



Look Ahead

Issue 13 – July 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?

MERIT conference

MERIT is a partnership that the Trust is a part of, along with three other mental health trusts within the West Midlands, created to develop new ways of working to improve the way that mental health services are provided for the future. On Wednesday 16 August, MERIT is holding an 'Experts by Experience' (service users and carers) engagement day at BVSC, 138 Digbeth, Birmingham B5 6DR.

This event will give you the chance to learn about MERIT's work; improving access to mental health beds and enhanced recovery services across the region. Your

input is crucial to the success of this project, and we would love to hear your ideas and thoughts on what we can do better.

If you would like to join us, or for more information, please contact Mark Hillier by emailing mark.hillier@bsmhft.nhs.uk or call **0121 301 1284**, so that refreshments can be organised.



Have you nominated for the Service User and Carer Choice Award?

Nominations for this year's Quality and Excellence Awards are still being accepted until Monday 24 July. The Trust invites our service users and carers to nominate an individual member of staff for this year's Service User and Carer Choice Award.

This award is for someone who has made an outstanding contribution to your care, or care of a loved one.



To nominate a member of staff please visit www.bsmhft.nhs.uk/qeawards, contact the Communications and Marketing Team on **0121 301 1238**, email QandEAwards2017@bsmhft.nhs.uk for a nomination form, or ask at any reception on your next visit to the Trust.

Meeting Minds

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

This month, Tony Kelly, volunteer and expert by experience



answers our questions. Tony has experience of homelessness and addiction, and has put this to good use inspiring others.

Name three things that help to keep you well.

- Trying to be the best Tony I can be (be myself).
- Spirituality – the power of prayer and meditation.
- Helping others.

What is your favourite healthy meal choice?

Steak and chips with a nice lady! (That's healthy compared to what I used to have!)

Where do you feel most comfortable and why?

By myself – I try to feel my best in any place. I'm in a log cabin just now for this interview, I'm close to earth.

Tell us your story

Please get in touch with us if you would like us to tell your story. Email us: SeeMe@bsmhft.nhs.uk

Opportunities and events



Would you like to become a recruitment advisor?

The Trust is currently searching for volunteers to join us as recruitment advisors, assisting on interview panels. The involvement of our service users, who have unique insight into our services, ensures that the people we choose to employ at the Trust have the right skill set and are best fitted to each role. Training is provided, and this is a great opportunity to gain skills for those looking to volunteer or for employment in the future.

Tony Kelly, this week's interviewee for Meeting Minds, has also acted as a recruitment advisor for the Trust and spoke to us about his experience.

What made being part of our recruitment panel a good opportunity for you?

It has given me confidence and I know that it also helps the applicant to have a friendly non-judgemental face there. It has built me up and led to further opportunities for me.

What would you say to someone who worried that they may not have the qualifications to recruit and interview?

I didn't have the education or background, but I was myself and I felt the applicant's energy and emotional intelligence.

What was the best moment for you as a recruitment advisor?

I asked the interview panel if I could phone the applicant and offer them the job – it felt incredible, I cried with happiness too!

For more information on the role of recruitment advisor or how to get involved, please call Evie Hogshaw from the Patient Experience and Recovery Team on **0121 301 1284** or email evie.hogshaw@bsmhft.nhs.uk.

Community Fun Days 2017

There will be a host of exciting activities available including fun and games for all the family, interactive and creative workshops, a market place, information stalls, a barbeque, plus live performances – all this, while raising awareness of mental health in local communities.



- Saturday 15 July 12pm–5pm at Zinnia Centre, 100 Showell Green, Sparkhill, B11 4HL.
- Saturday 29 July 12pm–5pm at Mary Seacole House, Lodge Road, Winson Green, B18 5SD.

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

Positive Mental Health Group

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

The Positive Mental Health Group meetings take place on the last Tuesday of each month at the same time and location. The next meetings will be held on 25 July and 29 August. 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 space at LGBT Centre, 38-40 Holloway Circus, City Centre, B1 1EQ. The centre is next to Scala House, opposite the Radisson Hotel.



Music making for resilience and recovery

Did you know that music making with others, can support resilience and recovery?

Quench Arts and Recovery

College for All would like to invite all carers to join them at the Afro-Caribbean Millennium Centre, 339 Dudley Road, B18 4HB for a fun practical music session, to discover how music making can build resilience.

These sessions are taking place on Monday 10 July and Wednesday 26 July, both from 1pm to 3.30pm. Places are limited, to book, please contact the Recovery College for All Team on **0121 301 1040** or email recovery.college@bsmhft.nhs.uk.



How to contact us

Customer Relations

Tel: **0800 953 0045**

Text: **07985 883 509**

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.