



One Mind in Wales

Network Strategy 2023-2026

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Welcome by Jenny Murphy

It gives me great pleasure as the Chair of One Mind in Wales to introduce our first Network Strategy for Wales.



With challenge and difficulty come opportunity, and if the Covid pandemic has shown us anything it's that the Mind network in Wales can pivot and adapt so that those in greatest need get the help and support they need when they need it.

“This gives me immense confidence that together we can help steer our communities through the choppy waters ahead.”

And that we'll have plenty of success to celebrate and share with the world.

I look forward to seeing how our work develops during this three-year strategic cycle and beyond, working towards a future where everyone experiencing a mental health problem gets both support and respect.

Jenny Murphy
Chair of One Mind in Wales and CEO
North East Wales Mind

The strategy sets out how local Minds, Mind Cymru and Mind will come together to reach more people, build a healthier Wales and secure a sustainable future for the network in Wales.

The strategy has truly been a joint effort: co-produced by local Minds and Mind Cymru over the past twelve months through consultation, collaboration and hard work. The process has shone a light on how special Mind in Wales is as a collective, a network of 400 staff, 500 volunteers and over 100 trustees, reaching every corner of Wales and engaging around 30,000 people every year.

Our Network Strategy has been developed against the backdrop of difficult and challenging times, including the cost-of-living crisis, NHS waiting times, NHS and Social Care Workforce challenges, political unrest, and divisions within our communities. Despite, and in some ways because of this, we believe there is now more than ever a need for the work of local Minds.

Our network in Wales

There are **19 local Minds** across Wales, that form a federation of over **110 local Minds** in England and Wales.

Our network in Wales is unique, in that it provides pan-Wales coverage, offering services and support for people living with mental health problems across each of the **22 Local Authority Areas** in Wales, with a presence within all **7 Welsh Local Health Board** footprints.



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|----------------------------------|-----------------------------------|
| 1 Brecon and District Mind | 11 Mind Monmouthshire |
| 2 Caerphilly Borough Mind | 12 Mind Pembrokeshire |
| 3 Cardiff Mind | 13 Neath Port Talbot Mind |
| 4 Conwy Mind | 14 Newport Mind |
| 5 Cwm Taf Morgannwg Mind | 15 North East Wales Mind |
| 6 Llanelli Mind | 16 Swansea Mind |
| 7 Mid and North Powys Mind | 17 Torfaen and Blaenau Gwent Mind |
| 8 Mind Aberystwyth | 18 Vale of Clwyd Mind |
| 9 Mind Carmarthen | 19 Ystradgynlais Mind |
| 10 Mind in the Vale of Glamorgan | |

2021/22 in numbers

Local Mind services engaged with **29,867** people.



5 key service groups were provided by local Minds in Wales.

- Therapy and Crisis Services
- Wellbeing, Social Support and Empowerment
- Information, Advice, Advocacy and Training
- Children and Young People's Services
- Influencing and Capacity Building

Local Minds employed **393** people.



528 volunteers supported the work of Local Minds in Wales.



115 trustees led strategy and governance of local Minds.



45% of trustees reported their own lived experience of mental health.



Key external factors in Wales

- **Population has grown by 44,000 (1.4%)** in the past 10 years, with most recent Census 2021 results showing a population estimate of 3.1million, **the largest on record for Wales**⁴.
- **Population is aging, with 21.3% aged over 65**, and more people in this age group than ever before, up from 18.4% in the last census (2011), a trend forecast to continue⁴, **reaching 30% by 2026**⁵.
- **Almost three quarters (72%) aged over 65 reported feeling lonely sometimes**⁶, with 10% consistently lonely. With it known that loneliness can impact your mental health and vice versa⁷.
- **9 of 22 Local Authorities classified as Rural Authorities**⁸.
- **35% of population live in Rural Areas**, with 93% of respondents to a rural communities' survey stating they **don't have access to a hospital** in their community⁹.
- **Males are 3.9 times more likely to die by suicide than females**¹⁰.
- **Mental health services are under pressure**, with thousands waiting to receive specialist psychological therapies. With those waiting longer than a year increasing by 17% in 2020¹¹.
- **Children and Young People are facing significantly longer waiting times** than adults within Local Primary Mental Health Support Services¹².
- **Wales' inaugural mental health strategy, Together for Mental Health**¹³ and its accompanying 2019 - 22 delivery plan¹⁴ is nearing the end of its cycle.
- **New Future Generations Commissioner expected** by February 2023, with the Well-Being of Future Generations Act (2015) in place to require public bodies to consider the long-term impact of their decisions¹⁵.
- **Economic outlook is gloomy**, at the time of writing, with cost-of-living impacting service users, workforce, and Local Mind operations.
- **Child poverty has increased** in 20 of 22 local authorities in the past 5 years¹⁶, with 196,000 (14%) of Welsh Households estimated to be living in fuel poverty, with **38,000 (3%) in severe fuel poverty**¹⁷.
- **20% of adults living in the most deprived areas** in Wales reported being treated for a mental health condition, compared to 8% in least deprived¹⁸, with the total **cost of mental health problems in Wales estimated to be £7.2 billion per year**.
- **43% of people in Wales have seen their mental health deteriorate because of their financial position**¹⁹.
- **Inequalities in life expectancy** between most and least deprived continue to rise from 6.7 to 7.6 years in males, 5.4 to 6.3 years in females²⁰.
- **Cost of living impact** may require the re-introduction of technology and a chance to draw upon learnings from the pandemic.
- **12% of rural residential premises are unable to access decent levels of Broadband Coverage**²¹.
- **The Charities Act 2022²² full implementation expected in Autumn 2023**, with a view to simplifying specific areas of regulation for the sector.
- **Commissioners likely to place increased responsibility on contract holders to become climate considerate**, in particular signing up to Welsh Government's Net Zero Carbon Status by 2030²³.

Strategic context

There is an appreciation and understanding that the external environment in Wales is unique, in its context, system challenges and opportunities presented.

Whilst commonalities do exist across England and Wales, which means a 'two-nation' approach can be applied, there are instances, where 'each-nation' is more appropriate.

For example, mental health structures in Wales are different, with the care and support needs of people living within Local Health Board regions of Wales being achieved through Regional Partnership Boards (RPBs)². These boards have been established under the Social Services and Well Being Act (2014)³, with each of the seven RPBs bringing together the health board, local authority, third sector, and other members to ensure people and what matters to them are at the centre of health and care services.

It is important to acknowledge that this Network Strategy for Wales has been developed during a period of much uncertainty, with challenges brought about by the cost-of-living crisis, an uncertain political landscape, and an anticipated rise in the demand for Local Mind services.

About our strategy

Our three-year Network Strategy for Wales sets out objectives that will support the development, sustainability, and growth of the Local Mind Network in Wales.

Building on solid foundations, it considers the unique context in which Local Minds operate within Wales, and how the network will work with Mind Cymru to achieve the ambitions set out within this document and accompanying implementation plan, by unlocking resource to support the plans.

Strategy development has been supported by a series of facilitated workshops, ensuring co-creation and collective ownership, whilst taking on board unique insights and input from colleagues within the Local Mind Network in Wales, Mind and Mind Cymru. Sessions also included representation from Local Mind Trustee Boards and Mind Cymru's Pwyllgor Committee.

This is an ambitious plan that provides a clear and prioritised focus for the network, taking into consideration the unique mental health landscape in Wales, including the structures, laws, and underpinning strategies.

Interdependencies

It is important to note that strategy is not a new concept to the Local Mind Network in Wales, and this strategic document will also draw upon existing Local Mind strategies, along with the relationship and benefits of these key documents to this Network Strategy and their dependence on one another.

This document should also be read in conjunction with **We are Mind - Mind's Strategy 2021 – 24**¹, which sets out how it will support people disproportionately affected by mental health problems, including: people from racialised communities, young people and people living in poverty.

Due consideration of other key organisation plans at Mind and Mind Cymru, such as the **Network Services Plan, Lived Experience Strategy and Mind Cymru's Wales Ambition**, have also been considered in the development of this strategy.

Our strategy at a glance

Our vision

We are united in our vision; we won't give up until everyone experiencing a mental health problem gets both support and respect.



Our purpose

We connect minds	We change minds	We support minds	Together we are mind
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Our priority themes

A commitment to lived experience	Influencing our mental health system	Development of a core universal offer in Wales	To become a more inclusive and effective Federation
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What we want to achieve

We want to place lived experience at the heart of our work, engaging individuals and communities in a respectful, meaningful, and mutually beneficial way, better understanding the changes needed to benefit those living with a mental health problem.	To influence the design, improvement, impact, and investment into mental health services in Wales.	We want commissioners, partners, funders, and people living with a mental health problem to understand our offers, and access the same, consistent offer, no matter where they live, supported by services responding to local need.	We want to work together to become a more inclusive and effective Federation.
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Strategic purpose:

We connect minds

We bring people together to make change in their communities.



Strategic purpose:

We change minds

We speak out and demand better from policy makers and the public.



Priority theme 1: We are committed to lived experience

Why is this important?

Influence and participation of people with lived experience is important in shaping our support and services, and influencing the systems we operate in.

What do we want to achieve?

We want to place lived experience at the heart of our work, engaging individuals and communities in a respectful, meaningful, and mutually beneficial way, better understanding the changes needed to benefit those living with a mental health problem.

“It’s not about you telling your story to look good. It’s about you making sense of your story to change the system.”

Interview Participant, Managing the Lived Experience Landscape in Mental Health (2021)²⁴

How we will achieve this:

- 1 We will work closely with Mind’s Lived Experience Team, Mind Cymru, and external partners to shape our influence and participation work in Wales.**
- 2 We will create a lived experience programme for Wales, bringing together voices from across Wales.**
- 3 We will celebrate and champion Lived Experience, utilising multiple channels to do so, providing a platform, and setting for groups and individuals to share their experiences to influence change.**

Priority theme 2: Influencing our Mental Health system in Wales

Why is this important?

People living with a mental health problem aren’t getting the support they need, and within the timeframe in which it is required.

What do we want to achieve?

Our aim is to influence the design, improvement, impact, and investment into Mental Health Services in Wales.

“On average, 14% of Children and Young People assessed (of 5,360) waited more than 56 days for support through an intervention from LPMHSS.”

The Mental Health Measure – Ten Years On, Mind Cymru (2022)¹²

How we will achieve this:

- 1 We will increase our understanding of the mental health infrastructure in Wales, and our representation within this.**
- 2 We will utilise key reports and campaigns produced by Mind Cymru and Mind to start important conversations to influence change, how our work is viewed and potential investment.**
- 3 We will develop a regional influencing approach for Wales.**

Strategic purpose:

We support minds

We deliver life-changing support to people in Wales.



Strategic purpose:

Together we are Mind

We work together to become a more inclusive and effective federation.



Priority theme 3: Development of a core universal service offer

Why is this important?

Finding the right support for someone living with a mental health problem can be a challenging experience.

What do we want to achieve?

We want commissioners, partners, funders, and people living with a mental health problem to understand our offers, and access the same, consistent offer, no matter where they live, supported by services responding to local need.

“There are over 450 groups and in excess of 1,200 pathways into Third Sector Mental Health support.”

Mental Health and Primary Care, Strategic Programme for Primary Care (2022)²⁵

How we will achieve this:

- 1 We will service design and co-ordinate a Core Universal Service Offer, whilst sustaining and celebrating our diverse offer.
- 2 Through co-promotion of a Core Universal Service Offer.
- 3 We will influence investment from public, private and third sector.

Priority theme 4: Coming together to become a more inclusive and effective federation

Why is this important?

The Local Mind network in Wales is diverse and possesses a range of skills that we could each benefit from, equally we recognise we don't know it all and can do more to join forces with other external partners to provide better support for those living with a mental health problem.

What do we want to achieve?

We want to work together to become a more effective federation that is committed to equality.

“The causes and effects of poor mental health are complex, challenging and multi-faceted and therefore require an integrated, cross-government, cross-sector partnership approach if we are to achieve these outcomes.”

Together for Mental Health, Delivery Plan (2019)¹⁴

How we will achieve this:

- 1 We will create spaces to share information, good-practice, and peer support across all levels of the network in pursuit of quality, growth, and sustainability.
- 2 We will produce an annual impact report to showcase the collective reach and impact of our network in Wales.
- 3 We will work together to pursue local, regional, and national opportunities.

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Contact your local Mind

Local Mind	CEO	Local Mind website
Brecon and District Mind	Marie Davies	Breconmind.org.uk
Caerphilly Borough Mind	Jill Lawton	Caerphillymind.co.uk
Cardiff Mind	Roger Bone	Cardiffmind.org
Conwy Mind	Denise Roberts	Conwymind.org.uk
Cwm Taf Morgannwg Mind	Daisy Cole	Ctmmind.org.uk
Llanelli Mind	Jen Caton	Llanelli-mind.org.uk
Mid and North Powys Mind	Jo Lewis/Mary Griffiths	Mnpsmind.org.uk
Mind Aberystwyth	Chris Howells	Mindaberystwyth.org
Mind Carmarthen	Tracey Price	Mindcarmarthen.org.uk
Mind Pembrokeshire	Tracey Price	Mindpembrokeshire.org.uk
Mind in the Vale of Glamorgan	Caroline Chapman	Mindinthevale.org.uk
Mind Monmouthshire	Chris Bowie	Mindmonmouthshire.org.uk
Neath Port Talbot Mind	Sharon Bevans	Nptmind.org.uk
Newport Mind	Dave Bland	Newportmind.org
North East Wales Mind	Jenny Murphy	Newmind.org.uk
Swansea Mind	Emma James	Swanseamind.org.uk
Torfaen & Blaenau Gwent Mind	Greg Thomas	Torfaenmind.co.uk
Vale of Clwyd Mind	Paul Moore	Valeofclwydmind.co.uk
Ystradgynlais Mind	Carol Stephens	Minditv.org.uk

For more information about working with the local Mind network, please contact **Simon Stephens, Head of Networks (Wales)** - s.stephens@mind.org.uk

**We are Mind.
We're here to fight
for mental health.
For support.
For respect. For you.**



**This strategy was produced in partnership
with and for local Minds in Wales by:**



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