

Welsh Ambulance Service News October 2020: Part 2

Mental Health:

World Mental Health Day 2020.

In support of **World Mental Health Day** the Welsh Ambulance Service are promoting the following excellent free resource:

Mental health services for all in Wales

The package is supported by £1.3m Welsh Government funding and includes a new online Cognitive Behaviour Therapy course and other online and phone support services.

This is also promoted on our new NHS 111 Wales Website:

[Mental Health Services for all in Wales](#) Silver Cloud free course.

<https://gov.wales/ps13m-support-package-mental-health-services-all-wales>

Also check out our [Living Well](#) section of NHS 111 Wales Website

Recent new Government Initiatives to support Mental Health and Wellbeing

You can read more about these via this link: <https://gov.wales/first-minister-strengthens-ministerial-health-team>. The new Minister made a written statement about mental health and the pandemic which can be accessed here:

<https://gov.wales/written-statement-mental-health-and-coronavirus-pandemic>

The new Together for Mental Health Delivery Plan 2019-22 with new actions in light of Covid 19 can be read here: <https://gov.wales/mental-health-delivery-plan-2019-to-2022>

Looking after your health and wellbeing

[How are you doing?](#) Are you staying physically well, looking after your mental health, keeping connected and helping others? Visit the [Public Health Wales website](#).

The Welsh Ambulance Service Mental Health Support leaflet can also signpost you to a number of excellent helplines, you can find the leaflet

Welsh version [HERE](#) English version [HERE](#)

Community Health Council Mental Health Survey in Hywell Dda Health board area

Accessing NHS mental health services during the Covid pandemic has changed for lots of people. If you were one of them or you care for someone who has, what's it been like? Your Hywell Dda Community Health Council would really like to hear from you in their confidential survey. Here is the link to survey:

https://forms.office.com/Pages/ResponsePage.aspx?id=uChWuyjigkCoVkM8ntyPrsxEwXtF-8dEq_P7P71QiXIUMkFUM1czWUdaMEhGQURGSIpGUk1MVFRJUy4u

or feel free to contact the CHC directly if you'd prefer to complete a paper copy and post it back to them. Tel: 01646 697 610 Email: hyweldda@waleschc.org.uk

Carers:

Carers Rights Day 26/11/2020

Ceredigion:

In order to mark Carers Right's Day 2020, Ceredigion Carers Unit has had the pleasure of working with unpaid Carers and lots of organisations across Wales, including the Welsh Ambulance Services Trust to design a range of resources for unpaid Carers in Ceredigion. We have brought together a selection of information and online courses/taster sessions to help unpaid Carers feel more informed and empowered about their rights, entitlements and things that affect them in their caring role. Best of all, they are all FREE for unpaid Carers and can be accessed from the comfort of your own home. Click **here** to find out more:

<http://www.ceredigion.gov.uk/resident/social-care-wellbeing/support-for-carers/carers-rights-day-2020/>

Carers Wales Events:

In celebration of Carers Rights Day on 26th November, Carers Wales is hosting a series of online events. These events will be an opportunity to hear more about the work of Carers Wales, input into their work and access helpful information to help you in your caring role. On the 25th Nov, they will be running 3 identical events, so that as many carers are able to join them as possible. Here is the link to register for the event:

<https://www.eventbrite.co.uk/e/carers-wales-online-roadshow-tickets-124793750467>

Carers Wales Track the Act work monitors implementation of the Social Services and Wellbeing Act as it relates to carers:

Carers Wales would like to invite you to the launch of their next Track the Act briefing. The webinar will take place on 5th November from 12.30pm – 1.30pm. They will present findings from their 2019/20 carers survey. To book a place, please follow the following link: The Eventbrite can be found here: <https://www.eventbrite.co.uk/e/track-the-act-5-launch-webinar-tickets-123665975261>

www.carerswales.org

Carers 'Me Time' - is a chance for unpaid carers to do something for their own enjoyment. These online sessions, funded by WG, are a place where carers can get involved in a range of activities and explore new opportunities that they may not be able to do normally - [link](#). See also Care for a Cuppa [sessions](#) with Carers Wales

Supporting carers who look after someone with dementia

[Carers Trust Wales](#) have published [Caring for someone with dementia: A guide for family and friends](#), a comprehensive resource that brings together the practical information and emotional guidance that carers need to support their own well-being.

Preparing for Winter

Beat Flu this year

Have you had your flu vaccine this year? Find out more [HERE](#)

Symptom checkers

Our online symptom checkers allows you to check your symptoms at your convenience and advises you what to do next. With over 30 symptom checkers to choose from including generally unwell, vomiting, rash and dental pain visit the symptom checker for more information.



The Welsh Government Warm Homes Nest scheme

supports people in Wales with an eligible health condition a lower income, who are at a higher risk of illness from living in a cold home. The health-based criteria supports residents with a chronic respiratory, circulatory or mental health condition. Nest offers a range of free, impartial advice and, if eligible, a package of free home energy efficiency improvements such as a new boiler, central heating or insulation. This can lower your energy bills and benefit your health and wellbeing. To check if you're eligible, visit <https://nest.gov.wales/en/eligibility/> or call 0808 808 2244.

Contact us:

Patient Experience & Community Involvement Team

Telephone: 01792 311773

Email: Peci.team@wales.nhs.uk

Visit the Get Involved page on our website www.ambulance.nhs.uk

Twitter: **@WelshAmbPIH**