

ALL

TOGETHER

NOW!



bringing mental health service users and carers together through music to progress their recovery

supported by

drws sofrusol
o afiechyd
meddal difrifol
hafal
for recovery
from serious
mental illness

M mental
health
foundation

bipolar UK
SUPPORTING PEOPLE AFFECTED BY BIPOLAR

**diverse
cymru**
Promoting equality for all
Hyneuyddo cydraddoldeb i bawb

🎵 Are You Lonesome Tonight?

Many people in Wales with a mental illness - and their carers - are lonely and isolated. Hafal's loneliness survey revealed that half of people with a serious mental illness had felt lonely within the last month, and 7 in 10 find that loneliness makes symptoms of mental illness a great deal worse.

🎵 Music Makes the People Come Together!

Getting out and meeting people can have a huge impact on our recovery, but it's not often addressed when we plan for recovery. Our 2015 *All Together Now!* campaign aims to change this.

Run by service users and carers and supported by **Hafal**, **Bipolar UK**, the **Mental Health Foundation** and **Diverse Cymru**, the *All Together Now!* roadshow will travel across Wales with music festivals and events taking place in each of the 22 counties.

On the journey we will reach out to thousands of people across Wales affected by mental illness - both in rural and urban areas - and give them the opportunity to enhance their social lives.



🎵 Reach Out, I'll Be There!



The roadshow is just one part of our campaign. We'll also work to reach as wide an audience as possible by:-

- ▶ inviting people affected by mental illness across Wales to visit our projects and join our local networks
- ▶ engaging with facilities and leisure opportunities in our communities by forming social groups and by providing information, ideas and signposting
- ▶ promoting best practice in care planning and ensuring that our social life goals are included in our care plans
- ▶ growing an online community of people with a mental illness and their carers on social media
- ▶ taking the Tour Bus - a social media and information hub - across Wales throughout the summer.

🎵 With a Little Help from My Friends

So we will play our part but we need some assistance too!

We ask the **Welsh Government** to:-

- ▶ develop targets for social integration of people with a serious mental illness, monitored by review of Care and Treatment Plans and self-assessment
- ▶ develop advice on the specific section of the Care and Treatment Plan covering social life, specifically requiring consideration of both peer support opportunities (ie with other people experiencing mental illness) and wider social integration
- ▶ develop advice on Carers Assessments to ensure that carers' social lives and opportunities for peer support are addressed.



And:-

- ▶ **mental health services** should include opportunities for peer support and wider social integration – for both clients and carers – in their planning and resourcing of services
- ▶ **care coordinators** should give a priority to developing the social life sections of individual Care and Treatment Plans
- ▶ **primary care services** should include social life considerations in packages of care and maintain contact lists for referral to appropriate agencies
- ▶ **non-mental health services** which provide social life opportunities should consider how they can make people with a mental illness and their carers welcome.



🎵 Money's Too Tight To Mention

And remember, while we primarily need to address this problem in order to improve people's lives, in any case it **costs more money** if patients deteriorate because they are alone and isolated! So we call on the Welsh Government and services to support the campaign and its **prudent healthcare** approach.



For more information on the *All Together Now!* campaign visit hafal.org
or follow Hafal on Facebook and Twitter

