



Look Ahead

Issue 11 – May 2017

Welcome

Welcome to Look Ahead, our service user and carer bulletin. Each month Look Ahead will provide you with information and updates on key activities that are happening across our Trust, as well as recovery 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?

Meet our new Executive Director of Finance



Dave Tomlinson

Dave Tomlinson brings with him 20 years' experience as a Director of Finance within the NHS, and in mental health. Dave has a wide range of experience within both the private and public sector and within large, complex organisations. We welcome him to the Trust.

We are also happy to announce that the Trust's Council of Governors

We are delighted to announce that we have been successful in appointing a new Executive Director of Finance for the Trust.

recently agreed to extend the term of office for our Trust Chair, Sue Davis, for a further three years, effective from December 2017 when her current term in office comes to an end. The governors were unanimous in their decision and congratulate and thank Sue for her continued enthusiasm and commitment to her role at the Trust. The Council of Governors includes our service user and carer governors, who represent your voice and opinions.



Sue Davis, CBE



Save the date for our Annual General Meeting (AGM) and Annual Members' Meeting

This year's AGM and Annual Members' meeting will take place on Tuesday 11 July at the Uffculme Centre, 52 Queensbridge Road, Moseley, B18 8QY. Join us, to find out more about our Trust and how we are doing, as well as what our plans are for the year ahead.

This year's theme will be health and wellbeing.

Lunch will be provided and parking is available. Further details will be made available closer to the date. For more information please visit www.bsmhft.nhs.uk or call **0121 301 1310**.

Meeting Minds



In Meeting Minds we ask our service users, carers or staff members some quick questions on mental health and wellbeing. This month, John Evans, a regular at Creative Support Northfield, answers our questions.

What helps you to relax?

Being at home with Rizzle my cat, stroking her is very therapeutic.

What do you do to keep active?

I cycle every other day from my home to Creative Support, and also down to Longbridge.

What makes you laugh?

Judge Rinder and Coronation Street, I find a laugh in lots of places! I love Mrs Brown's Boys, too.

What has helped your recovery journey?

Getting support from groups like Creative Support and B-GLAD, also mixing in the community. I go to lots of events and love Pride.

Please see 'Introducing' on the back of this page, for more information on Creative Support.

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

Introducing... Birmingham Hub and Spoke, Creative Support

Creative Support offers one-to-one support that is tailored to each member's personal recovery journey. Members also have access to a range of group sessions, which focus on meaningful activities and creativity, physical health and wellness, life skills, community participation and managing your mental health.

Birmingham Hub and Spoke is a mental health recovery service provided by Creative Support. 'Spokes' are smaller support groups that are spread across the city. The 'hubs' are well-equipped and include a social enterprise café and cooking, IT, art and music facilities. The Heart of Birmingham Hub is located at 64 Water Street, Hockley B3 1HN, and the address for the Northfield Hub is 890 Bristol Road South, Northfield, B31 2NS.

For more information or to become a member please contact birmingham.hob@creativesupport.org.uk or call **0121 200 3188**, you can also be referred by your GP.



Do you know what to do in a crisis?

If you are currently receiving treatment at Birmingham and Solihull Mental Health NHS Foundation Trust, it is important to make sure that you know who is in charge of your care, how to try and prevent a crisis and what to do if you can't. Sometimes a crisis may arise unexpectedly or when the usual support is not around.

Your doctor, care coordinator or CPN should be your first point of contact and it is important to ensure that you have the correct contact details. If your first point of contact is not available, please ask for the duty worker.

You should also have an up-to-date copy of your care crisis plan, which should be written in partnership and in agreement with you and your care coordinator. If you have not been given a copy of your care crisis plan, please ask your doctor, care coordinator or CPN for a copy.

If your crisis occurs at night or at the weekend, please contact the out-of-hours mental health crisis contacts, which are listed in the below section.

Upcoming events

Celebrating our family carers on National Carers Week

National Carers Week runs from 12 to 18 June and is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK.

Birmingham Carers Hub is hosting an event at Symphony Hall, Broad Street, Birmingham, B1 2EA on Monday 12 June in celebration of National Carers Week. The event is from 10.30am to 2.00pm and will include a full day of entertainment, activities, relaxation including free yoga and massage, information and advice. Carers, professionals, volunteers and anyone else who has an interest in supporting carers are welcome.

For more information and to register email info@birminghamcarershub.org.uk.

Positive Mental Health Group

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

The next meetings are Tuesday 30 May and Tuesday 27 June, from 3pm to 4.30pm (refreshments served from 2.30pm). Venue: Cakes and Ladders Café, LGBT Centre, 38-40 Holloway Circus, City Centre, B1 1EQ.

Community Fun Days 2017

- Saturday 20 May, 12pm-5pm, Oleaster, 6 Mindelsohn Crescent, B15 2SY.
- Saturday 24 June, 12pm-5pm, St Mary's Church, Hobs Meadow, B92 8PN.

For more information call **0121 301 1019** or email beresford.dawkins@bsmhft.nhs.uk.

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



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.