



# Look Ahead

Issue 3 – June 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](mailto:SeeMe@bsmhft.nhs.uk) if there is something you would be interested in reading about in a future bulletin.

## What's happening?

### Service users use their experiences to help others



We have opened up opportunities in our workforce for people with lived experience of mental health issues. We trained 14 people last autumn to

become peer support workers. Peer support workers draw on their own experiences to help others move forward on their recovery journey. Our first two peer support workers will soon join BSMHFT to help service users manage their personal recovery plans.

If you would like to speak to a peer support worker, please contact your care team.

### Fahim talks about his role as a peer support worker

As one of our first peer support workers, Fahim Zaman, will be using his lived experience to support service users and carers within our Trust. Fahim, said:

“What we will do complements the work of other staff. We can offer hope and show that recovery is possible. Hopefully, sharing my story with service users will inspire them and help them to cling on to hope, even when things are hard.

“Having a role as a peer support worker will be extremely rewarding and the training experience has really improved my confidence.

“Just one smile for someone who feels despairing will repair some



of that despair. Many more smiles will take us miles on our recovery journeys.

“As a peer support worker I am now finally able to help and support service users and my mission is to bring smiles and to help others on their path to recovery.”

If you are interested in becoming a peer support worker, please email [steve.shaw@bsmhft.nhs.uk](mailto:steve.shaw@bsmhft.nhs.uk), or call **07985 882506**

## Meeting Minds

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

This month, Jo Twiss, Co-Chair of the Recovery for All Steering Group, answers our questions.

**Name three things that help to keep you well.**

- Constant family support through the good and the bad times.
- Listening to music, and creativity - a crucial outlet for expressing inner thoughts and feelings.
- Having a positive role and a purpose of giving back to a valued a mental health service.

**What has helped you in your recovery journey?**

It's about having that special someone who believes in your potential, even when you don't believe in yourself.

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

My local park. Keeping in touch with nature, walking by streams, lakes and hills, brings back carefree days of innocent childhood memories.

**Where do you feel most comfortable and why?**

Home is where the heart is, feeling safe and secure, space to breathe and create in comfort. Time on your own is just as important as time around people.

## Tell us your story

Please get in touch with us if you would like us to tell your story.

Email us at:  
[SeeMe@bsmhft.nhs.uk](mailto:SeeMe@bsmhft.nhs.uk)

## Information and support

### Save the date:

#### 2016 Annual General Meeting and Annual Members' Meeting

This year's Annual General Meeting and Annual Members' meeting will take place on **Thursday 7 July, 12-3pm at Uffculme Centre**, 52 Queensbridge Road, Birmingham, B13 8QY. Come along to find out about our Trust and how we are



doing, as well as what our plans are for the year ahead.

### Join us at one of our family fun days

Join us at one of our forthcoming family fun days for live performances, food stalls and a children's corner. These events are an opportunity to find out more about our work and help us to challenge the stigma associated with mental health by reaching out to local communities.



**Saturday 16 July** – Zinnia Centre, B11 4HL, 12pm – 5pm

**Saturday 30 July** – Mary Seacole House, B18 5SD, 12pm – 5pm

For further details, please visit: [www.bsmhft.nhs.uk](http://www.bsmhft.nhs.uk)



### Birmingham Mind's Recovery Service

This service is available to anyone aged over 18 who has been experiencing any kind of mental distress. There are a range of activities, from men's and women's

workshops, arts and craft activities, gardening, music, relaxation and Voice Hearers courses. For more information, call the **Recovery Service: 0121 237 3761**.

### Positive Mental Health Group



This is a great meeting for networking, news and information. The next two meetings take place on **Thursday, 30 June** and **Thursday, 28 July**. 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...

## SURESEARCH Mental Health Network

Suresearch is a Midlands network of people who have used mental health services, those who work in these services, carers and academics.

They promote involvement in mental health education and research by providing training, opportunities and support to help these groups use their experience and expertise in these areas.

These experts by experience offer a rich resource of knowledge and skills. They contribute to the mental health education and training of clinical staff and support workers and are members of professional advisory groups. Others help to organise arts events and festivals promoting mental wellbeing and awareness.

The Suresearch network supports its members and develops projects and opportunities in education, research and the creative arts, through regular monthly meetings.

Each month there is a meeting at the **University of Birmingham, Park House, 40 Edgbaston Park Road B15 2RT** for all members, and anyone interested in learning more about Suresearch. The next two meetings take place on **Thursday 7 July and Wednesday 3 August between 10:30am and 1pm**.

To find out more visit: [www.suresearch.org.uk](http://www.suresearch.org.uk)

## How to contact us

### Customer Relations

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

### See Me

Tel: 0800 694 0212  
Email: [SeeMe@bsmhft.nhs.uk](mailto: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](mailto:steve.shaw@bsmhft.nhs.uk)  
Alternatively, for more information visit [www.bsmhft.nhs.uk/recovery](http://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, 6pm to 11pm)

### Samaritans

Freephone: 116 123 (Available 24/7)  
**999** – Immediate, life-threatening emergencies.