

CANIAD NEWSLETTER

Oct – Dec 2023

CANIAD TEAM

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Caniad Background

Caniad is commissioned by the Area Planning Board and Betsi Cadwaladr University Health Board to give people with lived experience of Mental Health and Substance Misuse conditions giving the opportunity to get involved in the planning, development, and the delivery of services. The aim is to make sure that people get the service they need.



WE
ARE
CANIAD

Caniad Big Chats

West Big Chats:

Porthmadog Resource
Centre:

Last Monday of the month
Next: 30th October (1-3pm)

Llangefni, Canolfan
Ebeneser:

Last Tuesday of the month
Next: 31st October (11am -
1pm)

Penrhyn House, Bangor:

Second Wednesday of the
month

Next: 11th October (1-3pm)

Contact:

caniad@caniad.org.uk



Central Big Chats:

Ambulance Hall Priory
Street, Ruthin:

Third Thursday of the month
Next: 19th October (1-3pm)

Contact:

ian.williams@caniad.org.uk

Colwyn Bay Town Hall:

Third Tuesday of the Month
Next: 17th October (12-2pm)

Contact:

caniad@caniad.org.uk

East Big Chats:

Wrexham Yellow and Blue:

Last Friday of the month
Next: 27th October (1-3pm)

Contact:

mel.williams@caniad.org.uk

Flint Railway station:

First Tuesday of the month
Next: 3rd October (1-3pm)

Contact:

lisa.snape@caniad.org.uk

Caniad Big Chats



"I like the Big Chats because you meet someone new and learn about a new service every time"

The **Caniad** Big Chats are an open drop in group for all service providers, service users, carers or someone who is just curious about SMS and MH services.

Feel free to attend any Caniad Big Chat, everyone is welcome! We have recently had updates around services providing LGBTQ+ support such as Unique, information on the progress of 111 press 2, and a new project 'Reach and Connect' in Wrexham.

We also discuss topics that have come from the Area Planning Board and Betsi Cadwaladr University Health Board and collect feedback on these topics to report back. A recent example is the feedback we collected on Crisis Care e.g., first point of contact, cost, out of hours support etc., we also discussed 'crime in communities' and how the Serious Violence Duty are looking into prevention of crime!

The Big Chats are a great opportunity to share updates/promote your service as well as for service users and carers to find out more about SMS and MH support in their area and having the opportunity to share their experience and have their voice heard!

Caniad Drop In's

Caniad continue to attend or facilitate drop in groups/patient groups across North Wales in SMS clinics, MH wards, community centres etc.

West Drop in/patient groups:

Felin Fach Drop in
Tan-Y-Maen drop-in
iCAN

Central Drop in/patient groups:

Ty Llywelyn Patient group drop-in
iCAN

Wrexham (East) Drop in/patient groups:

Reach and Connect
Salvation Army
Hafan Wen
Heddfan

Flintshire (East) Drop in/patient or groups:

Rivertown Church, Shotton
St Peter's Church, Holywell
Buckley community church
Daniel Owens community cafe,
Mold

Caniad can also attend groups held by other organisations such as Adferiad Family Support Carer's Group, Cyfle Cymru Drop in's, NWRC meetings etc., if clients aren't able to attend the Caniad Big Chats or drop in's.

Involvement and Training Opportunities at Caniad

Caniad Involvement

Have your say in the improvement of Mental Health and Substance Misuse services in North Wales!

Feedback and recommendations via Big Chats, phone calls and emails.

Share your story to showcase the real life side of Mental Health and Substance Misuse.

Attend pathway meetings with the health board and APB to represent Caniad and being the voice of service users and carers.

Interviewing new staff members in MH and SMS services, known as Value Based Interviews (VBI'S)

Attend events and shows promoting Caniad and being the voice of many.

Attend focus groups e.g., Sanctuary user groups, Serious Violence Duty user groups.

Pathway Meetings

Pathway meetings are attended by members of the health board, third sector organisations and patient and carer representatives e.g., Caniad involvers! All Caniad involvers will get training and support if interested in attending the meetings as the voice of patients and carers accessing the service related to that meeting.

Involvement and Training Opportunities at Caniad

Caniad Training

Caniad offers training to our Caniad involvers for the following:

Committee Skills Training - includes information on agendas, meeting minutes, the role of a chair in a meeting and the rules that coincide within meetings. This training opens up opportunity for service users and carers to carry the voice of those that have accessed SMS and MH services in pathway meetings.

VBI Training - this is for Caniad involvers to gain experience and an understanding in interviews. Our Value Based Interviews are requested by service providers for Caniad involvers to carry out an interview based on the ethos and values of the candidate. Your scoring is then taken into account when hiring the candidate as it is important to have the right person in post.

Digital Skills workshop - Caniad will be hosting digital skills training, open to all clients from third sector MH and SMS organisations to uphold digital access and digital inclusion. We want to know what would benefit your learning e.g., how to do emails, join online meetings, accessing online banking etc.

Caniad Involver Workforce Development - Caniad will be offering more advance training to involvers hosted by Workforce Development, this training will consist of Professional Boundaries, Equality and Diversity, Conducting Professional Meetings, Suicide Awareness and Train the Trainer among others.

Co-Production in Caniad

Caniad are working alongside the health board and APB to develop service improvements for Crisis Intervention, supporting on the delivery of the current and future Substance Misuse Strategy and looking at what is needed for the next Together for Mental Health Strategy. We are doing this by identifying what works well, finding the gaps and taking recommendations to enhance patient experience of Substance Misuse and Mental Health Services! We do this by working with people with lived experience or someone who has accessed MH and SMS services, to get their experience, opinions, feedback, and suggestions. This feedback is then taken to the health board and the services, where they can utilize the information in the best way possible.

You Said, We Did

Caniad Advertising - Caniad have now developed a website, where service users, carers and service providers had the opportunity to share their thoughts and recommendations. As of 15th September the website is live: caniad.org.uk (copy and paste this link to see it!).

Transport to Services - This is a continued piece of feedback Caniad have been working on with the APB. The Arriva bus tickets had been ordered by services to share with their clients to better access appointments, groups etc., with positive feedback from the use of them we are hoping to be able to provide this again.

Caniad in rural areas - Caniad have set up weekly drop in's across Flintshire to trial the accessibility to Caniad through these. If we gain positive feedback, Caniad will work on providing more drop in's across North Wales.

Caniad Calendar

Dates For The Diary: See caniad.org.uk for more information

October 2023

- 3rd October: Flint Big Chat
- 11th October: Bangor Big Chat
- 17th October: Colwyn Bay Big Chat
- 19th October: Ruthin Big Chat
- 27th October: Wrexham Big Chat
- 30th October: Porthmadog Big Chat
- 31st October: Llangefni Big Chat

November 2023

- 7th November: Flint Big Chat
- 8th November: Bangor Big Chat
- 16th November: Ruthin Big Chat
- 21st November: Colwyn Bay Big Chat
- 24th November: Wrexham Big Chat
- 27th November: Porthmadog Big Chat
- 28th November: Llangefni Big Chat



Caniad Links

- o Family support – Carers Groups
- o Dan 24/7
- o Elms
- o Yellow and Blue
- o Salvation Army
- o SMS - Clinics
- o Cyfle Cymru
- o Kaleidoscope
- o SMART Recovery
- o ICan – Community hubs and ICan work
- o Housing
- o Warm Wales

- o Parabl
- o Men's Shed
- o North Wales Women's Center
- o MH Wards – Ty Llewelyn, Ablett etc.
- o Probation
- o Police
- o Harm Reduction
- o Older Person's Mental Health services
- o Structured Recovery
- o Food Banks
- o Penrhyn House
- o Adferiad Recovery

Our **Caniad** newsletter will be sent out quarterly with updates from current and future work. The next Caniad newsletter will be sent out in December.

Contact Caniad for further information, or check out our website!



CYLCHLYTHYR CANIAD

Oct - Dec 2023

TÎM CANIAD

Rheolwr Gwasanaeth -

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claire.jones@adferiad.org

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Cydlynnydd y Dwyrain

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07970 432987

Lisa Snape:
lisa.snape@caniad.org.uk
07769 217183

Cydlynnydd y Gorllewin

caniad@caniad.org.uk



Cefndir Caniad

Comisiynir Caniad gan y Bwrdd Cynllunio Ardal a Bwrdd Iechyd Prifysgol Betsi Cadwaladr er mwyn rhoi cyfle i bobl sydd a profiad byw o cyflyrau iechyd meddwl a camdefnyddio sylweddau i cymeru rhan yn y cynllunio, datbygiad, a dosbarthaid y gwasanaethau. Y nod yw gwneud yn siwr fod pobl yn cael y gwasnaeth mae nhw angen pan fydd ei angen arnynt ar draws Gogledd Cymru.



WE
ARE
CANIAD

Sgrws Fawr **Caniad**

Sgwrs Fawr Gorllewin:

Canolfan Adnoddau

Porthmadog:

Dydd Llun diwethaf y mis

Nesaf: 30 Hydref (1yh-3yh)

Llangefni, Canolfan

Ebeneser:

Dydd Mawrth diwethaf y mis

Nesaf: 31st Hydref (11yb-
1yh)

Ty Penrhyn, Bangor:

Ail Ddydd Mercher y mis

Nesaf: 11th Hydref (1yh-3yh)

Cyswllt:

caniad@caniad.org.uk



Sgwrs Fawr Canolog:

Ambulance Hall, Heol Priory

Ruthin:

Trydydd Dydd Iau y mis

Nesaf: 19th Hydref (1yh-3yh)

Cyswllt:

ian.williams@caniad.org.uk

Neuadd Treb Bae Colwyn:

Trydydd Dydd Mawrth y mis

Nesaf: 17th Hydref (12yp-2yp)

Cyswllt:

caniad@caniad.org.uk

Sgwrs Fawr Dwyrain:

Wrecsam Melyn a Glas:

Dydd Gwener diwethaf y mis

Nesaf: 27th Hydref (1yh-3yh)

Cyswllt:

mel.williams@caniad.org.uk

Gorsat Rheilffordd y Fflint:

Dydd Mawrth cyntaf y mis

Nesaf: 3rd Hydref (1yh-3yh)

Cyswllt:

lisa.snape@caniad.org.uk

Sgrws Fawr **Caniad**



"I like the Big Chats
because
you meet someone new
and
learn about a new service
every time"

Mae'r sgysiau fawr **Caniad** yn grwpiau agored i unrhyw defnyddwyr gwasanaeth, darparwyr gwasanaeth, gofalwyr neu unrhyw un sydd yn chwilfrydig am wasanaethau iechyd meddwl (IM) neu camdefnyddio slyweddau (CS). Mae croeso i bawb fynychu'r sgws fawr.

Yn ddiweddar, rydym wedi cael diweddarau ynghylch gwasanaethau sy'n darparu cefnogaeth LHDTC+ fel Unique, gwybodaeth am gynnydd 111 gwasgwch 2, a phrosiect newydd 'Reach and Connect' yn Wrecsam.

Rydym hefyd yn trafod pynciau sydd wedi dod gan y Bwrdd Cynllunio Ardal a Bwrdd Iechyd Prifysgol Betsi Cadwaladr ac yn casglu adborth ar y pynciau hyn i adrodd yn ôl. Enghraifft ddiweddar yw'r adborth a gasglwyd gennym ar Ofal Argyfwng e.e., pwynt cyswllt cyntaf, cost, cefnogaeth y tu allan i oriau ac ati, buom hefyd yn trafod 'trosedd mewn cymunedau' a sut mae'r Ddyletswydd Trais Difrifol yn edrych i atal troseddu! Mae'r Sgysiau Mawr yn cyfle gwych i rannu diweddariadau a hyrwyddo eich gwasanaeth yn ogystal ar gyfer defnyddwyr gwasanaeth a gofalwyr ddarganfod mwy am gymorth gwasanaethau iechyd meddwl a chamdefnyddio sylweddau yn yr ardal. Mae hefyd yn cyfle i rannu eu profiad au a cael chlywed eu llais.

Caniad yn galw Fewn

Mae **Caniad** yn parhau i fynychu neu hwyluso galw heibio grwpiau/grwpiau cleifion ledled Gogledd Cymru mewn clinigau SMS, wardiau MH, canolfannau cymunedol ac ati.

Gorllewin galw fewn/Grŵp cleifion:

Felin Fach galw fewn

Tan-Y-Maen galw fewn

iCAN galw fewn

Canolog galw mewn/Grŵp cleifion:

Ty Llywelyn grŵp cleifion

iCAN galw fewn

Wrecsam galw mewn/Grŵp cleifion

Reach and Connect galw fewn

Salvation Army galw fewn

Hafan Wen Grŵp cleifion

Heddfan Grŵp cleifion

Fflint galw mewn

Eglws Rivertown, Shotton

Eglws St Peter's, Holywell

Eglws Cymunedol Buckley

Caffi Cymunedol Daniel Owen, Y

Wyddglus

Gall **Caniad** hefyd fynychu grwpiau a gynhelir gan sefydliadau eraill fel Grŵp Adferiad Gofalwyr Cymorth i Deuluoedd, grwpiau Galw mewn Cyfle Cymru, cyfarfodydd NWRC ac ati, os nad yw cleientiaid yn gallu mynychu'r Sgyrsiau Mawr Caniad neu alw mewn.

Cyfleoedd Ymglymiad Cyfleoedd Hyfforddiant o fewn **Caniad**

Ymglymiad **Caniad**

Dweud eich dweud ar wella wasanaeth IM a CS yng Ngogledd Cymru!

Adborth ac argymhellion trwy Sgwrs Fawr, galwadau ffôn ac e-bost.

Rhannwch eich stori i arddangos ochr bywyd go iawn Iechyd Meddwl a Chamddefnyddio Sylweddau.

Mynychu cyfarfodydd llwybr gyda'r bwrdd iechyd ac APB i gynrychioli Caniad a bod yn llais defnyddwyr gwasanaeth a gofalwyr.

Cyfweld ag aelodau staff newydd mewn gwasanaethau MH a SMS, a elwir yn Gyfweliadau Seiliedig ar Werth.

Mynychu digwyddiadau a sioeau sy'n hyrwyddo Caniad a bod yn llais llawer.

Mynychu grwpiau ffocws e.e. grwpiau defnyddwyr Sanctuary, grwpiau defnyddwyr Dyletswydd Trais Difrifol.

Cyfarfodydd Llwybr

Mae aelodau bwrdd iechyd, sefydliadau trydydd sector a cynrychiolwyr defnyddwyr a gofalwyr e.e., ymglynwyr Caniad, yn mynychu'r cyfarfodydd llwybr. Bydd holl gyfranogwyr Caniad yn cael hyfforddiant a chefnogaeth os oes ganddynt diddordeb mewn mynychu'r cyfarfodydd fel llais y defnyddwyr a gofalwyr sy'n defnyddio'r gwasanaethau perthnasol i'r cyfarfod.

Ymglymiad a chyfleuoedd hyfforddi

Hyfforddiant **Caniad**

Mae Caniad yn cynnig hyfforddiant i ymgyfranogwyr ar gyfer y canlynol:

Hyfforddiant Sgiliau Pwyllgor - Mae'n cynnwys gwybodaeth am agendau, cofnodi cyfarfodydd, rol cadeirydd mewn cyfarfod a'r rheolau sy'n cyd-daro o fewn cyfarfodydd. Mae'r hyfforddiant hwn yn rhoi cyfle i ddefnyddwyr gwasanaeth a gofalmwr i gario llais y rhai sydd wedi cyrchu gwasanaethau IM a CS mewn cyfarfodydd llwybr.

Hyfforddiant CSW - Mae hwn er mwyn i ymgyfranogwyr Caniad gael profiad a dealltwriaeth mewn cyfweiliadau. Gofynnir am ein Cyfweiliadau Seiliedig ar Werth (Value Based Interviews) gan darparwyr gwasanaeth i gyfranogwyr Caniad gynnal y cyfweiliadau yn seiliedig ar ethos a gwerthoedd yr ymgeisydd. Bydd y sgor a roddid yn cael eu cymryd i ystyriaeth wrth gyflogi'r ymgeisydd gan ei fod yn bwysig cael y person cywir yn y swydd.

Gweithdy Sgiliau Digidol - Bydd Caniad yn cynnal hyfforddiant sgiliau digidol, agored i bob cleient o sefydliadau IM a CS trydydd sector, i gynnal mynediad digidol a chynhwysiant digidol. Rydym eisiau gwybod beth fydd o fudd i chi ddysgu e.e., sut i wneud e-byst, ymuno a chyfarfodydd ar-lein, cyrchu bancio ar-lein ac ati.

Datblygu Gweithlu ymgyfranogwyr Caniad - Bydd Caniad yn cynnig mwy o hyfforddiant uwch datblygedig i ymgyfranogwyr a gynhelir gan datblygu'r gweithlu, bydd yr hyfforddiant yn cynnwys ffiniau proffesiynol, cydraddoldeb ac amrywiaeth, cynnal cyfarfodydd proffesiynol, ymwybyddiaeth o hunanliaddiad, hyfforddi'r hyfforddwr, a mwy.

Cydgynhyrchu mewn **Caniad**

Mae **Caniad** yn gweithio ochr yn ochr a'r bwrdd iechyd a'r APB i ddatblygu gwasanaeth gwelliannau ar gyfer Ymyrraeth mewn Argyfwng, gan gefnogi cyflwyno Strategaeth Camddefnyddio Sylweddau presennol a dyfodol ac edrych ar beth sydd ei angen ar gyfer y Strategaeth Law yn Law at Iechyd Meddwl (Together for Mental Health Strategy). Rydym yn gwneud hyn drwy nodi'r hyn sydd yn gweithio yn dda, chanfod y bylchau a cymryd awgrymiadau i wella profiad defnyddwyr gwasanaeth a gofalwyr hefo gwasanaethau iechyd meddwl a chamdddefnyddio sylweddau. Gwnawn hyn drwy weithio gyda phobl sydd a phrofiad byw neu rhywyn sydd wedi cyrchu'r gwasanaethau, i gael eu profiad, eu barn, adborth ac awgrymiadau. Mae'r adborth yn cael ei yrru yn nôl i'r bwrdd iechyd, a'r gwasanaethau, lle gallynt defnyddio'r wybodaeth yn y ffordd orau posib.

Dywedasoeh, Gwnaethom...

Hysbysebu Caniad - Nid yw Caniad wedi datblygu gwefan lle cafodd defnyddwyr gwasanaethau, gofalwyr a darparwyr gwasanaethau gyfle i rannu eu meddyliau a'u hargymhellion o Medi 15fed mae Bydd gwefan Caniad yn fyw: caniad.org.uk (Copiwch a mewn i'r ddolen hon i'w gweld!).

Trafnidiaeth i Wasanaethau - Mae hwn ddal yn darn o gwaith parhaus o adborth mae Caniad wedi bod yn gweithio arno gyda'r APB. Roedd gwasanaethau wedi gorchymyn i docynnau bws Arriva eu rhannu gyda'u cleientiaid i gael mynediad gwell at apwyntiadau, grwpiau ac ati, gydag adborth cadarnhaol o'r defnydd ohonynt rydym yn gobeithio gallu darparu hyn eto.

Caniad mewn ardaloedd gwledig - Mae Caniad wedi sefydlu grwpiau galw mewn wythnosol ledled Sir y Fflint i dreialu'r hygyrchedd i Caniad drwy'r rhain. Os cawn adborth cadarnhaol, bydd Caniad yn gweithio ar ddarparu mwy o alw heibioledled Gogledd Cymru.

Calendr Caniad

dyddiadau ar gyfer y dyddiadur:

Hydref 2023

- 3rd Hydref: Y Fflint Sgrws Fawr
- 11th Hydref: Bangor Sgrws Fawr
- 17th Hydref: Bae Colwyn Sgrws Fawr
- 19th Hydref: Ruthin Sgrws Fawr
- 27th Hydref: Wreccsam Sgrws Fawr
- 30th Hydref: Porthmadog Sgrws Fawr
- 31st Hydref: Llangefni Sgrws Fawr

Tachwedd 2023

- 7th Tachwedd: Y Fflint Sgrws Fawr
- 8th Tachwedd: Bangor Sgrws Fawr
- 16th Tachwedd: Ruthin Sgrws Fawr
- 21st Tachwedd: Bae Colwyn Sgrws Fawr
- 24th Tachwedd: Wreccsam Sgrws Fawr
- 27th Tachwedd: Porthmadog Sgrws Fawr
- 28th Tachwedd: Llangefni Sgrws Fawr



Cyswlltiadau **Caniad**

- o Cymorth i deuluoedd - grwp gofalwyr
- o Dan 24/7
- o Elms
- o Yellow and Blue
- o Salvation Army
- o GCS - clinigau
- o Cyfle Cymru
- o Kaleidoscope
- o Fedrai'i - Hybiau cymuedol
- o Fedrai'i weithio
- o gwasanaeth tai
- o cymru cynnes

- o Parabl
- o Shed Dynion
- o Canolfan merched Gogledd Cymru
- o Wardiau iechyd meddwl - Ty Llewelyn, Ablett ayyb.
- o Gwasanaeth Prawf
- o Yr Heddlu
- o Lleihau Niwed
- o Iechyd Meddwl pobl hyn
- o Adferiad strwythuredig
- o Banc bwyd
- o Ty Penrhyn
- o Adferiad

Bydd ein cylchlythyr **Caniad** yn cael ei anfon bob chwarter gyda diweddariadau o waith cyfredol ac yn y dyfodol. Bydd y cylchlythyr Caniad nesaf yn cael ei anfon allan ym mis Rhagfyr.

Cysylltwch â Caniad am ragor o wybodaeth, neu edrychwch ar ein gwefan!

