

# Cross-Party Group Annual Report 2021 – 2022 (AGM September 2021)

## Cross Party Group on Mental Health

### 1. Group membership and office holders

Ken Skates MS (Chair)  
Jack Sargeant MS  
Laura Anne Jones MS  
Llyr Gruffydd MS  
Jane Dodds MS

Secretariat:

Simon Jones (Head of Policy & Campaigns, Mind Cymru)  
Nia Sinclair (EA to Director, Mind Cymru)

### 2. Previous group meetings

#### **Meeting 1 – Key developments in Mental Health for future meetings**

**Date:** (19 September 2021 – AGM)

**Attendees: (Total 30)**

Ken Skates MS	Chair
Simon Jones	Mind Cymru (secretariat)
Suzanne Duval	Diverse Cymru
Richard Jones	Mental Health Matters
Jack Martin	Adferiad
James Radcliffe	Platform
Emma Gooding	Samaritans
Kate Heneghan	Papyrus UK
Liz Williams	RCPsych
Jo Whitfield	BEAT Eating Disorders
Linda Newton	Cardiff and the Vale Action for Mental Health
Sarah Thomas	National Federation of Women's Institutes
Valerie Billingham	Office of Older People's Commissioner
Lesley Richards	CIPD
Ben Jeffreys	Time to change Wales
Ben Cottam	FSB
Linsey Imms	Wales TUC
Madelaine Phillips	Welsh NHS Confed

Alfred Oyekoya	BAME Mental Health Support
Elinor Crouch Puzey	NSPCC
Amy Bainton	Barnardos
Mair Rigby	WCVA
Gerald Cole	All Wales Service Users Forum
Helen Howson	Bevan Commission
James Evans MS	Brecon & Radnorshire
Rhun ap Iwerth	Ynys Mon
David Goodban	Office of Ken Skates MS
Callum McSorely	Office of Huw Irranca Davies MS
Andrew Jenkins	Office of Sioned Williams MS
Charlotte Knight	Office of Jayne Bryant MS

***Summary of issues discussed:***

AGM – Ken Skates MS was elected as Chair for the group following nomination from Simon Jones (Mind Cymru) and seconded by James Evans MS. As the sole nomination, Mind Cymru was elected as secretariat for the group.

Simon Jones (Mind Cymru) gave a presentation on the main themes that had developed over the last 18 months and the key developments coming up for the group to consider as key discussions for future meetings.

Key comments:

- Important to consider how mental health and resilience could be central to a post pandemic economy. Opportunity to look at issue as part of refresh of the WG Economic Contract.
- Work needed to improve mental health and emotional wellbeing of children and young people (particularly distress and trauma). ECP referred to the work they would be undertaking on perinatal and infant mental health.
- Improvement needed to support mental health of children and young people with learning difficulties particularly from ethnic minority groups, as well as people arriving in Wales.
- Opportunity to invite Sport Wales to share how mental health is being tackled through physical activity (James Evans MS)
- Focus needed on bringing in attendees with lived experience and consulting with the national lived experience forum during CPG discussions.

**Meeting 2 – Invitation for attendance with Deputy Minister for Mental Health & Wellbeing, Lynne Neagle MS)**

**Date:** 2 February 2022

**Attendees: (Total 46)**

Ken Skates MS	Chair
Simon Jones	Mind Cymru (secretariat)
Rhun ap Iwerth MS	Ynys Mon
Suzanne Duval	Diverse Cymru
Sue O'Leary	Mind Cymru
Nia Evans	Mind Cymru
Eleri Cabbage	Office of Lynne Neagle MS
Emily Wooster	Mental Health Foundation
Richard Jones	Mental Health Matters
James Radcliffe	Platform
Emma Gooding	Samaritans
Kate Heneghan	Papyrus UK
Ffion Edge	Adferiad
Lisa Williams	Adferiad
Sarah Hatherley	Assembly Research Team
Lisa Roberts	RCPCH
Liz Williams	RCPsych
Linda Newton	Cardiff and the Vale Action for Mental Health
Gwyneth Sweatman	FSB
Sara Moseley	GMC
George Wallace	GMC
Prof. Ian Jones	National Centre for Mental Health
Valerie Billingham	Office of Older People's Commissioner
Ian Price	CBI
Rachel Suff	CIPD
June Jones	Time to change Wales
Amy Bainton	Barnardos
Linsey Imms	Wales TUC
Rhianydd Williams	Wales TUC
Madelaine Phillips	Welsh NHS Confed
Dai Davies	Royal College of Occupational Therapists
Alfred Oyekoya	BAME Mental Health Support
Elinor Crouch Puzey	NSPCC
Becky Ricketts	NUS Wales
Jyles Robillard-Day	The National Counselling Society
Ceri Reed	Parents Voices in Wales
Caroline Walters	Royal College of Speech & Language Therapists
Sarah Williamson	Royal College of Nurses
Penny Gripper	Wales Mental Health and Wellbeing Forum

Gerald Cole	Wales Mental Health and Wellbeing Forum
Angie Darlington	West Wales Action for Mental Health
Charlotte Knight	Office of Jayne Bryant MS
George Watkins	Office of Jenny Rathbone MS
Vicki Evans	Office of Jeremy Miles MS
David Goodban	Office of Ken Skates MS
Rhiannon Moore	Office of Julie Morgan MS

### ***Summary of issues discussed:***

By invitation, the Deputy Minister for Mental Health and Wellbeing Lynne Neagle MS attended the meeting to share her reflections on her time in post and priorities for the rest of the Senedd.

She identified her main priorities as the following:

- Early intervention and building resilience among children and young people.
- Need for a cross-governmental approach given some root causes sit outside the health service
- Need to deliver improved outcomes for people on the ground – perinatal support, eating disorders, CAMHS and access to psychological therapies
- Consider the challenges around the workforce following the pandemic.
- Continued commitment around suicide prevention
- Delivery of the Welsh Government strategy
- Placing lived experience at centre of Welsh Government work.

In discussion, the following points were raised;

- Need to improve partnership working and engagement with the third sector
- Must take advantage of the world class mental health research that exists in Wales (including the National Advisory Group) on workplace mental health
- Need to consider a whole workforce approach (recognising that diversity of workplaces presents challenge to one approach),
- Must continue work on tackling stigma particularly in the workplace
- Must work to tackle social determinants of mental health (debt, employment, housing etc) to reduce impact of poor mental health.

The Deputy Minister agreed to return to a future meeting to provide an update on progress.

### **Meeting 3 – Mental Health in the Workplace**

**Date: 17 May 2022**

**Attendees: (Total 26)**

Ken Skates MS	Chair
Simon Jones	Mind Cymru (secretariat)

June Jones	Time to Change Wales
Peter Williams	Wales Mental Health & Wellbeing Forum
Madelaine Phillips	Welsh NHS Confed
Gwyneth Sweatman	FSB Wales
Lesley Richards	CIPD Cymru
Rachel Suff	CIPD Cymru
Linsey Imms	Wales TUC
Sarah Thomas	Women's Institute Cymru
Cathy Bevan	Office of Huw Irranca Davies MS
David Lee	Wales Mental Health & Wellbeing Forum
George Watkins	Mind Cymru
Harry Ridgewell	Cystic Fibrosis Trust
Jonathan Davies	Law Society
Glenn Page	Mind Cymru
Rachel Lewis	Public Health Wales
Sarah Hatherley	Members Research Service
Liz Williams	RNIB Cymru
Ffion Edge	Adferiad
James Radcliffe	Platfform
Heledd Roberts	Office of Rhun ap Iwerth MS
Daisy Noott	Royal College of Psychiatrists
Mary-Ann McKibben	Public Health Wales
Richard Jones	Mental Health Matters Wales
Emma Gooding	Samaritans Cymru

### ***Summary of issues discussed:***

This meeting focussed on discussions around mental health in the workplace. Ken Skates MS shared his view that the economic development of the nation should go hand in hand in promoting wellbeing.

Presentations were given by;

Gwyneth Sweatman (FSB – discussed findings of FSB's UK-wide [Business Without Barriers report](#))

Rachel Suff (CIPD) – talked through findings from the CIPD's annual [Health and Wellbeing at Work report](#) (a survey of HR professionals across the UK)

Linsey Imms (Wales TUC) – talked about main themes from Wales TUC's mental health survey (1,200 responses)

In discussion, the following issues were raised:

- TTCW Employer pledge – vital first step to encourage organisations to think about their commitment to tackling stigma in the workplace

- Free mental health courses provided by Mental Health Matters Wales – organisations need to take advantage of these opportunities.
- Mindful that blind or partially blind people can be excluded from employment/development opportunities which can impact their mental health.
- Need to recognise mental health and neurodiversity and how to better support people with these needs.
- Need to consider how to track what's going on for people through the inequality lens.
- Further support needed for carers who may have had to give up work during the pandemic.

### **3. Professional lobbyists, voluntary organisations and charities with whom the Group has met during the preceding year.**

Organisations who have presented at the group:

Mind Cymru

Federation of Small Business

Chartered Institute of Personnel and Development

Wales TUC

### **4. Financial declaration**

All meetings were held online via Teams, so no payment was made for rooms or catering

All presenters provided their time for free, so no payment for speakers fees

This means that there were no financial transactions for the Cross Party Group during 2021/22