

## Welcome to Journeys' e-bulletin 19/02/10

### Inside:

- Mental Health First Aid (Wales)
- Depression Busting in Rhondda Cynon Taff
- New self-help groups in Rhondda Cynon Taff
- Get involved! Journeys needs participants for a focus group on experiences in primary care

### Mental Health First Aid (Wales) update

Journeys still has places available on the Mental Health First Aid (MHFA) courses running in Cardiff on 10 & 11 and 23 & 24 March 2010.

**Discounts are available** for the course running on 10 & 11 March. We are offering places at £80 (or £40 for smaller voluntary organisations).

See the attached MHFA brochure for more details and a booking form.

### Depression Busting launches in Rhondda Cynon Taff

Journeys is delighted to announce that, in partnership with Cwm Taf Health Board and Communities First, we are running our award-winning Depression Busting course in locations across RCT.

We will be holding a series of informal and fun launch events, so people can find out more about the course and improving their wellbeing. Everyone is welcome and refreshments will be provided. No RSVP is required. Why don't you come along and join us?

**Tonyrefail:** Tuesday 23 February 6 - 8 pm

Capel Farm Resource Centre, Heol Ty Llwydd, Tonyrefail CF39 8LE.

Contact: [Zoe.A.Parfitt@rhondda-cynon-taff.gov.uk](mailto:Zoe.A.Parfitt@rhondda-cynon-taff.gov.uk) or 01443 671927

**Darran Las:** Thursday 4 March 6 - 8 pm

Darran Las Community Building, Aberdare Road, Mountain Ash, CF45 3PT.

Contact: [Jill.Davies@rhondda-cynon-taff.gov.uk](mailto:Jill.Davies@rhondda-cynon-taff.gov.uk) or 01443 479713

**Glyncoch:** Wednesday 17 March 12 - 2 pm

Glyncoch Communities First, 56 Garth Avenue, Glyncoch, CF37 3AA.

Contact: suebarrow23@btinternet.com or 01443 486496

Please see attached flyers or use the contact details provided for more information.

## New self-help groups in Rhondda Cynon Taff

We are launching three new self-help groups in RCT. The groups provide a safe environment where people can share experiences and coping strategies, get and give support, learn about depression and explore self-help.

**Tonyrefail:** Every Thursday 11 – 1 pm (starting 4 March)

Four Seasons Activity Centre, 33 Heol y Glyn, Tonyrefail CF39 8LL.

Contact: Zoe.A.Parfitt@rhondda-cynon-taff.gov.uk or 01443 671927

**Darran Las:** Every Friday 1 - 3 pm (starting 12 March)

Darran Las Community Building, Aberdare Road, Mountain Ash, CF45 3PT.

Contact: Jill.Davies@rhondda-cynon-taff.gov.uk or 01443 479713

**Glyncoch:** Every Wednesday 12 – 2 pm (starting 17 March)

Glyncoch Communities First, 56 Garth Avenue, Glyncoch, CF37 3AA.

Contact: suebarrow23@btinternet.com or 01443 486496

Journeys also has an award-winning self-help group meeting in Maerdy:

**Maerdy:** Every Wednesday 6 - 8 pm

Teify House, Station Road, Maerdy CF43 4BE

Contact: Kristen on 01443 744687

See the attached flyer for more information.

## Get involved! Journeys needs participants for a focus group on experienced in patient care.

Journeys, in partnership with Wales Mental Health in Primary Care (WaMH in PC), have received funding to conduct research into people affected by depression's experiences of Primary Care.

We are looking for volunteers to take part in focus groups running on Thursday 25 March at the Journeys office in Cardiff. Participants can either be current or former users of primary care services. There will be 3 two hour sessions: 11 am – 1 pm; 2.30 – 4.30 pm; and 6.30 – 8.30 pm.

Please let us know if you would like to help, call: 029 2069 2891 or email: [info@journeysonline.org.uk](mailto:info@journeysonline.org.uk).

Refreshments will be provided and reasonable travel costs will be reimbursed.

If you have friends, family or colleagues who may be interested in the Journeys e-bulletin please feel free to circulate it amongst them, or ask them to get in touch with us so we can add them to our mailing list.

If you do not wish to receive this e-bulletin, please let us know and we will remove your details. Please note, we rely on volunteers to update our mailing lists and whilst we will endeavour to action your request as soon as possible we cannot guarantee that it will be done immediately. We apologise for any inconvenience that this may cause.

Any feedback comments or suggestions are most welcome.....

If you would like more information about Journeys or anything included in this email, please contact us.

Best wishes  
Journeys

**Journeys. Supporting people to find their own route to recovery from depression.**

**[www.journeysonline.org.uk](http://www.journeysonline.org.uk)**

If you would like to support Journeys by making a donation, please [click here](#).

**[Facebook](#)**

**[Twitter](#)**

**[Delicious](#)**

If you have received this email in error or would like your details to be removed from the Journeys mailing list, please let us know.

Journeys is a registered charity (1108411). A Company Limited by Guarantee (5181571).  
Registered Office: 120-122 Broadway, Roath, Cardiff CF24 1NJ



In Spring 2010 our award winning Depression Busting™ course is running throughout Rhondda Cynon Taff.

We are holding a series of informal and fun events so people can find out more about the course and improving their wellbeing. Why don't you come along and join us?

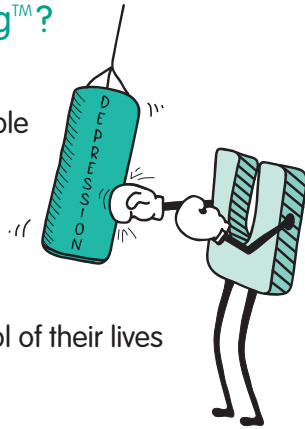
See over for more information about the course and for details of your nearest event.



## What is Depression Busting™?

It is an award winning self-management course for people affected by depression.

The aim of the course is to support people to develop skills and strategies that will help them manage symptoms, regain control of their lives and move towards recovery.



## Who is Journeys?

**Journeys** is the only organisation in Wales whose sole purpose is to offer support and understanding to people affected by depression, their friends, families and carers.

**Journeys** takes a holistic approach to overcoming depression through guided self-help, building the foundations for long-term wellbeing. We provide information, practical resources, services and training. Contact us for more information:

029 2069 2891

[info@journeysonline.org.uk](mailto:info@journeysonline.org.uk)

[www.journeysonline.org.uk](http://www.journeysonline.org.uk)

## Your local launch event

Journeys, Communities First and Cwm Taf Local Health Board are running local launch events in the following areas:

**Tonyrefail** Tuesday 23 February, 6 - 8 pm Capel Farm Resource Centre, Heol Ty Llwydd, Tonyrefail CF39 8LEH  
**Enquiries:** [Zoe.A.Parfitt@rhondda-cynon-taff.gov.uk](mailto:Zoe.A.Parfitt@rhondda-cynon-taff.gov.uk)  
01443 671927

**Darran Las** Thursday 4 March, 6 - 8 pm Darran Las Community Building, Aberdare Rd, Mountain Ash CF45 3PT  
**Enquiries:** [Jill.Davies@rhondda-cynon-taff.gov.uk](mailto:Jill.Davies@rhondda-cynon-taff.gov.uk)  
01443 479713

**Glyncoch** Wednesday 17 March, 12 - 2 pm Glyncoch Communities First, 56 Garth Avenue, Glyncoch CF37 3AA  
**Enquiries:** [suebarrow23@btinternet.com](mailto:suebarrow23@btinternet.com) 01443 486496

As well as finding out more about the Depression Busting course, you will be able to find out about other resources available in your local area.

Everyone is welcome and refreshments will be provided. No RSVP is required.

In partnership with Communities First and

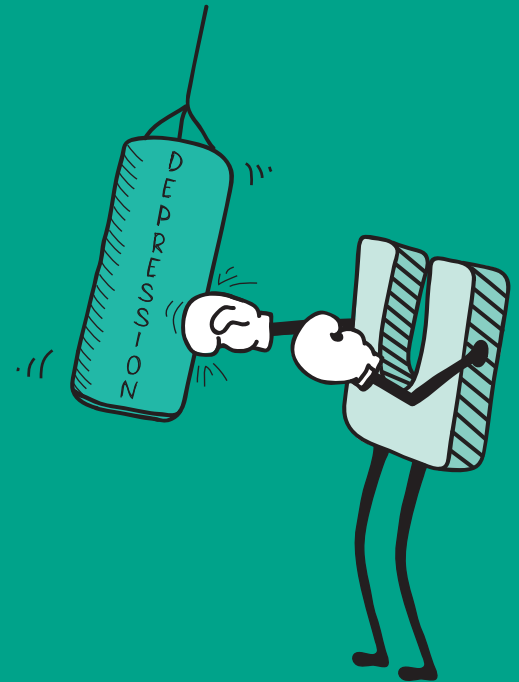




Our award winning Depression Busting™ course will be running throughout Rhondda Cynon Taff in Spring 2010.

Depression Busting is an 8 week training programme that takes a holistic approach to overcoming depression to help you achieve recovery.

See over for more information about your local course.



## What is Depression Busting™?

It is an award winning self-management course for people affected by depression. It will provide you with information, practical tools, and the opportunity to explore self-help.

The aim of the course is to support you to develop skills and strategies that will help you manage symptoms, regain control of your life and move towards recovery.

Courses will be running in the following areas:

**Tonyrefail** - Tuesday 13 April 11 - 1 pm

4 Seasons, 33 Heol y Glyn, Tonyrefail CF39 8LL

For more information or to book contact Zoe on:  
Zoe.A.Parfitt@rhondda-cynon-taff.gov.uk or 01443 671927

**Darran Las** - Thursday 22 April 1 - 3 pm

Darran Las Community Building, Aberdare Road, Mountain Ash  
CF45 3PT

For more information or to book contact Jill on:  
Jill.Davies@rhondda-cynon-taff.gov.uk or 01443 479713

**Glyncoch** - Wednesday 21 April 6 - 8 pm

Glyncoch Communities First, 56 Garth Avenue, Glyncoch,  
Pontypridd CF37 3AA

For more information or to book contact Sue on:  
Suebarrow23@btinternet.com or 01443 486496

## Who is Journeys?

**Journeys** is the only organisation in Wales whose sole purpose is to offer support and understanding to people affected by depression, their friends, families and carers.

**Journeys** takes a holistic approach to overcoming depression through guided self-help, building the foundations for sustainable and long-term wellbeing.

**Journeys** provides information, practical resources, services and training that promote the development of skills and strategies to help people find their own route to recovery.

If you would like more information about  
Depression Busting™ or Journeys, please  
contact us:

029 2069 2891

[info@journeysonline.org.uk](mailto:info@journeysonline.org.uk)

[www.journeysonline.org.uk](http://www.journeysonline.org.uk)

In partnership with Communities First and





Journeys are running self-help groups throughout Rhondda Cynon Taff for people affected by depression, their families and friends.

Self-help groups provide a safe environment where people can share experiences and coping strategies, get and give support, learn about depression and explore self-help.

See over for more information.



## Journeys' self-help groups

Journeys co-ordinate a network of self-help groups throughout Wales. For many people they are a vital resource in achieving and maintaining recovery.

The groups are a safe place to meet with people who may have had similar experiences. They also provide the opportunity to learn simple techniques to help combat the symptoms of depression in a supportive, confidential and helpful environment.

We know that attending a group for the first time can be difficult. Remember that you are not alone, many people are nervous about taking this first step. So if you want to talk to a Group Leader before attending please contact them using the details provided.

## Who is Journeys?

**Journeys** is the only organisation in Wales whose sole purpose is to offer support and understanding to people affected by depression, their friends, families and carers.

**Journeys** takes a holistic approach to overcoming depression through guided self-help, building the foundations for sustainable and long-term wellbeing.

**Journeys** provides information, practical resources, services and training that promote the development of skills and strategies to help people find their own route to recovery.

## When & where do the groups meet in RCT?

**Darran Las** - every Friday 1 - 3 pm

Darran Las Community Building, Aberdare Road, Mountain Ash  
Starts 12 March 2010. Contact Jill on 01443 479713

**Glyncoch** - every Wednesday 12 - 2 pm

Christian fellowship Church, Garth Avenue, Glyncoch CF37 3AJ  
Starts 17 March 2010. Contact Sue on 07971 540528

**Maerdy** - every Wednesday 6 - 8 pm

Teify House, Station Road, Maerdy CF43 4BE  
Contact Kristen on 01443 755687

**Tonyrefail** - every Thursday 11 - 1 pm

Four Seasons Activity Centre, 33 Heol y Glyn, Tonyrefail CF39 8LL  
Starts 4 March 2010. Contact Zoe on 01443 671927

For more information about Journeys:

029 2069 2891

[info@journeysonline.org.uk](mailto:info@journeysonline.org.uk)

[www.journeysonline.org.uk](http://www.journeysonline.org.uk)

In partnership with Communities First and





# Mental Health First Aid training programme 2010



## **Who is Journeys?**

**Journeys is the only organisation in Wales whose sole purpose is to offer support and understanding to people affected by depression, their friends, families and carers.**

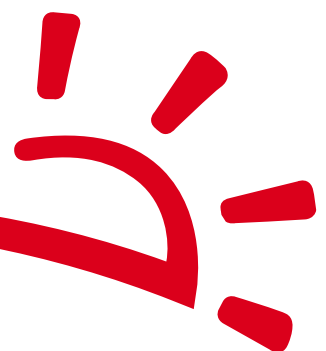
**Journeys takes a holistic approach to overcoming depression through guided self-help and the development of skills and strategies.**

**We help people find their own route to recovery, building the foundations for sustainable and long-term wellbeing.**

**Journeys is run by and for people affected by depression. We have a unique range of publications, practical resources and training courses that help people manage their condition and regain control of their lives. We offer a variety of mutual support services and co-ordinate a network of self-help groups so people can share experiences and coping strategies.**

## Contents

<b>What is Mental Health First Aid?</b>	<b>3</b>
<b>Who is Mental Health First Aid for?</b>	<b>4</b>
<b>Why train in Mental Health First Aid?</b>	<b>5</b>
<b>Course information</b>	<b>6</b>
<b>Course details</b>	<b>7</b>
<b>General information</b>	<b>8</b>
<b>Booking information</b>	<b>9</b>
<b>Journeys' Mental Health First Aid booking form</b>	<b>10</b>



## What is Mental Health First Aid?

Mental Health First Aid (MHFA) is a 12 hour training course that improves mental health literacy and helps people to recognise the signs and symptoms of someone with mental health problems; to respond to various mental health crises; and to engage with, support and signpost people to appropriate professional help.

MHFA saves and improves lives.

Comparisons can be drawn between MHFA and Emergency First Aid. In both cases members of the public can offer immediate aid and support the person to get appropriate help.

The course does not train you to be a therapist, counsellor or mental health professional.

MHFA was developed in Australia. The course has now been adapted to suit the needs of people in Wales and is being rolled out across the country.

MHFA instructors have been specially selected, trained and approved to ensure that there is consistency in delivery and quality.

Mental Health First Aid (Wales) is part of the national training programme for Wales and its partners include the Welsh Assembly Government, Health Challenge Wales and Mind Cymru.



## Who is Mental Health First Aid for?

MHFA is for everyone. It is useful for individuals who want to raise their awareness and learn new skills, and for organisations that want to improve mental health in the workplace.

The programme is targeted at raising mental health awareness among the general public. Some key groups of people include those who work in the ambulance service, Welsh police forces and prison service, JobcentrePlus, primary health care and social care, staff in further and higher education, support workers in a variety of settings, voluntary and community groups, and other workplaces.

Mental Health First Aid complements the Corporate Health Standard (CHS) run by the Welsh Assembly Government. This is a quality mark for workplace health promotion.



## Why train in Mental Health First Aid?

There are many reasons why people might want to train in MHFA:

- Mental health problems are common, especially depression, anxiety and misuse of alcohol and other drugs. One person in four will experience some form of problem with their mental health in the course of a year.
- There is a stigma associated with mental health problems. This may hinder people from seeking help. People are often ashamed to discuss mental health problems with family, friends and work colleagues. They may also be reluctant to seek help and support for such problems because of their concerns about what others will think of them.
- Many people are not well informed. Understanding how to recognise mental health problems and what effective treatments are available is not widespread. With greater community awareness, people will be able to recognise their own and others' problems and feel more comfortable about seeking assistance.
- Help is not always on hand. GPs, counsellors, psychologists and psychiatrists can all assist people with mental health problems. However, just as with accidents and medical emergencies, such assistance is not always available when a problem first arises.
- People may lack the insight to realise they need help or that help is available. Some mental health problems cloud clear thinking and good decision-making. A person experiencing such problems may not realise that they need help or that effective help is available for them. They may be in such a state of distress they are unable to think clearly about what they should do.
- Members of the general public often do not know how to respond. In a mental health crisis situation, the helper's actions may determine how quickly the person with the problem gets help and/or recovers. Through training in MHFA (Wales), they learn how to approach the situation calmly and confidently, and to respond in an appropriate way to give the best help.

## Course information

### Aims

Mental Health First Aid aims to help participants:

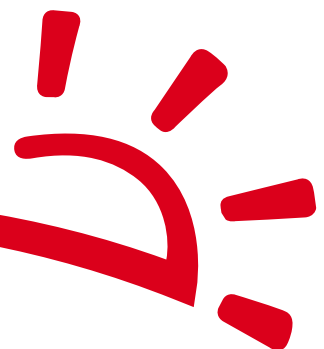
- Preserve life where a person may be a danger to themselves or others
- Provide help to prevent a mental health problem developing into a more serious state
- Promote recovery of good mental health
- Provide comfort to a person experiencing mental distress

### Programme

The 12 hour course covers a number of topics including:

- What is meant by mental health/mental ill health
- The signs and symptoms of common mental health problems including depression, anxiety disorders and psychosis
- The range of effective interventions and treatments
- How to access help and support

All participants will receive a certificate of attendance and a copy of the Mental Health First Aid (Wales) Manual, which covers the course content.



## Course details

### Session 1

- Why mental health first aid?
- Mental health policy in Wales
- Common mental health problems
- The five steps of mental health first aid
- What is depression?
- Symptoms of depression
- Alcohol, drugs and depression

### Session 2

- Suicide in Wales
- Crisis first aid for suicidal behaviour
- Crisis first aid for depression
- Treatment and resources for depression

### Session 3

- What are anxiety disorders (PDS, GAD, social phobia, panic disorder, agoraphobia, OCD)?
- Symptoms of anxiety disorders
- Alcohol, drugs and anxiety disorders
- Crisis first aid for panic attacks
- Crisis first aid for acute stress reaction
- Treatment and resources for anxiety disorders

### Session 4

- What are psychotic disorders (schizophrenia, bipolar disorder)?
- Symptoms of psychotic disorders
- Risk factors of psychosis
- Treatment and resources for psychosis
- Action planning for using Mental Health First Aid (Wales)

## General information

MHFA is a 12 hour course that is divided into 4 sessions, each of which lasts 3 hours. The sessions can be run over 2 days consecutively or be spread over 4 days.

## Location & dates

Journeys is running MHFA courses at our offices in Cardiff throughout 2010. The dates of the current courses are on the booking form overleaf, further dates will be added later in the year.

The Journeys office is located at 120-122 Broadway, Roath, Cardiff CF24 1NJ. The day will begin with tea and coffee at 9 am (training will start at 9.30 am) and finish at 5 pm.

Journeys also runs MHFA courses in other areas and provides in-house MHFA training (up to a maximum of 14 people per course). For more information please contact us.

## Cost

The 2 day MHFA course costs £120 per person. Participants will receive a certificate of attendance and a copy of the MHFA (Wales) Manual. Lunch and refreshments are provided.

Journeys may be able to offer discounts on multiple bookings for a MHFA course. If you are booking 10 or more places you may be eligible to discounts on other Journeys courses. Subsidised places may be available for small organisations.



## Booking information

To book a place please print, complete and return the form opposite (page 11). Please complete one form for each participant.

Forms to be returned to:

**Journeys, 120-122 Broadway, Roath, Cardiff CF24 1NJ**

Applications must be submitted no later than 10 days before the date of the course. All courses and bookings are subject to a minimum number of delegates attending.

Journeys is happy to accept payment by cheque, postal order or BACS. You will be sent an invoice and confirmation of your booking when we receive your completed form.

## Cancellation

Cancellation up to 7 days before a course is due to start will result in a 30% cancellation fee. Cancellation during the final 7 days will result in the full fee being charged. Journeys is happy to accept substitutions.

Please contact us if you have any queries:

**029 2069 2891**

**[info@journeysonline.org.uk](mailto:info@journeysonline.org.uk)**

**[www.journeysonline.org.uk](http://www.journeysonline.org.uk)**

## Journeys' Mental Health First Aid booking form

### Your details

Name			Date	
Organisation		Telephone number		
Email				
Your address		Invoice address		
Postcode		Postcode		

Do you have any particular requirements? \_\_\_\_\_

\_\_\_\_\_

### Please indicate which course you wish to attend

Dates	(✓)	Dates	(✓)
17th & 18th February		7th & 8th June	
10th & 11th March		24th & 25th June	
23rd & 24th March		6th & 7th July	
19th & 20th April		21st & 22nd July	
20th & 21st May			

We would like to be able to keep you up-to-date with our services and activities by adding your details to our database. We will keep your details confidential and will not pass them on to any third party.

Please tick here if you do not wish to receive information from Journeys



**[www.journeysonline.org.uk](http://www.journeysonline.org.uk)**

**[info@journeysonline.org.uk](mailto:info@journeysonline.org.uk)**

**029 2069 2891**

**A Company Limited by Guarantee (5181571)**

**Registered office: 120-122 Broadway, Roath, Cardiff CF24 1NJ**

**Journeys is a registered charity (1108411)**