



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

**Annual Report
2013/2014**

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**

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The Year in Brief

4 events organised with 300 people attending

9 training sessions with 150 people attending to date

Over 105 organisations provided with information, support and guidance

Over £650,000 worth of funding accessed for community organisations

12 new services developed for people with lived experience of mental health problems

100% people attending training courses reporting improved knowledge and understanding of mental health problems



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. We aim to support these organisations and members to:

“Promote the preservation of mental health and assist in relieving and rehabilitating persons suffering from mental illness or conditions of emotional or mental distress requiring advice or treatment in Carmarthenshire, Ceredigion and Pembrokeshire.”

Our main areas of work are

- 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. The review looks at what we 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 aim, 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 aim 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

Our main activities and who we try to help are described below. All our charitable activities focus on the preservation of mental health and are undertaken to further our charitable purposes for the public benefit.

“C.A.S.M will never be able to thank WWAMH enough for relentless hard work and patience, without them I don't think C.A.S.M would have kept it together.”

Chair's report 2014



The year 2013-14 has been an active and positive year. The staff complement was increased with the arrival in January of Lewis, who is providing much-needed IT support for the organisation, and more recently of Charles, who brings a whole new range of experience. We welcome these new colleagues and ongoing funding for their posts is high on the agenda.

It will be obvious from the new logo on the front of this report that we have been undergoing a rebranding exercise. We hope the new image will go down well. We are making sure that we get positive publicity, and are asking organisations which we support to acknowledge WWAMH's contribution to their activities.

The Board or Trustees has also been busy. It is pleasing that we have had a number of functions where the staff and trustees have worked together and got to know each other. It has given the staff and the trustees a much better understanding of each others' roles and has resulted in a more cohesive organisation. The trustees have been active in developing a comprehensive Quality Assurance system for the organisation, regularly meeting to go through the PQASSO templates. We have welcomed new trustees to the Board and there is a comprehensive plan in place to ensure a proper turnover of trustees.

WWAMH continues to support a very wide range of projects. If I had to pick one out this year I would mention the TONIC surfing programme, which has attracted wide attention and is greatly appreciated by the participants.

The year has been one of thinking about the future. As well as striving to ensure ongoing funding to maintain current and planned activities and staffing levels, we have been looking at opportunities to relocate and to extend our activities. I hope next year's report will show progress on these fronts!

Finally, I would like to thank all the staff for their dedication and hard work, the trustees for their ongoing support and for giving generously of their time and expertise, and the Director for providing the inspiration which holds it all together.

Alasdair Kenwright
Chair

Director's report



WWAMH provides information, training, development, and we facilitate individual and carer involvement in mental health change and services. We currently support over 100 projects across West Wales and facilitate 14 Networks. A key part of the work we do is facilitating and promoting *partnership working* and *innovation* in mental health development.

It has been an extremely busy year with a lot of energy and ideas flowing for service change in mental health. We have supported many more generic community groups than ever before to develop mental health specific projects. This is a very positive development, as we believe one of the routes to tackling stigma and misunderstanding about mental health is through the wider community engagement and activity. We have also continued to support a considerable number of mental health organisations and the range and depth of the work WWAMH staff undertake is impressive.

I have the privilege in being the Director of West Wales Action for Mental Health to see the overall picture of how the many service developments, trainings, events, and information sessions do change lives and attitudes about mental health.

I am constantly inspired and motivated by the WWAMH team including staff, volunteers and Trustees, and all the people we work with.

I am often asked about my work in mental health and what WWAMH does, and it is a challenge to get it all into one short sharp sentence, as we cover so much. However overall what we do is about change, innovation and improving peoples lives.

We have been working hard this year on the promotion of recovery, hosting with the Hywel Dda University Health Board and the International Mental Health Collaborating network a conference on Recovery into Practice. I have been humbled and energised by the stories people have told of their own recovery journeys and that of their families.

In WWAMH we are in the unique position to see change in action.

All of the projects and organisations we support contribute to mental health recovery.

The TONIC Surf sessions, spirituality and mental health discussion groups, green care developments such as Clynfw care farm and community projects such as Men Sheds are just some of these across West Wales.

All of these projects help people to find their own definition of recovery and give hope and purpose back. The change I see now is that individuals are finding their own routes to recovery in diverse and unique ways, and the best outcomes are when mental health services acknowledge, facilitate and align themselves with this. An example of this recently is the partnership between TONIC Surf Project and the Wellfield Road Community Mental Health Team in Carmarthen. Staff have been hugely supportive of TONIC, have actively facilitated individuals to take part in the surfing sessions, and acknowledged the help this has given individuals on their recovery journey.

I look forward to seeing the exciting work we are leading on in the areas of spirituality, criminal justice and recovery further developing over the next year. Finally I would like to thank all the trustees, volunteers and staff who have worked so hard this year for WWAMH to ensure the success of all the activities we have undertaken.

Angie Darlington
Director

“Recovery is nothing to do with a quick fix and is certainly not about getting back to some former state of perfect health and balance. Recovery is about living as fully and wisely as possible, given our unique circumstances and experiences. Whether we are in Aberystwyth or Attleborough, we have come to learn from, and live with, our scare, our fears, and our hopes. As more and more of us acknowledge that we are all in this together, it gets easier to do. Then the prison our loneliness starts to crumble. Then Life can be Recovery, and Recovery can be life”.

(Ceredigion Recovery Booklet produced by Mind Your Heart, a partnership between WWAMH and Hywel Dda UHB Public Health Team page 5).

WWAMH organisational development work

- Revised and produced internal policies and procedures to reflect new legislation.
- Working with **Accountants Clay Shaw Butler** who have provided a detailed independent financial audit for WWAMH.
- Implemented PQASSO (Practical Quality Assurance for Small Organisations) quality monitoring system. Staff and Trustees worked through this together and achieved level 2 on self assessment. Exploring external assessment options also.
- Updated the organisational Strategic Plan based on the evaluation.
- Staff and Trustees have undertaken Results Based Accountability training provided by 'Praxis Makes Perfect' with Geraldine Murphy. An RBA scorecard for the organisation has been developed and work is ongoing on this.



Achieving Change

Information

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

Achievements this year include:

- Over 105 organisations receive information and guidance through print, e mail, social media and the telephone, while thousands of others access our website.
- New pilot service from January 2013 supporting mental health voluntary organisations, service users and carer with information technology and communications service.
 - Helped 3 groups design and produce websites providing information about the services they provide.
 - Delivered ongoing ICT training to 10 service users and carers.
- Information produced this year:
 - Recovery Booklet updated and distributed
 - County Mental Health Directories updated and circulated
 - Mental Health Information Packs distributed and reviewed

Training

Achievements this year include:

- Delivered over 9 training sessions, **training 150 people** to date across the Three Counties.
- We have delivered Mental Health First Aid training to 45 people this year who all reported improved mental health knowledge as a result of the training.



“The course was fantastic, very informative, helpful and really opened my eyes to further training in mental health”

“The course was very informative and helped got rid of my negative ideas about mental health”

“The course was brilliant, I learnt so much about mental health including how to take care of my own”

Development and consultancy

- WWAMH have supported over 105 projects with guidance and information about developing services.
- We have provided 45 organisations with a high level of support for new and ongoing projects.
- We have helped community organisations raise over £650,000 in additional grant funding.

Case study: Joined Up Linking

WWAMH worked with the Links workshop in Llanelli during 2013-2104 to apply for funding to the Big Lottery for a new project.

This was based on 6 months work of gathering evidence of need and working with veterans and veterans' organisations to look at service developments.

The application was successful and Links was awarded a 3 year grant from the Lottery to fund an outreach service. The grant allowed Links to appoint a generic Outreach worker and a veterans' outreach worker for the new project called Joined Up Linking.

This new service was launched 24th January 2014 at the Drill Hall in Llanelli and over 100 people attended.

To date the project has supported veterans and has further developed a buddying service for veterans. This has been funded by a grant from the Community Covenant fund. WWAMH also supported Links with this application process.



Case study: Arts4wellbeing



WWAMH have been supporting Arts4wellbeing to develop a new project called Creative Lifepath and Creative Buddies. Arts4wellbeing, is a professional creativity based personal development organisation.

Specifically designed to stimulate each individual's unique sense of creativity and imagination with individuals and groups, of all ages and all abilities from a wide range of social and cultural backgrounds.

Through bespoke creative activities and training programmes designed to inspire, engage and motivate. Arts4wellbeing courses and training programmes lead to:

- A more positive sense of self.
- The taking up of personal responsibility.
- Encourage the taking of a wider perspective.
- Re-writing of negative scripts.
- Understanding of and changes in non verbal communication.
- Designed to forge new life pathways forward.
- Offer the opportunity to discover new ways of seeing one's self and others within the world.

The Creative Lifepath and Creative Buddies are two interlinked personal development educational training programmes (one following on from the other). A unique fusion of personal development training and creativity specifically aimed at each participant's unique sense of self. The Creative Lifepath enables participants to explore notions and issues pertaining to Self, Other and Community through a series of practical, accessible, physical, cerebral and creative tasks. To experience a number of 'successes', to learn a whole raft of new creative skills transferable to wider areas of life, to witness moments of personal and others' growth and development, to accept responsibility, take charge, create goals and move forward in ones life.

WWAMH worked in partnership with Arts4wellbeing and applied for a grant from the Millennium Stadium fund to pilot this work. The Millennium Stadium funded awarded a grant of £7500 to pilot the sessions and the first group started in March 2014. Positive feedback has been received from participants and people are growing in confidence and self esteem.

"One such participant, who had suffered a serious mental breakdown and was now severely depressed and lacking in confidence, came along to the sessions. The positive and welcoming atmosphere as well as the opportunity to try out new skills and meet new people had a transformative effect on him. This particular participant is now volunteering, he has gained qualifications and there is a strong chance that he may be shortly entering paid work. This has been a great success for our project and we owe much to Arts 4 Wellbeing for giving our participant a view of the way forward in his life. The positive, empathetic and nurturing approach is highly suited to individuals with mental health issues, and I would have no hesitation in recommending them."



Service user and carer involvement

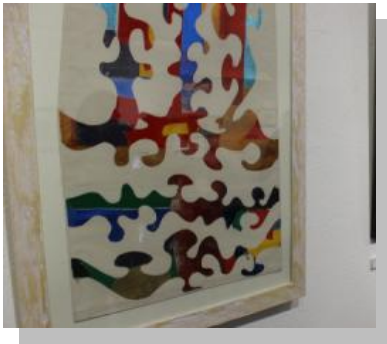
Achievements this year include:

- WWAMH have supported over 70 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 over 40 people supported.
- We have organised with Artscare a service user led art exhibition showing the importance of the arts in mental health recovery
- At the International Mental Health Recovery event over 180 people from all perspectives of mental health attended, including service users and carers.
- Involvement helps to give people hope and changes mental health services for the better.



One of the very active representatives that we work with Penny Gripper received an achievement award from the Sheriff of Carmarthen

Case study: Materialistic



WWAMH in partnership with Artscare Gofal Celf developed a service user led arts project called Materialistic. 12 people took part attending on a weekly basis a textile workshop to learn new skills, design and develop an arts exhibition.

This was hugely successful and the exhibition was held for 2 weeks in a mainstream Gallery in King Street, Carmarthen and then in the Artscare Gallery.

All participants reported increased self confidence, new skills and knowledge and improved social networks. People attending the exhibition commented on the quality of the work and the inspiring nature of the work.

This project was funded by a grant from the Arts Council.



Case study: CASM



WWAMH have been supporting CASM (Carers of Adults with Substance Misuse problems) - This is a carer led group and WWAMH have supported them with a number of things including funding applications, ICT training and promotion of their work.

WWAMH have helped the group to develop a new website and provided training on how to update and manage this site.

We have also supported the group to successfully obtain funding from Awards for All Wales and are working on other grant applications.

We have also helped the group to promote their services and to develop an article for the Llanelli Star.

The outcome of the work is a strong successful group which supports many carers. The group helps carers have improved social network, feel less alone and isolated and to be to survive and thrive.

"We are volunteers - re-organising, financial costing and securing funding were totally alien to us. Although we ran our own group the business side had always been in the hands of our funders. So I contacted WWAMH and I was put in touch with Marie Wright, Mental Health Development Worker, who arranged a meeting. We had been very anxious about our pending crisis, but our meeting with Marie was so enlightening and productive it was like meeting an angel. She immediately put our minds to rest. She inspired confidence and reassured us she would help and guide us and also teach us to become independent. Since that first meeting with Marie, lottery funds have been secured and, as I speak, Marie is in the process of enquiring about more funding."

Joint Working

Achievements this year include:

- WWAMH currently facilitates over 14 different networks from mental health Forums to Spirituality and mental health group.
- WWAMH have identified innovative ways of delivering projects and supported over 5 new partnerships.
- Successful two day event held to celebrate Recovery and mental health in June 2013.
- 3 Organisations supported to deliver joint events for World Mental Health Day 2013.

Case study: Recovery is Natural - Ecotherapy conference

WWAMH organised a conference called 'Recovery is Natural' at Clynyfw care farm in September 2013. 65 people attended from a range of organisations.

The aim of the conference was to showcase the work that is currently being delivered in relation to mental health and the environment, and to encourage organisations to network together.

The conference had a range of speakers including Natural Resources Wales and also had interactive workshops on bush craft, mindfulness, and equine assisted therapy.

WWAMH staff are currently working on the next steps from the conference and developing a West Wales ecotherapy network and directory.

Feedback from participants the conference:

“Very encouraging to discover that things I have intuitively believed for a long time are being tested and researched and discovered to be true – healing/therapeutic power of nature.”

“This really was a ground breaking event. A great mix of organisations, academics, practitioners and service users. The event brought together people, some who were working in isolation, with others who were better connected and through this a joint understanding and sharing arose. We were beginning to see the seeds of a great network and movement in the making. The event was well thought through, very efficiently organised and actioned. The venue was also the best place to be. I know the event was aimed at bringing practitioners together with organisations and academics, but I always think it appropriate to involve service users into as much of our work as possible. At the end of the day, our work is focused on helping those in need of support.”

“We were delighted to be involved in last week’s Ecotherapy conference at Clynyfw. Without meaning to be “cheesy”, it filled us with enthusiasm and has spurred us on to do a great deal more. It also left us feeling very envious that Wales is so open and active to working collaboratively as well as being forward thinking to consider the economic benefits of ecotherapy, compared with the counterparts in England.”

Case Study: Recovery into Practice conference

WWAMH and the International Mental Health Collaborating Network(IMHCN), and the International Centre For Recovery Action (ICRA), Abertawe Bro-Morgannwg Health Board, Hywel Dda University Health Board jointly organised a **Recovery into Practice** two day conference in June 2013 at the National Botanic Gardens.

180 people attended and we had speakers from 8 different countries about mental health and recovery across the World.

The conference was opened by Mark Drakeford the Health Minister for the Welsh Government. Speakers came from Italy, Serbia, Brazil, New Zealand, Australia, Malaysia, England and Wales. Individuals spoke about their own recovery journeys and organisations showcased the work they are doing around the world to change the thinking, the system and the practice in relation to recovery and mental health.

Many positive ideas came out of the conference and it was agreed to arrange a series of learning sets over the next 12 months, with an international autumn school in October 2014.

The purpose of the conference was to bring together places that have been successful in developing good quality community mental health services with those that are in the process of development and implementation. With the support of a continuous learning collaboration organisations and individuals can benefit from each others' experience.

It was agreed, after the successful conference in June, to hold a series of Recovery Learning Sets to continue the work.

These were launched in November 2013 at the Botanical Gardens, and two learning sets have taken place to date (March 2014).

These have been very positive and powerful allowing people to continue to understand and learn about Recovery from mental health problems.



Health Promotion - Mind Your Heart Report



Programme Description

Jan Batty is the Development Worker for the Mind Your Heart programme. This 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.

Jan was working on a new project between WWAMH and the Public Health Team called the Health Assets project between October 2013 till March 2014.

This report has been well received and WWAMH and Public Health will be further developing this work in the next few months.

Anneline Rogers covered the work of Mind Your Heart during this period developing new healthy lifestyles projects in a range of settings. Anneline also organised Youth Mental Health First Aid for Youth Workers from different organisations across Pembrokeshire to further promote the importance of mental and physical health.

Purpose of the 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.

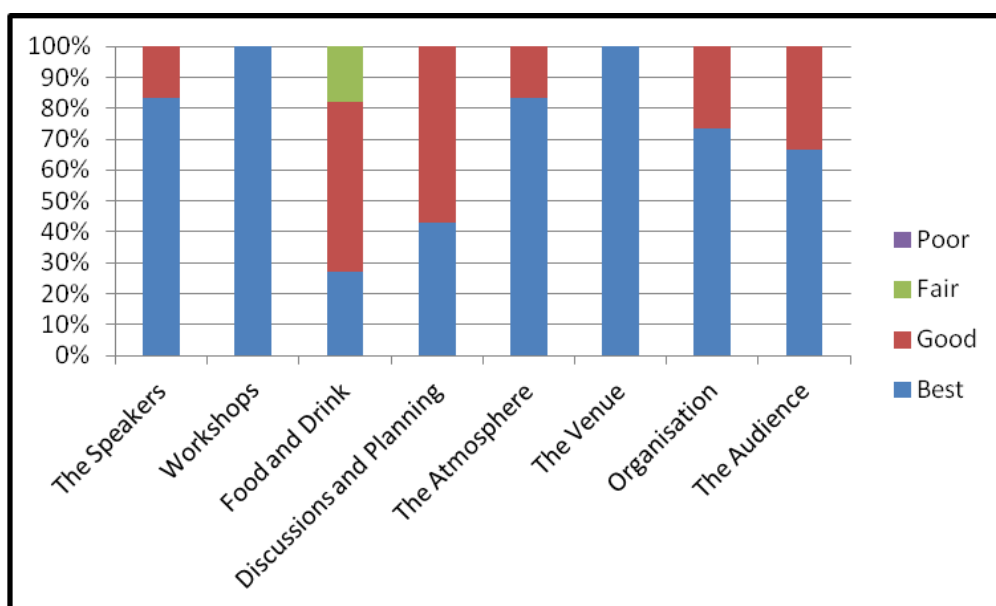
(to contribute to the population outcome of improving the health and wellbeing of people with enduring mental health problems)

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 Clynfyw 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

- 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.
- With the ecotherapy conference absorbing much of the summer, no training was arranged this year.
- 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.

Added value

- 'In kind' costs for this year from the Public Health Team, training and event participants, and others amounts to approximately £1250.

What we Propose to Do to Improve our Performance in the next year

Low cost/no cost ideas:

- Work with WWAMH to produce an information leaflet for MH workers on physical health and healthy lifestyles activities.
- Audit the take-up of Brief Intervention Skills training provided by Public Health Wales in mental health organisations.
- Design an audit for activities and opportunities for healthy behaviour, pilot with two organisations, then apply across three counties.
- Tailor the HDUHB PH team's brief advice training to community organisations, deliver a pilot session.

Partners who can help us do it better?

- Hywel Dda University Health Board
- MH Voluntary Sector
- WWAMH
- Hywel Dda Public Health Team
- County Council Social Services and HSCWB partnership
- Leisure Services
- Primary Care
- Carers of people with enduring mental health problems

Role of a WWAMH trustee

The statutory duties of a WWAMH trustee are:

- 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.

Trustee skills

- Commitment to the organisation.
- Willingness to devote the necessary time and effort.
- Strategic vision.
- Good, independent judgment.
- Ability to think creatively.
- Willingness to speak their mind.
- Understanding and acceptance of the legal duties, responsibilities and liabilities of trusteeship.
- Ability to work effectively as a member of a team.
- Nolan's seven principles of public life: selflessness, integrity, objectivity, accountability, openness, honesty and leadership.

Structure, governance and management

Governing Document

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.

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. Under the requirements of the Memorandum and Articles of Association at every annual general meeting one-third of the trustees who are subject to retirement by rotation, or if their number is not three or a multiple of three, the number nearest to one third shall retire from office but if there is only one trustee who is subject to retirement by rotation, he or she shall retire.

Subject to the provisions of the Act, the trustees to retire by rotation shall be those who have been longest in office since their last appointment or reappointment, but as between persons who became or were last reappointed trustees on the same day those to retire shall (unless they agree otherwise amongst themselves) be determined by lot.

If the Charity at the meeting at which a trustee retires by rotation does not fill the vacancy the retiring trustee shall, if willing to act be deemed to be reappointed unless at the meeting it is resolved not to fill the vacancy or unless a resolution for the reappointment of the trustee is put to the meeting and lost.

All member 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 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.

Trustee Induction and Training

Trustees are encouraged to attend external short training sessions covering key aspects of being a Charity Trustee and the organisations work. These trainings will cover:

- The obligations of Management Committee members.
- The main documents which set out the operational framework for the charity including the Memorandum and Articles.

An annual review day is held for all staff and Trustee and the following is discussed and agreed:

- Resourcing and the current financial position as set out in the latest published accounts.
- Future plans and objectives.

A Trustee Induction pack has also been updated drawing information from the various Charity Commission publications signposted through the Commission's guide "The Essential Trustee" as a follow up to these sessions. This is distributed to all new trustees along with the Memorandum and Articles and the latest financial statements. Feedback from new trustees about their induction has been very positive.

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 on 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

WWAMH trustees 2013-2014

- Bert Moore
- Mike Harvey
- Alasdair Kenwright
- Mike Daymond
- Susan Hamill
- Lynette Morgan
- Rob Bamforth
- Melonie Galvin



WWAMH staff

During 2013 - 2014 WWAMH have the following staff roles:

Director: Angie Darlington

Finance Manager: Andrea Edwards

Information Communication and Technology Officer: Lewis Phillips

Mental Health (MH) Development Worker: Charles Macmillan

Carmarthenshire MH Development Worker: Marie Wright

Ceredigion MH Development Worker: Shon Devey

Pembrokeshire MH Development Worker: Tim Teeling and Anneline Rogers

Mind Your Heart Development Worker: Jan Batty

We have also worked with external consultants and trainers Terry Davies, Mike Howard, Geraldine Murphy and Gareth Richards.



The main duties of the 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.



“Since its foundation over twenty years ago WWAMH has provided an excellent service across the Hywel Dda Region. The services and support that they provide are vital to Mental Health patients and their supporters and carers across all three Counties and the quality of service as well as their expertise is second to none. Their promotion of Mental Health through facilitation and workshops and information sharing is exemplary. Last year they were responsible for arranging and hosting a two day International Conference on Mental Health held in the National Botanical Gardens of Wales. It was quite simply the best and most effective conference I’ve ever attended.”

Councillor Emlyn Dole

Contact Us

Visit our website on: www.wwamh.org.uk
 Company No. 03030938 / Registered Charity No. 1045123

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