

# CWM TAF SUPPORTING PEOPLE

Summer 2017

## Newsletter

HELLO AND WELCOME TO THE SUMMER EDITION OF THE CWM TAF SUPPORTING PEOPLE NEWSLETTER

If you want to contribute to the next edition please contact Hannah Mills, Regional Development Coordinator on 01685 726230 or e mail Hannah. Mills@Merthyr.gov.uk

### Llamau opens registrations for Wales' biggest Sleep Out



Registration has opened for Llamau's Sleep Out, and with 400 people taking part, we expect this year's event to be the biggest yet. The event will take place on Thursday 2nd November at Cardiff City Stadium and teams including Principality Building Society, Archenfeld and Trivallis are already signing up for the challenge.

At the event, people will be able to take part in the shelter-

building competition, and there will be a range of entertainment including live music and a silent disco. Everyone taking part will be asked to raise £250 to help us end youth homelessness in Wales. Registration is £25 per person.

For more information, visit [www.llamau.org.uk/sleep-out](http://www.llamau.org.uk/sleep-out) or contact the fundraising team at [fundraising@llamau.org.uk](mailto:fundraising@llamau.org.uk) or on 029 2023 9585

### In This Issue Contents

Welcome.....	Page 1
Llamau opens registrations for Wales' biggest Sleep Out .....	Page 1
Hafan Cymru and Newydd Housing Association Dispersed Housing Pilot Project.....	Page 2
Castle House Residents have been cooking up delicious meals while discussing health and wellbeing .....	Page 2
MTCBC - New Common Allocations Policy.....	Page 3
The Cwm Taf Regional Provider forums.....	Page 3
Caersalem Clients have been busy up-skilling.....	Page 4
<b>Get Ready and Move On HEALTHY CONVERSATIONS PROGRAMME .....</b>	<b>Pages 5-8</b>
RCT Communities for Work .....	Page 8
Merthyr Tydfil Communities for Work.....	Page 8
Easter at Refuge .....	Page 9
SAFE Project.....	Page 9
International Women's Day .....	Page 10
Children in Need .....	Page 10
Cwm Taf Iris News.....	Page 11
New Post to increase Support for Mental Health ....	Page 12

# Hafan Cymru and Newydd Housing Association Dispersed Housing Pilot Project



The Young Person's Dispersed Supported Housing Project is commissioned by Rhondda Cynon Taf County Borough Council through the Supporting People Programme to provide 6 units of dispersed supported accommodation in the community to vulnerable young people aged 16 -24.

These properties are provided by Newydd Housing Association with support arrangements commissioned and led by Hafan Cymru.

In recognition of the need to provide effective support for young people placed on the project to gain the confidence to live independently and to achieve meaningful outcomes to include developing effective networks with local communities and links with employment and training providers we will be piloting a new exciting project.

This new pilot project will offer the young person the opportunity to remain at the property if they choose to do so following the expiry of their 6 month support and Assured Shorthold Tenancy. However such decisions will be made on an individual basis and in conjunction with Newydd Housing Association, Hafan Cymru and the young person in consideration of the young persons housing needs, compliance with their tenancy arrangements and engagement in their support plan

Following the 6 month assessment and if all parties are in

agreement for the young person to remain at the property a three way sign off will be agreed with the young person, Newydd Housing Association and Hafan Cymru.

The supporting team will then be notified of the new property to be allocated by Newydd Housing Association.

We look forward to seeing the outcome of this pilot project and if successful the Supporting people team will look to roll this project out across other Dispersed Supported Housing Schemes across RCT.

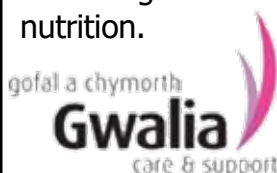


## Castle House Residents have been cooking up delicious meals while discussing health and wellbeing.

The Healthy Conversations Programme enables staff to support clients in various aspects of their lives that surround physical health, mental health, sexual health, healthy relationships, alcohol misuse and substance misuse.

Clients take part in a weekly healthy cooking activity, where they learn how to make simple, cost effective and healthy meals. They work together to prepare

and make the dishes, then eat the meal together. Recently, they have cooked Chicken Stew and dumplings. This activity is intended to build client confidence in cooking independently and increase their knowledge of healthy foods and nutrition.



# MTCBC - New Common Allocations Policy

It is a legal requirement for the Council to have an allocation policy – which outlines the rules and procedures for how social housing within the County Borough is allocated. The Policy is referred to as 'common' as it is common to all four Registered Social Landlords which operate within Merthyr Tydfil – namely: Merthyr Valleys Homes, Merthyr Tydfil Housing Association, Wales & West Housing Association and Hafod Housing Association.

The former policy was first drafted some years ago, since which time there have been significant changes in the housing market and welfare system, which made the former policy quite complicated and bureaucratic. For this reason the Housing & Community Safety Manager sought to draft a new policy which was relevant to today's circumstances and which would be appropriate of the foreseeable future. Furthermore senior officers from all four RSLs have been involved in the drafting of the new Policy. The new Common Allocations Policy was approved by Council in March 2017 (but won't become operational until later in the year).

The Policy itself effectively outlines how priority is awarded to persons wishing to apply for social housing. Based on the specific circumstances of the household they are awarded one of three priority bands – Band 1 is High Priority, Band 2 – Medium Priority and Band 3 – Low Priority. Properties are not banded and are advertised by the respective Registered Social Landlord using

a common website (managed by the Housing Solutions Team of the Council).

Households which apply for a particular property are shortlisted based upon their Banding (which is based upon housing need). The rules for this are contained within the Policy document which will be available on the Council's website later in the year

(nearer the 'go live' date). This new Policy, at Section 9,

provides an effective means of making the best use of adapted homes, by clearly advertising them as such, allowing citizens and their support workers (Community Occupational Therapists etc...) to make informed choices

about where to live and whether a property and its adaptations will facilitate independent living or improved well-being.

This Policy aims to make the allocation process more robust and transparent, giving Officers, Councillors and citizens increased confidence that homes are allocated in a fair and equitable way, based upon housing need. The Policy increases choice for citizens by the removal of the current practice of banding available properties. The Policy will assist the Council and our Registered Landlord Partners in the creation of more balanced and equitable communities.

It is important to note that this new Policy will not be implemented until later in 2017, as a bespoke software system is currently being developed to assist in the implementation of this new Policy. The implementation date is likely

to be in November 2017

For the avoidance of doubt, the current Allocations Policy will continue to be used until such time that the new Policy is implemented.

For further information about the new Common Allocations Policy – please contact the Housing Renewal Team of the Council on [housing@merthyr.gov.uk](mailto:housing@merthyr.gov.uk) or 01685 725000



## The Cwm Taf Regional Provider forums

(facilitated by Cymorth Cymru) take place quarterly. These meetings aim to give providers the opportunity to have their say on the Supporting People programme, share success and best practice with other providers and find out what has been delivered across the region. Please note that you do not have to be a Cymorth member to attend these meetings. To find out when the next meeting will be held please contact [JordanBrewer@CymorthCymru.org.uk](mailto:JordanBrewer@CymorthCymru.org.uk) or [Hannah.mills@merthyr.gov.uk](mailto:Hannah.mills@merthyr.gov.uk)



# Caersalem Clients have been busy up-skilling

## First Aid Training

- Clients recently attended a British Red Cross First Aid training course where they were made more aware of what to do in an emergency situation. The clients found this very informative and enjoyed learning something that could potentially save a life.



dinner, chicken curry and pancakes, for Pancake Day. Their most recent session included making a favourite among the clients, pizza. Staff were keen to teach the clients how to make their very own, healthier versions on a budget, instead of ordering fast food from a takeaway. Using all fresh ingredients, the clients were amazed

**Job Club** - Caersalem House have recently

started a weekly job club where clients are supported by staff to look for any employment or volunteering opportunities that might be appropriate for them and how to correctly apply.

**RCT Home finder** - Each week, clients are supported by staff to use the computer to look for a tenancy of their own using the RCT Home finder website. This allows tenants to start moving forward and thinking about their future.

**Healthy Conversations Programme** - The Healthy

Conversations Programme enables staff to support clients in various aspects of their lives that surround physical health, mental health, sexual health, healthy relationships, alcohol misuse and substance misuse.

Clients take part in a weekly healthy cooking activity, where they learn how to make simple, cost effective and healthy meals. They work together to prepare and make the dishes, then eat the meal together.

Recently, they have made meals including beef casserole, chicken

how delicious they were and Gavin, a client, won a box of chocolates for winning the 'Best Pizza' competition.



gŵral a chymorth  
**Gwalia** care & support  
part of **pobl** group

## CLIENT JOURNEY -

This is **Sabina**, she has been a client at Caersalem House since June 2016. Since moving in, Sabina has achieved the Princes Trust Completion award for attending and completing its 3 month programme last year. This included her

attending a residential outdoor certificate for this. Recently, activity week, taking part in a Sabina was supported to attend community project, going on an open day at a local college work placement, preparing for and has signed herself up for a employment, going away to Level 1 Certificate for Electrical Brecon for an activity based Engineering, which she is excited weekend and a team challenge. about starting in September. She also spent one week at a fire station and obtained a second

Well Done Sabina!

## CLIENT JOURNEY

- Another client named **Melissa**, started support with the Rhondda Mental Health Floating Support Programme, based from Caersalem House, because of ongoing issues with her neighbour, help with

her finance and help with her health. She has found because of the programme, her support worker has helped her cope better with her issues. She is now much more confident to handle uncomfortable situations, she has better understanding of handling



her money and finances, her health has improved and she is being referred onto local health services, including counselling. Melissa has now successfully completed the programme and is getting on with her life,

making sure she prioritises important things. *"I was glad of the support I received from my support worker as she helped me have more confidence with my neighbours and other ongoing issues. Before I had her I didn't*

*want to go out and do things, all I wanted to do was stay in bed and not dress. I had no motivation to sort my problems out. Thank you, Melissa"*

## Get Ready and Move On

Clients took part in a 'Settling in and maintaining a tenancy' booklet session at Duffryn House. They were able to put down their thoughts and opinions, learning about what is important when obtaining a tenancy and the responsibilities that follow. They will refer back to the booklet in a few weeks to see if anything they originally wrote has changed



## HEALTHY CONVERSATIONS PROGRAMME

The Healthy Conversations Programme enables staff to support clients in various aspects of their lives that surround physical health, mental health, sexual health, healthy relationships, alcohol misuse and substance misuse.



communal kitchen. One of their favourites was Chicken Stew and most recently, one client was keen to make her favourite dish, Spaghetti Bolognese. She was supported to do this and afterwards she said "It was nice to cook a proper meal than my usual microwave food" - this client is now cooking more often and enjoys it.

around her to help her move. Sophie had support from staff to choose and purchase her cooker, washing machine and other items from Argos. Gwalia will continue to support Sophie at her new home. Sophie said "I feel overjoyed to finally have my own place; I can't wait to make it feel like my own home and feel like an independent adult!"



## CLIENT JOURNEY

Every Wednesday, clients get involved in a weekly healthy cooking activity where they learn how to make simple, cost effective and healthy meals. They work together to prepare and make the chosen dish in the

This is **Sophie**. She moved out of Duffryn House into her own Trivallis flat after a few months in the project. She was overwhelmed and happy with the flat itself and the support



## THE HEALTHY CONVERSATIONS PROGRAMME

The Healthy Conversations Programme enables staff to support clients in various aspects of their lives that surround physical health, mental health, sexual health, healthy relationships, alcohol misuse and substance misuse.

In the Martins Close Project clients regularly participate in weekly fitness activities including football sessions that include other local projects and walking sessions. These encourage clients to be more active, utilize their beautiful surroundings and appreciate the outdoors.



Clients also participate in weekly healthy cooking activities where they learn how to make simple, cost effective and healthy meals. They work together to prepare and make the desired dish in the communal kitchen, after planning,



budgeting and shopping for the required ingredients. They have made a variety of dishes this term, including cheese and tomato pasta bake, welsh cakes, pancakes, and most recently, cheese and potato pie. Each client is then given a laminated ingredients and instruction card for future use.



## EDUCATION AND TRAINING

Clients from the Martins Close project attended a taster day for the Fairbridge Princes Trust, a free programme for 16 to 25 year olds that offers it's clients opportunities to learn new skills, through individual and group activities. They also offer practical support the clients may need to help to stabilise their lives. Additionally, staff help to develop key skills, as well as assisting in confidence and motivation. The taster day only lasted a few hours but our

clients enjoyed the experience and applied for this outstanding opportunity.



## EMPLOYMENT AND VOLUNTEERING



Clients at Martins Close continue to do one morning a week volunteering at a local foodbank to give back to the programme they might have received help from in the past, or just to help those less fortunate than themselves. Clients help with food storage and packing, also working on their social and communication skills.

## CLIENT JOURNEY

This is **Jason**, he received support from the Martins Close Project for 39 weeks due to being homeless because of relationship breakdowns. He was supported to gain independent living skills and referred to professional agencies



for his mental health and substance misuse issues. He engaged well

in training and volunteering opportunities, received help with managing his health, finances and a tenancy. Jason now has his own place after successfully going through move on. He will continue to be supported by Floating Support staff over the next few weeks, who will help him set up his utilities, address changes, benefit changes and sign him up to his new local health services. Jason wants to continue his support with any professional agencies independently to ensure positive well-being and continued mental health support.

## CLIENT JOURNEY

This is **Jade**; she became homeless for 6 months due to domestic

violence issues in a relationship. She found herself sofa surfing and turning to friends for support before finding help in Woman's Aid. She was then placed into the Martins Close Project where she stayed for 10 months to be supported with her past and her mental health issues. During her time at the project, she volunteered with Trivallis, attended regular support sessions and workshops with staff, with topics surrounding homelessness prevention and obtained important independent living skills. Jade is now confident about managing healthy relationships, her health and her finances. She has now moved in to her very own tenancy where Gwalia will continue to support her through the Floating Support Programme.

## Get Ready and Move On

'Get Ready & Move On' (GRAMO) is RCTCBC's pre tenancy training project. The project has been piloted since December 2014 to develop early intervention and prevention best practice in RCT. GRAMO has been delivering 2 day training to homeless individuals living in supported accommodation. The sessions have been designed to develop the need for 'preparation'. Many people can fail in managing their homes as have little skills or knowledge as to what it involves. Also it is commonly felt that the best opportunity to develop skills around independent living is before an individual has the key to a property.

Due to the success of the training sessions GRAMO has been commissioned out of the Supporting People Grant to fund a GRAMO coordinator from April 2017. Trivallis have now recruited a full time member of staff to

deliver the pre tenancy workshops to all clients in supported accommodation as part of their 'Move On' arrangements.

GRAMO delivers learning with an informal approach on; Types of accommodation, information on landlords, right and responsibilities of being a tenant, tenancy agreements, disputes and paying for your housing. There are lots of activities and an off site visit to a void property. The sessions are interactive and supportive of additional needs of clients. The pilot delivered 23 sessions to specific groups – young people / adults. Over 130 people have attended the sessions with 100% satisfaction levels. Really positive feedback came from individuals who attended when asked **'what did you enjoy most about the day'**

*"All the useful information I have*



*received" "Friendly staff"*  
*"The information was good and easy to understand"*

*"Good laugh, and great help with moving on"*

*"Understanding what I can do if I'm struggling with paying my rent"*

Claire Overd, STEPS Team Manager at Trivallis states, **"We are very excited about this innovative project. We see a brilliant opportunity to take this project onto the next level and engage with partners to deliver tailored services to prepare and support people on their housing pathway"**



Trivallis successfully recruited Karl Griffiths as the GRAMO Co-Ordinator, Pre Tenancy Project Officer. Karl started with Trivallis on 2nd May 2017 and states, *"I am really pleased to be joining Trivallis as the GRAMO co-ordinator and to deliver on the pre tenancy programme. My career background is as a support worker in a homeless hostel for Adref and tutor for Tydfil Training. I very much look forward being involved in this new and exciting role and meeting all the providers and partner very soon"*.



A schedule for sessions up to and including September is in place. For more info please contact:

Karl Griffiths - 07458047310 or Karl.Griffiths@trivallis.co.uk Claire Overd – 07879481274 or Claire.Overd@trivallis.co.uk

## RCT Communities For Work

Communities for Work (CfW) is a Welsh Government partnership Programme, between the Local Authority and Department for Work and Pensions, supported by the European Social Fund, to deliver employment support services in all 52 Communities First Clusters in Wales.

CfW is working with people of all ages to tackle poverty through sustainable employment and to provide the support when it is needed, for as long as it is needed to help people get into employment and training.

### How Communities for Work might help you :

- Training – Sector specific qualifications such as CSCS,
- Employability skills, job preparations and job retention awareness
- Timekeeping, communication and negotiation, following instructions
- Managing increased responsibility
- Facilitating work – travel, caring responsibilities, childcare
- Support in job-search and interview techniques, disclosure advice
- Access to and skills for use of IT skills, internet, on line job application etc
- Identification of suitable employment opportunities.

Dedicated CfW Project teams are now in place across each of RCT's eight Communities First cluster areas to provide support for you to access employment and training so please ring either:

- Eira Cook C4W Adult (if you are over 25) Co-ordinator on 01443 425517  
eira.cook@rctcbc.gov.uk
- Zoe Livermore C4W Youth ( If you are under 25) Co-ordinator on 01443 425314 zoe.livermore@rctcbc.gov.uk

Or pop into any of our Communities First Offices where a member of the Communities for Work team will be waiting to welcome you.



## Merthyr Tydfil Communities for Work

Communities for Work (CfW) is a Welsh Government partnership Programme, between the Local Authority and Department for Work and Pensions, supported by the European Social Fund, to deliver employment support services in all 52 Communities First Clusters in Wales

CfW is working with people of all ages to tackle poverty through sustainable employment and to provide the support when it is needed, for as long as it is needed to help people get into employment

and training

### How Communities for Work might help you:

- Training – Sector specific qualifications such as CSCS, SIA and much more
- Employability skills
- Job preparation and time-keeping
- Support with job search, interview techniques and disclosure advice
- Identification of suitable employment opportunities
- Access to use of the internet to apply for job application etc.

Dedicated CfW Project teams are now in place across each of Merthyr's three Communities First cluster areas to provide support for you to access employment and training so please ring any of the following contacts for

further information:

### Tina Ryan-Newton –

Triage Worker (South Cluster)

Mobile Tel: 07590006274

Landline: 01685 725328

Email: tina.ryan.newton@merthyr.gov.uk

### Alex Stephens –

Triage Worker (Mid Cluster)

Mobile Tel: 07590485263

Landline: 01685 725386

Email: alex.stephens@merthyr.gov.uk

### Jo Gerlach –

Triage Worker (North Cluster)

Mobile Tel: 07590485261

Email: joanne.gerlach@merthyr.gov.uk





# Easter at refuge

Every year the Easter bunny, with the help of people in the local community remembers to provide Easter eggs for the children we support in refuge. An Easter egg hunt was organised by members of our children and young people's team to add eggstra excitement.

In the afternoon everyone in refuge with the support of our Out of Hours team helped to make an Easter dinner to enjoy together. Some women helped peel and cook while others helped the children make cakes made from the left over chocolate. Fun was had by all and everyone really enjoyed sitting down to eat the dinner they had prepared together.



## SAFE Project

Identifying domestic abuse at the earliest opportunity is key to keeping people safe.

The SAFE project provides an accessible service based within the local community to support those who have experienced or are currently experiencing domestic violence and are identified through risk assessment or Public Protection Notices (PPN) as low to medium risk. The project aims to increase the opportunities available to victims of domestic violence by implementing early intervention and prevention strategies. The services provided by the project build capacity by increasing the service user's skills to identify the early warning signs of abusive behaviours within current or future relationships, increase their confidence and self-esteem and reduce isolation.

The project delivers this in a variety of ways including;

- One to one support / advocacy (short term)
- Life skills sessions including domestic abuse awareness programme and confidence building.
- Direct referral pathways to other support agencies.
- Access to legal advice and debt management surgeries.

### Referrals into the SAFE project

Between January and March there were 118 new referrals into the project. 85 % engaged with the project in some way.

A number of our referrals went on to attend one of our life skill courses. These included;

The freedom Programme  
Food Hygiene  
First Aid  
Reiki

DIY (plastering and wall art)  
The Recovery Toolkit  
Confidence building  
Coffee morning – arts and crafts

This quarter the distance travelled monitoring results show; 100% stated they were able to recognise the early warning signs of abusive behaviour and felt they had increased ability to keep safe within their relationships.

100% stated that they felt increased confidence in their ability to create a safe environment for themselves and their family.

95% stated an increased knowledge of appropriate agencies from which they could receive support for their emotional and physical well – being.

95 % stated they felt and increase in their confidence and self –esteem as a result of attending the sessions.

# International Women's Day



To mark International Women's Day 2017, Women's Aid –RCT held an information sharing day at the Well.

The aim of the day was to raise awareness of our services and to highlight the achievements of our service users. Those that attended were able to speak to our support workers and service users who were able to provide a good insight into the projects and discuss what is available. They were also given a goodie bag with information on day- they were extremely helpful local services many of which were in attendance and had information around Pontypridd promoting the stands these included; The Oasis event, handing out leaflets and centre, South Wales Police, Citizens generating public interest. The

Spickets solicitors, Samaritans and Drink Wise Age Advice Centre and Young People's team also injected some fun into the day by providing face painting and interactive activities for the children. Rhondda Radio provided music and The Wright Way entertainment donated a bouncy castle for the children. We were fortunate enough to have 3 of our volunteers support us on the day- they were extremely helpful and spent time walking around Pontypridd promoting the stands these included; The Oasis event, handing out leaflets and centre, South Wales Police, Citizens generating public interest. The

volunteers played an active role throughout the day, supporting the public, offered assistance as to what organisations were available and getting involved in the crafts, refreshments and general running of the day.

The day was a huge success with a number of new referrals being generated and a number of individuals from the local community seeking support from agencies on the day.



Gyda chefnogaeth/Supported by

**BBC**

## Plant Mewn Angen Children in Need

© BBC 2007. All rights reserved. BBC is a registered trademark.

We'd like to also share a new project within the Children and Young People's team. As of April 2017 we are now able (with Thanks to Children in need funding) to provide support to children and young people within RCT who have witnessed or experienced Domestic abuse.

We can provide one to one support to children (parents do not need to be accessing WA-RCT scheme's) who are between the age 6-18.

Eligible criteria

- Young people who are victims themselves,
- Young people in unhealthy relationships
- Children/ Young People have witnessed domestic abuse at home.

Children will be individually assessed and will work towards a tailored support plan, reviewed 6 weekly.

Referral form is available via [info@wa-rct.org.uk](mailto:info@wa-rct.org.uk) or for more information you can discuss with the CYP team on 01443400791



# CWM TAF IRIS NEWS

## IRIS -Identification and Referral to Improve Safety-Domestic Abuse Service

### What is IRIS?

IRIS is a domestic violence and abuse (DVA) training, support and referral programme for GP practices. Core areas of the programme are ongoing training and education for the clinical team and ancillary staff, clinical enquiry, care pathways for primary health care practitioners and an enhanced referral pathway to specialist domestic violence services for all patients with experience of DVA. IRIS is a collaboration between primary care and third sector organisations specialising in DVA. The IRIS model entails a full-time Advocate Educator (AE) working with up to 25 practices and a Clinical Lead (CL) who co-facilitates training and provides peer support to practices.

IRIS training commenced in Cwm Taf in December 2015. We were fortunate that the Police and Crime Commissioner for South Wales along with the Cwm Taf University Health Board recognised the importance of IRIS and made a pledge for the whole of Cwm Taf to be trained. Working in partnership, Safer Merthyr and Women's Aid -RCT were appointed to implement IRIS and remain fully committed to rolling out the training to provide essential specialist support services to the patients identified.

In total we have 41 practices across Cwm Taf. We are now in the process of training all practices. To date 34 practices have signed up to IRIS. Of these 22 practices are fully IRIS trained and are now Domestic Abuse aware practices. Training has already commenced in a further 9 Surgeries.

### FULLY AWARE PRACTICES IN CWM TAF

Saint Johns' Medical Practice

Ynysybwl Surgery

The Health Centre Abercynon

Cwmaman surgery

Brookside Surgery

Bedlinog Surgery

Penrhiwceiber

Rhos House Surgery

Monk Street

Cardiff road

Pontcae Medical Practice

Treod y fan

Pen y Graig surgery

Porth Farm surgery

Parc Surgery

Treharris

Old school surgery

St Andrews surgery

Taffs Well Medical Centre

Talbot Green Group Practice

St David's surgery

Tonypandy HC

To date we have received 178 referrals and continue to provide guidance and advice to numerous clinical staff.

Since the programme started a large number of individuals have been supported to make themselves safer and improve their physical and emotional well-being. GP's, clinical and frontline staff have increased knowledge of DVA services and have confidence to refer into services, this is evident in the increased number of referrals into services.

### Patient Outcomes

- 94% engaged with support service
- 35% first time disclosures
- 15% reported abusive behaviour to police with support from IRIS

### Client Satisfaction

100% of clients, who completed patient outcome questionnaires, stated they agreed to the following;

- feel more able to cope
- feel more confident
- feel more able to cope



# New post to increase support for mental health

Women's Aid -RCT recently received funding from Supporting People to fund a well-being officer. The post was created to respond to the increased identified need to support Women with their mental health. Over 90% of women self-identified problems with their mental well-being upon entering the service. The scope of the project will look to support people with a range of Mental Health concerns in line with recent research.

Historically studies into the relationship between Mental Health and Domestic Violence has tended to focus mainly on Depression. More recently Kings College London and the University of Bristol conducted more extensive research into the area and found that women with Post-Traumatic Stress Disorder were 7 times more likely to experience domestic violence than women with no mental health problems. Similarly, the relationship between domestic violence and mental health diagnoses such as Obsessive Compulsive Disorder, Schizophrenia, Bipolar Disorder, Anxiety and Depression was also significant.

Professor Howard from King's College London concluded that:

***"The evidence suggests that there are two things happening: domestic violence can often lead to victims developing mental health problems, and people with mental health problems are more likely to experience domestic violence."***

Well-being officer, Sharon Gay states that 'early intervention leaves less of an imprint on people's lives'. The project aims to look at well-being from a holistic perspective and provide targeted support to women who are experiencing mental distress. She aims to wrap the service around existing provision to ensure that support is bespoke and proportionate to individual need.

If you require any further information, please contact Sharon on 01443 400791

## Contact Details

For further information on supporting People services in your area please contact:-

### **Merthyr Tydfil County Borough Council Supporting People Team**

Telephone:- 01685 724 690

E-mail:- [Supportingpeople@merthyr.gov.uk](mailto:Supportingpeople@merthyr.gov.uk)

Address:- Unit 5, Triangle Business Park, Pentrebach, Merthyr Tydfil CF48 4TQ

### **Rhondda Cynon Taf County Borough Council Supporting People Team**

Telephone:- 01443 425 005

E-mail:- [Supportingpeopleteam@rctcbc.gov.uk](mailto:Supportingpeopleteam@rctcbc.gov.uk)

Address:- Ty Elai, Dinas Isaf East, Williamstown, Tonypany, Rhondda Cynon Taf, CF40 1NY

### **Regional Development Coordinator**

Telephone:- 01685 726 230

E-mail:- [Hannah.Mills@merthyr.gov.uk](mailto:Hannah.Mills@merthyr.gov.uk)

Address:- Unit 5, Triangle Business Park, Pentrebach, Merthyr Tydfil CF48 4TQ