

Cross-Party Group on Mental Health and Eating Disorders Annual Report

2024 – 2025

1. Group Membership and Office Holders

Julie Morgan MS (Chair)
 Mark Isherwood MS
 Jane Dodds MS
 Llyr Gruffydd MS

Secretariat:

Simon Jones (Head of Policy & Campaigns, Mind Cymru)
 Jo Whitfield (National Lead Wales, Beat)

Note: This cross party group was formally the Cross Party Group on Mental Health and the Cross Party Group on Eating Disorders. The two groups merged to form the Cross Party Group on Mental Health and Eating Disorders on the 4 November 2024.

2. Previous Group Meetings

Meeting 1 – AGM & Intensive Community and Day Treatments for Eating Disorders

Meeting date: 4th November 2024

Meeting location: Virtual, via MS Teams

Attendees:

- Julie Morgan MS
- Mark Isherwood MS
- Jenny Murphy, Mind Cymru
- Jemma Wray, Mental Health Foundation
- Richard Jones, Mental Health Matters
- Euan Hails, Adferiad
- Dafydd Huw, RC Psych
- Linda Newton, Cardiff and the Vale Action for Mental Health
- Prof. Ian Jones, National Centre for Mental Health
- Emily van de Venter, Public Health Wales
- Carol Harris, Stori
- Lowri Wyn Jones, Time to change Wales
- Sarah Whitcombe Hayes, NSPCC / Maternal Mental Health Alliance
- Yolanda Snyman, BCUHB - Specialist Adult Eating Disorder Service
- Rachel Humphreys, CVUHB
- Emma Hagerty, ABUHB
- Wendy Clarke, ABUHB
- Dewi Druce-Perkins, CTMUHB
- Helen Pritchard, BCUHB
- Falguni Nathwani, CVUHB
- Isabella Jurewicz, CVUHB & RCPsych
- Donna Mason, Mental Health Matters Wales
- Simon Jones, Mind Cymru
- Jo Whitfield, Beat
- Jonathan Kelly, Beat
- Manon Lewis

- Meg Moss, National Counselling & Psychotherapy Society
- Angie Darlington, West Wales Action for Mental Health
- Steven Crane-Jenkins, BASW
- Umer Jalal, CVUHB
- Nia Holford, CTMUHB
- Tamsin Speight, NHS Executive
- Steve Mulligan, BACP
- Rhys Watkins, NHS Executive
- Martin Ball
- Georgia Taylor
- James Downs
- George Watkins, Mind Cymru
- Hazel Orchard
- Rhys Hughes
- Beth Phillips, Mind Cymru

Summary of issues discussed:

- **AGM** - Julie Morgan MS nominated and appointed as Chair of the CPG, with Beat and Mind Cymru appointed as joint secretariat of the group.
- Presentation - Intensive Community and Day Treatments for Eating Disorders, Jonathan Kelly, Beat
 - Jonathan delivered a presentation outlining Beat's report "There's No Place Like Home". The report highlights the urgent need to expand access to intensive community and day treatments for eating disorders, so that they are available to people of all ages across the whole of the UK.
- **Discussion**
 - Julie Morgan MS – MS for Cardiff North: Asked about data showing increases in admissions in presentation. JK explained that the figures are from a FoI request, and they cover primary and secondary diagnoses. The data in England tells a similar story. Many in Wales are admitted in England (out of area) which costs a lot of money. Plans for an inpatient unit in Wales aren't the solution on their own.
 - Isabella Jurewicz - Cardiff and the Vale UHB: Explained that the figures also include people admitted to e.g. psychiatric units and general wards. JK raised the issue of other medical issues that eating disorders can cause. IJ also raised the importance of spreading the message about these support services and how to structure services going forward using existing capacity.
 - Dewi Druce- Perkins – Dietitian in Cwm Taff Morgannwg Health Board: Highlighted resource of staffing and hosting of their services. Issue for anyone in this space. Asked about sustainable workforce. JK wanted to follow up after the meeting. Hopes that the service can become a genuine alternative to inpatient care for some people. Raised virtual approaches as an option for services. Dewi would love to see a hybrid approach.
 - James Downs - Lived experience campaigner: Highlighted that a lot of admissions to eating disorder services are preventable, not just at early points. Implementation has been an issue. Evidence is telling us the same stories repeatedly. JK hopes to add to case studies in the report and hopes they can be inspirational. He asked for any further ideas about getting messages across.
 - Sarah Witcombe-Hayes – NSPCC: Asked if there is any breakdown for admissions for women in the perinatal period. JK responded that there was not that level of detail within the report or the data at the moment.
 - Emma Hagerty - Aneurin Bevan UHB: Seen a reduction in their admissions without changing the size of the service they offer. Could shift their service to provide more

intensive interventions, but it's a question of finding somewhere to do it (finding the right building). Some virtual interventions provided but concerns about success and effectiveness. Ideal would be in-person and individually. JK raised that in England capital budgets are often diverted away from mental health services. Simon Jones raised the issue of the state of the inpatient estate in Wales.

- Donna Mason – Mental Health Matters Wales: Raised the issue of funding concerns. What does the future look like in the third sector with funding? Results they get are fantastic and would love to scale if they had the money and resources. Collaborative working would be good between third sector and the NHS. JK said that the current financial situation is unsustainable. Long-term capacity planning is vital.
- Angie Darlington - West Wales Action for Mental Health: Discussed the importance of peer support. Wants to see it stronger in models. Peer support in relation to families supporting each other is important to. Services need to be fully resourced. JK agreed.

[Minutes – 4th November 2024](#)

Meeting 2 – Experiences of mental health inpatient care in Wales

Meeting date: 19th February 2025

Meeting location: Hybrid (Pier Head Building & Teams)

Attendees:

- Julie Morgan MS, Welsh Labour
- Simon Jones, Mind Cymru
- Jo Whitfield, Beat
- Sarah Wilson, Mind Cymru
- Bethan Phillips, Mind Cymru
- Nia Sinclair, Mind Cymru
- Jemma Wray, Mental Health Foundation
- Keith Bowen, Samaritans
- Rhodri James, Platform
- Dafydd Huw, RC Psych
- Nick Horn, BCUHB
- Annabelle Llanes Sierra, CPID
- Rachel Suff, CPID
- Carol Harris, Stori
- Valerie Billingham, Older People's Commissioner for Wales
- Emily Hoskins
- Martin Ball
- James Downs
- Meg Moss, National Counselling & Psychotherapy Society
- Nicola Gray, Swansea University
- Dean Cawsey, Adferiad
- Jason Cockings, Adferiad
- Helen Pritchard, BCUHB
- Naomi Swift, CVUHB
- Natalie Chetwynd, HDUHB
- Vicky Burrow, ABUHB
- Sarah Jones, BCUHB
- Amy Crossley-Lewis, CTMUHB
- Sarah Tombs, CTMUHB
- Tamsin Speight, NHS Executive
- Katherine Pyke, CVUHB
- Darren Griffiths, SBUHB
- Carol Harris, Stori
- Chloe Olds
- Georgia Taylor

Summary of issues discussed:

- **Presentation:** Simon Jones: [Raising the Standard/Codi'r Safon](#), Experiences of mental health inpatient care in Wales

- Simon Jones delivered a presentation on Mind’s Cymru’s 2024 Raising the Standard report, which shares information on the state of inpatient mental health care in Wales.
- He referred to Mind’s initial campaign developed in England which shared cases around poor management and treatment of inpatients. Given the similarities with the issues raised in Wales, Mind Cymru gathered information from HIW reports as well as evidence through FOIs to the health boards to initially produce a report around the use of restrictive practices in Wales. However, the data for restrictive practice varied considerably and was deemed unreliable for this purpose, and it was decided to use the information to share a broader understanding of the state of inpatient care across Wales.
- He noted the following key challenges (as included in the report);
 - Impact of a stretched workforce and staffing difficulties across health boards
 - Issues around the quality of the buildings and maintenance.
 - Lack of consideration of other details beyond recovery (e.g. housing, education) in patients’ care and treatment plans.
 - Inconsistent data relating to use of restrictive practices in Wales.
 - Concerns regarding staff training on use of restrictive practice.
 - Varying use of face-down restrictive practice across health boards (some health boards reporting high numbers, and others saying they do not use that method).
- He referred to ‘Seni’s Law’ (the Mental Health Units (Use of Force Bill) passed by UK Government in November 2018 as a result of the death of Olaseni Lewis and queried whether this law applies to Wales given only NHS England is noted in the details. He confirmed that Mind Cymru has previously raised this issue with Welsh Government.
- He summarised the report recommendations as; increasing investment in inpatient care in Wales, providing greater support to the workforce through capacity and training, developing robust data collection, and strengthening the programme around care and treatment planning.
- **Discussion**
 - Vicky Burrow - Cardiff and the Vale UHB: Noted her own lived experience of inpatient care and agreed with the need to develop and improve the system around care and treatment planning. Queried what a ‘good quality’ document might look like in practice.
 - James Downs – Lived Experience of inpatient care: Shared his own experience of never seeing his personal care and treatment plan. Suggested that the patient must be included in its design to make it a more usable document. Opportunity to get more people involved to improve a patient’s recovery plan.
 - Simon agreed that patients must be more involved in the planning to feel supported and empowered but noted that patients and others must be involved at the right points in its development, given that a person from the health system may not always be the best person to plan a patient’s ongoing care.
 - Nicola Gray – Swansea University: Noted that health boards are focused on mental health assessments and staff are not trained in psycho-social need and suicide prevention. Highlighted this as an area to be addressed. Referred to the gap between what policy says and what is actually happening, noting that everything impacts mental health, and everything should be co-produced effectively, which is something that is not currently happening.

- Nick Horn – BCUHB: Queried whether a more bureaucratic process in care and treatment planning would really make a difference. What are we looking to achieve to support people and noted there being a lack of understanding around why people continue to re-access services.
- Amy Crossley-Lewis – Clinical Lead and CAMHS Psychologist: Noted that the number of beds for eating disorder patients in adults has declined, yet beds in CAMHS provision for children and young people has doubled.
- Georgia Taylor – Lived Experience: Shared her experience of having an eating disorder which worsened on a psychiatric ward which she was moved to due a lack of beds. Added that some of the symptoms she experienced were not specific to her condition. Queried what funding is being put in place to ensure Welsh patients are not being let down.
- Jason Cockings – Adferiad: Referred to the support offer from the third sector, and the need for a more joined-up and collaborative approach so that the third sector can support and alleviate pressure on the NHS. Recognised that time does not always allow opportunities for a multi-sector approach but emphasised this as an area to be tackled to ensure there is adequate space and time to support people as best as possible.
- Simon Jones – Mind Cymru: Noted that high numbers of care and treatment plans are too generic and that a cultural shift is needed in terms of how we think about mental health. There is a need to move towards a system which is focussed on prevention and early intervention, which considers all social drivers not solely mental health need. Confirmed that Mind Cymru has called for a review on the Mental Health Measure to explore whether duties could be extended to include other aspects of life.
- Simon also noted the discussion needed within the workforce around trauma-informed care to ensure both patients and staff feel supported, particularly with use of restrictive practice which might occasionally be necessary. Confirmed that Mind Cymru recently gave evidence on the proposed Mental Health Bill, advising to extend restrictive practice legislation to Wales.
- Julie Morgan MS thanked everyone for a useful discussion and invited Simon Jones to share questions to take forward to Welsh Government – both oral and written questions – on restrictive practice law in Wales.
- **Update:** Eating Disorder Awareness Week, Jo Whitfield:
 - Jo highlighted the opportunity to raise awareness of eating disorders during the week of 24 February – 4 March. She invited attendees to share messaging and content on their social media platforms with information guidance available on the website – <https://edaw.beateatingdisorders.org.uk/>
 - Jo noted the objective of the week as an opportunity to target the general public, confirming that the campaign’s aims and messaging were developed alongside a group of lived experience volunteers.
 - Jo referred to the survey held between December 2024 and January 2025 to gather wider public experiences of eating disorders which received 1,900 responses.
 - Julie Morgan MS confirmed that a note on Eating Disorders Awareness Week had been passed to the Presiding Officer for potential selection and mention at the Senedd.

[Minutes – 19th February 2025](#)

Meeting 3 – Joint Meeting with the Cross Party Group on Arts and Health

Meeting date: 3rd June 2025

Meeting location: Hybrid (Senedd & Teams)

Attendees:

- Heledd Fychan (Chair), Member of the Senedd
- Angela Rogers, WAHWN
- Becca May Collins, WAHWN
- Nesta Lloyd-Jones, Welsh NHS Confederation
- Rebecca Hardy-Griffith, Arts Council of Wales
- Dan Allen, Arts Council of Wales
- Simon Jones, Mind Cymru
- Nia Sinclair, Mind Cymru
- Jo Whitfield, National Lead, Wales Beat
- Brooke Webb, Senedd Staff
- Johan Skre, Swansea Bay UHB
- Kathryn Lambert, Hywel Dda UHB
- Ruth Jones, Hywel Dda UHB
- Sarah Pace, Hywel Dda UHB
- Sofia Vougioukalou, Cardiff University
- Sally Thelwell, Velindre NHS Trust
- Andrea Davies, Betsi Cadwaladr UHB
- Nick Horn, Betsi Cadwaladr UHB
- Claire Turner, Aneurin Bevan UHB
- Naomi Swift, Cardiff & Vale UHB
- Nia Holford, Cardiff & Vale UHB
- Katherine Pyke, Cardiff & Vale UHB
- Sally Lewis
- Helen Williams, Arts Council of Wales (minuting)
- Rachel Humphreys, Cardiff & Vale UHB
- Lucinda Bevan, Powys Teaching Board
- Prue Thimbleby, Swansea Bay UHB
- Sarah Goodey, Aneurin Bevan UHB
- Niamh Salkeld, Senedd
- Eleri Morgan, Senedd
- Dewi Druce-Perkins, CAHMS
- Amy Crossley-Lewis, Cwm Taf Morgannwg
- Helen Pritchard, Betsi Cadwaladr UHB
- Rhys Watkins, NHS Executive
- Martin Ball
- Annabelle Llana Sierra
- Emily van der Venter, PHW
- Teri Howson-Griffiths, Betsi Cadwaladr UHB
- Emma Henwood
- Jennifer Smith
- Carol Harris
- Kelly Barr
- Kieran Bryant
- Nailia Noori
- Sara Crowley
- Steven Crane Jenkins
- Theano Ntokou
- Thomas Freeston, Beat

Summary of issues discussed:

Heledd Fychan MS welcomed everyone to the meeting and expressed her enthusiasm to be joining with the Cross-Party Group on Mental Health & Eating Disorders to explore the impact of the arts on mental health.

- **Molly Leonard, Pride of Britain award winner:**
 - Jo Whitfield introduced Molly Leonard, a Pride of Britain award winner, who had joined the meeting to share her lived experience of overcoming a severe eating disorder. Molly reflected on the six years she had spent in and out of hospitals, often far from her home in Wales.
 - Molly spoke about the transformative role that arts and creativity played in her recovery, particularly mindful crafting, which became a vital source of healing. Inspired by her own journey, Molly began running crafting sessions for fellow

patients, offering them a creative outlet during their treatment. With the support of The King's Trust, she further developed her skills, leading to her facilitation of crafting workshops in schools, youth services, and her local community.

- Heledd expressed her gratitude to Molly for sharing her powerful story, recognising the inspiring impact of her journey. She highlighted how Molly's experience demonstrated the profound benefits of arts in recovery and expressed hope that her story would offer encouragement and inspiration to others facing similar challenges.
- **Presentation:** Overview of Arts Boost, part of the National Arts & Minds programme – Sally Lewis, Arts & Health Consultant and Kathryn Lambert, Head of Arts & Health, Hywel Dda UHB.
 - Sally provided an overview of the Arts & Minds Programme | Celf a'r Meddwl which aims to embed creative activities with mental health services across the NHS in Wales. Managed by Dan Allen at the Arts Council of Wales and driven by the Arts & Health Coordinators in each Health Board, Arts & Minds is a national partnership programme that began in 2021 through a joint commitment by the Baring Foundation & ACW and with strategic support from the Welsh NHS Confederation and the sector network, WAHWN. Phase 1 took a broad focus with a wide range of people benefitting from creative arts activities including new parents and their babies; children with eating disorders and self-harming behaviours as well as adults living with poor mental health. In phase 2, all Health Boards focusing on supporting young people's mental health, partnering with artists, arts organisations and CAMHS teams.
 - Kathryn Lambert then gave a presentation on the award-winning *Arts Boost* programme was launched in 2022 by Hywel Dda University Health Board in response to the rising number of young people seeking mental health support from S-CAMHS.
 - Now in its fourth year, and based on a growing body of evidence, *Arts Boost* underscores the essential role of the arts in healthcare—enhancing wellbeing, self-confidence, self-esteem, and self-expression, while fostering recovery and resilience.
 - Kathryn talked about [The Programme](#) highlighting its benefits and the profound impact it has had on those who have participated in the scheme. Evidence demonstrates that it enhances wellbeing, boosts confidence, fosters a sense of safety and acceptance, strengthens positive relationships and alleviates distress. By empowering young people, The Programme helps them find contentment and resilience in their lives.
 - Kathryn noted that those interested in learning more about the scheme could contact her for further details and shared her contact email: Kathryn.Lambert@wales.nhs.uk
 - Molly Leonard stated that this kind of programme would have helped her enormously during her illness. Having access to such facilities could provide a lifeline for many young people who are experiencing mental health challenges currently.
 - Kathryn highlighted that both funding and geographical limitations posed significant barriers to accessing the scheme. Heledd emphasised the importance of ensuring equal access for all young people and stressed that the programme should be made available to all rather than treated as an additional service. While Kathryn acknowledged that access to the programme has improved, she noted that challenges persist. She underscored the ongoing need to advocate for its value and continuously provide evidence of its benefits to secure wider support and accessibility.
- **Discussion**
 - Nesta Lloyd Jones described Molly's experience as both powerful and encouraging and asked Molly how the staff at the unit had responded during her time there?

Molly shared that whilst the staff did recognise the benefits, especially the occupational therapist who supported her in using arts and creativity and provided access to a dedicated space for the activities, they didn't actively get involved with the workshops.

- Jo Whitfield asked if there are any similar challenges in implementing programmes such as Arts Boost across Wales? Angela Rogers, WAHWN, noted that the learning emerging from Arts Boost was helping other Health Boards who are in the process of developing their programmes. Angela emphasised how vital it was to develop the longevity of the programmes and avoid them ending due to a lack of funding. Angela felt it was important to get the message out to the public about the benefit of arts and creativity on mental health and cover this widely in the media. Kathryn added that the timescales for applying for funding can be challenging due to the limited window provided. Heledd emphasised the opportunity to place culture and the prevention of ill health at the forefront in the coming year, particularly with the upcoming elections. Over time, this focus could reduce the need to continually having to justify their importance.
- Emily van der Venter reminded everyone that there was already a strong body of evidence that could be used to demonstrate impact and advocate for this work.
- Andrea Davies, Betsi UHB, reported that artists had previously delivered activities on a ward for young people with eating disorders, yielding significant benefits including a noticeable increase in early discharges. She emphasised the need for the further roll-out of artist training and the selection of appropriate, safe materials for activities.
- A question was put to Kathryn about whether reported cases of eating disorders had increased since the pandemic due to isolation. She responded that Hywel Dda saw a significant surge in young people experiencing mental health disorders during the pandemic and worked diligently to reduce those numbers.
- Nick Horn, Betsi UHB, emphasised the importance of challenging what is measured or recognised as valid evidence in relation to Arts & Health emphasising that it wasn't just quantitative data that the NHS should be focused on. Meaning is what matters to people and what the arts can offer in abundance.
- Heledd asked Molly what message she would like everyone in the room to take forward. Molly emphasised that recovery is not a one-size-fits-all process, sharing that craft had been deeply healing for her personally. However, she acknowledged that other young people would have their own passions and interests that can support their recovery in unique ways. A patient-centred approach was therefore essential.

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Meeting 4 – Priorities for the next Welsh Government

Meeting date: 25th June 2025

Meeting location: Hybrid (Pier Head Building & MS Teams)

Attendees:

- Julie Morgan MS, Welsh Labour
- Simon Jones, Mind Cymru
- Jo Whitfield, Beat
- Georgia Taylor, Lived experience
- Nesta Lloyd Jones, NHS Confed
- Rachel Thomas, Office of Children's Commissioner for Wales

- Sarah Wilson, Mind Cymru
- Bethan Phillips, Mind Cymru
- Caroline Roberts, ABUHB
- Jemma Wray, Mental Health Foundation
- Keith Bowen, Samaritans
- Frances Rice, Wolfson Centre
- Kolade Gamel, ABUHB
- Martin Ball, Carer
- Valerie Billingham, Older People's Commissioner for Wales
- Katherine Pyke, CVUHB
- Sam Young, Age Cymru
- Sarah Thomas, National Federation of Women's Institutes
- Sarah Louise Andrews, SBUHB
- Steve Mulligan, BACP
- Naomi White, NSPCC Cymru
- Frasier Welsh, CIPD
- Kate Powell, Barnardo's Cymru
- Dr Liam Mahedy, Public Health Wales
- Amy Crossley-Lewis, CTMUHG
- Tom Freeston, Beat

Summary of issues discussed:

- **Presentation:** Priorities for the next Welsh Government, Simon Jones on behalf of Wales Alliance for Mental Health:
 - Simon introduced the Wales Alliance for Mental Health (WAMH) as a coalition of national mental health and suicide prevention charities that had been working together since 2014 to share information and advocate on behalf of service users and the wider population. Simon highlighted that there were a number of members of the Alliance in the meeting both in person and virtually.
 - Whilst the Alliance had been around for some time this is the first time that a document has been produced to highlight what organisations would like to jointly see post-election from a new Welsh Government. This has been a process of getting to know the positions of each organisation and where there is commonality.
 - The recommendations are high level and strategic and will be supplemented and supported by the individual priorities developed by each organisation. They also consider prevention as something that doesn't just happen around early intervention but can happen after more acute treatment and support as well.
 - Part of the process of developing the recommendations was establishing a clear shared understanding of the current mental health environment, drawing from what we each hear from people with lived experience as well as our service delivery and data.
 - Simon the introduced the nine themes of recommendations within the document:
 1. **Prioritise Mental Health**
 Prioritise improving and supporting the mental health of the Welsh population, including measurable and impactful cross-government action through the Programme for Government
 2. **Increase Investment in Prevention**
 Increase investment in preventative and protective measures in the first and subsequent budgets, to reduce pressure on the mental health system and improve population mental health
 3. **Reform Mental Health Services**

Set out an ambitious, resourced programme of reform to create an equitable, easily accessible and fair mental health system that is least restrictive and free from stigma

4. Prioritise the Needs of Babies, Children and Young People

Develop a clear strategic response to reduce rising mental health need among babies, children and young people by prioritising whole family support in the early years and ensuring quick access to support

5. Tackle the Causes of Poor Mental Health

Set out clear, deliverable actions to tackle the social and structural causes of mental health inequity with tangible improvement goals by the end of the Senedd term, particularly focused on thriving communities, safe secure affordable housing and eradicating poverty

6. Develop a Robust Measurement Framework

Deliver a robust and transparent data system that focuses on the quality and benefits of service provision and people's experiences within the first year of the new Welsh Government

7. Develop the Mental Health Workforce

Support and resource a stronger and united trauma-informed and rights-focused workforce from initial training and qualification through to continued professional development

8. Strengthen Mental Health Legislation

Commit to reviewing and strengthening the legislative framework for mental health in the first legislative programme to ensure it is rooted in a rights-based accessible approach that provides least restrictive safeguards

9. Support Third Sector Collaboration

Set a clear direction around embracing and embedding integrated and collaborative partnership between statutory and third sectors ensuring co-production in the development and delivery of mental health provision

- Simon confirmed that the document had been shared with all political parties for considering in manifesto development and is also available via these links:

English: <https://www.mind.org.uk/media/u2jnpbq/wales-alliance-for-mental-health-priorities-for-welsh-government-2026-eng.pdf>

Welsh: <https://www.mind.org.uk/media/a3ed0cms/wales-alliance-mental-health-manifesto-welsh-v4.pdf>

- **Discussion**

- Julie Morgan MS thanked Simon for the presentation and opened up the meeting for comments and questions, stating that there had been some progress around better mental health support, but recognised that there was still more to do
- Keith Bowen stated Samaritans Cymru support for the work to develop the document and recognised the progress made and the positive direction of travel set

out in the new strategy. Needed to maintain the direction of travel. This was supported by Jemma Wray from Mental Health Foundation who highlighted the journey the Alliance has been on to achieve these recommendations. Steve Mulligan from BACP welcomed the recommendations and stated that they reflected some of the issues and points they were raising themselves

- Kate Powell from Barnardo’s Cymru welcomed the particular reference to babies in recognition of the impact trauma can have from the earliest ages. Kate also noted that there is a need to recognise the particular experiences of care experienced children and welcomed the focus on tackling inequalities
- Simon Jones noted the importance of the strategy committing to a mental health system that is “proactively anti-racist” and that whilst there is still a way to go to create this, the intent is clear. Julie Morgan added that the Anti-Racist Wales Action Plan is an important strategy and unique in the UK, but it has to lead to improvements for people and actual change.
- Amy Crossley Lewis welcomed the positioning of prevention as being something more than just early intervention. From her experience within eating disorders prevention can equally be considered following discharge in order to aid recovery and prevent readmission. Julie Morgan asked whether readmission was an issue. Jo Whitfield from Beat highlighted that there is a need to develop more intensive services within communities and that the lack of these could be contributing to the need for readmission. Georgia Taylor shared her experience of inpatient care.
- Julie Morgan posed the question of whether there was more stress in communities now and whether Covid experiences continue to play a role. Amy Crossley-Lewis felt there was, particularly on young people. That social media can be positive for some as it helps build communities but also can provide extra pressure on young people.
- Simon Jones added that the pandemic is probably continuing to be a factor for some, particularly when you consider the disruption young people experienced during this time. Kate Powell added that it would be interesting to know how the pandemic has contributed to delayed diagnosis for both mental health and neurodiversity due to not being seen in school and not getting access via that route. Julie Morgan added that the disruption to mothers and babies during this period of not being able to access activities may also play a role.

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

Mind Cymru and Beat provided the secretariat support for the group throughout the year. Both Mind Cymru and Beat presented at meetings throughout the year.

The meetings were attended by a range of external organisations, identified on the attendance lists above, who participated in the discussions during the meeting.

4. Financial Declaration

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

Group’s Expenses	None	£0.00
Costs of all goods	No goods purchased	£0.00

Benefits received by the group or individual Members from outside bodies	No benefits received	£0.00
Any secretariat or other support	No financial support received	£0.00
Services provided to the Group such as hospitality		
All refreshments paid for by Mind Cymru & Beat.		
Date	Description and name of provider	Cost
19/02/2025	ESS Catering – Refreshments	£56.46
25/06/2025	ESS Catering – Refreshments	£52.44
Total cost		£108.90