



Look Ahead

Issue 8 – January 2017

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?

Help us decide on our priorities for the future

We are currently working to refresh our Trust's strategy. This will set out our vision, purpose and ambitions for the next three years and will help shape our plans and priorities for the future, to ensure that we continue to maintain and improve the quality of care we provide across our services.

For example, we want to provide more consistent care across the Trust and West Midlands, involve you more in your care and how our services are run, work with partners to help people lead full and happy lives and ensure we look after your

physical health alongside your mental health.

It's important for us to make sure our strategy reflects your priorities and ambitions. With this in mind, our service user and carer engagement teams have been talking to service users and carers about the strategy and gathering their views to feed in to its development.

If you would like to find out more or have your say, please talk to a See Me worker or email comms.team@bsmhft.nhs.uk and we will be in touch.

Recovery College new term

Recovery College for All returns this January for a second term of courses. The college offers a range of sessions, which are open to our service users, their carers and families and staff and have been developed with and for people who have been affected by mental health issues.

Courses begin on Monday 16 January, with the addition two new exciting courses this term; *Moving forwards: creating your own CV* and *Living with psychosis*. Popular courses like; *Beginning mindfulness*, *Mental Health First Aid*, *Reading for*



wellbeing and *My recovery care plan*, are all back for a second term.

To book a place on any of our sessions or for further information please call 0121 301 1040 or email recovery.college@bsmhft.nhs.uk. For the full course prospectus visit www.bsmhft.nhs.uk and click on the Recovery College for All logo.

Meeting Minds



This month, service user Adam Khan, who has lived with mental health issues from an early age, answers our questions.

What helps you to relax?

Watching box sets and being on education course, as both of these things keep my mind working and I love learning new things.

What has helped your recovery journey?

Having a wider understanding of my conditions and having a good professional and social support network around me.

What do you do to keep active?

I regularly take long walks as I live by a big park, and I also enjoy cycling and swimming.

Where do you feel most comfortable?

At home as it is my safe space, where I feel that I can be at one with myself.

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

Information and support

Time to Shine – Help us to improve our Trust

Time to Shine is a new way we have introduced to review all clinical teams throughout the Trust, to help prepare for visits from external reviewers like the Care Quality Commission (CQC). It's the CQC's job to make sure that the Trust provides people with safe, effective, compassionate and high quality care.

The Trust is looking for volunteers to help us internally to inspect ward environments and give feedback on how we can improve. Service users, carers and staff are all welcome to volunteer and it is an excellent opportunity for personal development.

If you are interested or would like more information, please contact Nick Conway on **0121 301 1356** or email nick.conway@bsmhft.nhs.uk.

Birmingham and Solihull joins new scheme to transform care

Birmingham and Solihull is part of a new national scheme, 'Integrated Personal Commissioning', to help transform care, in particular for those with enduring mental health needs.

Our programme will work with people eligible for the Care Programme Approach or who use high levels of unplanned care.

It will offer people flexibility to find and choose their own route to recovery and enable them to have improved control of their care, better quality of life, and achieve the outcomes most important to them.

For more information on IPC programme please visit www.bsmhft.nhs.uk and see our latest news items.



Positive Mental Health Group

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

For 2017, the PMHG meetings will all be on the last Tuesday of each month with the same time and location. The next meeting will take place on Tuesday 31 January. 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: 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

(Available Monday to Friday, 9am to 5pm.)

Recovery for All

Steve Shaw: 07985 882 506, steve.shaw@bsmhft.nhs.uk

Anne Pledger: 07985 883 420, anne.pledger@bsmhft.nhs.uk

Alternatively, for more information visit www.bsmhft.nhs.uk/recovery



Introducing...

BCC Benefits Advice Team, Birmingham City Council

The Birmingham City Council Benefits Advice team, work together with Birmingham and Solihull Mental Health NHS Foundation Trust to ensure that our service users are receiving their appropriate welfare benefits. The benefit and advice service includes employment and support allowance, attendance allowance/personal independence payment (PIP) and a general benefit check.

You can be referred to the team by your consultant, GP or carer, and they will then arrange a joint appointment for a home visit.

The Birmingham City Council Benefits Advice Team will be speaking at the January Positive Mental Health Group meeting. For further details please see the Positive Mental Health Group article opposite.

For more information on how to get a Welfare Benefit Check speak to your GP, consultant, carer or the Customer Relations Team on **0800 953 0045**.

Keep up to date with BSMHFT on social media



Twitter @BSMHFT



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.