

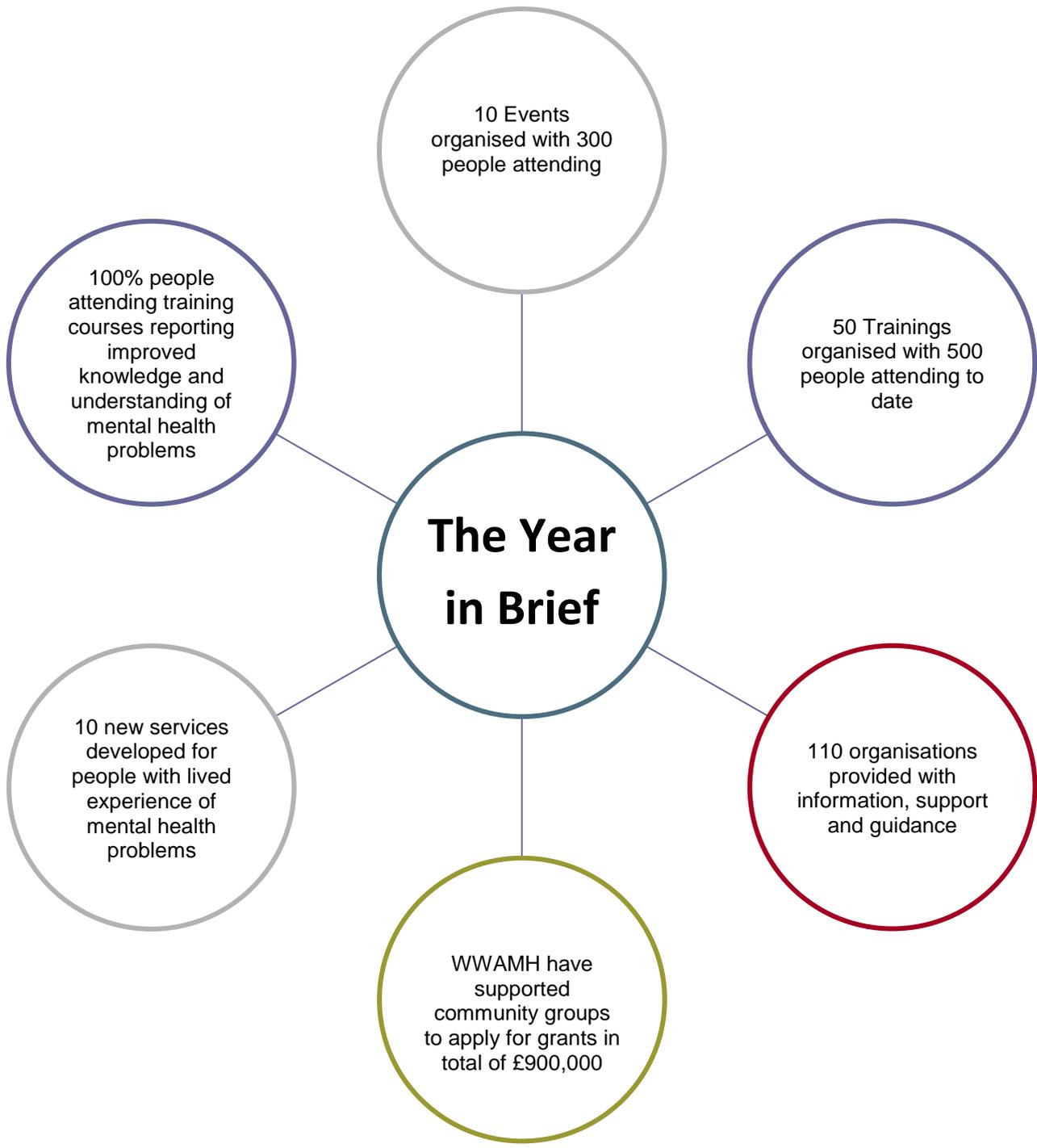


**West Wales Action for Mental Health
Gweithredu Gorllewin Cymru Dros Iechyd
Meddwl**

Annual Report 2017/2018

Working together with service users, carers, voluntary organisations, statutory providers and commissioners to improve the standards of mental health throughout West Wales

**Registered Charity No: 1045123
Company Limited by Guarantee No: 3030938**



WWAMH Vision, Mission and Values

WWAMH is a voluntary organisation, a charity, and a company limited by guarantee which supports voluntary organisations with an interest in mental health.

Aims

WWAMH provides information, training, development, and we facilitate individual and carer involvement in mental health change and services. We currently support over 110 projects across West Wales and facilitate 11 Networks. A key part of the work we do is facilitating and promoting partnership working and innovation in mental health development.

Mission Statement

“To work with service users, carers, voluntary and statutory organisations to improve mental health across West Wales”.

Our Main Areas of Work

- Development and Consultancy
- Facilitating Partnership working
- Information and Training Services
- Health Promotion
- Service User and Carer Involvement

Who Are Our Customers

- Voluntary organisations
- Statutory agencies
- Service users and Carers
- Wider community
- Primary care services
- Private business
- Funders

Core Values

WWAMH has a number of core values which drive the work we do. These are commitment to the following:

- Good governance
- Service user, carer and voluntary sector focused
- Importance of value and respect
- Democratic, transparent, listening
- Importance of equality and diversity
- Partnership working
- Self sufficiency
- Recovery, a belief that individuals can and do recover
- Inclusion – non-discriminatory
- Compassion
- Social justice

Public Benefit Statement

We review our aims, objectives and activities each year. This review ensures our work delivers our aims. It looks at what we have achieved and the outcomes of our work in the previous 12 months. It looks at the success of each key activity and the benefits they have brought to those groups of people we are set up to help.

The review also helps us ensure our aims, objectives and activities remained focused on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

How our Activities Deliver Public Benefit

All our charitable activities focus on the preservation of mental health and are undertaken to further our charitable purposes for the public benefit.

Chair's Report



WWAMH has once again demonstrated great commitment by everyone in the team in tackling the challenges faced by all organisations in the third sector. Its support and encouragement of a very diverse range of projects across the mental health sector is widely recognised and appreciated, as too is the outstanding and well-received training delivered by staff and volunteers. This continues to raise awareness not only of the issues many face, but also the broad range of ways to help.

In closing, I must thank the Director and all the staff, volunteers and fellow trustees for their commitment and hard work over this as well as previous years.

I would also like to thank them for the support I have had in the role of chair and look forward to what together, we can all do for the continued development of WWAMH.

Rob Bamforth

Director's Report



We have had an extremely busy and very varied year! We have had such amazing opportunities and projects such as the History of St Davids Hospital Project, Animal Assisted projects and Nature Based work, and the West Wales Motorcycle project developing. We have also had some challenges such as Covenant and Heritage Lottery project funding coming to an end and seeing staff members Terry Davies, Lewis Phillips and Charles Macmillan leave the team. We are a small close staff, Trustee and volunteer team so any changes affect the team and it seems very strange without our colleagues! We thank them for all their energy, passion and experience that they shared with us and we will miss them lots! Lewis and Terry remain on our bank staff though, so we still get to work with them on an occasional basis on some projects.

We have been working closely with the Health Board, three Local Authorities and the Police on Transforming Mental Health Services. This work started many years ago, but we started a planning and consultation phase in the last two years. We have engaged with so many people during this time and it has been inspiring, heart breaking and motivating at times to listen to people's experience. I am often shocked at how different people's experiences are of the same mental health service. We have heard fantastic stories of people who tell us that mental health services saved the lives of their loved one and brought them back from a lost place. We have also heard stories of people who have been unable to get help and have been constantly turned away from services when they are distressed. I have seen throughout this process from everyone involved a determination to make things better and to improve mental health and support. I have also seen people moving from confrontation to collaboration and team working. I feel that only by listening, engaging with all views and experiences and working together can we improve services.

We have a very long way to go and many people feel extremely worried and concerned about the future going forward. We carry the concerns and feel the pressure from all perspectives of this work to ensure that we do improve and change services for the better.

However, it is worth the hard work and worry as this is why we were set up as WWAMH in the first place. Our aim is to create supportive communities that provide good mental health support, where stigma is tackled and understanding and compassion is strong. We want to create options and choices for us all as individuals to find things that support good mental

health and that give us the way to get us through tough times. When we have achieved this then our work will be done! Although I think we have many years ahead yet, I can see some of these things beginning to happen.

Our work on the history of St Davids hospital has shown us that change is possible, and also people always feel at the time that they know what is best for mental health! We would not provide services in the way they did in the hospital when it first opened all those years ago, a 1000 people spending their lives within the walls and grounds of St Davids. Little hope of returning home, little hope of recovery or a life outside of mental health services. However at that time the staff, the Government and services felt they were delivering the best most modern care! So we need to see beyond what we currently provide and push the boundaries of what we think may be possible. We are very lucky in WWAMH in that we are working with so many innovative and creative thinkers, who are building our mental health support for the future.

I am so proud that over the last 12 months that the WWAMH team have worked hard with a wide range of partners to create these new and varied ways through. I am hopeful in the future we will all be able to choose from a large menu of diverse options to support our mental health and wellbeing in West Wales.

None of this work would have possible without the dedicated, dynamic and passionate WWAMH staff, volunteers and Board of Trustees and all of our partners and funders. We have an excellent range of partners and funders including Hywel Dda University Health Board, who work closely with us to help with all of the work. The staff, volunteers and Trustees don't always get the acknowledgement they deserve for all their hard work and energy, and this report gives me a chance to do that. Thank you for making a difference and I am so proud to be part of this work.

Angie Darlington

WWAMH Organisational Development Work

- Revised and produced internal policies and procedures to reflect new legislation.
- Worked closely with our accountant's LH Phillips in Carmarthen who have provided a detailed independent financial report for WWAMH.
- Implemented PQASSO (Practical Quality Assurance for Small Organisations) quality monitoring system. Staff and Trustees working through this together and achieved level 2 on self assessment. Exploring external assessment options also.
- Updated and improved our website, Facebook and Twitter sites
- Updated the organisational Strategic Plan based on the evaluation.



Achieving Change

Information Services

Our mental health Information services have provided voluntary sector services and people with lived experience the guidance they need by sign-posting, making connections and links.

Achievements this year include:

- 110 organisations receive information and guidance through print, email, social media and the telephone, while thousands of others access our website.
- Produced 6 Recovery Wall films for the WWAMH website
- 35 stories captured regarding St David's hospital
- 1 bespoke website created to archive and promote the history of St David's hospital
- 1 booklet created about the history of St David's hospital
- Information produced and updated this year:
 - West Wales Recovery Book for the three counties
 - County Mental Health Directories updated and circulated
 - Mental Health Information Packs distributed and reviewed
 - Website updated
 - Facebook and Twitter updated and info sent out



History of St David's Hospital Project

West Wales Action for Mental Health received funding from the Heritage Lottery Fund to develop a 12 month project investigating the history of St David's Hospital in Carmarthen, the old three counties asylum. The hospital, which first opened in 1865 and closed in 2000, played a pivotal role in mental health care across West Wales.

Over the last year we have been engaged with and interviewed past patients, family, staff and people of the wider community of St David's Hospital.

We wanted to understand the impact St David's hospital had on the community of West Wales and to showcase the historical changes that have taken place in the period since the hospital opened and closed. The project collected the written and oral stories from the community regarding the hospital; this included patients, staff, family members and the wider community.

Our amazing volunteers helped with the project and the volunteers included people with experience of mental health problems and carers. Volunteers helped record the information both in terms of meeting people and collecting stories.

We have worked with some patients who were born in St David's hospital and have a long association with the hospital. We have also taught the history in the local colleges using the materials from the archives and the stories we have been given. The stories are very powerful and we are at a point where living memory is moving into history. Understanding and treatment for mental health problems have changed significantly in the years since St David's hospital opened and closed. These stories capture that change. If we had not collected these stories now they would have been lost forever. Many of the patients have now died and their experiences were not recorded. We have the memories of the stories they told us but it is more powerful to be recorded in a person's own words or voice. It is important that these stories are recorded and placed in the relevant county archive to preserve them for future generations to study and understand. The stories are also an effective and dynamic way of helping to further community understanding about mental health, and to tackle stigma and fear.

The key outcomes from the project have been:

Outcomes for heritage

- The information and memories of St David's hospital are now better managed and in improved condition and accessible to all on line via our new website.
- Stories and historical information have been identified and recorded.
- Stories that would have been lost have been recorded for the future and stored securely.

Outcomes for people

- Volunteers have learnt new skills in relation to ICT, recording, administration, communication skills, oral history training, digital media and information production.
- A range of presentations have been given about the history of St David's and the stories collected in community and teaching venues.
- Through the presentations people have learnt more about the heritage, change their attitudes and behaviour to mental health and also the importance of oral history.
- Volunteers and people taking part have had an enjoyable experience, where they are able to reconnect with the past and help to improve the present.

To date we have now captured 35 stories recorded through audio, film and written submissions. The interviews and information that have been gathered are now available to view on our projects website - www.stdavidshospital.co.uk

The funding for the project finished in June 2018 but we continue to collect stories and memories and are working on planning the next stage of the work.

Lewis Phillips and Terry Davies who were part of the Project team for this work finished with us in June 2017. However, both remain part of our bank staff and continue to help us with projects on an occasional basis.

Thank you so much to everyone who took part in all the different ways and gave their time and experiences so others could understand and learn.

- ***Brilliant – invaluable. Needs funding for more research***
- ***Lovely project. So nice to see that important memories have been captured although the hospital is no longer there it was great to leave a legacy so that people never forget***
- ***An excellent project to be involved in. Thank you for the opportunity.***
- ***Very important to document the history of the hospital as part of social history and part of the social history of Carmarthen and mental health context. Good that the booklet is bilingual.***
- ***Really enjoyed hearing all about the project. I learned loads and understood – great balance positive negative, really moving.***
- ***The project has changed my attitude to mental health***

Training

Our training services have delivered high quality effective bespoke mental health awareness training across West Wales to a range of individuals and organisations.

Achievements this year include:

- Delivered over 50 training sessions, training 500 people to date across the Three Counties including training for Dyfed Powys Police, Mind, Carmarthenshire LA, Family Centres, MP's and AM' staff, GP Practices, Trinity St David's, Coleg Sir Gar, Pembrokeshire College, Carers, and community organisations.
- We have delivered 6-week self-management training courses to 40 people and taster sessions across West Wales. We have delivered training as part of the pilot Social Prescribing scheme in Llanelli. We have also trained health and social care staff about self-management and recovery.
- We have presented 5 Recovery Wall stories at events and relevant service improvement planning meetings across West Wales.

Feedback from Training Sessions:

- ***“Thank you for taking the time to come to the constituency office last week to present your Mental Health Awareness session. We all found the morning extremely interesting and useful. The information you presented will be a great help to us, both in our professional and personal lives. We are thankful to you also for sharing your personal experiences with us. I do hope you continue to present these informative and enlightening sessions throughout the community.”***
- ***“I am the Custody trainer for Dyfed Powys Police and currently train all staff that are required to work in the custody environment.***

As part of the training I deliver mental health training and have outside speakers to assist with delivering parts of this. I find that having outside speakers adds more benefit to the learning of the students and often puts a real-life perspective on the lessons that can be learnt. I have recently run three new Custody Sgt courses and have had the benefit of having Nick, Gareth and Tony attending to deliver their presentations.

All three have told their stories to the students and have been received really well by all of the attendees. Most of the students have commented at the end of the course how much of a benefit that the presentation have enhanced their knowledge and understanding of mental health. I can say that the interaction between the students and the three mentioned was an extremely important part of the course. The way that the presentation was delivered was extremely well done and were real life experiences which were often humbling.”

Development and Consultancy

Our free development and consultancy services have helped existing projects and organisations to grow, and supported new projects to develop. We have helped with aspects of development from project and needs mapping to business planning and funding guidance.

Achievements this year include:

- WWAMH have supported over 110 projects with guidance and information about developing services.
- We have provided 53 organisations with a high level of support for new and ongoing projects.
- We have helped groups apply for £900,000 of additional income and grants during the last financial year.



West Wales Motorcycle Project



The West Wales Motorcycle Project is a new community group that wishes to promote the mental health benefits of motorcycling.

The project works with people to learn about motorbikes including repair and riding skills. The group learn and renovate motorbikes for people to use. It enables people to come together and support each other as motor bikers and build new friendships. The group also go on visits and trips to motorcycle related places and activities.

The group believe that having an interest such as motorcycling can support people to have improved mental health and self confidence.

The group feels that Motorcycling gives people many skills and they want this to help support peoples recovery from mental health problems.

The group feel that the motorcycle community is so welcoming and supportive and this can be hugely beneficial to people who have experienced mental health problems.

The group are also exploring the options of being able to have track days where people can race motorbikes safely.

The group also have an active Facebook group.

They run workshop sessions the last Saturday of every month at the Carmarthen College campus from 9-12.

The group are working in partnership with Coleg Sir Gar to run the workshop sessions and have had funding from Awards for All Wales.

WWAMH have supported the group from the early days of discussing the group to an active community group with 35 members. WWAMH will continue to provide development to the group as they grow.

For more information contact Lucie or Phil on:

westwalesmotorcycle@gmail.com

Service User and Carer Involvement

Achievements this year include:

- WWAMH has supported 80 people with lived experience and carers to take part in events to improve mental health services and have their voices heard.
- We have facilitated regular 'spirituality and mental health' service user and carer discussion groups across the Three Counties with 25 people supported over 12 months.
- Peer Mentoring pilot scheme developed in partnership with Hywel Dda UHB on the Low Secure Ward. Now fully embedded into the ward and staff member employed directly by the NHS.
- We have worked with service users and carers to support them to active and integral members of the Hywel Dda Local Mental Health Partnership Board
- We have supported service users and carers to take part in the recruitment of health and social care staff.
- We have supported 15 service users and carers to attend as representatives on the Mental Health Partnership Board, Mental Health Act Monitoring Committee, Police Triage group and Delivery groups.
- We have filmed 6 Recovery Stories for the new Recovery Wall Project which are available on the WWAMH website.
- Recovery Support group and Gathering developed to promote understanding and shared learning on Recovery and Self Management.
- 3 people with lived experience volunteer with WWAMH on a weekly basis helping with all aspects of the development service.

Case Study

Sian is currently volunteering with West Wales Action For Mental Health (WWAMH). Sian was placed with WWAMH after the help and support of one of CAVS's Volunteering Officers in June 2017. Sian worked for 18 years in the Brecon Carreg Factory and then did a 6 month contract in Radiology in Glangwilli, when her contract came to an end she wanted to volunteer to occupy her time. She was interested in WWAMH as mental health issues and awareness is a subject of interest to her. Sian is an admin volunteer and helps with a range of different tasks within the office for 3-4 hours each week, unless there are extra meetings, training or workshops on. Volunteering has provided Sian with a routine for the week, it has increased her awareness of mental health issues and organisations, met different people, gain experience and attended several different trainings and courses. Her self-confidence has improved, and she feels that the staff support her which helps her in her volunteering. Sian would encourage anyone to volunteer as it's a worthwhile experience which makes a difference.

Joint Working

WWAMH staff and volunteers have taken an active role in facilitating and encouraging new and existing partnerships in order to improve joint working.

Achievements this year include:

- WWAMH currently facilitates over 11 different networks from Mental Health Forums to a 'spirituality and mental health' group
- WWAMH have identified innovative ways of delivering projects and supported 4 new partnerships.
- Developed Nature Based Health Services Network, 2 workshops held with 100 people attending over 12 months.
- Worked with Hywel Dda UHB, three LA's, Dyfed Powys Police, and CHC on the Transforming Mental Health Services Programme
- Worked closely with Dyfed Powys Police a number of projects including the Induction placements in the Community Sector for trainee Officers.
- Organised a workshop on the concept of a Recovery College for West Wales, 55 people attended.

" It is a deep joy and privilege to work and play alongside you and all the wonderful people of WWAMH. Yes we are building a strong, caring, generous, network of beautiful recovery gatherers." Carer representative



One of the members of the West Wales Motorcycle Project working on Hedge the bike

World Mental Health Day October 2017

We held a successful mental health awareness workshop in the community venue of The Parrot music bar and cafe in Carmarthen.

We wanted to do something different this year and reach people we would not normally have contact with at our usual large open events.

We wanted to try and offer opportunities to meet people and create awareness in an open non mental health setting.

We had an information stall, an arts and crafts section, drumming workshop and a creative writing workshop.

We had many people coming over to us for information and help.

We were able to help two people directly get mental health support and information and they contacted us afterwards to say thank you.

Many of the people coming to the stall said they would not have gone to their GP or a mental health setting as they were scared and ashamed to ask for help.

However it was easy to come to the stall and have a coffee and a chat and they felt more confident asking for help again in future.

It was a successful event enabling us to reach people that we would not normally be able to provide information to.

It was a relaxed, fun and informal event in a welcoming and lovely venue.

It was a good partnership between a Charity, the NHS and a local community business.



A picture of Jane one of the Arts care Tutors at our World Mental Health day workshop in The Parrot



Transforming Mental Health Services

We have also been very busy working as part of the group to improve mental health services across West Wales. This is called the Transforming Mental Health Services Programme. Transforming Mental Health Services is building on all the years of mental health progress and development.

We have also supported people with lived experiences, carers, and voluntary and community organisations from across West Wales to be involved with the work on Transforming Mental Health Services from 2015. We have supported several community engagement events and work streams.

There have been to date:

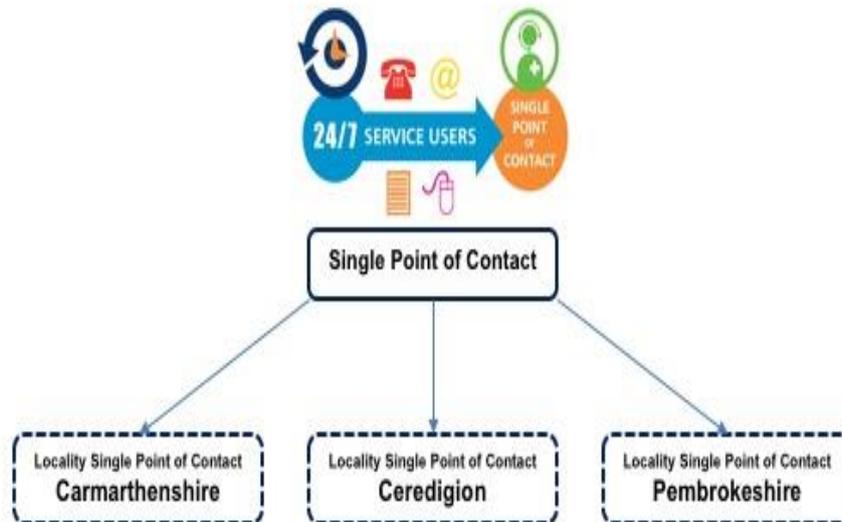
- Over 100 events across Carmarthenshire, Ceredigion and Pembrokeshire
- 94 engagement documents read and used to make our case for change
- 22 meetings with staff, service users and stakeholders to review options
- 13 Mental Health Programme Group meetings with service users, carers, local authorities, staff and frontline healthcare workers

There is still much work to do and we are working with people's hopes, fears and ideas for change. It is hard to get any consensus on mental health, and this is one of the reasons our knowledge on it keeps improving and growing. There is agreement that there needs to be improvements to timely access to help but the solutions on how to do this are still being discussed. For WWAMH this represents an excellent opportunity to all work together to create a modern mental health support service that recognises people as experts about their own health, and supports hope and recovery.

The vision of Transforming Mental Health Services is ambitious, but it can be achieved by working together. In terms of mental health services, the vision means

- **24-hour services** – anyone who needs help to be able to walk into a mental health centre at any time of the day or night, and receive immediate support that meets their needs and keeps them safe
- **No waiting lists** – people will receive their first appointment with NHS and LA services within 24 hours and their subsequent care will be planned at appropriate intervals so that the support they receive is consistent
- **Community focus** – a commitment to move away from admitting people to hospital (when it isn't always the best option) by providing community services where people can stay for one night or several weeks when they need some time away from home, some extra support, or some protection
- **Recovery and resilience** – Transforming Mental Health Services does not want mental health services to focus purely on treating or managing symptoms, we want people with mental health problems to live independent, fulfilling lives with help and support

The Transforming Mental Health Programme has been recognised for the extensive co-design and engagement work undertaken over the last two years. The programme has been nominated and won the NHS Wales award 'Citizens at the Centre of Service Redesign and Delivery' 2017. This category of award is for those projects that have demonstrated exceptional involvement of patients and the public in the planning and delivery of services.



COMMUNITY SERVICES
 Linked to Mental Health Centres, support and advice provided throughout Carmarthenshire, Ceredigion and Pembrokeshire.



Health Promotion - Mind Your Heart

The Mind Your Heart programme supports staff in mental health services in the statutory and third sectors to improve the physical health of their clients. Through a combination of free training, advice, support and working with a Recovery approach, we help individuals and organisations to better support their own and their clients' health. Mind Your Heart employs two part-time Development Workers and has a budget of £36,700 per annum from HDUHB.

We do this by:

- Increasing access to, and engagement in, activities that reduce the risk of cancer and coronary heart disease
- Improving skills and knowledge of health-promoting behaviour of mental health workers and their clients
- Raising awareness in health professionals of poor physical health and needs of people with mental health problems

How are we doing?

The focus of this year's work was helping to develop the West Wales Nature based Health Service Network and the Dyfi Biosphere Nature Based Health Network through a series of events and meetings and liaising with the Mid Wales Healthcare Collaborative's Green Health in Practice group. We compiled a list of useful evidence reports specific to nature based activities to assist groups when applying for funding. Mind Your Heart delivered a workshop about the Network at the International Mental Health Collaborating Network conference in Cardiff.

Review meetings were held with all the third sector mental health organisations in Ceredigion and advice and support offered to develop further opportunities for healthy activities. We delivered the Mind Your Heart Foundation course to staff at Mind Aberystwyth.

We also

- supported Arts4wellbeing with evaluation of their work
- supported Mind Aberystwyth in developing a feasibility study for an ecotherapy service
- designed and facilitated a focused conversation for HUTS at their Open Day to gather views about the development of their service
- supported the steering group for the Mind Stop Smoking service

Jan Batty
24 August 2018

WWAMH Board Information

The Role of a WWAMH Trustee:

- To ensure that the organisation complies with its governing document, charity law, company law and any other relevant legislation or regulations.
- To ensure that the organisation pursues its objects as defined in its governing document.
- To ensure the organisation uses its resources exclusively in pursuance of its objects: the charity must not spend money on activities which are not included in its own objects, no matter how worthwhile or charitable those activities are.
- To contribute actively to the board of trustees' role in giving firm strategic direction to the organisation, setting overall policy, defining goals and setting targets and evaluating performance against agreed targets.
- To safeguard the good name and values of the organisation.
- To ensure the effective and efficient administration of the organisation.
- To ensure the financial stability of the organisation.
- To protect and manage the property of the charity and to ensure the proper investment of the charity's funds.
- To appoint the organisational Chief Executive / Director and monitor his/her performance.

Good Governance

The organisation is a charitable company limited by guarantee, and registered as a charity. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Environmental Impact Statement

WWAMH has a comprehensive environmental policy and we review this regularly. The Environmental policy covers all aspects of WWAMH's operations from good housekeeping measures such as using both sides of paper prior to recycling, to ensuring

that decisions made are environmentally sound. The policy also commits us to promoting suppliers and services which adhere to environmentally sound ways of operating.

Recruitment and Appointment of Management Committee

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as members of the Management Committee.

All members of the Management Committee give their time voluntarily and received no benefits from the charity. Any expenses reclaimed from the charity are set out in the accounts.

The Trustees are appointed in accordance with the Memorandums and Articles of Association which have been updated in July 2015 with the approval of the Charity Commission.

The Management Committee seeks to ensure the diversity of the trustee body. In an effort to maintain this broad skill mix, members of the Management Committee are requested to provide a list of their skills (and update it each year) and in the event of particular skills being lost due to retirements, individuals are approached to offer themselves for election to the Management Committee.

Members of the Management Committee

All members of the Management Committee, who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out below.

In accordance with company law, as the company's directors, we certify that:

- so far as we are aware, there is no relevant audit information of which the company's auditors are unaware; and
- as the directors of the company we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant audit information and to establish that the charity's auditors are aware of that information.

List of WWAMH Trustees 2017-2018

- Helen Morgan Howard
- Katie Bowen
- Mike Harvey
- Alasdair Kenwright
- Mike Daymond
- Maggie Robinson
- Lynette Morgan
- Rob Bamforth



WWAMH Staff

During 2017-2018 WWAMH have the following staff roles:

- **Director:** Angie Darlington
- **Assistant Director (Finance lead)** - Andrea Edwards
- **Carmarthenshire Mental Health Development Worker:** Marie Roche
- **Ceredigion Mental Health Development Worker:** Shon Devey
- **Pembrokeshire Mental Health Development Worker:** Tim Teeling
- **Mind Your Heart Development Worker:** Jan Batty
- **Mental Health Development Worker & Veterans lead:** Charles Macmillan (left July 2017)
- **History of St Davids Hospital Project Co-ordinator:** Lewis Phillips (left June 2017)
- **History of St Davids Hospital Project Worker-** Terry Davies (left June 2017)
- **External Consultants & Trainers:** Gareth Richards
- **WWAMH Volunteers:** Jonathan Wilds, Lucie Soper, Elin Nicolson, Sian, Oscar, Sarah, Jo

WWAMH Development Worker Role

- To ensure the effective provision of a development service for the mental health voluntary sector, users and carers, in line with West Wales Action for Mental Health Strategy, Business Plan, Policy and Procedures.
- In consultation with users, carers, voluntary and statutory organisations, identify development needs across West Wales, prioritise work and develop new and existing projects for the benefit of people with mental health problems and their carers.
- To develop, maintain and update an information resource covering all aspects of mental health for people with mental health problems, their carers, voluntary and statutory organisations.
- To provide a development service to local mental health voluntary groups based on their needs.

The Big Thank You

To all of our funders - Hywel Dda University Health Board, Ceredigion Local Authority, Pembrokeshire Local Authority, Covenant Fund, Peter Harrison Foundation, Carmarthenshire Local Authority, Heritage Lottery Fund, Awards for All Wales, Ramblers Let's Walk Cymru programme for ADAG and the Health Challenge Wellbeing Activity Fund - you have all made this work possible.

To all the individuals that have worked with us over the year - you continue to inspire and motivate us. To all the voluntary and community organisations we work with - you are creating the caring communities that we all strive for. To all of the WWAMH staff, volunteers and trustees, thanks for always going the extra mile.



Director
Angie Darlington
director@wwamh.org.uk



Assistant Director
Andrea Edwards
andrea@wwamh.org.uk



Project Co-Ordinator
Lewis Phillips
Left WWAMH June 2017



Veterans Development Worker
Charles Macmillan
Left WWAMH July 2017



Carmarthenshire Development Worker
Marie Rocke
marie@wwamh.org.uk



Pembrokeshire Development Workers
Tim Teeling
tim@wwamh.org.uk



Ceredigion Development Worker
Shon Devey
shon@wwamh.org.uk



Mind Your Heart Worker
Jan Batty
jan.batty@wales.nhs.uk



Bank staff/ Peer Mentor
Gareth Richards



Project Worker Self Management Trainer
Terry Davies
terrydavies@wwamh.org.uk

The Mount
18 Queen Street
SA31 1JT
Tel: (01267) 245 572

For more information please look on our website - www.wwamh.org.uk

Company No. 03030938
Registered Charity No. 1045123

Financial Report As at 31st March 2018

	2018	2017
	£	£
Total Incoming Resources	261,970	322,637
Total Resources Expended	267,099	354,726
Net Movement in Funds	(5,129)	(32,089)
Total Funds Brought Forward	70,226	102,315
Total Funds Carried Forward	65,097	70,226
Fixed Assets	-	199
Current Assets	70,340	77,028
Current Liabilities	(5,243)	(7,001)
Net Assets	65,097	70,226

The above does not include Pension Scheme liabilities, these are included in our full independently examined accounts which are available.

Auditors: LH Phillips & Co, 6 Quay Street, Carmarthen SA31 3JX