling Service which is managed by fully qualified CBT counsellor. Our Counselling and People support Service is a very busy part of our work in our community.

Our full court size Main Hall is equipped with a standard sports floor where sports and fitness activities are facilitated. This hall is also used as Church on Sunday's.

We run very busy Children's and Young People's Clubs through the week, on Sunday and also Summer clubs for all ages during the summer holidays.

We employ eight people, three full time and five part time and have more than fifty people who regularly volunteer in our Centre for which we received the Queens Award for Voluntary Service to the Community in 2007.

We have a modern healthy eating Coffee Bar, open daily for the public from 10am to 3pm. We also provide conferencing and meeting/training facilities for use by Public bodies and private companies. These built in facilities help to provide sustainability for our project.

We also run a Furniture and Clothes Recycling Project from a small industrial unit at Pyle. This service provides a valuable service to poor and disadvantaged people in our community and area and supports our desire to help preserve our environment by reducing landfill all in line with our Green Dragon Environmental Standard Level 2 Award.

Our vision is to see the transformation of our community and area and to see our community prosper in every way – physically, emotionally and spiritually. Our motivation comes from the great commandment "To Love God and Love People"

BCLC Counselling and People Support Service

This Service delivers to all sections and ages in our community, including young people up to age 25. Our project delivers counselling, mentoring and individual and group support.

Staffing

All our staff and volunteers are qualified; we currently have no paid specialist staff carrying out counselling apart from the occasional employment, on a sessional basis, of a fully qualified Cognitive Therapist, Freelance Counsellor and Trainer.

Our full time Church Minister manages and co-ordinates all counselling and people support both for the church members and community.

Qualified Cognitive Therapist – who is the team leader

Qualified Cognitive Therapist – Freelance Counsellor

Qualified Psychodynamic Counsellor

Qualified Counsellor – also able to use sign language for deaf – available when required

Qualified Counselling Course Tutor

What we can do:-

- Cognitive Behavioural Therapy and Schema Therapy.
- Counselling for Survivors of Sexual Abuse.
- Drug and Alcohol Counselling.
- Suicide Counselling.
- Crisis Counselling.
- Personality Disorder Therapy.
- Referral Assessment for Counselling and Therapy.
- OCN Accredited Counselling Courses – (up to level 3)
- Coaching and Mentoring.

As well as individual (one to one) counselling, our Centre staff and volunteers are also available to facilitate 'help and support group sessions' for families and friends of people who have committed suicide and to others who have suffered loss, bereavement and crisis and also for communities who need support in such times.

Siaradwn Ni Suicide prevention Project

We will deliver a Counselling Service, which is qualified and experienced in delivering counselling to individuals and groups that have been specifically affected by suicide, including the finders of the victims and the siblings and extended family of victims of suicide, who are often overlooked in the crisis process.

We will commit 2 hours per week for this specific counselling requirement. Further extra support from our staff and volunteer base will also be available to individuals and groups.

Our counselling service is available for 'Siaradwn Ni' referrals for 40 weeks per year for each of the 5 years of the grant.

Our Centre's facilities will also be used to facilitate the project.

Outcomes

1. A counselling session of 1 hour will be conducted for each referral for 8 sessions.
2. Two of these sessions per week for 40 weeks per year will be available to 'Siaradwn Ni'.
3. Ten individuals per year will be counselled through the 'Siaradwn Ni' referral scheme or 50 over the grant duration.
4. If further counselling is required, individuals will be referred to the statutory counselling services or, if BCLC's counselling and people support service can accommodate them, they will be referred to our normal counselling service, which is free of charge.

BCLC will facilitate the counselling sessions and will provide the necessary accommodation and qualified staff.

Who is the Project for?

The project will deliver to ALL ages and for people with various problems as indicated above. Our counsellors have experience as listed above.

How are people referred?

The referral method would always be by appointment. Referrals could be by self referral or referral through other agencies or the Mental Health Service or through partners in the Siaradwn Ni Project. Counselling would only be given following an assessment interview.

When are your offices open?

Our Centre is open daily (Monday – Friday) from 0900 to 1700 and also in the evenings until 7pm and on Saturday from 0900 to 1200hrs. The Centre is also open on Sunday from 0930 to 1300hrs. Someone will be available to answer the telephone and take messages during these times. Our Counselling Service normally operates weekly - Monday to Thursday by appointment only. Urgent requests for help from our Service will normally be responded to at any time. Enquiries for any other facilities or activities ongoing at our Centre can also be made during the above times

How do people contact you?

Centre Address: Cefn Road, Cefn Cribwr, Bridgend. CF32 0AA
Telephone Number: 01656 745655

Email: bclc@btinternet.com or bethlehem@onetel.com or admin@bclc-cefn.com

Web Site: www.bclc-cefn.com

Contact Name for Counselling Service:
Mrs Carol Freeman (Team Leader),
Ps. Mike Holmes (Senior Leader).

Contact Name for Admin of the Project:
Mal Thomas (Senior Leader)



Cruse Bereavement Care has built an extensive and imaginative range of services, confidential and free to the bereaved person, based upon the foundation of real understanding of the experience of loss and grief.

Description on your Siaradwn Ni Project

- Provide bereavement support to families, friends and the wider community who have been bereaved by suicide in the County Borough of Bridgend and Neath Port Talbot areas
- This will include one to one support, trauma debriefings, support groups, bereavement awareness talks and provision of literature
- Be responsible for the development of links with the broad range of voluntary and statutory organisations in the area and the 'Improving Futures' Strategy Group in Bridgend and Neath Port Talbot.

Who is the Project for?

16+ Anyone bereaved or emotionally affected through suicide. A limited service may be available for the under 16 age group.

How are people referred?

Generally self-referral. Arrangements can be made for referrals from Project stakeholders. Clients referred will always be contacted to confirm their approval if one to one Cruse support is required.

When are your offices open?

Our office is based in Swansea, usually open Mon – Thurs between 10.00am and 3.00pm

How do people contact you?

Cheryl Thomas,
Area Administrator
142 Walter Road,
Swansea, SA1 5RW

Tel: 01792 462845

Email: morgannwg@cruse.org.uk

Young Person's Website: www.rd4u.org.uk

Young Person's FREE telephone helpline: 0808 808 1677

Messages may be left with any of our Referral Volunteers – please state that the referral is in connected with the Siaradwn Ni Project.

Siaradwn Ni Project

Counselling and Bereavement Care Services

Referral Form

Date:

Name:

Address:

Post Code:

Home Tel:

Mobile Tel:

Referred By:

Please place referral forms in a sealed envelope marked 'CONFIDENTIAL' and send to:

For Counselling

Mrs. Carol Freeman,
Bethlehem Church Life Centre,
Cefn Road, Cefn Cribwr,
Bridgend.
CF320AA.
Tel: 01656 745655.
Email: admin@bclc-cefn.com

For Bereavement Care

Cheryl Thomas,
Cruse,
142, Walter Road,
Swansea.
SA1 5RW
Tel: 01792 462845
Email: morgannwg@cruse.org.uk





Annual Conference



Organisation Description

Mental Health Matters Wales is a registered charity and company limited by guarantee. The organisation's mission statement is

'to promote the mental and emotional health and well-being of the public through the provision of information, advocacy, training and support'

Mental Health Matters Wales does this through a range of services based in Bridgend County Borough – well-being drop-in centres, tenancy support, information, community advocacy.

We also deliver Independent Mental Capacity Advocacy across Neath & Port Talbot, Swansea, Bridgend, Vale of Glamorgan, RCT, Cardiff, Caerphilly, Monmouthshire, Merthyr, Blaenau Gwent, Torfaen and Independent Mental Health Act Advocacy across Blaenau Gwent, Newport, Torfaen and Monmouthshire.

In addition we also deliver training in Mental Health First Aid, Mental Health Awareness; and lectures on emotional literacy, resilience and mental health in Higher Education/Further Education settings.

Description on your Siaradwn Ni Project

Mental Health Matters Wales will work with consortium partners across Neath Port Talbot and Bridgend to lead the delivery of an annual conference that will consolidate and promote the work of the project.

How do people contact you?

Janette Kearn,
63 Nolton Street,
BRIDGEND
CF31 3AE
Tel: 01656 651450
Fax: 01656 663397

email jankearn@mhmwales.org