

Caerphilly County

Mental Health Directory



INVESTOR IN PEOPLE



**GWENT
ASSOCIATION OF
VOLUNTARY
ORGANISATIONS**



Registered Charity No. 216284

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Foreword

This directory of services relating to mental health issues has been compiled and published jointly by partners from the Voluntary and Statutory sectors (in particular Caerphilly Social Services and GAVO).

The focus is on services within Caerphilly borough, but includes some services which are nearby, but are available to residents from Caerphilly.

Also included are some national organisations, particularly those that offer telephone helpline services.

Web-site addresses have been included, where available, thus enabling people to obtain current and additional information.

A web-site to include this Directory information is in the final stages of development. This will make publishing changes and amendments possible at minimal cost. The web-site development has been conducted with Hafal, in Aberbargoed, and is an excellent example of involving people with a living experience of mental health problems in developing services. On-going maintenance will also be carried out by people with experience of mental health problems.

The web address has not been finalised at the time of going to press (Mar 06), but it would be worth searching for it from late April 2006 on-line e.g. via Google using terms like: *caerphilly mental health directory gavo hafal*

Advocacy Service

South Wales Mental Health Advocacy

Contact:	Robert Callen-Davies
Phone:	01443 829 500
Office:	029 2062 5777
E-mail:	robcdswmha@yahoo.co.uk
Address:	YMCA Building Aeron Place Gilfach BARGOED CF81 8JA

The South Wales Mental Health Advocacy Service is an independent professional service. Service users and carers living in Caerphilly County Borough area, or receiving services there, can request an appointment (no charge).

The advocate visits various locations in the borough, including Ty Sirhowy in-patient unit (Blackwood), Blackwood Resource Centre, Pentrebanne Street and Ty Siriol (Caerphilly) and Hafod Deg (Rhymney). Advocacy can help if you have issues which need to be clearly expressed, or if you have complaints or problems with services.

Aims: To provide a formal advocacy service to people who are in - and day - patients of psychiatric units and day hospitals in Caerphilly county borough. Also to provide advocacy at specific resource and user centres in the borough.

Caerphilly Self-Help Group

The Caerphilly Self-Help Group

Contact: Aeron Hughes
Phone: 029 2088 1730
E-mail: aeronandannhughes@btinternet.com
Address: Twyn Community Centre
Caerphilly

Meetings are on Wednesdays 7pm - 8:30pm

The purpose of the Caerphilly Self-Help Group is to provide a warm, safe and friendly environment for people affected by depression. It aims to provide members with mutual support and understanding by sharing experiences and also to work co-operatively to pool information and practical ways of coping with stress, anxiety and depression. This Group has operated at other venues within Caerphilly. It was originally set up in May 2001, and meetings at this third location began in 2005, having assisted former members to regain employment or to lead a more stable life where weekly meetings were no longer necessary to them.

There are plans to help understanding of aspects of depression, by inviting health professionals, pharmacists, and holistic practitioners from time to time, and to explore other areas of interest which may positively benefit the group's members. Visits to other self-help groups, a small library of tapes, literature and CDs are other initiatives being explored.

Caerphilly Care for Carers

Caerphilly Care for Carers

Contact: Caroline Gledhill

Phone: 029 2088 2663

Office hours: Monday to Thursday, 9am - 4pm
Friday, 9am - 3:30pm

Address: Ty Energlyn, Heol Las, Caerphilly CF83 2WP

The aim is to provide quality care and support services in the local community for carers, including a respite sitting service. Please see Crossroads for the Risca area.

Crossroads

Caerphilly C.B. Crossroads

Contact: Ginny Fancourt

Phone: 01443 819 440

E-mail: caerphillycountyborough@crossroads.org.uk

Address: 11 Y Glynn, Maesycwmmer
Hengoed CF82 7PF

Crossroads is a national organisation providing support to Carers. The main aim is to relieve the stresses experienced by Carers of people with mental health problems who have care needs. Respite service through provision of community based support workers who are trained to the required standards. Specialist work includes provision of Luncheon Clubs to assist in cases of early dementia. Please enquire about referral to this service.

CRUSE

Cruse Bereavement Care Caerphilly

Cruse Helpline Numbers: 08701 671 677 Daytime
08457 585 565 Evening

E-mail: gailrobson.crusecaerphilly@gmail.com

Address: Ty Energlyn, Heol Las
Caerphilly CF83 2TT

Cruse Caerphilly offers one to one and group bereavement support to anyone who is having difficulty in coping with the loss of someone close who has died.

DAFS

Drug Alcohol Family Support

Contact: Mike Blanche or Chris Lewis

Phone: 01495 244 623

Support Line: 01495 240 824

Address: Swffrydd Clinic, Walters Avenue
Swffrydd, Blaenau Gwent NP11 5HT

D.A.F.S. - Drug Alcohol Family Support is committed to providing a professional and confidential service to families and friends of substance misusers in Gwent.

We offer a telephone helpline; face-to-face support; group meetings; information; referral to relevant services.

Drugaid

Drugaid

Contacts: Stephanie Hoffman and David Jones
029 2086 8675

Web: www.drugaidcymru.com

Office: 1A Bartlett Street, Caerphilly CF83 1JS

Service provision: 16 Clive Street, Caerphilly CF83 1GE

Office hours: Monday to Friday 9am - 5pm

Aims: To prevent onset of substance misuse; raise awareness of substance misuse and related issues; to reduce and minimise substance misuse - related harm and risk.

IDAP

Islwyn Drug and Alcohol Project

Contact: Mrs Hilary Rowlands

Phone: 01495 229 299

E-mail: idap@btconnect.com

Address: c/o Markham Miners Welfare Society
Bryn Road, Markham, Blackwood NP12 0QE

Office hours: 10am - 4pm

Aims: To help those with problems surrounding drugs/alcohol and gambling.

Useful web-site for this topic: www.talktofrank.com

CMHTs

Community Mental Health Teams

Caerphilly East: at The Health Centre, Risca

Phone: 01633 618 045

Caerphilly North: at Bryngolau, Aberbargoed

Phone: 01443 828 700

Caerphilly South: at Ty Siriol, Caerphilly

Phone: 029 2086 2035

Early Intervention Service

Hafan Coed Early Intervention Service

Contact: Karen Hamer (Manager)
Adam Edwards (Deputy Manager)
Vicky Reed (Occupational Therapist)

Phone: 01495 223 452

Hafan Coed Early Intervention Service provides a service within Adult Mental Health for Caerphilly Borough.

The broad aims of the service are to:

- provide comprehensive specialised treatment of first episode(s) of psychosis for young adults ages 16 - 35
- maximise recovery
- promote community inclusion
- promote quality of life

Alzheimer's Society

Blackwood & District Branch Alzheimer's Society

Contact: Mrs Margaret Walsh
Phone: 01443 864 299 / 07801 046 260
Web: www.alzheimers.org.uk/branchwebsites/Blackwood
Address: GAVO Office, Council Offices
Nelson Road, Tredomen CF82 7WF

Aims: To give support, advice and information for people with Alzheimer's disease and similar dementias and their carers and family.

Meetings 1st Monday monthly, from 7:30pm to 9pm at Brondeg Day Centre, Bloomfield Road in Blackwood.

Huntington's Disease Support

Gwent Huntington's Disease Support Group

Contact: Ms Betty Cooper
Phone: 01495 246 363
Address: 3 Herbert Street, Hafodyrynys, Newport

Aims: To develop support and provide information and service to individuals and their families affected by Huntington's Disease. To promote and encourage provision of community based services. There are Carers' meetings on the last Wednesday, monthly, from 7pm to 9pm, at Brondeg Day Centre, Bloomfield Road, Blackwood. General information on Huntington's Disease can be found on-line at www.hda.org.uk

DA Cymru

DA Cymru

Phone: 029 2069 2891

Fax: 029 2052 1774

E-mail: info@dacymru.org.uk

Address: 11 Plas Melin, Westbourne Road
Whitchurch, Cardiff CF14 2BT

DA Cymru (also known as Depression Alliance Cymru) is an independent Welsh company and charity, which seeks to encourage self help and mutual support, improve access to all appropriate services, to reduce the stigma and discrimination and to promote research into the prevention, causes, identification, assessment, treatment concordance and self-management of depression.

DA Cymru works to promote mental health and quality of life and to assist in the prevention and relief of depression in Wales by (in brief): Enabling liaison and initiation of positive change; Development of self help groups and information; Raising awareness; Ensuring that the voices of those affected by depression are heard and acted on by decision makers; Research.

Depression needs to be acknowledged as a common preventable and treatable condition, and where those affected are provided with the information, support and understanding necessary for optimal work/life balance.

ForUs

A Forum for Users of Mental Health Services in the County Borough of Caerphilly

Registered Charity No 1104513

Contact: Barbara Parnell, Co-ordinator
Phone/Fax: 01443 875 533
E-mail: barbara@forus.org.uk
Address: YMCA Building, Aeron Place
Gilfach, BARGOED CF81 8JA

ForUs is a Borough-wide forum for past and current users of mental health services.

- ForUs supports and campaigns for service users to be involved in the commissioning, development, planning and delivery of mental health services.
- The organisation holds monthly meetings around the Borough to offer individual service users the benefit of peer support.
- The organisation offers training and volunteering opportunities as representatives.
- ForUs is currently running a project called SMART to help individuals identify and address their social, health and financial needs. Please contact us for information and a free booklet.

Blackwood Resource Centre

Blackwood Resource Centre

Phone: 01495 226 731

Address: 65 High Street, Blackwood
Caerphilly NP12 1BA

The Blackwood Resource Centre is located towards the northern end of the High Street, nearly opposite Blackwood Miners' Institute.

Opening hours are:- Monday to Friday, 10am - 3pm

In addition to being a resource centre for people with mental health issues, various services are available on certain days, including Advocacy, Advice, Women's Group, Community Arts projects, access to Outward Bounds facilities, and access to Healthy Living projects.

New activities and initiatives continue to be developed.

GAVO

Gwent Association of Voluntary Organisations

Contact: Mental Health Development Officer
Richard Johnson

Phone: 01633 241 550

Fax: 01633 212 007

E-mail: richard.johnson@gavowales.org.uk

Address: Ty Derwen, Church Road
Newport NP19 7EJ

GAVO provides the Mental Health Development Service for the former county of Gwent and Rhymney Valley. It provides advice and information to voluntary bodies and statutory agencies, helps with project development, assists partnership working between voluntary and statutory agencies e.g. Health and Social Services.

It works together to identify un-met needs in the community in order to develop new activities and services. GAVO is often called on to signpost people to appropriate services. In co-operation with national and local organisations, GAVO supports (and has initiated some) local mental health self-help groups, step-ins, drop-ins and campaigning groups.

GAVO often accepts a coordinating role on issues important to people with mental health issues and service providers, such as the Mental Health Bill, and reports views to policy makers.

Gofal Cymru

Gofal Cymru

Phone:	01443 865 060
Fax:	01443 812 881
E-mail:	caerphillyteam@gofalcymru.org.uk
Web:	www.gofalcymru.org.uk
Address:	Gofal Cymru. Pierhead Buildings Bedwlwyn Road, Ystrad Mynach Hengoed, Caerphilly CF82 7AA

Gofal Cymru offers a variety of services providing support to people who have or who are recovering from mental health problems across Wales.

In Caerphilly borough we have:-

- a Housing Advice Service - providing short term advice on a range of housing related issues
- Floating Support schemes - providing support related to mental health issues e.g. emotional support, overcoming isolation, integration, promoting independence
- a Floating Support scheme specifically working with families who have children under the age of 16 living with them

We also manage a Supported Housing project consisting of 4 self-contained flats.

Growing Space

Growing Space

Contact: Joy White (Director)
Phone/Fax: 01633 810 718
E-mail: joywhite@growing-space.demon.co.uk
Address: Growing Space, Tredegar House
Newport, South Wales NP10 8YW

The aim is to relieve sickness by the provision of therapeutic training and work experience for people who have suffered or are suffering from mental illness.

We provide two training routes:

- NVQ1 in Horticulture
- ONC in Woodwork occupations

We also provide a work-based learning programme which includes I.T. training and confidence building.

Growing Space was founded in 1992.

Hafal

Hyderus Project

Contact: Team Leader
Phone: 01443 873 786
Mobile: 07817 161 932
E-mail: hyderus@hafal.org
Web: www.hafal.org
Address: Unit 10, St. Margaret's Park
Pengam Road, Aberbargoed
Caerphilly CF81 9FW

Trin Hyder Project

Contact: Team Leader
Phone: 029 2088 4315
E-mail: trinhyder@hafal.org
Web: www.hafal.org
Address: Ty Siriol, 49 St. Martins Road
Caerphilly CF83 1EG

Hafal Caerphilly helps people with severe mental illness and their families to work towards recovery. All our services are underpinned by Hafal's Recovery Programme which empowers clients and families to take control of their lives and achieve recovery.

Inside Out

Inside Out Community Arts

Phone: 01443 873 786
E-mail: hyderus@hafal.org
Address: Unit 10, St. Margaret's Park
Pengam Road, Aberbargoed
Caerphilly CF81 9FW

Inside Out provides free Community Arts workshops for adults to improve physical and mental well-being, and where people can learn new skills and meet new friends. It is user led and aims to help people become more accepted and involved with the communities where they live. Inside Out does this by running workshops in all different art forms; these include music, poetry, dance, photography, creative writing, painting, digital storytelling and any other art forms in response to need. It can be helpful if workshops contain both mental health service users and people who have no history of mental health problems.

Inside Out is not about art therapy, but about people being helped to express themselves through creative arts. Therefore it employs professional artists, not therapists. Many people attend groups with their carers, who also take part. Workshops take place throughout the Caerphilly Borough, in community buildings. "Taster" sessions can be arranged.

Inside Out is managed by Hafal, and is directed by a Steering Group. If you are a mental health user and want to be involved in the project, please contact Hafal.

MDF

MDF the BiPolar Organisation Cymru

Help Line:	08456 340 080
Fax:	08456 340 081
E-mail:	info@mdfwales.org.uk
Web:	www.mdfwales.org.uk
Address:	22-29 Mill Street, Newport South Wales NP20 5HA

MDF the BiPolar Organisation is one of the largest user led mental health charities in the UK. We aim to support the needs of people affected by bipolar disorder (manic depression), their families and friends. We work to enable people affected by bipolar disorder to take control of their lives.

- This is achieved by supporting and developing self help opportunities for people affected by bipolar disorder in local groups throughout Wales.
- To educate the public and health professionals and challenge the stigma surrounding mental health issues.
- To promote effective self-management techniques for depression and mania and encourage research into the disorder.
- We also publish a quarterly journal “Pendulum”, local newsletters, fact sheets and other literature.
- Helpline 08456 340 080 Monday to Friday 9.30am to 4.00pm. (Answer phone at other times).

Day Opportunities Services

Caerphilly Day Opportunities Services

Project Office Phone: 01443 828 730

Mental Health Day Services currently provided by Caerphilly Social Services and the Gwent Healthcare NHS Trust have attracted funds through the Welsh Assembly Government's recent Wanless Funding to develop an Integrated Day Opportunity Service.

The new service Plan will be a re-shaping of current services and will be structured for people who have a current Care Plan. The service will provide and arrange access to:

- Day Support and Activities
- Health Promotion and Healthy Living
- Group work and Therapies
- Medication Management
- Crisis Resolution for people involved with the Service.

The Services developed will be socially inclusive and tailored to a person's recovery from mental illness and their return to good health. The Care Programme Approach (CPA) process of monitoring and review will ensure the type and level of day service provided continues to properly meet a person's individual needs.

For information about services currently provided please contact your local Community Mental Health Team (CMHT).

Pathways

Pathway Supported Employment Service

Phone: 01495 222 899

Fax: 01495 222 852

E-mail: pathwaysew@mencap.org.uk

Address: 5a Gravel Lane, New Market Square
Blackwood. NP12 1AG

Pathway works with people with learning disabilities and in some areas with mental health problems referred to them by the Job Centre or Social Services. Once a referral has been made, Pathway staff meet with the person to discuss their skills, interests, experience and ideas for work.

Pathway staff go out to talk to employers to promote the benefits of employing young people and adults with learning disabilities and in some areas with mental health problems and to find work placements.

Pathway staff are also able to discuss benefits and signpost to the relevant agencies. They support people to ensure that they are accessing the most suitable placements or job, and also provide individual support while learning the job - and on-going support as required.

Primary Care Counselling

Primary Care Counselling Service

Contact is by referral through the local GP practice.

Central Office: Primary Care Counselling Office
Maindiff Court Hospital
Ross Road
Abergavenny NP7 8NF

Phone: 01873 735 569

Service Manager: Wendy Evans

Borough Co-ordinator for Caerphilly: Lyz Jones

Phone: 01633 613 131

Counsellors are qualified professionals employed by the Gwent Health Care Trust as part of the Psychology Service. The service is available by referral through most GP practices within the county.

If your Doctor considers the service is appropriate to your needs, referral to the service can be made via most surgeries within Caerphilly county area.

A leaflet is available outlining the service and self-help leaflets are available to enable people to understand about conditions such as depression, anxiety and stress. There is a leaflet which gives contact information about local self-help groups, national organisations, and a list of helpful books and useful web-site addresses. Leaflets are available from the Primary Care Counselling Service.

Rhymni Valley Mind Step-In

Rhymni Valley Mind

Contacts:	Jill Lawton	(Step-In Coordinator)
Phone:	01443 816 945	
	Margaret Roberts	(Secretary)
Phone:	029 2056 2268	
Address:	Rhymni Valley Mind 36 Penallta Road Ystrad Mynach Caerphilly CF82 7AN	

The Step-In Centre welcomes people with mental health issues for a chat & a cuppa.

We have: a “nearly new” clothes shop; a One-to-One Befriending Scheme; trips & outings; subsidised caravan holidays; small unit of supported accommodation.

Open: Monday to Friday 10:15am to 2:30pm

Open meetings are held at 7pm on the second Monday every month. All are welcome. Venue as above.

SHADE

Self Help Against DEpression

Contacts:	Sheila Twiddy	01633 619 770
	Julie Rowlands	01633 601 277
	Richard Johnson	07092 076 406 (voice)
Fax:	07092 026 398	
E-mail:	richard@shade.org.uk	
Web:	www.shade.org.uk	
Address:	Sheila Twiddy 146 Elm Drive Risca, Newport Caerphilly NP11 9ZZ	
Location:	Dan-y-Graig Church Dan-y-Graig Road off Tredegar Street, Risca	
Meetings:	Tuesdays	7pm - 9pm
	Thursdays	1pm - 3pm

SHADE is a self help group for adults with depression, panic attacks, anxiety, and related conditions. A formal diagnosis is not necessary.

We aim to be caring, non-judgmental, and listen with empathy. We support each other either in a group setting, or one-to-one, chat, invite speakers from time-to-time, go out for the occasional meal, go ten-pin bowling, play games, do creative writing, and are open to new ideas.

Young Carers

Barnardo's Caerphilly Open Door Service

Phone: 01633 612 712

Fax: 01633 615 924

E-mail: OpenDoorProject-Caerphilly@barnardos.org.uk

Address: 59 Commercial Street

Risca NP11 6AW

Young Carers Service for those young people who have care responsibilities for a household member.

We offer:

- Regular monthly Groups
- 1-2-1 support
- Trips, activities and opportunities to have a break

There is a supported housing service for ages 16+ who are referred from Caerphilly Social Services.

There is also a mentoring service for people aged 14 - 25 which can help with building confidence and self-esteem.

This can work in a number of ways, e.g. encouraging and helping young people to start a hobby, join an education or employment course, or find a job.

CALL Helpline

0800 132 737

Community Advice and Listening Line

For advice, information or support with mental health matters

Phone: 0800 132 737

Monday to Friday: 10am - 2pm
7pm - 11pm

Saturday & Sunday: 12noon - 12midnight

General Enquiries: 01978 366 206

Minicom: 0800 032 0956

Web: www.callhelpline.org.uk

Anyone concerned about their own mental health or that of a relative or friend can access the service.

For help with feelings and symptoms of:

Depression, Anxiety, Panic attacks, Suicide, Abuse, Eating disorders...

CALL Helpline offers a confidential listening and support service.

MindinfoLine

0845 766 0163

Open Mondays to Fridays 9:15am to 5:15pm

Information on all aspects of mental health, including legal matters, to service users, carers, family and friends, researchers, students, service providers and the public.

Mind Registered Charity No. 219830

Phone: 020 8519 2122 (Switchboard)

Fax: 020 8522 1725

E-mail: contact@mind.org.uk

Web: www.mind.org.uk

Address: 15 - 19 Broadway
London E15 4BQ

Mind works throughout England and Wales for a better life for everyone with experience of mental distress. It provides information on all aspects of mental health to people who experience mental distress and their families, to professionals and to the public. Mind publishes a bi-monthly magazine, Openmind. Mind also campaigns for greater understanding in the wider community.

It offers mental health services through a network of local Mind associations including sheltered homes; drop-in centres; counselling; advocacy; and employment schemes.

NHS Direct Wales

0845 46 47

NHS Direct Wales

Phone: 0845 46 47

Healthcare advice and information 24 hours a day

Web: www.nhsdirect.wales.nhs.uk

NHS Direct Wales is a bilingual telephone help line providing 24-hour health advice and information to people throughout Wales. Nurses and Health Information Advisers can advise on what to do if you are ill, you have health concerns about someone close to you, or you need information about local health services.

Islwyn League of Friends

Islwyn League of Friends & Gardening Club

Contact: Noel Young

Phone: 01633 869 978

Address: 65 Brynglas, Hollybush
Cwmbran NP44 7LH

Aims: To help ex residents of Llanfrechfa Grange. To help those with mental health problems learn more about gardening, the environment, wild life and education.

Meetings: Weekdays

Venue: Windy Ridge Allotments, Pontllanfraith, Blackwood

Samaritans

08457 90 90 90

Samaritans

Phone: 08457 90 90 90 24 hours a day

E-mail: jo@samaritans.org

You might prefer to write down how you are feeling rather than picking up the phone. Many people do. We receive over 1750 e-mails a week. If you e-mail we try our hardest to get back to you within 24 hours.

Web: www.samaritans.org.uk

General enquiries: admin@samaritans.org

Local: 01633 259 000

(Usual hours open to receive callers: 8 am - 10 pm)

Address: 43 Stow Hill
Newport
Gwent NP20 1JH

Samaritans 'listen' in total confidence and without judgement, whatever your situation. Currently we are only able to provide an English-speaking service.

Saneline

0845 767 8000

Saneline

A confidential telephone helpline, aimed at people in distress, providing support and practical help, as required.

Helpline: 0845 767 8000
1 pm to 11 pm
Available 7 days a week

E-mail: info@sane.org.uk

Web: www.sane.org.uk

A National out-of-hours telephone helpline offering practical information, crisis care and emotional support to anybody affected by mental health problems, including families, carers and professionals.

Calls are answered by trained volunteers, who also have access to the SANELINE Information Database which contains mental health information about illnesses, therapies, medications, law and both local and national services available.

A selection of awareness materials, including leaflets, cards, posters and newsletters is available.

Healthy Living Centres

Healthy Living Projects

Contact: Louise Reed-Gibbs, Healthy Living Officer
Phone: 01443 878 092
Fax: 01495 235 409
E-mail: reedgl@caerphilly.gov.uk
Address: White Rose Resource Centre
Cross Street, New Tredegar NP24 6EF

Healthy Living Centres are at:

Rhymney - St. David's Centre, High Street
Fochriw - Fochriw Community Centre
Abertysswg - Abertysswg Community Centre
Pontllytyn - Pontllytyn Community Centre
Deri - Deri Community Centre
New Tredegar - White Rose Resource Centre

Services and activities include:

- Healthy Cooking and Eating
- Exercise Classes
- Walking or Cycling
- Help to Give up Smoking
- Basic computers/Internet
- Help with Arthritis
- Looking after your teeth
- Advice/Help with alcohol or drug problems
- Arts and Crafts
- Home Safety Service
- Community Transport/General Information

Contact Information

Please send any comments about this Directory to:

Mental Health Development Team

GAVO

Ty Derwen

Church Road

Newport

NP19 7EJ

or by e-mail to: richard.johnson@gavowales.org.uk

or by fax to: 01633 212 007

(please mark for the attention of the Mental Health Team)

Your constructive feed-back is welcomed, and will be considered prior to future re-issue of this Directory.