

Mental Health News

Spring 2020



Patrons, Boyd Clack & Delia Powell

New Horizons Mental Health

CONTACT DETAILS: Croeso

Yn dilyn canllawiau'r Llywodraeth, bu'n rhaid i Gorwelion Newydd addasu ein gwasanaethau'n gyflym iawn o fod yn wasanaethau rheng flaen wyneb yn wyneb sy'n darparu cyrsiau coleg adfer/cymorth cyfoedion/celf er lles pobl a llawer o wasanaethau eraill i gynnig cymorth dros y ffôn ac ar-lein gan ddefnyddio ffyrdd arloesol o gyfathrebu â'n myfyrwyr/defnyddwyr gwasanaeth sydd i gyd yn profi problemau iechyd meddwl syn gynnwys-

- Cynnig llinell gymorth i unrhyw un sydd am gael gwybod mwy am y gwasanaethau sydd ar gael ar hyn o bryd gan Gorwelion Newydd a'n partneriaid – cymorth yn gysylltiedig ag iechyd meddwl a chefnogaeth gyffredinol
- Cyfeirio at faterion iechyd meddwl/llygad i lygad ac YCS a gwasanaethau cwnsela dros y ffôn partneriaid eraill
- Darparu gwasanaeth cyfeillio dros y ffôn ar y cyd â materion iechyd meddwl
- Cynnal celf wythnosol & chreffft a grwpiau cefnogi cyfoedion trwy nesáu/pellhau
- Postio syniadau rheolaidd ar gyfer celf a chreffft gartref
- Sefydlu grŵp ar What's app ar gyfer defnyddwyr gwasanaeth a gwirfoddolwyr i gefnogi ei gilydd a rhannu cwisiau a ryseitiau
- Sefydlu arolwg ar-lein ar gyfer adborth ar wasanaethau sy'n cael eu cynnig ar hyn o bryd a sut y gallwn eu gwella er mwyn ein helpu i ymateb i'r newidiadau ym mywydau pob un o'n haelodau.-
www.surveymonkey.co.uk/r/WR99YBH

Gweler y taflenni isod am ragor o wybodaeth ac edrychwch ar ein gwefan am fwy o wybodaeth-www.newhorizons-mentalhealth.co.uk/

Welcome

Following the Government's guidance New Horizons has had to very quickly adapt our services from being front line face-to-face services providing Recovery College courses /peer support/Art for our Wellbeing and many other services to offering telephone and on line support using innovative ways to communicate with our students/service users who are all experiencing mental health issues including-

- Offering a signposting helpline for anyone who wants to find out more about what services are currently available from New Horizons and our partners – both mental health related and general support
- Signposting to Mental Health Matters/Eye to Eye and YCS and other partners' telephone counselling services
- Providing a joint telephone befriending service with Mental Health Matters
- Running weekly art & craft and peer support groups via Zoom
- Posting regular ideas for art and craft at home
- Set up a What's App group for service users and volunteers to support each other and share quizzes and recipes
- Scoping on line courses and apps
- Set up an on line survey for feedback on services that are currently being offered and how we can improve them to help us respond to the changes in the lives of all of our members.-
www.surveymonkey.co.uk/r/WR99YBH

Please see the flyers below for further information and check our website for more information-
www.newhorizons-mentalhealth.co.uk/

Telephone Support

New Horizons is offering a telephone support and signposting service please contact – Tracy Thomas or Natalie Jones on 01685 881113

New Horizons has been working in partnership with Mental Health Matters Bridgend to set up a telephone Befriending service for the RCT area- please contact -Mental Health Matters on 07966 904 286/ 07966 632 70

New Horizons' staff members have also been keeping in contact with those who access our services to check if they need any support or signposting to partner organisations including-

Eye to eye counselling - Eye to eye are offering online counselling to 11-25 year olds and year 6 pupils. Contact number for enquiries and referrals - 07541783767 Website - info@eyetoeye.wales.

Y Cwmni Siarad (YCS) Counselling - YCS are offering online counselling. Contact number for enquiries and referrals - 07763120331 Website - ycscounsellingwales.org

CTM Mind- Mind are offering : online counselling contact Wendy - 07399 347 745
Primary care services contact Rhiannon - 07399 347 744, Recovery services contact Shian - 07495 525 656 and Housing services contact Kath - 07494 688 715.

Quote from member:

"it is lovely that you are still thinking of us at this time and checking that we are doing alright"



Activities

New Horizons staff has been hosting art & craft and peer support via online group video conference Zoom. Both activities are supported by a member of staff present. A 'What's App' group has also been set up for service users and volunteers to support each other and share quizzes and recipes

Quotes from members attending the sessions:

" Thanks to the friendly and supportive staff, volunteers and service users associated with New Horizons, the group chat has made these confusing and quite isolating times more bearable and a lot more fun".

"Despite the uncertainty, its been a comfort knowing that I still have somewhere to go when I need support, a chat or even someone to just listen"

Photos of activities that members have been undertaking-



New Horizons

Cwm Taf Morgannwg
Coronavirus Mental
Health & Wellbeing
Signposting Helpline

Call 01685 881113

Email info@newhorizons-mentalhealth.co.uk

**Monday - Friday
9am-4pm**

Leave your name and details and you will
receive a call back from a withheld number.

Depending on demand you may not hear
back the same day.



@Newhorizons_16 

@NewHorizonsMentalHealth 

www.newhorizons-mentalhealth.co.uk 

Registered Charity No/Rhif Elusen Gofrestredig: 1153115

Telephone Befriending Registration

Following the escalation of the Covid-19 (Coronavirus) situation and new Government rules in force to stay at home, MHM Wales and New Horizons have launched a FREE Telephone Befriending Service covering the entire Bridgend, Rhondda, Cynon and Taff areas to help people stay connected.

We all need emotional support through this difficult and lonely time as we self isolate especially for those with no family or social contacts.

To register your details with our befriending team, simply text your name and number to:

Sara (RCT) on 07966 904 286

Michelle (Bridgend) on 07966 632 709

Your details will then be passed to your befriender who will contact you to get to know you and discuss a convenient time to call.

You must be 18+ to use this service. Please note there is a high demand at present, so be patient if you can't get through straight away. Welsh version available.



Stay Connected with us through Social Media or visit our Website
www.mhmwales.org.uk or email befriending@mhmwales.org

New Horizons

WEEKLY ZOOM TIMETABLE



Missing friendly faces? Fancy a chat?
Want to share what you've been creating?
Join us for one of our weekly Zoom video chats.
(See next page for how to join a Zoom meeting)

Wednesday

ART & CRAFT GROUP

1pm
(starts 8th April)

Join us for a chat about art & craft during lockdown (plus lots of other topics). We're also posting art and craft ideas to try at home.

[https://zoom.us/j/857138427?](https://zoom.us/j/857138427?pwd=RFROaUhMTWxHVkJrMFRDRjE3NWVmUT09)

[pwd=RFROaUhMTWxHVkJrMFRDRjE3NWVmUT09](https://zoom.us/j/857138427?pwd=RFROaUhMTWxHVkJrMFRDRjE3NWVmUT09)

Meeting ID: 857 138 427

Password: 773239

Friday

PEER SUPPORT GROUP

1pm
(starts 17th April)

No agenda. Just join us and chat about how you are doing or anything else that takes your fancy.

[https://zoom.us/j/694050178?](https://zoom.us/j/694050178?pwd=ZVAyTGfNNllEaTBpdTh5cCswUCswUT09)

[pwd=ZVAyTGfNNllEaTBpdTh5cCswUCswUT09](https://zoom.us/j/694050178?pwd=ZVAyTGfNNllEaTBpdTh5cCswUCswUT09)

Meeting ID: 694 050 178

Password: 268460