



# Look Ahead

Issue 6 – November 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?

### Recovery for All invites you to the Big Recovery Conversation

The Big Recovery Conversation is being held on Friday 18 November at The Uffculme Centre, 52 Queensbridge Road, B13 8QY. Service users, carers and staff are invited to join the Recovery team from 10am to 12.30pm or, 1.15pm to 3.45pm to find out what has been achieved so far, what is happening now and help plan for the year ahead. The event will feature



refreshments, goody bags, a Zen zone and a carers zone. To book your place visit [www.bsmhft.nhs.uk/recovery](http://www.bsmhft.nhs.uk/recovery) or call **0121 301 1040** for more information.

For our Recovery College for All autumn timetable visit our website at [www.bsmhft.nhs.uk/recovery](http://www.bsmhft.nhs.uk/recovery) and click on the Recovery College for All logo.

### Plan to improve the health and wellbeing of people living in Birmingham and Solihull published

The NHS, Birmingham City Council and Solihull Metropolitan Borough Council have worked together to develop a draft Sustainability and Transformation Plan (STP), which sets out how we will improve the health and wellbeing of people living in Birmingham and Solihull. BSMHFT is one of the organisations involved in developing this plan.

We want Birmingham and Solihull's people to:

- lead fulfilling, healthy, independent lives
- receive consistently high quality health and care services
- have early access to extra help when they need it

- have easy access to support when they can no longer live independently

The plan proposes what we could do to improve and transform our primary care, community, social care, mental health, maternity and wider hospital services. It also looks at how we can address the significant increase in demand for health and care services at a time when budgets are shrinking.

The plan is not final, and we'll continue to develop it with input from the local community and other stakeholders.

You can download the plan at [www.birmingham.gov.uk/stp](http://www.birmingham.gov.uk/stp)

## Meeting Minds



This month, carers, Ivan and Pauline Parker answer our questions.

### What helps you in your role as a carer?

I look back to when I was cared for and listen to other folk in a similar situation.

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

My landscape painting, photography and card craft making.

### What helps you to relax, and why?

I enjoy my pastel painting which is an escape into another world. Other folk would possibly read a book to relax.

### What makes you laugh?

To look in the mirror and comb my hair, which I haven't got. We think of silly things that have happened in the past and have a jolly good giggle.

## 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)

## Keep warm, keep well

One of the best ways of keeping well this winter is to stay warm. Staying warm can help prevent common winter illnesses, and is especially important if you are over 65 or have a long-term health condition, as this will make you more vulnerable to the cold. There are lots of things you can do to keep warm and well in winter including: eating well, food is a vital

source of energy which helps to keep your body warm; keep moving if you can, this will help keep you warm; and wear a few layers of thin clothing rather than one thick layer; this will trap the heat better to keep you warm.

Take advantage of Birmingham City Council's free help and support on 0800 033 7967.

**STAY WELL  
THIS WINTER**

## Information and support

### Getting financial support and advice

Financial instability and debts can be daunting; however within both Birmingham and Solihull, and online, we have a number of services and charities that can offer support and advice. The links below will give more information on organisations offering help.

### Birmingham Settlement

The Aston based charity and their advisors have a number of support mechanisms in place for financial problems and much more. See [www.birminghamsettlement.org.uk](http://www.birminghamsettlement.org.uk) for more information.

### Birmingham City Council

Visit [www.birmingham.gov.uk/info/20017/benefits\\_and\\_support](http://www.birmingham.gov.uk/info/20017/benefits_and_support) and click on the link for 'Financial, employment and benefits help' (to find out more about their free money advice).

### Solihull Metropolitan Council

As part of The Solihull Partnership, Solihull Metropolitan Council has support available to help with debt. [www.solihull.gov.uk/supporttosuccess](http://www.solihull.gov.uk/supporttosuccess)

### National Debtline

National Debtline offer online debt advice at [www.nationaldebtline.org](http://www.nationaldebtline.org) or you can call for free Monday to Friday 9am to 8pm on 0808 808 4000.

### Not on the internet?

Call us on 0121 301 1248 and we can send you some information.

## Christmas card design competition

Our annual Christmas card design competition is now open for entries! All entries should have a Christmas theme, created using either felt-tip pens, paint, crayons, pencils or computer design/graphics and must be on A4 paper, landscape or portrait.

Entries can be scanned and submitted digitally via email, to [comms.team@bsmhft.nhs.uk](mailto:comms.team@bsmhft.nhs.uk) or sent to:

**Communications and Marketing Department**  
BSMHFT, Trust HQ, B1,  
Unit 1, 50 Summer Hill Road,  
Birmingham, B1 3RB.



Please provide your name, email address and telephone number and please state whether you are a member of staff, service user or member.

The deadline for entries is Friday 25 November at 5pm.

## Positive Mental Health Group

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

The next meeting will take place on **Thursday 24 November**. 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.

## 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)



### 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](mailto:steve.shaw@bsmhft.nhs.uk)  
Alternatively, for more information visit [www.bsmhft.nhs.uk/recovery](http://www.bsmhft.nhs.uk/recovery)