



Cardiff Health and Social Care Network

E-mail briefing: February 2010

Welcome to the following new members of the Network

- Ghassan Saraf - AHLUL BAYT Community of Wales
- Priti Minamareddy - MEWN Cymru

The Cardiff Health and Social Care Network has doubled in membership over the last 18 months. If you find the Network useful please tell colleagues in other voluntary organisations. We always welcome new members.

REMEMBER, IT'S FREE TO JOIN THE NETWORK AND IT MEANS THAT YOUR ORGANISATION WILL BE KEPT 'IN THE LOOP' AND UP TO DATE

Network News

What's been going on recently?

POVA training

We had another successful POVA training session for Level 1 Awareness Raising. Over 20 people attended the two hour session which used the new DVD, "Why Didn't We See It?" from the South Wales Adult Protection Forum.

We hope that the three training sessions provided since last autumn should enable participants to pass on the training to their organisations. Presentation packs are downloadable from www.cardiff.gov.uk – use the search function.

There may be more training next autumn, but we hope that organisations will try and deliver it themselves in the meantime so that POVA awareness will be self-sustaining.

Healthy City day

Jessica braved the snow to Cardiff City Stadium on the 13th January to celebrate Cardiff being awarded Healthy City Status. We heard from Joan Devlin from Belfast and how they have worked on their city's health, as well as Dr Agis Tsouros from the World Health Organisation. The workshops brought together members of all partner organisations from the public, private, voluntary sectors in health, social care and town planning.

Paying for Care Consultation

The Welsh Assembly Government held a consultation day on their green paper "Paying for Care in Wales". Some healthy debate ensued on the five options that are proposed. The Cardiff Health and Social Care Network held a Viewpoints session which elaborated on the debate and contributes to a response that Jessica will be submitting by 18th February. If you want to contribute any points please get in touch with Jessica as soon as possible. The response will be made available on the VAC website under CHSCN publications. You can find the green paper at www.payingforcareinwales.net

Regional Policy Event

The WCVA held their January Regional Policy Event at the Parkway Hotel, Cwmbran this month. On the agenda were presentations about Health, Social Care and Well-being planning from the Welsh Local Government Association, the Framework of Services for Older People from the Welsh Assembly, the revision of the Healthcare Standards and the Rural Health Plan.

Healthcare Standards

Following on from a workshop that Jessica attended in October about the revision of the Healthcare Standards, the delegates at the Regional Policy Event above heard that a new tool to implement these will be developed in April or May this year after the consultation closes on 8th February. There is still a lot of concern that the standards do not cover Health AND Social Care. Delegates were able to discuss what standards they currently use in their work and how these could fit in.

If you would like to contribute to the consultation please follow this link:

<http://new.wales.gov.uk/consultations/healthsocialcare/healthcarestandards/?lang=en>

Swine Flu Update

The Welsh Assembly Government has now 'stood down' its weekly management meetings and is starting to relax the dedicated processes and systems put in place to respond to swine flu. With this in mind, the Silver Command group has now also been stood down.

Any specific swine flu services will be reintegrated into normal services. Many thanks to those of you who contributed to this topic and we hope that your services are resuming normality too!

Network Events

Several brave souls joined us at St Mary's Community Hall in Bute Street for coffee, cake and a chat about information. Network members contributed to a discussion about how we share service information and patient information, striking at the knotty heart of a perennial issue. You can read more about what they said in our Newsletter, out later this month.

If you have any suggestions or topics that you would like to see covered in our Network Meetings please let us know.

VAC Training

Child Protection Awareness Training	Monday 22 nd February 2010. 10.00am -3.00pm
Action Plan in a Day!	Thursday 11 th March 2010. 10.00am - 3.30pm
Child Protection Awareness Training	Monday 15 th March 2010. 10.00am - 3.00pm
Charity Annual Accounts and Audit	Monday 22 nd March 2010. 10.00am - 3.30pm
Preparing a Sustainable	
Fundraising Strategy	Tuesday 23 rd March 2010. 10.00am - 4.00pm

Child Protection Awareness Training

Please be aware that we can only accept one participant per organisation. This course is not open to statutory and private organisations and **priority will be given to current Cardiff Children, Young People and Families Network (CCYPFN) members.** This course is an introduction to child protection and is suitable for anybody working with children or who has contact with children in general.

It will help you to:

- Understand legislation in relation to child protection,
- Consider 'best practice' in relation to your responsibility for reporting child abuse,
- Identify signs of abuse and how to deal with disclosure,
- Examine the essential elements of a child protection policy for your organisation

For more information please contact: - Claire Button on 029 2048 5722 or email: claire.b@vacardiff.org.uk (VAC Training Administration Assistant).

Training for organisational and staff development is essential to the success of any organisation. VAC's comprehensive training programme includes a range of essential courses geared at those working within the voluntary sector; the programme is available to download from the VAC website: - www.vacardiff.org.uk

VAC Events

Funding Funder-mentals Event
25th February 2010 @ The Jasmine Centre - Ely.
Drop in from 9:30am - 3:00pm or book onto a workshop.
Booking forms are available to download on www.vacardiff.org.uk.

Funding!

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Children in Need has launched a new Small Grants programme with the aim of seeking applications from organisations that have not applied to Children in Need before. Grants of up to £10,000 a year for up to three years will be available to organisations across the UK working with young people and children. Children in Need are keen to get applications from smaller organisations across the UK that have not previously made an approach to them. There will be four application rounds a year. Any not for profit organisation working with young people and children aged under 18 can apply. Children in Need hope to make decisions within 14 weeks of the closing date for each round. The next closing dates are 15th April, 15th July and 15th October 2010. Further information on how to apply can be found on the Children in Need website: http://www.bbc.co.uk/pudsey/grants/funding_smallgrant.shtml

Sports Relief Community Cash Grants. Sport Relief's Community Cash grants aim to support work where there is clear evidence of a sustained beneficial impact on people's lives that are excluded or disadvantaged through low income, rural or social isolation, age, disabilities, race, sexuality or gender.

Who can apply?

Small local community groups undertaking work that helps people of all ages feel more included in their community, builds their skills and increases their sense of achievement. Groups must have an income of less than £50,000 (in the last year) and be run by local people working in a disadvantaged or deprived area within the local authority of Cardiff. Groups are invited to apply for grants ranging between £500 and £1000.

Grants will not be awarded to:

- individuals
- statutory organisations, including PCT's and schools
- groups who are not constituted
- fund trips abroad
- fund buses, mini buses or other community transport schemes (not including transport costs forming part of a project)
- fund building costs, including access adaptations to buildings

Please visit The Community Foundation in Wales' website at: www.cfiw.org.uk where you can view the full guidelines for the programme and either apply online or download an application form.

All applications must be submitted by noon on **Friday 5th March 2010**.

The Community Foundation in Wales

9 Coopers Yard

Curran Road

Cardiff

CF10 5NB

Tel: 029 2053 6590

Fax: 029 2034 2118

Email: mail@cfiw.org.uk Web: www.cfiw.org.uk Reg. charity 1074655 Co. Reg 3670680

Get Involved

Cardiff Older Persons Forum. The Cardiff Older Persons Forum is the main way for the Council and partnerships to consult Older People, and take advice on the development of policies which affect the lives of Older People in Cardiff. The Forum helps to improve the quality of the life and wellbeing of the older population in Cardiff. The Forum has contact with the people and organisations from the statutory and voluntary sector of Cardiff such as the Emergency Services, Care and Repair in Cardiff, Community Safety and the Care Services. If you are over 50, resident of Cardiff and able to represent the views and improve the lives of Older People and would like to know more about the Cardiff Older Persons Forum then please contact John Gorwill on Tel. No. 029 2087 2647 or email: opstrategy@Cardiff.gov.uk

Age Concern Cardiff and the Vale of Glamorgan are behind a new campaign; 'Everyone's Future' that is working to change people's attitudes of ageing, and challenge negative stereotypes. To launch this campaign there was an event in Cardiff's City Hall in conjunction with the UN day of Older People on October 1st 2009. The day centred around older people's experience of positive ageing and how they would like to see changes in the future.

Age discrimination was an issue highlighted a lot in the day with active older people talking to the audience on how they had overcome some of these prejudices.

Digital stories were also shown of positive life experiences.

The campaign aims to promote positive ageing, to empower older people to look forward to their future and to challenge negative stereotyping.

Maggie Redding, a lady of 70 who views her ageing in a positive way, said, "Retirement, old age can be a time for happiness, peace, freedom, contentment, liberation. Yes, we are all going to die. But I am not going to die until I have lived to the full. I believe it is the role of older people to show younger people how to live fully. ...we cannot avoid ageing...who says we can't celebrate it?"

The campaign is a long running campaign with projects planned throughout the year. If you want to get involved then contact Susie King at Age Concern Cardiff and the Vale of Glamorgan on Tel. No. 029 2068 3689 or by email:

susan.king@age-concern-cardiff.org.uk

Breast Cancer Care will soon be launching its HeadStrong hair loss advisory service in Cardiff. Would you like to train as an adviser, offering practical support and information to people who have lost or are likely to lose their hair through treatment for cancer? We need volunteers who can give some of their time to Breast Cancer Care on a regular basis, up to two half days per month, and who will take their commitment to the organisation seriously. They will provide full training and ongoing support to all volunteers, so there's no need for any specialist knowledge or skills. If you have yourself had a diagnosis of cancer, they require that you are at least 18 months past your diagnosis at the time of application.

For many people, losing their hair as a result of treatment for cancer can be the most distressing side effect. Those who have lost their hair through chemotherapy still need to feel confident about themselves and their appearance. Breast Cancer Care's HeadStrong service shows women how to use scarves, hats and hairpieces to minimise the impact of hair loss. Volunteers can really help those affected by this common side effect of cancer treatment.

For more information or an application form please contact:

Sam Fairclough on 029 2023 4074 or Bev Hampson on 029 2023 4075

sam.fairclough@breastcancercare.org.uk beverley.hampson@breastcancercare.org.uk

E-petition is launched to link Urdd funding to alcohol ban

Following the decision of Urdd Gobaith Cymru to allow alcohol to be sold on the Eisteddfod site for the first time in Llanerchaeron, Ceredigion in May 2010, an e-petition has been launched to ask the Welsh Assembly to consider only funding future Urdd Eisteddfodau on condition that alcohol is not sold on the Eisteddfod site.

Instigated by the **Welsh Council for Alcohol and Other Drugs**, the e-petition is an opportunity for anyone who has concerns about the decision to register their concerns with the Assembly. The petition *No alcohol on the Urdd National Eisteddfod site* can be accessed at <http://www.assemblywales.org/gethome/e-petitions/eform-sign-petition.htm>

Wynford Ellis Owen, Chief Executive, The Welsh Council on Alcohol and Other Drugs, said, "We oppose the Urdd's decision to permit the sale of alcohol on the Urdd Eisteddfod site. The opposition is based on the fact that it is a Festival for children and young people and, as such, the great majority of competitors and their friends are under the legal age for alcohol consumption. Evidence suggests that children and young people are more likely to become drinkers and heavy drinkers the more society normalises the use of alcohol – which is exactly what the Urdd is doing by introducing alcohol to the Eisteddfod site. Would the Urdd promote the sale of tobacco on the Eisteddfod site?"

"Through this e-petition we hope we can persuade the Welsh Assembly to reconsider its funding for this event until the Urdd reverses its decision to serve alcohol at the Eisteddfod. It is a frightening fact that Welsh 11-15 year-olds drink more alcohol than those of a same age in any other European country. This impairs their health, places them in all sorts of danger and damages their hopes for the future. This is totally contrary to the praiseworthy aims and intentions of the Urdd.

"The Urdd, as a movement which receives public funding from the Assembly, should act to strengthen the Assembly's policies on health and fitness not work against it. We call on the Assembly to take a stand as the Urdd's decision undermines Assembly health strategies by reinforcing practices, such as drinking alcohol, which run counter to the aim of promoting health and welfare. What justification does the Urdd have for undermining public policy?"

Full details of the petition can be found on the Welsh Council on Alcohol and other drugs website: www.welshcouncil.org.uk

CALL FOR EVIDENCE - 1

The Framework of Services for Older People is asking for evidence of what works to keep older people independent. If you would like to contribute please see attachments to this ebrief.

CALL FOR EVIDENCE - 2

Another call for evidence concerns social care in Wales.

The Independent Commission on Social Services was established to consider the provision of social services and social care in Wales over the next decade and in particular how the Assembly Government can

- support the further development of professional practice
- build inclusive social services based on the contribution of all partners who work in social care
- effect a step change in collaboration between social services and with other key services
- ensure integrated social services capable of meeting the needs of children, young people and adults and older people in the most effective way

The Commission invites interested organisations and individuals to submit written evidence on the issues outlined above. It would be helpful if the evidence could

- Identify strengths in current arrangements
- Identify specific barriers or impediments in current arrangements
- Offer possible ways of overcoming such barriers, with examples

We are keen to receive evidence from as wide a group as possible and recipients are encouraged to draw this to the attention of others who may wish to submit evidence to the inquiry. The deadline for receipt of submissions is 26th February 2010.

Please find more information in the attached letter.

News and Publications

Website to offer patients access to their medical records

W.A.G Health Minister, Edwina Hart, has announced £1.7m funding for a website which will allow patients to check their medical records at the click of a button.

'My Health Online' - a bilingual NHS Wales website - will also let people order repeat prescriptions and book appointments with their GP.

Other features of the site will include advice and information to help patients manage health conditions. It will link to the existing NHS Direct Wales website.

Mrs Hart said: "The demand for online GP services is increasing and we recognise that providing accessible information is critical if we want to enable people to change their lifestyles and improve their health. "The Welsh Assembly Government is also committed to improving access to health services for people living in rural communities. My Health Online will particularly save lengthy journeys to GP practices.

"The website will also help empower people to take responsibility for their own health through the completion of a health diary which can be shared with their GP."
Work will now start on developing the exact details and requirements of the website.

News from Cardiff Meetings

The Cardiff and Vale Service User Forum

After a review and consultation the Service User Forum is changing and will now:

- Meet 4 times per year from 11.00am - 3.00pm
- Lunch will be provided
- Speakers will be invited

A planning group meeting will be held on Wednesday 10th February at 10.00am to help make sure that the new service user forum events are interesting and useful. The meeting will be held at the CVMHDP office in Trade Street, Cardiff.

Training Consultation Workshop - Thursday 25th February at 10.00am - 1.00pm.

If you want to know what training might help you to have your voice heard then you can contribute to the workshops and find the tools to help you speak up more effectively.

For more information contact Anna Suschitzky on Tel. No. 029 2022 2000 or email.

anna@cvmhdp.org.uk.

Cardiff Community Health Council

A Public and Patient Reference Groups meeting will be held at the Butetown Community Centre, Loudoun Square, Butetown, Cardiff on Monday 15th February 2010 at 6.0pm-8.30pm. At the last meeting on 9th November 2009 it was requested that representatives from the Loudoun Square Regeneration Project Team would attend to discuss issues surrounding the estimated expansion of patients list at Butetown Health Centre and how this will impact on parking in the area. An update will be given on the Loudoun Square Development by Project Team Representatives from

- Cardiff County Council
- Cardiff Community Housing
- Cardiff and Vale University Health Board

Also on the agenda will be a Community Health Council Consultation Update.

All Reps Support meeting

The All Reps group, supported by VAC, met for the first time since May 2009 to discuss issues around voluntary sector representation in Cardiff's Strategic Partnerships. The attendees decided that the group could serve as a useful support forum for representatives. Priorities agreed encompass:

1. Strengthening our voice
2. Clarifying the message
3. More effective representation
4. Practical collaboration skills
5. Resourcing representatives

Chronic Conditions

The Cardiff Chronic Conditions Demonstrator Steering Group is working hard on using the new Results Based Accountability method to improve service delivery. The workstreams covered by the group include Epilepsy, Diabetes, and PRISM – a system which reduces the need for unscheduled care.

At the last meeting Jessica presented the Directory of Health and Social Care voluntary sector services and it was very well received. There is a good chance it may be distributed to libraries, community centres and GP surgeries in Cardiff through CCM funding.

There are a number of **Advisory Planning Groups** and **Forums and Networks** available for people working in voluntary sector health and social care. If you would like more information about these please contact VAC on 029 2048 5722.

Welsh Assembly Government News

New funding worth more than £650,000 for smoking prevention was announced on 7th December 2009 by Welsh Assembly Government Health Minister Edwina Hart. The announcement comes as new figures show that the first full year of the smoking ban in Wales has heralded a steep decline in the number of heart attacks.

A total of £155,000 over the next two years will go into the ASSIST programme, where health promotion experts train pupils to persuade their friends not to start smoking or to give up, and more than £500,000 will be allocated for wider smoking prevention activity. 58 schools have already benefited from the ASSIST programme, with another 8 currently completing this term. The new funding will allow a further 20 schools to benefit from the programme over the next two years.

Edwina Hart AM said: "Smoking prevention for young people is a high priority as the majority of smokers take up the habit in their teenage years.... "Failure to prevent young people from taking up smoking will lead to higher adult smoking rates and increased costs for the NHS in treating smoking-related disease...."Evidence suggests that a co-ordinated approach to smoking prevention is required so that young people are provided with different initiatives and strategies throughout their school life."

Mrs Hart also announced new funding worth £519,000 for wider smoking prevention. She announced £143,000 a year for ASH Wales over the next three years to enable the charity to continue raising awareness of the effects of tobacco and smoking. A further £30,000 a year will also be provided to ASH Wales over the next three years to fund No Smoking Day activities and campaigns across Wales.

The Welsh Assembly Government document 'Rural Health Plan – Improving Integrated Service Delivery Across Wales' was published in December 2009.

The Rural Health Plan has been developed to ensure that the future health needs of rural communities are met in ways which reflect the particular conditions and characteristics of rural Wales. The plan, the first of its kind in Wales, outlines how the NHS can fully utilise the skills of staff and resources to deliver better care for patients in rural localities. The plan includes:

- developing a new 'rural practitioner' role - multi-skilled professionals who will cover services across NHS healthcare and social care - to serve rural communities;
- developing a network of pharmacies so that patients in rural areas can more easily access local pharmacy services;
- increasing the use of telehealth and telecare so that patients do not have to travel long distances for routine treatment and checks; and,
- establishing a rural health innovation fund to help fund improvements.

The plan looks at how a range of services including hospitals, GP practices, dental services, district and community nursing, occupational health, physiotherapy services and community mental health support can be delivered most effectively within rural communities.

Wales already has a strong network of community hospitals and the plan adds new purpose to those hospitals and exploits their potential to provide key services closer to rural communities.

The Health Minister Edwina Hart AM also announced the establishment of an expert group to advise on the delivery of the plan. How access to GPs in rural areas could be improved will be considered by the group and alternative models of patient transport for emergency and non-emergency needs in rural areas will be reviewed.

A full copy of the document can be downloaded from the Welsh Assembly Government website: <http://wales.gov.uk/topics/health/publications/health/strategies/?lang=en>

Welsh Assembly Government Consultations

Paying for Care in Wales: Green Paper consultation on options for reform

This consultation seeks your views on the Paying for Care in Wales Green Paper on options for reform. The current system of paying for care for older and disabled people is over 60 years old, and needs to change if we are to meet increasing demand and higher expectations. We want to create a system that is simpler, fairer and more affordable for individuals, their families and government.

The Welsh Assembly Government wants to know your views on how we should pay for care in the future.' Paying for Care in Wales: creating a fair and sustainable system' was published on 16 November 2009. It sets out a number of options for reforming the current system, and sets out the main advantages and disadvantages of each. The consultation is open until 28th February 2010. For details on the Consultation Green Paper and how to respond please go to the Welsh Assembly Website link:

<http://new.wales.gov.uk/consultations/healthsocialcare/payingforcareinwales/?lang=en>

Jessica Morgan, CH&SC Facilitator will be responding to this consultation on behalf of VACardiff, Jessica will be taking forward some of the points raised at the Viewpoints session that was held at VACardiff on 25th January 2010

Consultation on draft practice guidance on ‘Developing a Commissioning Strategy for People with Learning Disabilities’

This consultation seeks your views on draft practice guidance drawn up by the Learning Disability Implementation Advisory Group working with Assembly officials on ‘Developing a Commissioning Strategy for People with Learning Disabilities’.

The Deputy Minister for Social Services has agreed to consider whether the Welsh Assembly Government should issue practice guidance on developing a commissioning strategy for people with learning disabilities in the light of any consultation responses received. Should the practice guidance be issued it will complement and supplement the broader guidance for the commissioning of social care services which is presently out to consultation.

The consultation is open until 12th March 2010 . For details on the Consultation Green Paper and how to respond please go to the Welsh Assembly Website link:

<http://new.wales.gov.uk/consultations/healthsocialcare/commissioningstrategy/?lang=en>

Consultation on Putting Things Right – a better way of dealing with concerns about health services.

This consultation seeks your views on the way that health organisations deal with people’s concerns about the health service.

The Welsh Assembly Government wants to improve the way that health organisations deal with people’s concerns about the health service. They want the health service in Wales to do as much as it can to put right mistakes and to learn lessons to stop them happening again. They feel that this can be done by improving the arrangements already in place to support all staff to be open with people when something has gone wrong and by developing further the skills and experience of staff who will investigate concerns. They also think that by giving health organisations the tools and techniques they need to carry out better investigations, more people will be satisfied with the result. The process should be easy to access and people should be able to get help and support to raise their concerns.

Purpose

This consultation is to enable the views of all stakeholders and service users to be expressed and considered.

Online Forum

The Putting Things Right web forum is your opportunity to get involved and to tell us what you think about the consultation and your experience of the complaints process. You can access the forum by clicking on the related link

<http://new.wales.gov.uk/forums/puttingthingsright/?lang=en>

The consultation is open until 2nd April 2010. For details on the consultation and how to respond please go to the Welsh Assembly Website link:

<http://new.wales.gov.uk/consultations/healthsocialcare/puttingthingsright/?lang=en>

WCVA News

Understand Climate Change? Sustainable Wales can help!

The WCVA is trying to show leadership to the third sector through its participation in the Welsh Climate Change Commission and has produced the ‘Third Sector Declaration on

Climate Change'. The declaration is an opportunity for 'non-green' groups to make a commitment and to engage in the climate change agenda.

As a result, WCVA have established the Environment Wales Climate Change Fund. This is a small grant scheme (£200 - £2000) for non-environmental groups who want to engage in climate change action for the first time.

The kind of activities that can be funded are:

- Climate change awareness raising and education
- Encouraging positive behaviour
- Expanding your activities to help tackle climate change
- Learning from good practice / training
- Testing feasibility of new ideas or new ways of working

For application forms and information packs contact WCVA helpdesk on 0800 2888 329 or email climatechangefund@environment-wales.org

WCVA Training

An Introduction to equality and diversity 26th February 2010. Cardiff

This course is for those who wish to gain a better understanding of equality and diversity and will help individuals encourage equality and diversity in the workplace. Cost: £146.88 for members, £182.13 for voluntary organisations

Engaging hard to reach citizens 2nd March 2010. Cardiff

This course is for those who work with communities or those trying to engage with 'hard to reach' groups. It will assist workers to identify the various barriers to involvement, and explore and share strategies with other professionals to minimise and overcome these barriers.

Cost: £146.88 for members, £182.13 for voluntary organisations

Advanced Campaigning and Lobbying 23rd March 2010. Cardiff

This is an advanced course for people who already understand the principles of how to plan a campaign and who are already operating at a relatively high level in public affairs, policy and communications.

Cost: 11.50 for voluntary organisations.

Full details of all WCVA training courses can be found on the WCVA website:

www.wcva.org.uk or you can contact WCVA Training on Tel. No. 029 2043 1723 or email: training@wcva.org.uk

Training

As a result of Cymorth funding from the Vale of Glamorgan Council, VCVS will be holding 3 training sessions on safeguarding children and young people.

The sessions will be held as follows:

3rd March 2010 10 am – 1 pm
9th March 2010 10 am – 1 pm
10th March 2010 6 pm – 9 pm

All of the training sessions will be held at the Business Centre, Cardiff Road, Barry. The training is free to anyone in the voluntary or statutory sector who works with children or young people.

To book a place, please contact Ceri Venners at VCVS. Email: ceri@valecvcs.org.uk or Tel.No. 01446 741706 for a booking form.

Places are limited, so early booking is recommended.

Lunch and refreshments will be available after the morning sessions.

Refreshments will also be available prior to the evening session.

Cardiff and Vale Coalition of Disabled People have the following training courses available in March.

Religious Diversity:	3 rd and 4 th March 2010. Two day Religious Diversity Anti- Discrimination Course
Venue:	Jasmine Centre, Treseder Way, Ely, Cardiff CS5 5BQ
Equality and Diversity	10 th March 2010.
Venue	Jasmine Centre, Treseder Way, Ely, Cardiff CS5 5BQ
Disability Discrimination Act	16 th March 2010
Venue	Jasmine Centre, Treseder Way, Ely, Cardiff CS5 5BQ
Religious Diversity	25 th & 26 th March 2010. Two day Religious Diversity Course
Venue	The Conference Centre, Newport YMCA, Mendalgief Road, Newport NP20 2HF

For details of the above courses please see attachments to this ebrief.

Or if you require further information please contact:

Niccy Williams , Cardiff and Vale Coalition of Disabled People

60 Cowbridge Road West, Ely, Cardiff, CF5 5BS

Tel: 029 2025 5611 Email: niccy@cvcdp.org

AFASIC CYMRU are running a training day 'Dyscalculia - maths as a language' Facilitated by Professor Amanda Kirby, of The Dyscovery Centre, University of Newport. The Event will be held at The Holiday Inn Newport on Friday 19th March 2010.

If you have ever thought about mathematics being language that you need to understand and decode just like reading and spelling? Find out about the different

aspects of mathematics difficulties arise and practical ways of support the child in the classroom and at home. For teaching and support staff, SENCo's, speech & language therapists and assistants, health professionals, pre-school and voluntary sector organisations and parents/carers.

For more info visit the AFASIC CYMRU website: www.afasiccymru.org.uk or email: jeannette@afasiccymru.org.uk .

Afasic Cymru supports parents of children with speech and language impairments.

Conferences and Workshops

British Lung Foundation South Wales Conference

Date: Thursday 18th March 2010, 10.00am - 4.00pm

Venue: YMCA Conference Centre, Mendalgief Road, Newport, NP20 2HF

- Learn more about lung conditions
- Pick up useful information
- Try out new equipment that may help you
- Enjoy a buffet lunch
- Stands, quizzes and activities

The conference fee is £5.00 per person (£10.00 for health professionals).

To register your place please contact British Lung Foundation Wales, 6/7 Llandarcy Suite, Llys Kearns, Jersey Marine, Swansea SAA1 8QL. Tel. No. 01792 455764

Arts in Health & Well-being Conference Prevention, Intervention & Creative Action

Date: Thursday 4th March 2010, 9.30am until 4pm

Venue: Wales Millennium Centre, Cardiff.

The conference will highlight the importance and benefits of the arts for patients receiving medical care and for the wider population. It is aimed at professionals from health and local

Sobering Thoughts: young women and binge drinking, a YWCA seminar

Date: Thursday, 25 February 2010 2pm – 5pm

Venue: One Caspian Point, Pierhead Street, Cardiff Bay, Cardiff

Cost: FREE

YWCA is concerned about binge drinking and the impact this has on young women in Wales. This seminar will include an overview of YWCA's research into young women and binge drinking, presentations from other voluntary organizations on their work and an opportunity to discuss underlying causes, find solutions and take action together. Light refreshments provided.

Further details from Linda Pritchard on:

T: 029 2044 4077

linda.pritchard@ywca.org.uk

**Age Concern Cardiff & the Vale Counselling Service Training Workshop
A Joyful Home- Reducing depression in Care Homes**

Date: Tuesday May 4th 2010

Venue: Healthy Wealthy Wise, The Old Library, Bishopston Road,
Ely, Cardiff, CF5 5DX

The purpose of the event is to raise awareness of depression and what can be done to reduce depression among residents in Care Homes, Sheltered Housing and those attending Day Care Centres.

Please confirm your interest in attending the event by Friday 12th February by post or via email to sandra.roberts@age-concern-cardiff.org.uk . Nearer the event further information will sent to those who have registered. If any of your colleagues are interested in attending the event extra registration forms can be obtained by email. The cost of the event will be £30 per person. Lunch will be provided.

Thirty places will be available for this course but if the course is oversubscribed then a further course might be held later in the year. Should you have any queries please contact Tel. No. 029 2052 1125 or via email at the email address above.

The Institute of Fundraising Cymru - All about the Community Foundation in Wales

Date: Tuesday, 16th March 2010

Venue: Barry Community Enterprise Centre, Barry

Liza Kellett, Chief Executive of the Community Foundation in Wales will be on hand to explain more about the organisation and what assistance they can offer your organisation.

The Community Foundation in Wales also offers grants and will be detailing how to apply for their additional funding, profiles of organisations likely to be successful in receiving a grant and what they are looking for in the application process.

Don't miss this opportunity to make the most of what the Community Foundation in Wales has to offer.

£10 members, £15 non members

9.30—11.30am Refreshments served.

To book a place on the March Network meeting, contact the Institute of Fundraising Cymru on 02920 340062 or email: Chris@institute-of-fundraising.org.uk

South Wales Fire and Rescue Service 'Making you safer at home and at work'

Date: 11th March 2010 at The Orbit Centre, Merthyr Tydfil from 10am - 3pm
23rd March 2010 at Cardiff County Hall, from 10am - 3pm

South Wales Fire and Rescue Service will be jointly hosting the above seminars with Cardiff and Vale Coalition of Disabled People, Age Concern Cymru and Help the Aged Cymru. The seminars will provide advice and guidance on fire safety in the home, what you should expect at work as well and fire safety for businesses.

Call or email to book your place by 18th February 2010

Tel: 01443 232000 · Minicom: 01443 232060 · Email: swfs@southwales-fire.gov.uk

ASBAH Cymru (The Association of Spina Bifida and Hydrocephalus) is encouraging adults living with spina bifida and hydrocephalus in Wales to attend 2 national events organised later this year.

'Ageing disgracefully' and 'Looking good, feeling great' will provide opportunities for individuals to meet others and explore a variety of issues related to the conditions through discussion, activities and information from key speakers.

Both events run from a Friday to a Sunday.

Ageing Disgracefully

Friday 26 March 2010 - Sunday 28 March 2010

Sheffield

Weekend rate: £95 (accommodation, meals and workshops)

Saturday attendance only: £35

Looking good, feeling great

Friday 23 April 2010 - Sunday 25 April 2010

Brighton

Weekend rate: £110 (accommodation, meals and workshops)

Saturday attendance only: £35

Both events are organised by ASBAH's 'Your Voice' group, which has been set up specifically to encourage adults living with spina bifida and hydrocephalus to actively contribute to key policy initiatives, provide opportunities for meeting others and experience new activities, life skill training - all with an element of fun and sociability. For further information on the events or on how to join 'Your Voice', contact Mark Harris on 01733 421322 or email markh@asbah.org

For further information on the work ASBAH Cymru does across Wales, contact Kate Thomas on 01656 864102 or email katet@asbah.org

Local News and Events

The Food and Fitness for Families Project food and play the family way. This is a FREE programme that aims to work with families, primarily from Black and Minority Ethnic (BME) communities to encourage and enable them to make healthier lifestyle choices. Through trained bilingual volunteers it provides advice on nutrition and how to get active in a fun way. There are three Family Launch events taking place on 22nd, 23rd and 25th February. The Family Launch events will be open to parents and their children to find out more information about the programme. Activities and light refreshments will be available.

If you live in the Plasnewydd, Penylan, Roath, Canton or neighbouring wards and want your family to be healthier and have children aged 12 and under then please go along to any of the following venues:

22nd February 2010, 1.00pm - 3.00pm at the Plasnewydd Community Centre
23rd February 2010, 1.00pm - 3.00pm at the Penylan Community Centre
25th February 2010, 9.30am - 11.30am at the Riverside Community Centre

The events timetable:

- 1st hour: making fruit kebabs and fruit face masks
- 2nd hour: Learning about fruit through story telling
- Soft play available at all times
- Advisors will be present at all times to discuss the project and give information on how to join

‘Can Do!’ Launch event, from People Around Here.

‘People Around Here’ is a community arts charity based in Roath, Cardiff. Over the last four years, they have engaged with almost 2000 children and young people along with adult community groups in dozens of communities across Cardiff and the surrounding area through ‘hands on’ creative projects.

This spring, ‘People Around Here’ will be launching a major new initiative called **‘Can Do!’** Painting it Positive: Transforming the Canvas of Cardiff.

‘Can Do!’ will be launched at a special live music charity event at The Gate Arts Centre on Thursday, 4th March at 7.30pm, which is open to all.

Older Person’s Day on Saturday 27th February 2010 between 10.30 am and 3.00pm at the Ararat Church Community Centre, Plas Troeda, Whichurch, Cardiff sponsored by HomeInstead Senior Care.

HomeInstead Senior Care is a new domiciliary care service based in Rhiwbina, Cardiff. It provides personal care, home help and companionship services. Services can be for a few hours a day, up to 24 hours.

Anyone is welcome to drop in for a free cup of tea and a piece of cake. Expert advice will be available from charities, voluntary groups and local businesses with special offers for senior citizens. For more information Tel: 029 2062 4429 or Email:

philip.bachelor@homeinstead.co.uk.

For more information about HomeInstead visit www.homeinstead.co.uk

Touch Trust at The Millennium Centre - Keep Moving - For health, happiness, relaxation and positive thinking

You may not be 21 anymore but if you’re keen to feel energised and healthy and to have some fun, then you may want to join the Touch Trust Movement group which can be as gentle or as physical as you like. Age and ability makes no difference and being over 50 is a bonus!

The sessions take place on the 2nd and 4th Thursday of every month and start at 4.30pm until 5.30pm. The cost is £5.00 per session and no booking is necessary.

For further details please contact: Touch Trust, Wales Millennium Centre, Bute Place, Cardiff Bay. Tel No. 029 2063 5660

Carers UK/Wales Cardiff Branch hold regular monthly meetings and social events throughout the year for carers living in Cardiff. The meetings open with a topic of interest and are followed by time to share concerns or tips, ask questions or simply chat with fellow carers over refreshments. The venue for the meetings is Mind, 166 Newport Road, Cardiff. A monthly information stall is also held in the University Hospital of Wales Concourse. Forthcoming dates are as follows:

- February 19th 2010
- March 26th 2010
- April 30th 2010

The stall is usually in the concourse on the last Friday of every month but an extra day has been arranged during Carers Week on 11th June 2010

Cardiff Pedal Power - open afternoon for Carers and Support Workers

Date: Friday 26th February 2010, 1.3pm to 3.00 pm

Venue: Pontcanna Caravan Park, Off Dogo Street, Cardiff, CF11 9JJ

Are you a Carer or Support worker who would like to introduce a new activity outdoors? Children and adults at all ability levels can enjoy cycling at Cardiff's Pedal Power. This event is free. To ensure a place booking is essential, please contact Gabriella Todd on Tel No. 029 2039 0713 or email: physio.pedalpower@btconnect.com

If you have anything that you would like us to include in our monthly ebrief please let us know. The deadline for submission on articles on events, good news or the work of your organisation is 20th of each month.

E-briefing from:

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