



# Service User Bulletin

Issue 2 – October 2015

## Welcome

Welcome to our service user bulletin. Each month this will provide regular updates for service users, carers and families, to keep you informed about key things happening in the Trust and provide useful information about other organisations who can provide advice and support.

If there is something you would be interested in reading about in a future bulletin please contact us by emailing [SeeMe@bsmhft.nhs.uk](mailto:SeeMe@bsmhft.nhs.uk)

## Bedlam Festival of Divine Madness 19-25 October

Birmingham and Solihull Mental Health NHS Foundation Trust and Birmingham Repertory Theatre

(The REP), are once again joining forces to put mental health centre stage. BEDLAM Festival of Divine Madness, demonstrates how the arts can play an important role in reducing stigma around mental health and promoting recovery and wellbeing.

The BEDLAM Festival, which has been shaped by people who have experienced mental ill health, will feature an exciting programme of drama, theatre, workshops, poetry, stories and workshops.

Several events are free, please visit [www.birmingham-rep.co.uk](http://www.birmingham-rep.co.uk) for more details of the programme.



## Recovery FOR ALL

### Our new website

As a Trust we are committed to Recovery for All. Recovery is at the heart of everything we do.

Our Recovery for All website is now live, and we want to use it to keep service users, carers and staff up to date as Recovery for All develops within our Trust.

We want to bring these three groups of people together to work with us and help us to achieve 'Recovery for All.'

We recognise that all of our service users will have a different recovery journey, and that inspiring hope is extremely important. Steps towards recovery could include taking back control over their lives, even in a small way, and building a new sense of self in spite of a mental illness.

Please visit our Recovery for All website, find out more and post your comments on our form:

[www.bsmhft.nhs.uk/recovery](http://www.bsmhft.nhs.uk/recovery)

### Peer support training

*"I have always believed that no-one can truly understand something unless they have been through it themselves and that is why peer*

*support is so vital"* – Peer support worker

Peer support workers draw on their own experiences to offer support to help others move forward on their recovery journey. We believe they will have a key role within our Trust.

The Recovery for All team have recruited a number of service users to complete peer support training who will work within our Trust. Our peer support workers are passionate about recovery for people with mental health issues and willing to use their own experience to inspire and offer hope and support. They also want to help us shape and improve our services.

### Recovery for All meetings

You will find the dates of our Recovery for All meetings on our website. Service users, carers and staff attend these meetings and help us to shape our plans. The next meeting is Thursday, 5 November at Uffculme Centre. Trevor and Steve can provide you with further details.

To find out more about becoming a peer support worker or about Recovery for All meetings, please contact Trevor Urch at [trevor.urch@bsmhft.nhs.uk](mailto:trevor.urch@bsmhft.nhs.uk) or phone 07985 882721 or Steve Shaw at [steve.shaw@bsmhft.nhs.uk](mailto:steve.shaw@bsmhft.nhs.uk) or phone 07985 882506.



## Christmas card design competition 2015 – open for entries

Get creative for this year's Christmas card competition!

Open to service users, carers, staff and members, entries should have a Christmas theme, created using either felt-tip pens, paint, crayons, pencils or computer designs/graphics. Photo collages and photograph-based designs, which include people in the pictures, will not be accepted.



All artwork should be on A4 paper, either portrait or landscape, but must not be folded. Entries may be scanned and submitted digitally via email, but image resolution must be at least 300dpi.

All entrants must also provide their name, email address and telephone number and state whether you are a member of staff, service user or member.

Entries should be marked Christmas Card Design Competition 2015, and can be emailed to [comms.team@bsmhft.nhs.uk](mailto:comms.team@bsmhft.nhs.uk) or sent by post to:

Communications and marketing department, BSMHFT Trust HQ, B1, Unit 1, 50 Summer Hill Road, Birmingham, B1 3RB.

The deadline for entries is **Friday, November 27, 2015.**



## Information and support

### Positive Mental Health Group

This is a great meeting for networking, news, information – and to hear a variety of speakers working in the mental health field. The next meeting is Thursday, 29 October from 2.30-4.30pm. Just turn up, there's no need to book. The meetings are in the café space at the LGBT Centre, 38-40 Holloway Circus, City Centre, B1 1EQ. The centre is next to Scala House, opposite the Radisson Hotel.

The November meeting will take place on Thursday, 26 November.



### Foodbanks in Birmingham and Solihull

Foodbanks are available throughout Birmingham and Solihull, and provide food parcels to local people in need, as well as providing support and advice in dealing with underlying issues such as debt management, job searches, benefit form filling in and carer support.

Please visit the Trussell Trust website to find the foodbank closest to you: [www.trusselltrust.org/map](http://www.trusselltrust.org/map) or call the general enquiries line: 01722 580 180.

## Exciting opportunity for young service users interested in music

An opportunity has arisen for young people with mental health conditions to get involved in an exciting new music project. Wavelength is a community-based, creative music project for young people aged 14-25 across Birmingham and Solihull with mental health conditions. The project gives musical opportunities to 20 new members each year, including one-to-one sessions with professional musicians, and recording opportunities, including contributing original music to a project CD.

The project also provides support opportunities for parents and families, and training for professional musicians and mental health workers.

Wavelength is currently accepting applications for the first year of the project. Applications must be completed by both the young person who is interested and their parent and/or key mental health worker. All participants must live in either Birmingham or Solihull and be able to access community-based group sessions.

Wavelength welcomes all types of participants, from those with no previous experience to talented musicians.

Please contact them by emailing [info@quench-arts.co.uk](mailto:info@quench-arts.co.uk) to find out more about the project, and to request an application form.



PALS customer relations available 8am to 8pm Monday to Friday  
on 0800 953 0045.

Main switchboard: 0121 301 0000  
[www.bsmhft.nhs.uk](http://www.bsmhft.nhs.uk)

Improving mental health wellbeing