



Look Ahead

Issue 9 – March 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?

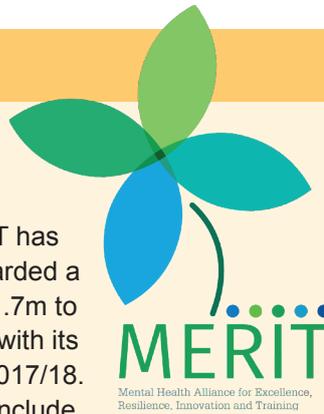
MERIT to improve crisis care across the West Midlands

MERIT is a partnership of four mental health trusts – in Birmingham and Solihull, the Black Country, Coventry and Warwickshire, and Dudley and Walsall – working together to improve care.

The trusts have recently agreed plans to develop a shared system for managing inpatient beds, which will mean making the best use of the beds available across our whole combined area. This will help make sure that service users who need to be admitted to hospital will receive the care they need close to home.

MERIT has been awarded a further £1.7m to continue with its work in 2017/18. This will include providing more consistent crisis care across the West Midlands, so that wherever you are, regardless of which Trust's area you live in, you will receive the rapid help you need.

Find out more or get involved by visiting www.wmmeritvanguard.nhs.uk or emailing merit.vanguard@nhs.net



Meeting Minds



In Meeting Minds we ask our service users, carers or staff members some quick questions on mental health and wellbeing. This month, support worker, Mizz Stanley answers our questions.

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

My favourite place is my local park, it's huge and so peaceful with walking trails and different ponds and streams.

What do you do to keep active?

I go to the gym and take exercise classes. I also like going on long walks.

Where do you feel most comfortable and why?

At home, it's a really safe environment and the people I love live with me.

What makes you laugh?

I love to laugh so most things set me off, but I particularly love dry sarcastic humour and rubbish jokes.

Join us to celebrate St Patrick's Day on Sunday 12 March

The UK's biggest Irish parade and St Patrick's Day event takes place on Sunday 12 March.

The Positive Mental Health Group and Trust staff are taking part as a walking group in the parade, raising awareness of mental health. The walk will be from 12 noon to 1.30pm.

There are no restrictions for entrants but the parade is

approximately two miles long and walkers must agree to abide by stewards' instructions to ensure safety. If you would like to join us in the parade it would be great to see you. Please meet us before 11am opposite the Rainbow pub, to ensure we can register you.

Come and join us for the craic - and enjoy music, entertainment and dancing! To register an interest email mark.hillier@bsmhft.nhs.uk

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

Have your say on proposals for improvements in mental health day services

NHS clinical commissioning groups (CCGs) in Birmingham have launched a public consultation on proposed changes to some of the mental health services they buy from third sector organisations (this does not include the specialist mental health services provided by our Trust, but does include the Phoenix Centre).

CCGs are responsible for planning and buying health services for patients in Birmingham. The consultation will be gathering views from local people on a number of proposals. These include creating 'recovery centres' for people with serious mental illnesses, offering individuals support with their employment, education and training options, and accessing personal health budgets.

There are meetings planned throughout the consultation, which local people are encouraged to attend.

For more information and to give your views you can visit:

www.bhamcrosscityccg.nhs.uk/get-involved/consultations-and-surveys

or call: **0121 255 0555**

or Email: engage.birminghamcrosscity@nhs.net

National Community Mental Health Survey

The CQC will soon be carrying out a survey to find out what our service users think about the care they receive. This is part of a national programme to improve the quality of care delivered, and service users' experiences. Taking part in the survey is voluntary and all answers are confidential. If you are selected to take part, your contact details will be used by researchers to carry out the survey.

If you have any questions about the survey, please email mark.hillier@bsmhft.nhs.uk.

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 meetings will take place on Tuesday 28 March and Tuesday 25 April. 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 Cakes and Ladders Café 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, 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...

Ageing Better in Birmingham

Ageing Better in Birmingham LGBT Hub provides support to community groups for activities which promote socialising and friendship in the 50+ LGBT community.

These activities can help combat and prevent social isolation and loneliness. The Hub offers information on planning and organising these events and activities, giving access to the Ageing Better Fund, covering up to £2,000 worth of costs for activities taking place over six months.

If you want to take part in or set up and run activities such as social meetings, support groups and visits, please see the contact details below.

Call Maria Hughes on **0121 643 0821**

Email: mariahughes@blgbt.org

Website: www.birminghamlgbt.org.uk/ageing-better



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.