

# CABINET

30<sup>th</sup> OCTOBER 2023

## NOTICE OF MOTION REFERRED FROM COUNCIL (13<sup>th</sup> September 2023) SHADOWS DEPRESSION SUPPORT GROUP

### Recommendations / key decisions required:

To consider the Notice of Motion regarding Shadows Depression Support Group and to agree on any further actions.

### Reasons:

Full Council, at its meeting held on the 13<sup>th</sup> of September 2023, referred a Notice of Motion in respect of Shadows Depression Support Group to the Cabinet.

Relevant scrutiny committee to be consulted NO

Cabinet Decision Required YES

Council Decision Required NO

### CABINET MEMBER PORTFOLIO HOLDER:

Councillor Jane Tremlett – Cabinet Member for Health and Social Services

### Directorates: Communities

Chris Harrison

Head of Strategic Joint  
Commissioning

Llinos Jenkins

Cabinet Support Officer

LISJenkins@carmarthenshire.gov.uk

# EXECUTIVE SUMMARY

**CABINET  
30th OCTOBER 2023**

## **NOTICE OF MOTION REFERRED FROM COUNCIL (13<sup>th</sup> September 2023) SHADOWS DEPRESSION SUPPORT GROUP**

At County Council on the 13<sup>th</sup> September 2023, the following Notice of Motion was agreed and is presented to Cabinet for further discussion:

- **Shadows Depression Support Group in Glanamman has made a positive impact on the population of the Amman and Gwendraeth Valleys over the last three years, providing a wide-ranging mental health service which impacts the wider community.**
- **Council notes that Shadows' funding was terminated from the 5th September and there is widespread concern about the potential impact on its service users.**
- **We call on Welsh Government, Hywel Dda University Health Board, the GP cluster and Carmarthenshire County Council to work with the Shadows Depression Support Group to try and find a sustainable funding solution in order to protect services in the Amman and Gwendraeth Valleys.**
- **Council further calls on Hywel Dda University Health Board to ensure that there are sufficient**
- **mental health services available to residents across all of Carmarthenshire, in both the short and**
- **long-term.**

### Background

It is the Council's understanding that Shadows Depression Support Group was awarded a grant by the Health Board through Primary Care Cluster funding for a 3 year period. This grant has very recently come to an end. As part of the exit strategy for this grant, the group were invited to attend a meeting of the Health Board towards the beginning of this year. As part of this, they were asked to prepare a presentation which provided the evidence base of the benefits of the project. Our understanding is that whilst the group were able to provide some anecdotal evidence of the benefits, there was no firm data provided and therefore a further continuation grant could not be progressed. It should be noted that Cluster funding is designed as pump priming funding, and there is an expectation that projects will becoming self-sustaining at the end of the grant period.

As a Council we have a responsibility to provide statutory mental health services ( Social Services and Wellbeing Act , the Mental Health Act and Mental health Measure and Together for Mental Health Strategy ) we also collaborate with the Health Board in relation to developing mental health services (we are key partners in the Together for Mental Health Partnership Board) and our Social Work teams are co located with the Health Board Mental Health teams, we adopt a multi-disciplinary approach.

We are keen to work closely with the Health Board to discuss the next steps.

Shadows group were advised about our recent recommissioning of community preventative

services but were unsuccessful. We advised and encouraged the group to link with Business Wales who offer free support to small businesses and 3rd sector organisations with the tendering application and any related business help to support project activity'. The Council does however recognise the support that the group has provided over the duration of the grant, and we have received very positive feedback from all involved. We have therefore been in some tentative discussions with Shadows Depression Support Group about the potential to work together. These discussions are at the very early stage and form a part of our wider preventative approaches, we will continue to explore the potential to work together further.

#### Additional information

The commissioning team have since engaged with Shadows to explore opportunities to meet local need. To date, we have identified 2 services that have been confirmed for Shadows to deliver in the Amman and Gwendraeth areas. Our work around prevention is ongoing, we will ensure that Shadows are supported to engage in opportunities relevant to their service.

Funding confirmed to date: £19,576 to deliver 2 projects in the Amman and Gwendraeth localities.

#### **PROJECT 1**

**VAWDASV:** Support for VAWDASV survivors in the Gwendraeth Locality (Tumble, Pontyberem and Trimsaran) and Aman Locality area (Garnant). In brief the projects provide a drop in and a walk in facility in addition to planned 1:1 and Group sessions. The project is designed to be an agile service, responding to demand on the same day or next working day.

The service provided will offer emotional and material support, a safe, comfortable and confidential place to talk and ensures people are supported to access essential materials such as food, housing and healthcare. The service encourages and empowers survivors to keep communication open with supportive family and friends and will provide information to the survivor regarding other organisations that can offer further support surrounding their situation, if needed. The service also helps survivors to attend appointments when required, access services such as free law advice and provide a survivors crime prevention kit.

The VAWDASV project has received a total of £4,000 which covers £2,000 per locality.

#### **PROJECT 2**

**Generic Mental Health:** 1:1 and group mental health support. Similarly, to the VAWDASV project this service will cover the Amman and Gwendraeth localities and will offer both planned and drop in support. The sessions are led by facilitators with lived experience, offering a confidential and safe space to talk and receive support not just from facilitators but also through peer support. A confidential What's App support group is available including out of hours along with a library of self-help resources, information and signposting to other suitable organisations.

The Mental Health project has received a total of £15,576, which covers £7,788 per locality.

The funding for both projects is short term in nature and is only intended to bridge the gap for existing services to continue to respond to community demand whilst longer term sustainable measures are implemented.

The Commissioning Team is also supporting discussions between Shadows and both Carmarthenshire Association of Voluntary Services and CWMPAS. This seeks to provide access to specialist information and advice which will support Shadows to maximise available opportunities to improve the sustainability of the service going forward and to inform planning for the new financial year.

<b>DETAILED REPORT ATTACHED?</b>	<b>No</b>
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## IMPLICATIONS

I confirm that other than those implications which have been agreed with the appropriate Directors / Heads of Service and are referred to in detail below, there are no other implications associated with this report:

Signed: Chris Harrison

Head of Strategic Joint Commissioning

Policy, Crime & Disorder and Equalities	Legal	Finance	ICT	Risk Management Issues	Staffing Implications	Physical Assets
<b>NO</b>	<b>NO</b>	<b>YES</b>	<b>NO</b>	<b>NO</b>	<b>NO</b>	<b>NO</b>

### Finance

Financial implications will depend on any level of support agreed by Cabinet.

## CONSULTATIONS

I confirm that the appropriate consultations have taken in place and the outcomes are as detailed below

Signed: N/A

1. **Scrutiny Committee** Not applicable
2. **Local Member(s)** Not applicable
3. **Community / Town Council** Not applicable
4. **Relevant Partners** Not applicable
5. **Staff Side Representatives and other Organisations** Not applicable

**CABINET PORTFOLIO HOLDER(S)**  
**AWARE/CONSULTED - YES**

Cllr Jane Tremlett proposed the amendment to the NoM at the County Council meeting on the 13<sup>th</sup> September 2023

### Section 100D Local Government Act, 1972 – Access to Information

List of Background Papers used in the preparation of this report:

Title of Document	File Ref No.	Locations that the papers are available for public inspection
Council Meeting 13 <sup>th</sup> September 2023 Link to agenda and minutes		<a href="#">Agenda for County Council on Wednesday, 13th September, 2023, 10.00 am (gov.wales)</a>

### Section 100D Local Government Act, 1972 – Access to Information

List of Background Papers used in the preparation of this report:

N/A