Community Gateway Access Project Report

Mental Health & Wellbeing Day: 7th December 2015

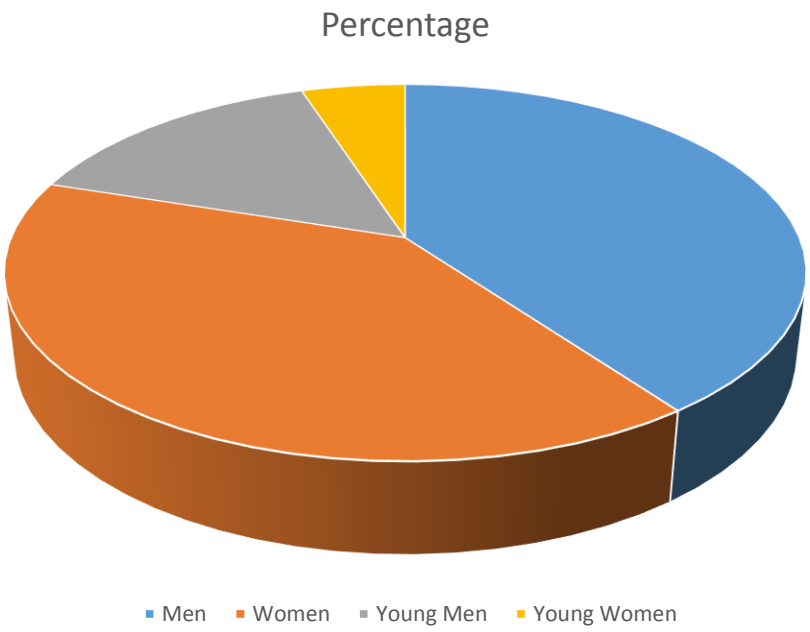
Project Aim: to bring the topic of mental health into discussion so that people within the community can ask anything they wish or seek clarification whilst liaising with local service providers/users of services. For people to gain an understanding and awareness of what services there are for different mental health/wellbeing issues they may have or be experiencing and what they can expect or access if they themselves or family members experience problems.

Project Partnership: Community Gateway and The School of Healthcare Sciences at Cardiff University, in association with Nexus (older people's mental health); Sefyll (adult mental health services); Hafal (people with serious mental illness and their carers); Solace (memory problems, dementia, depression); NHS providers and local organisations.

Project Outcomes:

25+ Grangetown Residents engaged (beneficiaries)	5+ Professional Partners engaged	1 Application to Cardiff University to study mental health nursing

Demographics of beneficiaries



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Partner experience: Gemma Stacey-Emile, Lecturer (Mental Health), Cardiff University

"The (Mental Health & Wellbeing) day went exceptionally well. My colleague and co-facilitator Alicia Stringfellow and I had a great day and there was lots of interest about how this can move forward in the future. The feedback has been great. We were interviewed by Made in Cardiff TV and a few natural themes emerged during the day around the mental health and wellbeing needs of those who attended. It would be great for us to meet again to take this forward."

Beneficiary experience:

"(The event) brought people together and helped people engage with each other."

"We all bonded and different people spoke."

"Right information. Right place. Right time."

"They told us stuff we didn't know about."

"Good discussions in the afternoon sessions."

"(The best bit about the event was) seeing young boys coming along and being open to it."

Benefits to the community:

Strengthened relationships between residents and key local mental health related public services and the University. Brought members of the community together and initiated dialogue.

Benefits to the University:

Strengthened relationship with all partners; project profile raised through press coverage on Made in Cardiff TV; meaningful experience for attendees with one young person inspired to apply to Cardiff University to study mental health nursing.

Next steps:

Students from School of Healthcare Sciences to visit the National Centre for Mental Health for a crossover training day (Spring 2016).
Showing of Pixar's 'Inside Out' film at the National Centre for Mental Health for Grangetown residents, followed by discussion on mental health themes (May 2016 to coincide with Mental Health Awareness Week).
Follow-up awareness day at Grange Bowls Pavilion (around World Mental Health Day on 10th of October).

Project Costs:

£385 budgeted. Actual cost: £325.