



Look Ahead

Issue 4 – August 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?

Join us at our Recovery for All meetings



We hold regular Recovery for All steering group meetings. These are not formal meetings. Service users, carers and families are welcome to join us. When we get together we share our experiences and support each other. Recovery for All is leading our Trust in recovery work and you are our experts. Our meetings are held at the

Uffculme Centre, Queensbridge Road, Moseley, Birmingham, B13 8QY. The next two meetings take place on Friday 9 September 10.30am-12pm and Friday 7 October 10.30am-12pm.

Buses 35 and 50 run past Queensbridge Road. Free car parking is available onsite. We will reimburse your travel expenses.

Integrated Community Mental Health Services

Our recent Annual General Meeting and Annual Members' Meeting focused on the new integrated community mental health services that are centred around the needs of service users, families and carers, providing greater choice and involvement in the care that they need and the services we provide. If you would like to play a part in redesigning the services and their

hub locations, please contact Andrew Rice, the See Me worker who is leading on this project, on 07985 883650 or email andrew.rice@bsmhft.nhs.uk



Andrew Rice

To view our annual report, and to watch an animation that gives a brief overview of the important facts and figures from 2015/16, please visit: www.bsmhft.nhs.uk/about-us

Family Fun Days

Join us at one of our forthcoming family fun days for live performances, food stalls and a children's corner. The 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 27 August 12pm-5pm – Endeavour Court, B23 6DJ.
 - Saturday 10 September 12pm-5pm – St Mary Church, Hobs Meadow, Hobs Moat, Solihull, West Midlands, B92 8PN.
- For further details, please visit: www.bsmhft.nhs.uk

Meeting Minds

Hollie Berrigan is a service user trainer, peer support worker and service user network member. Diagnosed with borderline personality disorder at 21, Hollie says that group psychotherapy has changed her life. We asked Hollie to name four things that keep her well.

What has helped your recovery journey?

Undoubtedly, the skills I learnt in therapy; it takes time and effort but being able to break things down and piece it back together objectively has helped me immeasurably. Therapy, dogs and Morrissey have all played a part in my recovery.

What's your favourite place and why?

Broad Haven in Pembrokeshire, Wales. It's where my family are from and I feel very connected to it. Wales feels like home.

What makes you most comfortable and why?

Humour. If I feel anxious I like to control my environment by attempting to be funny; being around others who use humour feels comfortable. I don't do seriousness very well. Writing things down helps too, I keep a blog of what's going on.

What makes you laugh?

I like British comedy such as Alan Partridge and Stewart Lee, YouTube videos of dogs, people falling over and my mother-in-law's commentary on life.

Information and support

Getting active in our open spaces

We are lucky to have a large number of green spaces in Birmingham and Solihull where you can take part in lots of outdoor activities. The links below will give you information on what's happening in your area.

Birmingham Park Rangers

Visit www.birmingham.gov.uk and search for Birmingham Ranger Service. The ranger hubs run regular groups to encourage park users to get involved with nature.

Active Parks

An online calendar will help you find out which activities are held at your local park.

www.beactivebirmingham.co.uk/find-your-nearest

Birmingham Open Spaces Forum

This organisation holds details of local groups looking after parks and green spaces. They also run events and are keen to welcome volunteers. www.bosf.org.uk

Martineau Gardens

Take time to visit and enjoy nature and wildlife in this beautiful oasis in Edgbaston.

www.martineau-gardens.org.uk



Solihull Parks and Open Spaces

www.solihull.gov.uk

Click on the 'Leisure parks and events' section for information on the parks and green spaces in Solihull, providing details of activities taking place including gentle strolls and exercise classes.

For a selection of leaflets, email SeeMe@bsmhft.nhs.uk

Not on the internet? Call us on 0121 301 1284 and we can send you some information.

Positive Mental Health Group



This is a great meeting for networking, news and information.

The next meetings take place on Thursday 25 August and Thursday 29 September. 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...



BITA Pathways

BITA Pathways (Birmingham Industrial Therapy Association) provide advice and information to service users on learning opportunities, volunteering, work experience and getting paid employment. They engage with adults experiencing mental health problems, helping them on a pathway towards recovery.

BITA offer work placements at their five social enterprises to enable people to prepare for employment.

Express Signs

Express Signs, based in Solihull, is one of BITA's social enterprises. Many service users who gain experience and skills from Express Signs move on to other related opportunities such as college courses, voluntary work and paid employment. It enables service users to boost their confidence within a working environment.

Get in touch with BITA Pathways or Express Signs:

Call: 0121 773 1455

Email: admin@bitapathways.co.uk

Visit: www.bitapathways.co.uk

Tell us your story

Please get in touch with us if you would like us to tell your story. Email us: SeeMe@bsmhft.nhs.uk

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

Tel: 07985 882506 – Steve Shaw

Email: steve.shaw@bsmhft.nhs.uk

or anne.pledger@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, 6pm to 11pm)

Samaritans

Freephone: 116 123 (Available 24/7)

999 – Immediate, life-threatening emergencies.