



# Look Ahead

Issue 7 – December 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?

### Integrated Community Mental Health Services launch at Northcroft

On Saturday 12 November, service users, staff and local partners attended the official launch of the Trust's Integrated Community Mental Health Services.

The day was opened by the Lord Mayor, Councillor Carl Rice, the Lady Mayoress, Mrs Deed Curry and the Trust Chair, Sue Davis, who were able to join in the fun and activities on offer including Zumba, circuit training, mindfulness sessions, auricular acupressure and reflexology. The Lord Mayor even found time to take part in an acupuncture session and add his painted hand print to the interactive wall art (pictured).

Integrated Community Mental Health Services are just one of the improvements to services that were proposed through the New Dawn

programme, where we asked for your views on the redesign of our services. These new services will mean that specialist treatment, delivered by a multidisciplinary team made up of psychologists, psychiatrists, doctors, nurses, occupational therapists and social workers, will be coordinated from four hubs in Birmingham and one in Solihull. Northcroft is the first 'hub' to open in Birmingham with plans for the remaining four hubs to be introduced in 2017.



### Christmas Party at the Uffculme

Our charity, Caring Minds will be holding the annual Uffculme Christmas party from 12.30pm to 3.00pm on 23 December at the Uffculme Centre, 52 Queensbridge Road, Moseley B13 8QY. The event is open to all service users, carers,

staff and their families. Festive food will be served at 12.30pm and the Trust's choir will be performing at 2pm. If you wish to attend please contact Stephen Hayes on **0121 301 3982** or at [stephen.hayes@bsmhft.nhs.uk](mailto:stephen.hayes@bsmhft.nhs.uk).



## Meeting Minds



This month, Psychological Therapist, Karen Loly from the Homeless Primary Care Team answers our questions.

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

Going for long walks with my three children and husband, spending time with friends, family and like-minded people and finding time to relax through exercise, prayer, meditation and singing.

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

Breathing and prayer; I use mindfulness breathing or '7/11' breathing at points in the day. I breathe in for a count of seven and out for a count of 11 to centre myself. I can do this when I meditate and pray.

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

Winterbourne Botanic Gardens because it is never very busy and has an old-world feel about it. The landscaping is really beautiful and a feast for the eyes.

### Where do you feel most comfortable?

Tucked up with my three amazing children reading to them (at the moment it's Harry Potter!).

## 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

### Planning for Christmas

Christmas can be an exciting and busy time for all; however it is very important not to forget about your health and wellbeing. Follow the below steps to make sure you are prepared for the festive season.



Make sure you have a copy of your care plan, and that you know what to do in a crisis.



The Christmas period is extended, due to the fact that holidays fall on weekends. Check with your service for opening hours.



Ensure you have enough medication for the Christmas period.



Customer Relations (PALS) will be open Monday to Friday from 9am to 5pm but will be closed on public holidays or weekends.

### PMHG Christmas party

The Positive Mental Health Group Christmas party will be taking place on **Thursday 8 December** from 7pm until late at the Leinster Suite, Irish Centre, Digbeth, open to all service users, carers and staff who know the Positive Mental Health Group. There will be a buffet, disco, band and karaoke – a fun event not to be missed! There is an optional donation of £1 per person for raffle prizes.

For more information and tickets, please contact Faheem Uddin, Chair of the Positive Mental Health Group on **07800 728 825**.

### Positive Mental Health Group

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

The next meeting will take place on **Thursday 15 December**. 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.

From 2017 the PMHG meetings will all be on the **last Tuesday of each month** with the same time and location. The first meeting for 2017 will be on **Tuesday 31 January**.



### How to contact us

#### Customer Relations

Tel: 0800 953 0045  
Text: 07985 883 509  
Fax: 0121 678 4456  
Email: [customerrelations@bsmhft.nhs.uk](mailto:customerrelations@bsmhft.nhs.uk)

(Available Monday to Friday, 8am to 8pm. Over the Christmas period available Monday to Friday, 9am to 5pm. Closed on public holidays and weekends.)

#### 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:** 07985 882 506, [steve.shaw@bsmhft.nhs.uk](mailto:steve.shaw@bsmhft.nhs.uk)  
**Anne Pledger:** 07985 883 420, [anne.pledger@bsmhft.nhs.uk](mailto:anne.pledger@bsmhft.nhs.uk)

Alternatively, for more information visit [www.bsmhft.nhs.uk/recovery](http://www.bsmhft.nhs.uk/recovery)



### Introducing... SIFA Fireside

SIFA Fireside is a Birmingham based charity who work toward improving health and inclusion for the homeless. The charity provides free and confidential services to those aged 18 and over, having daily open access drop-in sessions, giving rough sleepers access to food, shelter, showers, clothing and sleeping bags. SIFA Fireside also offer emergency support to those who are, or may be about to become homeless, including welfare, benefit and social support and advice.

The drop-in sessions are Monday to Friday from 9am to 1pm covering breakfast and lunch and are at SIFA Fireside, 48-52 Allcock Street, Digbeth B9 4DY.

Get in touch with SIFA Fireside:  
Call: **0121 766 1700**  
Email: [office@sifafireside.co.uk](mailto:office@sifafireside.co.uk)  
Visit: [www.sifafireside.co.uk](http://www.sifafireside.co.uk)

### Keep up to date with BSMHFT on social media



Twitter @BSMHFT

[www.facebook.com/bsmhft](http://www.facebook.com/bsmhft)

### 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.