



Caniad Newsletter

January 24 – March 24

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Email: caniad@caniad.org.uk

Phone: 0800 085 3382

Caniad Newsletter

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 when they need it across North Wales.

Caniad Team

Service Manager

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Team Leader

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Central Coordinators

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East Coordinators

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West Coordinators

Kay Wheeler: Kay.Wheeler@caniad.org.uk 07487271310
Mhairi Allardice: mhairi.allardice@caniad.org.uk 07377886450



Caniad Big Chats

West Big Chats:

Porthmadog Resource Centre:
Last Monday of the month
Next: 29th January (1-3pm)

Llangefni, Canolfan Ebeneser:
Last Tuesday of the month
Next: 30th January (11am - 1pm)

Penrhyn House, Bangor:
Second Wednesday of the month

Next: 10th January (1-3pm)

Contact:

Kay.Wheeler@caniad.org.uk

mhairi.allardice@caniad.org.uk

Central Big Chats:

Ambulance Hall Priory Street,
Ruthin

Third Thursday of the month
Next: 18th January (1-3pm)

contact

ian.williams@caniad.org.uk

Colwyn Bay Town Hall

Third Wednesday of the Month

Next: 17th January (12-2pm)

contact

matthew.moseley@caniad.org.uk

East Big Chats:

Wrexham Yellow and Blue

Last Friday of the month

Next: 26th January (1-3pm)

Contact:

mel.williams@caniad.org.uk

Flint Town Hall

First Tuesday of the month

Next: 9th January (12-2pm)

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!

During this time of year Caniad has seen a rise in homelessness and has been a key topic in our Big Chats in recent months. We have been collecting feedback from service users and providers with the aim to work together to give people living in such situations a voice and to make positive change. Caniad has started to run regular monthly drop-ins at Glanrafon in Flintshire and hope to link in with other services across North Wales.

A key topic raised in our Big Chats is the need for more mental health support for young people who have been greatly affected by COVID. We hope to link in with services and collect feedback from young people transitioning from children to adult support services.

Mental health crisis support and 'The Sanctuary' feedback:

Caniad have been collecting feedback from service users and service providers about how we can improve support for people in a mental health crisis. We had a great response and we look forward to how this feedback can be used in the future.

We are thankful to all services and service users who have attended our Big Chats, your involvement and input is very important and enables us to report feedback from across the three areas to help improve services.

Coming Soon! 'The Big Question'

Got a burning question you would like to ask? Caniad will have a question of the month to get peoples views on health and social care topics across all three areas in North Wales.

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 groups:

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

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

In December we had our '**Rethinking our Drinking**' conference in St Asaph, organised by Adferiad, Caniad and the APB. The health board revealed that people are at higher risk of alcohol-related harm since COVID. Our event brought together a range of professionals who are helping to raise awareness across North Wales.

We have been involved in the **White Ribbon campaign** in November to raise awareness of domestic violence, organised by North Wales Police. The event was attended by different organisations to understand behaviour changes and its link to the rise in domestic violence cases in Northeast Wales. New 'Coercive Control' training will be available in March 2024.

Caniad have been collecting feedback on **Serious Violence** in the community across North Wales, and ways we can support our communities and help people feel safe. Caniad and North East Wales police organised two service drop-ins in Cefn Mawr to offer support to at risk communities. Key outcomes include safer streets, support for young people and drug and alcohol awareness.

Reach and Connect is a new group focused on supporting service users in a small group setting providing guidance, signposting and peer support and encouragement. This is a great way to build service users' confidence to enable them to join Big Chats and go on to be involvers and then volunteers!

Caniad Calendar

Dates for the diary....

January 2024

- 9th January: Flint Big Chat
- 10th January: Bangor Big Chat
- 17th January: Colwyn Bay Big Chat
- 18th January: Ruthin Big Chat
- 26th January: Wrexham Big Chat
- 29th January: Porthmadog Big Chat
- 30th January: Llangefni Big Chat

February 2024

- 6th February: Flint Big Chat
- 14th February: Bangor Big Chat
- 15th February: Ruthin Big Chat
- 21st February: Colwyn Bay Big Chat
- 23rd February: Wrexham Big Chat
- 26th February: Porthmadog Big Chat
- 27th February: Llangefni Big Chat

March 2024

- 5th March: Flint Big Chat
- 12th March: Bangor Big Chat
- 13th March: Colwyn Bay Big Chat
- 21st March: Ruthin Big Chat
- 25th March: Porthmadog Big Chat
- 26th March: Llangefni Big Chat
- 29th March: Wrexham Big Chat



Caniad Links

Services Caniad link in with:

- 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 The Wallich
- o Parabl
- o Men’s Shed
- o North Wales Women’s Center
- o MH Wards – Ty Llewelyn, Ablett, Heddfan, 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

For information on these services - please see our Service Directory on caniad.org.uk

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!



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