



Look Ahead

Issue 10 – April 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?

Ensuring safe and effective care within the Trust

As you may know, the whole Trust has recently been inspected by the Care Quality Commission (CQC). These inspections are to ensure that services are providing care that's safe, caring, effective, well-led and responsive to people's needs. The CQC visited 33 of our sites covering all of our services, and met with a wide range of staff, service users and carers.

We would like to thank all service users and carers who assisted with

the inspection, whether that was by speaking directly to the CQC, taking part in the Time to Shine mock inspections or for giving feedback via the comment boxes distributed around the Trust.

The Trust's inspection rating is expected to be given by the CQC in the summer, and will be announced on www.bsmhft.nhs.uk.

For more information on the CQC visit www.cqc.org.uk.

Recovery College for All returns for a third term

Recovery College for All returns on Tuesday 2 May for a third term of courses. The college offers a range of sessions, which are open to our services users, their carers and families and staff, and have been developed with and for people who have been affected by mental health issues.

This term, the college will be expanding its reach into Solihull. Recovery College for All will be delivering courses from Tuesday 2 May until 29 June at Olton Library, 169A Warwick Road, Olton, B92 7AR. Courses will also continue to be held at the Uffculme Centre, Moseley.

Three new courses are also being introduced; Five ways to wellbeing,

Living with bipolar disorder: keeping your mood on track and Mental Health First Aid Lite.

To book a place on any of our sessions or for a hard copy of the prospectus please call **0121 301 1040** or email recovery.college@bsmhft.nhs.uk. The course prospectus can also be found online at www.bsmhft.nhs.uk and click on the Recovery College for All logo.



Meeting Minds



In Meeting Minds we ask our service users, carers or staff members some quick questions on mental health and wellbeing.

This month, newly elected Service User Governor for Birmingham, Mustak Mirza answers our questions.

Name three things that keep you well

My loved ones and my community; my neighbours, and gratitude for waking up each day, I am lucky every day.

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

Anywhere different is always an adventure!

Where do you feel most comfortable and why?

My bedroom is my sanctuary, I am myself there and I reflect alone and feel peace.

What makes you laugh?

If I have a bad day, I put 'Only Fools and Horses' on TV and it brightens me up. Happy days!

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

Upcoming events

Join us for our first community fun day of 2017

On Saturday 20 May, we will be holding our first of five community fun days this year. The event is being held at The Oleaster, 6 Mindelsohn Crescent, Edgbaston, B15 2SY from 12pm to 5pm. All are welcome to join in on the fun; watch live performances, take part in creative workshops, meet some new people, enjoy refreshments plus much more!

Admission is free and hot food (including halal) and refreshments will be available to purchase on the day.

For more information call **0121 301 1019** or email

beresford.dawkins@bsmhft.nhs.uk.

For a full list of family fun days please visit **www.bsmhft.nhs.uk**.



Birmingham Pride 2017

The BSMHFT LGBT+ Network will again take part in the Birmingham Pride Parade on Saturday 27 May. Around 40 staff, service users and carers from the Trust will join together to celebrate and promote our commitment to equality and diversity.

Over 75,000 spectators gather for a weekend full of love, fancy dress and great music. Mark Hillier, Lead for Service User, Carer and Public Engagement, took part in the parade last year and said: "It was fantastic to be able to spread the message of mental health support to such a supportive and truly diverse crowd...all were cheering us on!"

If you would like to join in please contact Mark Hillier on **0121 301 1284**, or 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...

Cakes and Ladders, Board Game Café

Cakes and Ladders is a board game café set in the heart of Birmingham, 38/40 Holloway Circus (previously Moments café).

Izzi Johnson and her team, alongside homemade cakes and treats, also provide a huge collection of board games and video games to enjoy; there is something for everyone regardless of age, skill or time. The venue promotes people coming together from all walks of life, to enjoy this safe space.

A large part of the Cakes and Ladders ethos is to give back to the community by donating leftover food to those in need, and inviting charity support groups such as the Birmingham LGBT centre to host their social events at the café in a warm and supportive environment.

Cakes and Ladders welcome the Positive Mental Health Group continuing to have their monthly group meetings at the LGBT Centre café space.

For more information visit **cakesandladdercafe.co.uk** or visit the café at the Birmingham LGBT Centre, 38/40 Holloway Circus, Birmingham, B1 1EQ.

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.