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ADFERIAD  
RECOVERY

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# Partnership Newsletter

The latest news from Adferiad Recovery and its founding charities, CAIS, Hafal and WCADA. At this difficult time we are **working together** to provide vital services to some of the most vulnerable groups in Wales.



*Yet again, as so often before, we are faced with a changing Covid-19 landscape. Local lockdown measures in some areas are a stark reminder that although great progress has been made in recent months, the virus is ever present and a significant threat to our health and wellbeing. We recognise the efforts you've all made in recent months. Wherever you work and in whatever role, your contributions to helping our organisations continue to serve those who most need us have been exceptional. We must continue in our combined effort for some time to come, and do all we can to keep our communities, each other and those we support safe. Working together, responsibly and conscientiously, as we have done for much longer than the coronavirus has been part of our lives, will ensure we are able to do so.*

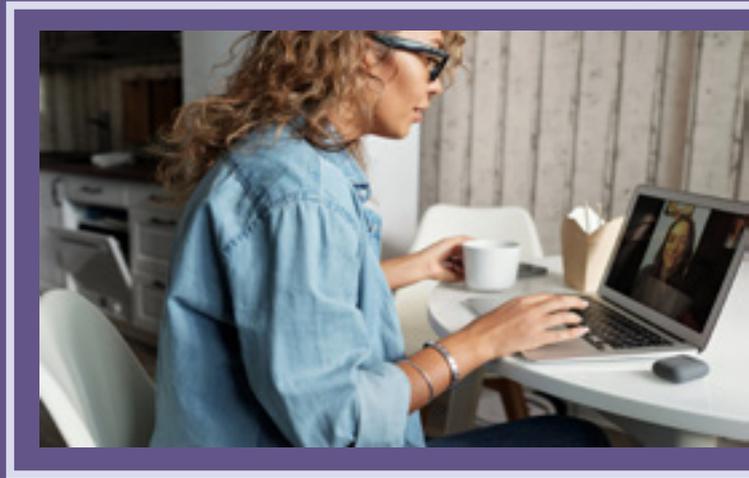
*With best wishes,*

*Alun, Clive & Karen*

# Adferiad's commitment to continuing services during unprecedented times.

Throughout lockdown Adferiad has continued to deliver services albeit in a very different way.

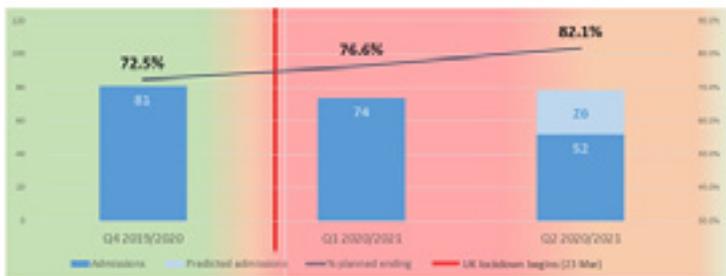
We have utilised telephones and remote social media systems like Zoom to deliver therapeutic interventions and group work. We have also received emergency funding to deliver food parcels and meals from our Neville Street centre to service users who might otherwise struggle to access food during these challenging times. Thanks to this funding two of our Adferiad staff have returned from furlough specifically to help deliver these services. Over the past few weeks we have also started to deliver face to face sessions where it has been deemed beneficial to individuals who have been significantly impacted by the pandemic and the resulting isolation. We have been able to provide this as a result of additional funding to ensure the centre meets all of the necessary requirements, including signage, sanitizer and PPE



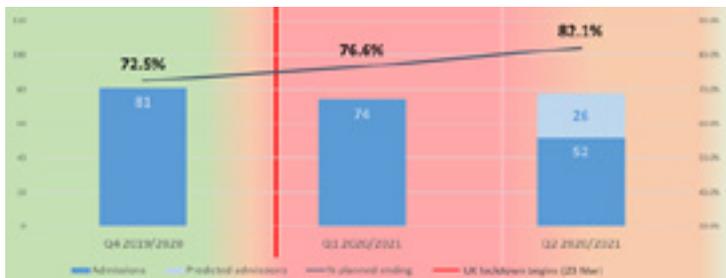
Adferiad staff have worked diligently throughout the pandemic, ensuring that they've maintained contact with their service users and have been creative in doing so. Our intention is to continue responding to the immediate needs of individuals who are doing their very best to cope in extremely challenging times.

**CAIS** empowering change  
grymuso newid  
In Hafan Wen

## Tier 4 in lockdown



Referral numbers dipped a little for the first 4 weeks of lockdown but are back to pre-COVID levels. Completion rates have improved from an already good position pre-covid.



## Success rates increase at detox unit

While the rest of the country went into lockdown, the CAIS Tier 4 services continued to successfully treat patients from around the country. There were some modifications to admission procedures, for example more robust quarantine arrangements in the case of illness and a larger stock of PPE acquired from far and wide, but the units remained open.

In Hafan Wen, the largest and longest running of our Tier 4 units, the number of admissions has held up well but the number of planned endings, those with successful detoxifications, has remarkably increased during and post-lockdown. Our completion rate was already high with over 70% but this current quarter sees us on track to achieve over 80% of all admissions resulting in their planned successful outcome.

This is as a result of the continued dedication and professionalism of our Tier 4 teams and, of course, the motivation and commitment of the service users who check in to our units.





## OVER £1,400 RAISED FOR CHANGE STEP IN HONOUR OF VJ DAY.

***Last month saw Change Step host a Backyard Sleepout event in honour of VJ Day to help raise vital funds for the service.***

The event was proposed by one of our Peer Mentors, Roger "Brummie" Lees, in response to the COVID-19 lockdown as a way for people to get involved in a fundraising activity from the safety of their home without breaching the lockdown rules. As has been the case throughout the current pandemic, rules and regulations change regularly and so by the time the event was held, lockdown measures had been eased in Wales allowing people to leave their homes more regularly. However, this did not affect the success of the Sleepout with many of Change Step's Peer Mentors and supporters still actively getting involved by erecting makeshift camps in their gardens to spend a night (and in some cases, multiple nights!) under the stars to help raise money.

The Sleepout even went international! Author, Bomb Technician and Motivational Speaker, Chris Hunter, got involved in the event all the way from Iraq where he and his team are currently clearing improvised explosive devices left behind by ISIS. Chris acknowledged the event with a video shoutout posted to his Facebook profile which helped him to raise an incredible £848 in 5 hours through a donation page he had set up on the platform.

The event resulted in over £1,400 being raised which will go towards helping our Peer Mentors continue to provide vital support services to veterans and their families across Wales. We are very grateful to all of those who got involved in the event and to those who donated.



# Mental Health UK offering free ‘Bloom’ online resilience training for teaching staff in response to Covid-19

*Mental Health UK brings together four national mental health charities working across the country: Hafal (Wales), Rethink Mental Illness (England), Support in Mind Scotland, and MindWise (Northern Ireland).*

As schools and colleges reopen across the UK many young people and teaching staff may be experiencing heightened levels of anxiety and fear. In already uncertain times the transition from lockdown back to school or college is another new challenge that many will face.

At Mental Health UK, we want to support during this period by providing teaching staff with free online resilience training. The training is based on our young people’s programme, ***Bloom***, which is delivered in schools and colleges across the UK. Bloom equips young people aged 14 – 18 with the tools and knowledge to maintain their mental health through life’s transitions, both now and in the future. To gain an understanding of the workshop content, please ***watch a series of short video animations*** based on the topic workshops.

This online training complements the original 8-week co-delivery workshops delivered face-to-face in classrooms, but as schools are preparing for a challenging Autumn 2020 term, Mental Health UK wants to be part of the solution by reaching as many teachers and young people as possible. After the training, our evidence based Bloom resources will be sent to the participating school or college allowing them to facilitate the resilience sessions in the classroom, and the Mental Health UK team will be available to support if there are any questions about the delivery.

For more information, please visit <https://mentalhealth-uk.org/bloom-online-teacher-training/>



# Vulnerable families in Wales helped by new grants programme thanks to new partnership between Barclays, Family Action and Hafal

From the end of July, vulnerable families affected by the Covid-19 pandemic have been able to receive support from the charity Family Action and Hafal thanks to a new partnership with Barclays Banking Group which has funded a new grants programme for people facing extreme hardship.

The grants are aimed at households experiencing multiple disadvantage such as loss of employment as a result of Covid-19, reliance on foodbanks, recent experience of domestic violence, households with young carers, and individuals experiencing severe mental health issues.

To date, Hafal staff have made 16 successful applications to the programme totalling over £17,000, to support families with essential household needs including money for food, utilities, rent arrears, household essentials and white goods.

Adrian Nicholas, Mental Health & Money Advice Service Coordinator at Hafal said:

*"We are delighted to be working in partnership with Family Action and Barclays to provide additional support to vulnerable families across Wales. Hafal, as a registered referral partner, is now able to apply for grants covering a wide range of purposes for our services users at a time of extreme financial hardship and uncertainty. Hafal service users and their carers across Wales have been greatly affected both directly and indirectly by Covid-19 and this fund will benefit them significantly."*



## *WCADA's campaign to raise awareness about overdose*

WCADA commemorated International Overdose Awareness Day in August, a global event held on 31st of the month each year which aims to raise awareness of overdose and reduce the stigma of a drug-related death. The day also acknowledges the grief felt by families and friends remembering those who have sadly passed away or had a permanent injury as a result of drug overdose.

Thousands of people from all walks of life die each year from drug overdose. International Overdose Awareness Day spreads the message that overdose death is preventable. And so staff at WCADA developed a series of information cards to help raise awareness about overdoses, educate people on how to recognise the signs of an overdose and provide guidance on how to respond if someone you know has taken an overdose in an attempt to help the prevention of future overdose-related deaths or injuries.

The cards are a valuable resource to help educate yourself and others about the issue. To view them, [click here](#)



# ‘Don’t Touch – Tell!’ and ‘Don’t Drink – Think!’ to be delivered digitally in schools

CAIS’ ‘Don’t Touch – Tell!’ and ‘Don’t Drink – Think!’ programmes are to be delivered to children online in response to the current COVID-19 pandemic.

‘Don’t Touch – Tell!’ and ‘Don’t Drink – Think!’ are specialist drug and alcohol education programmes, designed specifically for primary age children in North Wales. Our experienced and skilled performers would normally visit schools across the region to deliver effective messages to young children, through a variety of mediums, about what to do if they encounter certain items or substances that could be dangerous. However, due to the current world health crisis schools are expected to follow strict guidance to ensure their pupils and staff are safe, which includes restricting the number of external visitors. This has meant that our DTT and DDT performers are unable to deliver their shows through traditional methods and have had to adapt to the changing times by going digital.



Performances have been pre-recorded by Sian Parry, one of our DTT/DDT performers, with English, Welsh and bilingual versions of each available. From September, schools will be offered the opportunity to hire their preferred option to be able to provide their pupils with screenings of the programmes.

We are delighted that, despite the current pandemic, we will still be able to provide young children with vital messages to help instil them with the confidence they need to keep themselves safe.

## Hafal launches new late-night mental health sanctuary service in Swansea Bay

*A new out of hours Sanctuary Service has been launched to help people tackle a range of mental health problems in a safe secure environment.*

The Mental Health Sanctuary Service is a new service provided by Hafal in collaboration with Swansea Bay University Health Board. It was developed by the West Glamorgan Regional Partnership, which is a multi-agency group, involving health, local authorities, police, ambulance and service users and carers.

The service aims to provide practical, therapeutic and holistic person-centered support to people at risk of mental health crisis through the provision of a range of interventions in order to lessen hospital admissions and reduce risk of harm for people in their homes.

Lianne Martynski, Hafal’s Head of Service, said: *“As a member-led charity, we know from experience how important it is that people in crisis are taken to a safe place which is supportive, therapeutic and respectful.”*

*“We are delighted to be able to offer such a service with our partners across Neath Port Talbot and Swansea, providing a state-of-the-art facility where people in mental health crisis can recover and begin to self-manage.”*

*“The Mental Health Sanctuary Service provides support and advice through a range of interventions in a welcoming and homely environment. It is one of the most innovative services of its kind, and we hope it will be hugely beneficial to our clients’ wellbeing.”*

[Read more...](#)

