



Look Ahead

Issue 5 – October 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?

Anne joins our Patient Experience and Recovery team



Anne Pledger is our new Recovery and Patient Experience Improvement Lead. Anne has joined

BSMHFT from Walsall Healthcare NHS Trust where she was the Emotional Health and Wellbeing Manager.

She supported service users with anxiety and depression, developing personal health plans to support individuals to reach their goals, as well as providing training through

Walsall's Recovery College and organising health promotion days.

Anne is passionate about supporting service users on their recovery journey: "I want to help people make a difference in their lives. I believe there are no barriers and that people should be given the opportunity and support to reach their potential and achieve their personal goals.

"I'm looking forward to working with more service users, carers and staff at BSMHFT, especially through Recovery College for All." Email anne.pledger@bsmhft.nhs.uk or call **07985 883 420**.

Recovery College

We have successfully completed our first term of Recovery College for All, and have received very positive feedback from students. They particularly welcomed the fact that the courses were co-developed and co-delivered by staff, service users and carers. We delivered 15 workshops covering subjects such as; An introduction to your recovery; Mindfulness and; Caring in a crisis. Our Autumn Term begins on 10 October.

All sessions will be held at the Uffculme Centre, 52 Queensbridge Road, Birmingham, B13 8QY and

are open to our service users, their carers and families and staff.

To book a place on any of our sessions please email recovery.college@bsmhft.nhs.uk or call **0121 301 1040**.

For more information visit www.bsmhft.nhs.uk and click on the Recovery College for All logo or see overleaf for our October timetable.



Meeting Minds

Steven Choi

This month, Steven Choi, West Midlands Combined Authority's Citizens Jury member and service



user, answers our questions. Steven describes himself as being 'recovering to recovered'.

Please tell us about a new skill you've learnt recently

When I joined the Jury it was a real eye opener and a chance to acquire knowledge. I learnt a lot about mental health services.

Name three things that keep you well

Music, meeting new friends, constantly talking about what's on my mind.

What do you do to keep active?

Running and badminton.

What has helped in your recovery journey?

Working in childcare. Always believing that there is always hope. I reflect on the past but I believe in the positives.

Where do you feel most comfortable and why?

Bed! Plenty of sleep is always good for you.

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

Recovery for All College timetable

October 2016

Monday	Tuesday	Thursday
10 October	11 October	13 October
11.00am – 12.30pm Beginning mindfulness	10.30am – 12.30pm Introduction to your recovery	10.30am – 12.30pm The role of Peer Support Workers and why lived experience is vital in our workforce
2.00pm – 4.00pm Recovery chat (drop-in session)	2.00pm – 4.00pm Getting the most out of Recovery College for All	2.00pm – 4.30pm Personality disorder awareness
17 October	18 October	20 October
10.30am – 12.30pm Recovery for carers and families	10.30am – 12.30pm Let's get physical	11.00am – 12.30pm Beyond Google: How to find out what you need to know
2.00pm – 4.30pm Recovery, hope and spirituality	2.00pm – 4.00pm My recovery care plan	2.00pm – 4.00pm Towards a dementia-friendly society
October half term week		
31 October	1 November	3 November
10.30am – 12.30pm Getting the most out of Recovery College for All	10.30am – 12.30pm Compassion and recovery	10.30am – 12.30pm Caring in a crisis
2.00pm – 4.00pm Introduction to your Recovery	2.00pm – 4.00pm Reading for wellbeing	2.00pm – 4.00pm Recovery chat (drop-in session)

Positive Mental Health Group

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

The next meeting will take place on **Thursday 27 October**. 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.

Information and support

Adult learning opportunities in Birmingham and Solihull

Within Birmingham and Solihull there are endless opportunities to get involved in further learning and enrol at a college, or for a course that you might find interesting. The links below will give you further information on what's happening in your area.

Fircroft College of Adult Education

Fircroft College in Selly Oak offer over 150 shorts courses, as well as a full-time Access to Higher Education Diploma. www.fircroft.ac.uk

Birmingham Adult Education Service

Visit www.learnbaes.ac.uk for a wide range of courses including GCSE qualifications, language and creative arts courses in 16 different locations.

Adult Learning at Solihull College

No matter your age, background or experience Solihull College offer a range of programmes and courses especially for adult learners.

www.solihull.ac.uk/adult-learner/introduction

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.

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)



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.



Recovery for All Steve Shaw

Tel: 07985 882506
Email: steve.shaw@bsmhft.nhs.uk
Alternatively, for more information visit www.bsmhft.nhs.uk/recovery