

WaMH in PC

Wales Mental Health in Primary Care

www.WaMHinPC.org.uk



Royal College of
General Practitioners

WaMH in PC Newsletter - Autumn 2014

Welcome to the first edition of our new quarterly Newsletter. We hope this new initiative will keep you informed about what we are doing as a network, as well as work going on around Wales, including key changes to policy and primary care mental health.

The Network no longer receives funding, resulting in us having to reduce our activities, but we wanted to assure you that we are still here and working hard to ensure we do everything we can to support you in delivering the best mental health services to our patients.

We are also continuing to strive to lobby Government and other policy makers about the importance of getting primary care mental health right.

Dr. Mark Boulter - Chair of WaMH in PC



WaMH in PC Update

Peer Awards success for WaMH in PC

The WaMH in PC 'Managing Dementia in Primary Care Training Resource' was entered into the prestigious Peer Awards, resulting in it being short-listed for the finals and presenting the work to the judges in June.

A team of four journeyed to London, and presented a short 10 minute explanation of the training, which was then judged against four awards criteria; Innovation, Insight, Inspiration and Impact. The protocols for the presentation were extremely demanding, and the presenters were all stopped at 10 minutes, whether they had finished or not. The team were up against competition from major national companies and global businesses. Dr Mark Boulter attended the Peer Awards ceremony in London on the 22nd September 2014.

At the Peer Awards ceremony the 'Managing Dementia in Primary Care' training resource saw off strong competition from RBS, British Gas, British Airways, First Capital Connect and many more to be announced as a winner in the following categories:



- **Winner of the Education of the Community Award** (Achievement: Giving hope to people working in primary care by providing them with a deeper understanding of dementia)
- **Winner of the overall Corporate Responsibility Award** (Achievement: Recognition and impact on the broader community and the environment)
- **Overall winner of the 2014 Peer Awards for Excellence** (Achievement: Development of an inspirational initiative that improves life for customers, businesses and our society)

Find out more on the Peer Awards website: <http://thepeerawards.com/pa14-020>

Dementia training

To date, 111 practice teams across Wales have completed the training. There has been fantastic feedback, and we hope more practices will use the resource. All material remains on the WaMH in PC website, and is freely available to all practices and can be used to claim money from the new Mental Health DES. We also plan to see if we can promote it wider within the UK.

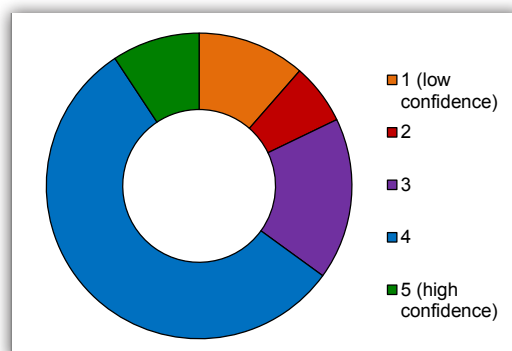
Find out more at www.WaMHinPC.org.uk

CAMHS training

This year, WaMH in PC is starting to develop training in the area of CAMHS. We hope to develop a half-day training package to be held in North and South Wales, to help develop skills and confidence in managing and assessing children and adolescents with mental health issues. Please look out for details of the training to be released later this year and reply quickly as places will be limited and we are anticipating a strong demand.

WaMH in PC survey

WaMH in PC has started to collate the data captured from this year's survey, of primary care. We hope to have the full report written and distributed by the end of the year, and will use it to focus our work priorities, as well as informing policy-makers and lobbying the importance of Primary Care Mental Health in the NHS in Wales. We worked hard to make the survey as user friendly as possible, thanks to all who completed it, as the information gained will be extremely beneficial.



WaMH in PC is looking for new core group members

- Do you have an interest in Primary Care Mental Health?
- Do you want to get more involved with WaMH in PC?
- Why not become a member of the WaMH in PC core group?

We are in the process of attracting new members of the core group and need more GPs. The core group meets three times a year in Cardiff. Meetings last from 10:30-15:30. There are also opportunities to become involved with specific work streams we are developing.

If you are interested contact Lesley Hills (Project Manager) at Lesley.Hills@rcgp.org.uk

Latest WaMH in PC information sheets

Download our latest information sheets:

- Information Sheet 16: **The Carers Strategies (Wales) Measure 2010**
- Information Sheet 15: **Welfare Benefit Reform**
- Information Sheet 14: **Mental Health, Deafness and Hearing loss**

Funding for psychological therapies

Health Minister Mark Drakeford has written to all Health Boards confirming the allocation of a total £650,000 funding boost to improve access to psychological therapies for people with mental health problems across Wales. The funding, originally announced in June, is to enable more training for existing NHS staff in the delivery of psychological therapies. Following a subsequent letter from the Minister, which sets out the expectations of the Welsh Government, Health Boards are now charged with planning and implementation.

Find out more on the Welsh Government [website](#).



Clinically relevant mental health research

If you are a patient, carer or health professional and you would like to become involved with clinically relevant mental health research, then please make contact with the National Centre for Mental Health (NCMH) that is based in Cardiff.

The NCMH is undertaking research into several mental health conditions such as post-traumatic stress disorder, ADHD and dementia. So far, 3000 patient-volunteers have been recruited. The research aims to better understand the causes of mental health conditions to improve diagnosis and treatment. The involvement of GP practice teams, patients and families is vital to the work of NCMH, who would also like to make contact with GPs across Wales who have an interest in mental health. Trained NCMH researchers could directly help recruit lay volunteers from practice databases or provide leaflets for display. NCMH also has a range of information leaflets on mental health conditions for healthcare professionals, and an online resource for patients.

If you wish to speak to a member of the NCMH team, or if you are a GP in Wales and would like to register your interest mental health, please call **029 2068 8401** or email info@ncmh.info

Dr. Tony Downes

General Practitioner and NCMH North Wales Primary Care Research Lead

Bringing Balint to Wales

The doctor-patient relationship is increasingly under threat with rising expectations, dwindling resources and the emphasis on evidence-based medicine. Over the past few years I have benefited from attending weekend workshops held by the Balint Society. These workshops provide time and space for clinicians to discuss their patients and, through the Balint process, come to understand themselves and their patients better, enabling them to have a more rewarding doctor-patient relationship. Evidence suggests that doctors attending a Balint group are less likely to suffer from stress and burnout!

Following a successful Taster Session last year, two Balint groups were started, one in North-West Wales and one in North-East Wales. Each group is co-led by a GP and a Group Analyst and meet monthly on a Wednesday evening. If you would like to join a group, or if you need more information, please contact me at evansann@live.co.uk or visit www.balint.co.uk

Dr. Ann Evans

General Practitioner, Llangollen

Perinatal mental health

Wondering where to signpost for perinatal mental health issues? There is a NEW resource to help from Mind Cymru.

Visit www.twainmind.org to find digital stories of Mum's and Dad's journeys, factsheets for families, mums and professionals, plus a wealth of helpful web links for patients and practitioners on parental mental health and infant mental health.

Any questions or comments? Get in touch through the website 'Contact Us' page or call Mind Cymru on **02920 395123**.



Veterans' NHS Wales

Veterans' NHS Wales is now in its fourth year and aims to:

- improve the mental health and wellbeing of veterans.
- achieve this through the development of sustainable, accessible and effective services that meet the needs of veterans with mental health and wellbeing difficulties, who live in Wales.

The service has developed into the primary NHS service for veterans with service related mental health problems in Wales. Referrals can be made via www.veteranswales.co.uk or **02920 742062**.



Review of the Veterans' NHS Wales Service

The Veterans' NHS Wales Service (VNHSW) aims to improve the mental health and wellbeing of Veterans in Wales and develop sustainable, accessible and effective services that meet the needs of veterans with mental health and wellbeing difficulties, living in Wales.

The service defines a Veteran as any person who has served at least one day in HM Armed forces, and is open to anybody who has a mental health problem related to his or her military service. It operates as a primary care service allowing self-referral and referrals from friends, family and from veterans' agencies such as the Royal British Legion. General Practice and other primary care practitioners are important referrers to the service. Increased awareness of the service will serve to ensure improved delivery of mental health to veterans in Wales.

Following concerns of service capacity, Public Health Wales (PHW) has recently undertaken a review of the service. The review sought to analyse reports on the operation of the service, including activity and access data and service flow. PHW consulted with service users and providers and key stakeholders. A report has been produced for Ministers containing recommendations for service improvement.

Policy and Legislation

Review of the Mental Health (Wales) Measure

Section 48 of the Mental Health (Wales) Measure places a duty on Welsh Ministers to review the operation of the Measure within four years of commencement.

The Welsh Government has commissioned independent research but is also utilising a range of other information sources such as local health board data, service user satisfaction and outcome data, third sector analysis and the WaMH in PC survey. An **inception report** was published in 2013 and an **interim report** was published in April 2014. The final report will be published prior to January 2016 and presented to the National Assembly.

The National Assembly Health and Social Care Committee is also carrying out post-legislative scrutiny of the Measure and has requested evidence from a range of stakeholders. We have submitted a response from WaMH in PC, reflecting the views and experiences of primary care professionals and patients.



Policy: Travelling to Better Health



Welsh Government is consulting on guidance for healthcare for gypsies and travellers in Wales. Research shows that gypsies and travellers suffer disproportionately when compared with the general population in relation to access to healthcare and health outcomes.

There are many reasons for this, including:

- lack of knowledge about these communities and their culture
- their poor experience of health services
- suspicion and mistrust of services and a strong desire to be self reliant

This draft guidance has been developed for the benefit of healthcare practitioners, to assist effective working with gypsies and travellers.

There are two parts to the guidance:

- a summary analysis of the research and evidence base
- advice on, and examples of practice, which work with these communities

Find out more at: <http://wales.gov.uk/consultations/healthsocialcare/travelling/?lang=en>

Closing date for comments: 30th October 2014

Legislation: Wellbeing of Future Generations (Wales) Bill

The Well-being of Future Generations (Wales) Bill sets ambitious, long-term goals to reflect the Wales we want to see, both now and in the future. These are for a prosperous, resilient, healthier, more equal Wales with cohesive communities, a vibrant culture and a thriving Welsh language. The Bill strengthens existing governance arrangements for improving the well-being of Wales, to ensure that present needs are met without compromising the ability of future generations to meet their own needs.



The key purposes of the Bill are to:

- set a framework within which specified Welsh public authorities will seek to ensure the needs of the present are met without compromising the ability of future generations to meet their own needs (the sustainable development principle).
- put into place well-being goals which those authorities are to seek to achieve in order to improve wellbeing both now and in the future.
- set out how those authorities are to show they are working towards the well-being goals
- put Public Service Boards and local well-being plans on a statutory basis and, in doing so, simplify requirements as regards integrated community planning.
- establish a Future Generations Commissioner for Wales to be an advocate for future generations who will advise and support Welsh public authorities in carrying out their duties under the Bill.

Find out more at: <http://www.senedd.assemblywales.org/mglIssueHistoryHome.aspx?lId=10103>

Royal College of General Practitioners (Wales)

The Royal College of General Practitioners (Wales) is a network of over 1900 family doctors working to improve care for patients. We work to encourage and maintain the highest standards of general medical practice and act as the voice of GPs on education, training, research and clinical standards.



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