

**WaMH in PC**

**Wales Mental Health in Primary Care**

[www.WaMHinPC.org.uk](http://www.WaMHinPC.org.uk)



Royal College of  
General Practitioners  
Coleg Brenhinol  
Meddygon Teulu

## WaMH in PC Newsletter - Autumn 2015

Welcome to our second newsletter. The main news from WaMH in PC is the publication of a new report about our latest survey, which took place in 2014. This is the third survey we have done, and again we had a good response. The main recommendations are that access to psychological therapies still needs to be improved and the primary care workforce needs better support - which should be part of the remit of the local primary care mental health support services. We felt that this support could also include stress reduction training for practice teams, as it was clear that primary care in Wales is suffering from an increasing work load (many are spending more than 20% of their working time in dealing with mental health issues) and morale is low.

WaMH in PC is looking to bolster our GP representation on the Core Group and is looking for more GPs to get involved. As our survey shows, mental health is a huge part of our working lives and we have made huge strides over the last decade or more to improve primary mental health care in Wales. The Core Group meets about three times a year and the meetings are lively and interesting. If you feel you would like to play a bigger part in our future, please contact [Lesley.Hills@rcgp.org.uk](mailto:Lesley.Hills@rcgp.org.uk)

**Dr. Mark Boulter - Chair of WaMH in PC**

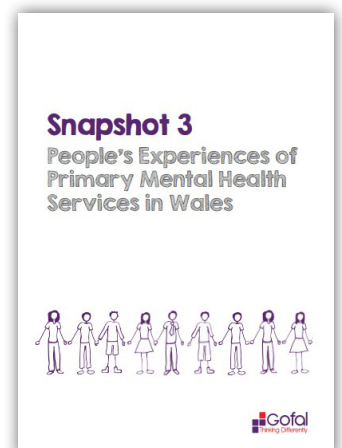
## WaMH in PC news

### WaMH in PC and Gofal call for sustained focus on improving primary mental health care in Wales

**Two reports have been published about people's experiences of using and delivering primary mental health services in Wales, with both calling for a sustained focus on improving support for patients and health care professionals.**

'Experiences of delivering primary mental health care' has been written by Wales Mental Health in Primary Care (WaMH in PC) - a special interest working group of the Royal College of GPs in Wales. It highlights key issues and challenges raised in a Wales-wide survey of GPs and other primary care staff, including workload, support for practitioners, barriers and challenges for delivery and the impact of welfare reform and the Mental Health (Wales) Measure.

In conjunction, Welsh mental health and wellbeing charity Gofal has published 'Snapshot 3', a report based on the results of their third annual survey about patient experiences of primary mental health services. Over 800 people responded to the Wales-wide survey, which was conducted at the end of 2014 and captured patient views on the empathy and understanding demonstrated by professionals, access to treatment and support and the impact of primary care services on their mental health and wellbeing. You can find out more and download both reports here: <http://goo.gl/hVPvHe>



## WaMH in PC meet the Minister for Health and Social Services

On 1st April WaMH in PC Chair Dr Mark Boulter and other WaMH in PC representatives met with the Minister for Health, Professor Mark Drakeford, to discuss the WaMH in PC report about experiences of delivering primary mental health care. The Minister was very receptive to the issues raised in the report and agreed to look at whether more could be done to improve support for primary care professionals. The meeting also included a short discussion about Child and Adolescent Mental Health Services and managing the physical health of patients with mental health problems.



## WaMH in PC sign up to Blackfriars Consensus

WaMH in PC has signed up in support of the 'Blackfriars Consensus on promoting brain health: Reducing risks for dementia in the population'. The Blackfriars Consensus statement issued by Public Health England and the UK Health Forum calls for a new national focus to reduce the risk of developing dementia. It is signed by the English, Northern Ireland, Scottish and Welsh Health Ministers, 29 national organisations and 32 dementia and public health specialists. Find out more here: <http://goo.gl/siY2Uj> or alternatively contact Jane Landon at UK Health Forum on 0208 832 6920 or by email at [jane.landon@ukhealthforum.org.uk](mailto:jane.landon@ukhealthforum.org.uk)

## CAMHS training

WaMH in PC held a very successful training session in Swansea about treating children and young people with mental health problems. The workshops proved very popular and we have received positive feedback from attendees. Unfortunately, the training in north Wales had to be postponed, but we hope to re-arrange it soon.

## WaMH in PC elect new Vice Chair

Katie Dalton has recently been elected as the new Vice Chair of WaMH in PC. She has been a member of the WaMH in PC Core Group for two years, and has helped to develop the WaMH in PC newsletter, information sheets and our recent report on professionals' experiences of delivering primary mental health care in Wales.

Katie has been Policy and Public Affairs Manager at mental health charity Gofal for nearly four years, conducting research into people's experiences of primary mental health services, formulating responses to Government consultations, meeting with Ministers and Assembly Members and representing the organisation in the media. Prior to this, Katie was President of NUS Wales.



WaMH in PC would like to thank Peter Martin, who has been Vice Chair for the last three years.

## 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?

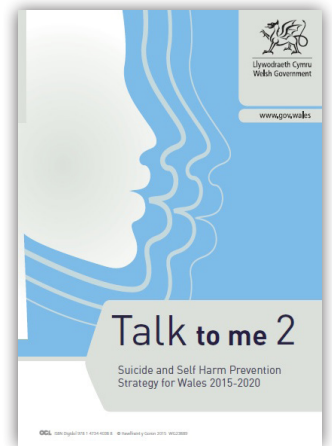
We are in the process of attracting new members of the Core Group and would like to attract more GPs. The Core Group meets three times a year in Cardiff, and meetings last from 10:30-15:30. There are also opportunities to become involved with specific work streams we are developing.

If you are interested, please contact Lesley Hills at [Lesley.Hills@rcgp.org.uk](mailto:Lesley.Hills@rcgp.org.uk)

### Welsh Government launches 'Talk to Me 2'

'Talk to Me 2', the Welsh Government's suicide and self harm prevention strategy was launched on the 16th July by the Health Minister, Professor Mark Drakeford. It builds on 'Talk to Me', the 2009 national action plan to reduce suicide and self harm in Wales, and will be implemented alongside 'Together for Mental Health' and the Mental Health (Wales) Measure.

The strategy identifies priority people - groups particularly vulnerable to suicide and self harm, priority care providers - services well placed to respond to people in crisis, and priority places - settings where suicide prevention efforts should be focussed. The document also emphasises the need for a cross-government, cross-sector and collaborative approach in order to reduce suicide and self harm. You can download the strategy here: [www.gov.wales/topics/health/publications/health/reports/talk2](http://www.gov.wales/topics/health/publications/health/reports/talk2)

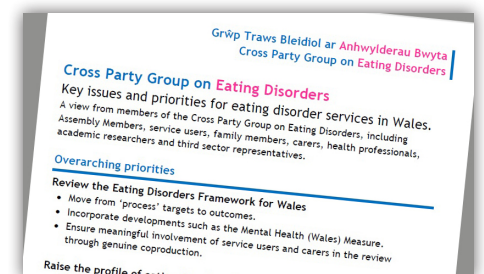


### Refreshing the Eating Disorders Framework for Wales

The Welsh Government has asked Public Health Wales to refresh the Eating Disorders Framework for Wales, which was first published in 2009.

At the beginning of August, Public Health Wales wrote to stakeholders to inform them that there would be a thirty-day consultation about the Eating Disorders Framework for Wales. They invited people to submit evidence and said that feedback received during this period would be used to refresh the Framework. More information about the process can be found in the letter from Public Health Wales: <https://goo.gl/MGJ8uE>

The Cross Party Group on Eating Disorders - chaired by Assembly Member Bethan Jenkins - has produced a 'key issues' document to feed into this review. This has been written in partnership with service users, family members, carers, health professionals, academics and the third sector. More information and a copy of the 'key issues' document can be downloaded here: <http://goo.gl/Qqq8Mc>



### Wales Liver Disease Delivery Plan

May 2015 saw the launch of the Wales Liver Disease Delivery Plan which aims to halt the enormous rise in liver mortality by 2020.

Given that 80% of liver disease deaths are alcohol related, it is clear that the problem is huge. In contrast, liver disease represents just 20% of alcohol related hospital admissions, with 65% being due to mental health issues. The burden in primary care is likely to be even more skewed towards non-liver problems. In contrast to this burden is the lack of accessible specialist health services to complement existing APB commissioned and mental health services.

The Liver Plan recognises that this needs to change through the development of Alcohol Care Teams. Whilst typically hospital based, they can deliver clear pathways, linking primary and secondary care, that are mutually supportive, educational and maximise the appropriate use of psychosocial support and pharmacological therapies. Without this, the Plan's targets will not be achieved.

Find out more here: [www.wales.nhs.uk/liverdiseasedeliveryplan](http://www.wales.nhs.uk/liverdiseasedeliveryplan)

## Time to Change Wales enters phase 2

**Time to Change Wales, the first national campaign to end the stigma and discrimination facing people with mental health problems in Wales has secured funding from the Welsh Government and Comic Relief to continue its work for another three years.**

Run by a partnership of Gofal, Hafal and Mind Cymru the campaign has made a significant impact during its first phase by:

- Reaching over 19million people via its social marketing campaigns
- Working with over 250 organisations - with over 50 signing the TTCW organisational pledge
- Developing a network of 300+ champions
- Delivering 2,500 anti-stigma sessions



During the next three years the campaign aims to work with all of Wales' health boards and local authorities. Individuals and GP practices can also support the campaign and can find out more on the TTCW website: [www.timetochangewales.org.uk/en/get-involved/get-your-workplace-involved/](http://www.timetochangewales.org.uk/en/get-involved/get-your-workplace-involved/)

## Let's Get Physical!

Hafal, in partnership with Bipolar UK, the Mental Health Foundation and Diverse Cymru, have created a resource for health professionals which promotes physical health for people with a mental illness.

The [Let's Get Physical!](#) website provides a simple overview of services can support both patients and carers to improve their physical health. This information is based on the feedback of hundreds of patients and carers who have taken steps to improve their physical health.

You can use the site to talk patients and carers through the various options they have when working to become more physically healthy. The information is broken down into the following sections:

- Physical activity
- Diet & nutrition
- Getting support.

## 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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