

# North Wales Mental Health NEWS



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Unllais Mental Health Agency

## New Jigsaw Website Puts the Pieces Together



Jigsaw, the criminal justice group, has just launched its new website. Bringing service users together from across North Wales and beyond, irrespective of previous criminal behaviour or background. Jigsaw believes that everyone deserves a second chance. Broken down into easily digested chunks, the website has details on Jigsaw's four main platforms:

- **Forum** – where people get together with other service users or their family members to have their say
- **Service User Engagement** – where people can comment on policies and procedures and help with planning criminal justice

services

- **Added Value** – providing access to activities such as outdoor pursuits, art, photography
- **Waves** – providing volunteering opportunities within the criminal justice system

As well as all this, the site also has information about the prison bus service, links to other sites and full contact information including times and places of forum meetings, email and phone details.

For more information, why not visit the site today?! Go to [www.thejigsawgroup.org.uk](http://www.thejigsawgroup.org.uk)

## Get News, Training and Involvement on Twitter

Want to find out about the latest news, training events, jobs or involvement opportunities, but haven't got time to visit the Unllais website? Join Twitter and look for Unllais to get tweets straight to your phone, laptop or PC.

For anyone who doesn't know, Twitter is an online social networking service that enables its users to send and read text-based posts of up to 140 characters, informally known as "tweets". It provides voluntary sector organisations with a fast and easy way of sharing information, but at the moment seems to be very underused by the sector in north Wales.

For more information go to [www.twitter.com](http://www.twitter.com), join up and follow @unllais.

## Flintshire Mind Online

Packed with information on mental health issues, crisis support, self-help and involvement opportunities, the revamped website from Flintshire Mind is an essential bookmark for your browser. To find out more, go to [www.flintshiremind.org.uk](http://www.flintshiremind.org.uk).



Get all the latest news  
[www.unllais.co.uk](http://www.unllais.co.uk)



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Mental Health Agency

## North Wales Mental Health NEWS

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## Training from Mind Cymru

### Managing Suicide Interventions (MSI)

This is a new Level 4 qualification worth 6 credits, developed by Mind Cymru with support from the Care Council and NLIH. This training programme is accredited on the QALL and is endorsed by the Institute of Leadership & Management.

MSI is aimed at individuals in a wide range of settings who are seeking professional recognition of suicide intervention skills. It uses role play, observation, peer review and reflective journals to broaden and deepen the learning for participants who have already attended ASIST.

### Applied Suicide Intervention Skills Training (ASIST)

Offering practical training for front-line workers and community members to enable them to recognise someone who is at risk of suicide and give them the skills & confidence to intervene, this two-day course is available throughout Wales.

### Tune Up

This is a half-day course designed for people who have already done ASIST and would like to revisit the suicide intervention model and refresh their skills.

More details on all their training courses can be found on their website:  
<http://www.positivechoices-wales.org/en/Training.html>

Unwaged? Volunteer? Subsidies are available to cover training costs - please contact a member of the Positive Choices team for more information.

For further information please contact Maggie Cooper [m.cooper@mind.org.uk](mailto:m.cooper@mind.org.uk) or Alan Briscoe [a.briscoe@mind.org.uk](mailto:a.briscoe@mind.org.uk)

## Artefact for creativity and mental health

Are you or a client experiencing stress, depression or anxiety? Do you have interest in the arts? Artefact is a project designed specifically for people aged 18 or over who would like to take part in a series of weekly arts workshops run by an experienced artist in relaxing surroundings.

Aiming to help people regain their

confidence, develop new skills, learn about art and meet other people, courses last up to 10 weeks and take place in museums and galleries.

People can choose from courses at Bodelwyddan Castle, Llandudno Museum, Gwynedd Museum and Gallery in Bangor, or Oriol Ynys

Môn in Llangefni, but you will have to be quick as this only runs until next January.

Contact  
Caernarfon  
Archives on  
01248 679721  
or email them  
at [anession@gwynedd.gov.uk](mailto:anession@gwynedd.gov.uk).





# Ask Julie

**Every issue Julie Burton, solicitor answers your questions...**

Here are our answers to the questions asked this month. I hope our answers are useful but it is important to remember that the answer may change if other things change - these are general answers to general questions.

**If a client has been placed in mental health residential care, on section 3, and part of the future plan is for him to take a tenancy as a step down part of their care plan, prior to being allowed to return to the family home, should he sign a tenancy agreement or should the tenancy and other costs be covered by the Local Authority/Health Board as part of their section 3 or Section 117 aftercare?**

This is quite a hard question to answer.

Anyone who has been detained for treatment (s3, 37, 47 etc) will, as a consequence, be entitled to s117 aftercare services. These are free of charge. This is in contrast to nearly all other community based services for which a charge can be (and in some cases must be) levied according to people's means.

The issue is what services are s117 aftercare services?

It has been suggested that an aftercare service is a service which (1) is provided in order to meet an assessed need that arises from a person's mental disorder and (2) is aimed at reducing that person's chances of being re-admitted to hospital for treatment of the disorder.

There is no question but that people who have been detained on a treatment section and who are then placed in residential or nursing care homes are receiving an aftercare service. This will be free of charge.

But the general view has been that "ordinary accommodation" would not be covered. This is because

accommodation is considered to be a basic human need and therefore is not a need that arises as such from some one's mental disorder. But in the only case on the issue (a case in 2006 involving the London Borough of Lambeth) it was held that the provision of ordinary accommodation did constitute an aftercare service within s117. This case has been held up to criticism but it is clear that in certain circumstances a good case could be made that the provision of ordinary accommodation is included under s117.

The circumstances outlined in the question above provide, in my view, just such a case. If the patient has a home to go to but is prevented from returning there due to concerns arising as a consequence of his mental health, then alternative accommodation could properly be said to be a need arising from the mental disorder, the aim of which is to reduce the likelihood of readmission.

In summary, whilst it is not possible to say for certain that such accommodation should be free to the client, it would be worth arguing the case and could give rise to possible court proceedings to decide the point if the local authority/Health insisted that the client should pay.

**If I am detained under the Mental Health Act can I make a will or grant a lasting power of attorney?**

This is another difficult question!

The real question is whether you still have the necessary capacity to execute a will or lasting power of attorney (LPA). A will directs what happens to your belongings after you

die. An LPA allows you to appoint some one else to look after your financial affairs, or to make health/welfare decisions for you, when you are unable to make such decisions for yourself (e.g. through ill health, old age etc).

The simple answer to the question is that simply being detained under the Mental Health Act does not in any sense mean that you automatically lack capacity to make decisions, including the decision to execute a will or LPA. However, it is possible that your mental illness may impact on your decision making, thus rendering such decisions unsafe.

If your capacity were affected by your illness then clearly any will or LPA executed when unwell could be set aside as invalid.

So you would have to establish whether you had the necessary capacity to execute a will or LPA. You need to be able to show that you understand the information needed to be able to execute the will or LPA, be able to retain that information, and be able to weigh up all the information and that you understand the consequences of your action. You also need to be able to communicate your decision.

There are additional specific legal tests relating to capacity to execute wills and LPAs. The test for will making was established in a case which came before the courts in 1870 but has held good ever since. You have to (1) understand the nature of the act of making a will and the effect this will have, (2) understand the extent of your assets and what will happen to these after you die, (3)

appreciate the possible claims that could arise (in terms of entitlement as a dependant or similar), and (4) you must not be subject to any disorder of mind which “poisons the will maker’s affections, perverts his sense of right, or prevents the exercise of his natural faculties”. You would probably need to ask your responsible clinician for a view.

The more sensible approach is to plan in advance. Whilst you are well, you

should, as a matter of good practice, make appropriate arrangements for when you are unwell or indeed for what is going to happen to your property when you die. Making a will and executing an LPA is simply part of sensible forward planning – a bit like an insurance policy, you hope you won’t need it but its there if you do.

Almost all solicitors firms, including Julie Burton Law, can offer advice in relation to wills, LPAs and

other such matters, usually at (relatively) reasonable rates, so you should not hesitate to make all necessary arrangements as soon as you can. Means tested legal aid is available for those aged over 70, or who are disabled, and in certain cases involving provision by will for disabled offspring and the appointment by will of guardians for minor children.

**Contact Julie on 01248 364750  
or email [post@julieburtonlaw.co.uk](mailto:post@julieburtonlaw.co.uk)**

## Help for Depression on Deeside

Journeys in Deeside provides a place where people affected by depression can share experiences and coping strategies without feeling stigmatised. By attending the group, people feel more motivated to keep up their self-help activities. The group provides an opportunity to learn more about mental health and well-being.

Taking place in the Deeside Community Hospital, Connah’s Quay on the first Tuesday of the month, the group also provides a free counselling service, a free self-help book loaning service and leaflets about mental health and other local support services. Meeting take place between 7.00pm to 8.30pm.

## Wales Drug & Alcohol Helpline

Wales Drug & Alcohol Helpline (DAN 24/7) now has a new number that is FREE from landlines and most mobiles. You can now ring 0808 808 2234. For more information on the service please go to [www.dan247.org.uk](http://www.dan247.org.uk) and to order free promotional material you can order online at [www.callresources.org.uk](http://www.callresources.org.uk)

# Health and Social Services Minister endorses physical exercise at Motiv8

Health and Social Services Minister Lesley Griffiths AM opened the Motiv8 day at Glyndwr University, Wrexham on 8th September 2011. The day, which is run for individuals, families and carers from North Wales who have experience of mental health problems, was designed to raise awareness of the close links between physical health and mental well-being.



encouraged to think about healthy eating, physical activity and exercise as a way of achieving better physical health, raising self-esteem and improving mental health. Over 30 stalls gave information about services that are available in the community, and over 300 people attended the event.

This year the Motiv8 event was delivered

Commenting on the importance of physical exercise the Minister said:

“The Motiv8 Programme is of particular importance as it exemplifies one self-evident truth: that physical activity is key to improving mental health and well-being.

“Events such as this will powerfully demonstrate the potential positive influence of activities, from sport to dance to yoga.”

The day featured a range of activities including cycling, table tennis, football, tai chi, basket ball and hula hooping. Participants were

in partnership with colleagues from the Voluntary, Employment and Education sectors. The Minister said: “Events such as these are part of the inspirational service user and carer involvement in Wales.”

For more on Motiv8 go to: <http://www.motiv-8-2011.co.uk/about-us>