



Look Ahead

Issue 2 – April 2016

Welcome

Welcome to Look Ahead, our service user bulletin. Each month Look Ahead will provide you with information and updates on key activities that are happening across our Trust, as well as service user stories and information on partner organisations who can offer you advice and support.

Please email SeeMe@bsmhft.nhs.uk if there is something you would be interested in reading about in a future bulletin.

What's happening?

New vehicles for patient transport

Our non-emergency patient transport vehicles have changed, and the service is being run by the Trust's in house team.

These changes came into effect on 1 April 2016, and you may have seen our brand new fleet of vehicles. The team of drivers is unchanged.

We are keen to provide a more



efficient, effective service. We would welcome your feedback: trust.talk@bsmhft.nhs.uk

Support for carers and families

Families and carers play a vital role in supporting people with mental health problems. We know this role can sometimes be demanding and lonely and we are here to support you if you are caring for someone.

Our Trust actively seeks to engage families and carers in the services that we provide. We recognise the part they play in the recovery of the person they support, and that they may be on their own recovery journey.

Carers and families can help and inspire others who may be struggling to cope. We would love to hear from people who are experts

by experience in caring, and who could share their valuable skills and knowledge.

For information and support, or to share your experiences, contact:

- Sandra Baker, Family and Carers Lead for BSMHFT.



Email: sandra.baker2@bsmhft.nhs.uk
Visit: www.bsmhft.nhs.uk

- Meriden – the West Midlands Family Programme, support carers and families.
Tel: 0121 301 2896. Visit: www.meridenfamilyprogramme.com
Their MyCare app is free to download from their website, Apple App Store, or Google Play.

Meeting Minds

In Meeting Minds we ask service users or carers some quick questions on mental health and wellbeing.

This month, Lyn, who is a carer for her son, answers our questions.

What helps you in your role as a carer?

Friendship. Support from other carers especially the carers group I attend. Humour.

Name three things that help to keep you well, so that you can support the person you care for?

Pilates, walking and gardening.

What helps you to relax, and why?

Pilates helps me relax and clear my head. I like to get out in the fresh air. Also, spending time with my husband – we recently had a three day break away and it really helped us both to unwind.

I enjoy listening to music as it lifts my mood if I've had a bad day.

What is your favourite place in your local area, and why?

I like to go to Sutton Park and walk with my friends who have dogs. It helps me to relax and I enjoy having a good chat in the fresh air!

Tell us your story

Please get in touch with us if you would like us to tell your story, or if you have any suggestions for articles you would like to see in Look Ahead. Email us at:

SeeMe@bsmhft.nhs.uk

Information and support

We are a now a smokefree Trust

Our Trust became smokefree on 1 April 2016. This has meant that patients, visitors and staff are not allowed to smoke on any secure care and non-acute inpatient services sites. All other Trust service locations – including home visits – will be smokefree on Sunday 1 May 2016.

Many hospital and community service providers have gone 'smokefree' following guidance provided by the National Institute for Health and Care Excellence (NICE), which recommends that all hospital sites, including mental health, should be free from smoke.

It is more likely for people who are living with a mental health condition to smoke, and to smoke more heavily than the general

population. Your complete health and wellbeing, which includes both your physical and your mental health, is vital to support your journey towards recovery.

If you or your carers smoke and would like help and advice to quit, FREE NHS stop smoking support is available to you. If you live, or your GP is based in Birmingham, please contact your GP for further information on NHS stop smoking services.

Solihull, please call 0800 622 6968, text smokefree to 66777, email: contact.quit51@nhs.net or visit www.quit51.co.uk

For further information of our smokefree Trust, please visit www.bsmhft.nhs.uk



Positive Mental Health Group

This is a great meeting for networking, news and information. The next meeting takes place on Thursday, 28 April. Refreshments are served from 2.30pm and the meeting takes place from 3pm to 4.30pm. Just turn up – no need

to book. The meeting is in the Moments café space at LGBT Centre, 38-40 Holloway Circus, City Centre, B1 1EQ. The centre is next to Scala House, opposite the Radisson Hotel.



Introducing... Stonham

Stonham offers information and advice to carers of any age who support adults with mental health needs, including support to access respite, housing, and finance. Support plans are tailored to the needs of the carer. The cared for individual should be registered with a Birmingham GP.

Stonham provides high quality information for carers, one-to-one support, and access to social and supportive networks for carers.

For information on our activities in Birmingham and Solihull, call 0121 380 49 49 or email Kieran.Jones@homegroup.org.uk

Carer's Super Group Meeting

Stonham Carer's Super Group Meeting takes place on Thursday 28 April, 6.30-8.30pm, St Barnabas Church Centre, High St, Erdington, B23 6SY.

Guest speakers from BSMHFT include John Short, Chief Executive, and Kerry Webb, Urgent Care, RAID and Emergency Pathways.

How to contact us

Customer Relations

Tel: 0800 953 0045
Text: 07985 883 509
Fax: 0121 678 4456
Email: pals@bsmhft.nhs.uk
(Available Monday to Friday, 8am to 8pm)

See Me

Tel: 0800 694 0212
Email: SeeMe@bsmhft.nhs.uk
(Available Monday to Friday, 9am to 5pm)



Recovery for All

Steve Shaw
Tel: 07985 882506
Email: steve.shaw@bsmhft.nhs.uk

Alternatively, for more information visit www.bsmhft.nhs.uk/recovery

Mental health crisis – out of hours contacts

NHS 111 – Urgent medical help, but not life threatening.

Sane

Tel: 0300 304 7000.
Available 365 days a year, between 6pm and 11pm.

Samaritans

Freephone: 116 123
Available 24/7

999 – Immediate, life-threatening emergencies.