

**Mind Your Heart Performance Evaluation Report April 2013 – October 2013**

**Programme Description**

Mind Your Heart provides healthier lifestyles training and materials specifically tailored to people with mental health problems. It trains and supports staff, volunteers and organisations who work with people with enduring mental health problems in Ceredigion to improve the advice and support they are able to give their clients. Mind Your Heart employs one part-time (0.6FTE) Development Worker and has a budget of £36,700 per annum.

**Purpose of Programme**

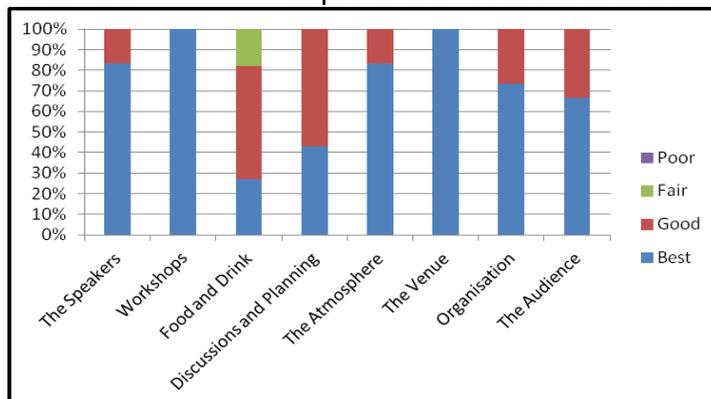
- Increase access to, and engagement in, activities that reduce the risk of cancer and CHD
- Improve skills and knowledge of health-promoting behaviour of mental health workers and their clients
- Raise awareness in health professionals of poor physical health and needs of people with mental health problems  
*(to contribute to the population outcome of improving the health and wellbeing of people with enduring mental health problems)*

**Headline Performance Measures**

- Percentage of organisations offering opportunities for healthy eating and physical activity
- Evaluation of training by participants
- Evaluation of publications by readers and staff

**How are we doing? (How well did we do it? Did it make a difference?)**

- Co-ordinated a day conference on ecotherapy for WWAMH at Clynyfw Care farm with over 50 participants
- In partnership with Mind and Public Health Wales supported Mind associations across the three counties to get funding for a Smoking Cessation service for people with mental health problems and helped to develop this service
- Helped WWAMH develop a self-management training package
- Researched the evidence on alcohol and mental health and effective interventions to inform work on this issue with mental health organisations
- Liaised with WWAMH to publish a three counties version of 'The Ceredigion Recovery Book'.



WWAMH Ecotherapy conference September 2013  
Evaluation from participants

Data Development Agenda	
DD1 Information on the skills, knowledge, attitude and behaviour of staff before and after training	
DD2 Details of participants in Public Health Wales' Brief Intervention training so that we can follow them up and support	
DD3 An Audit of activities and opportunities for healthy behaviour in organisations	
Story Behind (last year's) Performance	
<ul style="list-style-type: none"> <li>• The Mind Your Heart Development Worker was seconded to Public Health Wales for six months from October 2013, hence this report covers April to the end of September only</li> <li>• With the ecotherapy conference absorbing much of the summer, no training was arranged this year</li> <li>• It has proved difficult to get details of individuals on the PHW Brief Intervention for smoking training skills course so as to follow up and support them. We will be designing an audit to find out directly with mental health organisations what the take-up of training has been.</li> </ul>	
Added Value	
<ul style="list-style-type: none"> <li>• 'In kind' costs for this year from the Public Health Team, training and event participants, and others amounts to approximately £1250.</li> </ul>	
What we Propose to Do to Improve our Performance in the next year	Partners who can help us do better
<p>Low cost/no cost ideas:</p> <ul style="list-style-type: none"> <li>• Work with WWAMH to produce an information leaflet for MH workers on physical health and healthy lifestyles activities</li> <li>• Audit the take-up of Brief Intervention Skills training provided by Public Health Wales in mental health organisations</li> <li>• Design an audit for activities and opportunities for healthy behaviour, pilot with two organisations, then apply across three counties</li> <li>• Tailor the HDUHB PH team's brief advice training to community organisations, deliver a pilot session</li> </ul>	<ul style="list-style-type: none"> <li>• Hywel Dda University Health Board</li> <li>• MH Voluntary Sector</li> <li>• WWAMH</li> <li>• Hywel Dda Public Health Team</li> <li>• County Council Social Services and HSCWB partnership</li> <li>• Leisure Services</li> <li>• Primary Care</li> <li>• Carers of people with enduring mental health problems</li> </ul>