



**Bwrdd Rhaglen Genedlaethol:  
Iechyd Meddyliol  
National Programme Board:  
Mental Health**

**NATIONAL PROGRAMME FOR  
ADULT MENTAL HEALTH**



**NEWSLETTER #3  
DECEMBER 2010**

---

Welcome to our Newsletter!

This month we introduce you to the National Programme Director, Siân Richards and Professor Michael Williams, our Registered Social Landlord member.

This edition highlights the national User/Carer Conference that we held on 5 November 2010.

We welcome any feedback you may have. Please email your comments to [kathryn.parramore@wales.nhs.uk](mailto:kathryn.parramore@wales.nhs.uk)

---

## **MEET THE PROGRAMME BOARD**

### **Siân Richards, National Programme Director**



I have 25 years experience in health services management in NHS Wales having joined the service via the graduate management training scheme. My career has embraced operational provider management, national strategic work and planning/commissioning roles. I was the Chief Executive of Cardiff Local Health Board from its inception in 2003 to its abolition in 2009.

Mental health has been central to many of my roles. I have been a manager of a mental health hospital and developed community based plans in two health authorities, taking these through formal public consultation. Commissioning mental health services has been an important element in more recent positions. I have also led a mental health homicide review and was a member of the all Wales Project Board that oversaw the transfer of prison health to the NHS.

I was delighted to take up the role of National Programme Director: Mental Health on 1 June 2010.

## **Prof. Michael Williams, Registered Social Landlord Member**



I represent Community Housing Cymru (CHC) on the Mental Health Programme Board as the Registered Social Landlord Member and have been the Chief Executive of the charitable Gwalia group of housing and social care associations since 1982. (<http://www.gwalia.com>). I have a wide range of experience having served on three NHS Trusts as a non executive director since 1997. I was Acting Chair of Swansea NHS Trust and Vice Chair prior to my appointment as a Non Officer Member of the Abertawe Bro Morgannwg University Health Board in 2009. I also chair the Welsh Council for Voluntary Action (WCVA)'s Audit Committee, act as the Vice Chair of the Welsh Special Services Committee's Patient Safety and Quality Committee and am a Hospital Manager appointed to hear appeals against mental health detained patients. I am an Honorary Vice President of the Swansea Branch Alzheimer's Society and the Swansea Forget Me Not Dementia Day Club.

In 2005 Glamorgan University awarded me a visiting Professorship. As Professor of Care and Social Housing my work with the University centres on developing best practice for the housing of people with dementia and other mental health conditions and the training of carers.

I have twice been appointed as an advisor to the Minister of Health and Social Services, Edwina Hart, and in 2008 wrote a report on Mental Health Services in Wales, Iechyd Meddwl Cymru, [IMC] "A Well Being and Mental Health Service Fit for Wales". The report was the basis of a national debate on mental health services.

I have a strong interest and commitment to the improvement of the mental health service in Wales and am delighted to be working with the Programme Board.

---

## **PROGRAMME BOARD UPDATE**

The remit of the Programme Board recently been extended to include Child and Adolescent Mental Health Services (CAMHS). A Steering Group to oversee the implementation of the CAMHS Action Plan will be chaired by Joanna Jordan, Director of Corporate Services and Partnerships, Welsh Assembly Government. As a member of the Mental Health Programme Board, Joanna will be able to ensure a direct link with our work.

### **New Membership**

- Wales Mental Health in Primary Care have been invited to join the Programme Board, either Dr Liz Davies or Dr Huw Lloyd will represent them
- Ian Langfield, Specialised Services Planning Manager, will now represent the Welsh Health Specialised Services Committee
- Stuart Bartley, Senior Public Health Manager, will now represent Public Health Wales.

## **USER:CARER CONFERENCE 5 NOVEMBER 2010 'MENTAL HEALTH PROGRAMME BOARD PRIORITIES'**

The national User/Carer Conference was arranged and facilitated by Mental Health Action Wales and the Centre for Mental Health Services Development. It presented an opportunity for service users/carers and self help groups to identify priorities and issues for the Programme Board.

The conference was attended by 120 individuals from different service user/carers networks and self help groups across Wales who took part in a series of discussions throughout the day.

During the morning session individuals were asked "***What are key questions, issues and priorities' for specific areas for improvement through the Mental Health Programme Board?***" Items raised included:

- *What does ringfencing mean for mental health services in Wales?*
- *How will the Programme Board ensure engagement and that information is getting to as many service users and carers as possible?*
- *How will/how did the Programme Board select representation of users and carers and how will we ensure meaningful contribution to the agenda?*
- *How will the Programme Board influence provider organisations given its lack of formal powers and lack of a scrutiny role?*

During the afternoon, people were invited to take part in one of five themed discussions:

1. 'Getting your care planning' right with CPA and improving your social care, recreation, housing and employment services
2. Involving service users stories in developing mental health services
3. Developing the role of third sector providers and the self-help movement
4. Promoting service user and carer voice
5. Mental health and well-being.

There were a number of service areas that were highlighted as being inconsistent across Wales including developing honest relationships to enable full involvement with care and planning, addressing public stigma of mental health and the need to address the availability of independent advocacy services. Support to develop further contribution of the third sector would also be beneficial.

Many areas of care provision were highlighted as having room for improvement and individuals openly shared their own personal experiences during the day. People felt that the recovery model was fundamental to their own experience of mental health services. 'Listening' to what is important to people is the priority for their optimum recovery and quality of life experience.

It was felt that improved communication will be key to developing meaningful relationships, both with service users, carers, health and social care partners and that although there is still a lot of work to do it is hoped that the Programme Board is well placed to drive this agenda forward.

We would like to thank everyone who attended the conference and to thank the Voluntary Sector Organisations who facilitated the day and co-ordinated the travel arrangements in order to make this possible for many of you. We realise that a lot of people had a long and difficult journey in order to participate on the day and your contributions and ideas are really appreciated.

A summary of the discussions was considered by the Programme Board on 19 November and a full report capturing all of the themes voiced on the day will be taken to the next formal meeting in January 2011. The report will be circulated to delegates with a commentary on resulting actions from the Programme Board.

---

### **Forthcoming Events:**

- 3<sup>rd</sup> February 2011 – Improving Access to Psychological Therapies Event, All Nations Centre, Cardiff
  - 16<sup>th</sup> February 2011 – All Wales Improvement Network, Swalec Stadium, Cardiff
  - 1<sup>st</sup> March 2011 – Care Programme Approach Conference, Swalec Stadium, Cardiff
  - 9<sup>th</sup> March 2011 – Mental Health Accommodation Network, Pavilion, Llandrindod Wells
  - 7<sup>th</sup> June 2011 – Mental Health Managers' Network , Pavilion, Llandrindod Wells
  - 6<sup>th</sup> September 2011 – Mental Health Managers' Network, Pavilion, Llandrindod Wells
  - 29<sup>th</sup> November 2011 – Mental Health Managers' Network, Pavilion, Llandrindod Wells
- 

### **RECENT PUBLICATIONS:**

- Wales Audit Office (WAO) Report: Housing Services for Adults with Mental Health Needs – November 2010  
[www.wao.gov.uk/assets/englishdocuments/Housing\\_Mental\\_Health\\_eng\\_web.pdf](http://www.wao.gov.uk/assets/englishdocuments/Housing_Mental_Health_eng_web.pdf)
- Mental Health and the Productivity Challenge: Improving Quality and Value for Money  
[http://www.kingsfund.org.uk/publications/mental\\_health\\_and.html](http://www.kingsfund.org.uk/publications/mental_health_and.html)

**FINALLY.....**

As this is the last newsletter that we will be circulating this year we would like to take this opportunity to wish everyone a

*Merry*   
 *Christmas*

### **CONTACT DETAILS**

Siân Richards, Programme Director

Tel: 02920 335981

[sian.richards3@wales.nhs.uk](mailto:sian.richards3@wales.nhs.uk)

Kate Elis-Williams, Finance Lead

Tel: 01248 384512

[Kate.Elis-Williams@wales.nhs.uk](mailto:Kate.Elis-Williams@wales.nhs.uk)

Kathryn Parramore, Programme Manager

Tel: 02920 335983

[kathryn.parramore@wales.nhs.uk](mailto:kathryn.parramore@wales.nhs.uk)

Shane Mills, Procurement Manager

Tel: 01874 712644

[shane.mills@wales.nhs.uk](mailto:shane.mills@wales.nhs.uk)



**NHS**  
WALES  
**GIG**  
CYMRU

**Bwrdd Rhaglen Genedlaethol:  
Iechyd Meddyliol  
National Programme Board:  
Mental Health**