



Look Ahead

Issue 15 – October 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 bsmhft.seeme@nhs.net if there is something you would be interested in reading about in a future bulletin.

What's happening? A focus on World Mental Health Day

Photography Competition



We are holding a photography competition and exhibition, which is being supported by our Trust's charity Caring Minds. Service users, carers and their families are invited to submit photographs with the theme of 'Mental Health in the Workplace'. The deadline for submissions is **Thursday,**

28 September. Please send any postal entries to the

Communications and Marketing Team, B1 HQ, 50 Summer Hill Road, Birmingham, B1 3RB and any digital entries to rebkean@nhs.net.

**NEW
DEADLINE!**

Twitter Takeover



The Trust's Twitter account, [@bsmhft](https://twitter.com/bsmhft), is being taken over by our service users and carers on Tuesday 10 October 2017. Akilah Duffus, See Me Service User Engagement Worker, is managing the whole event and conducting 'live chat' sessions from 12noon to 2pm and from 4pm to 6pm on the day. For further details, please email bsmhft.seeme@nhs.net.

Arts All Over The Place – Annual Arts Festival



Arts All Over The Place (AAOTP) will be holding its annual arts festival at the MAC, Cannon Hill Park, B12 9QH from Saturday 7 October until Tuesday 10 October 2017. For further information, please contact AAOTP on artsallovertheplace@yahoo.co.uk or for a copy of the event leaflet call Evie Hogshaw, Service User and Experience Care Team on **0121 301 1389**.

BEDLAM Arts and Mental Health Festival



We have partnered with Birmingham Repertory Theatre (The REP), along with the MAC Birmingham and Sampad, to bring you a range of theatre, dance and visual art to promote positive mental health between Tuesday 17 and Saturday 28 October 2017. For more information on the festival and programme of events, please visit www.birmingham-rep.co.uk or call **0121 236 4455**.

Meeting Minds



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

This month, Cathy Crossley from Arts All Over The Place (AAOTP), answers our questions.

What helps you to relax?

An evening with laughter and music, and some good friends.

Name three things that help to keep you well

Keeping busy; since retiring I've been chair of AAOTP and that means lots of work but the events and festival are very worthwhile. My grandson is a huge joy in my life, a constant source of fun. My dog needs walks every day, 365 days a year, rain or shine. I've never regretted time out with my dog to enjoy the beauty of nature.

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

Moseley Bog is a magical place, ever changing through all the seasons.

Tell us your story

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

Opportunities and events

Recovery College for All new term

Recovery College for All's new term begins on Monday 2 October 2017. The College offers a range of sessions open to our service users, their carers and families, as well as Trust staff.

Now in its fourth term, we are continuing to provide sessions in Birmingham at the Uffculme Centre, Moseley and hosting all Solihull sessions from the Renewal Conference Centre, Lode Lane, Solihull, B91 2JR. There are new sessions including: 'Speaking to be heard, speaking with confidence', 'Rainbow Recovery: Understanding the LGBT perspective' and 'Who am I?'

Further information is provided in this term's prospectus, which is available at www.bsmhft.nhs.uk/recovery. To book a session, or to request a hard copy of the prospectus, please call **0121 301 3992** or email bsmhft.recoverycollege@nhs.net.



Black History Month Celebration

Come and join us for a day and evening of celebration at The Uffculme Centre, Queensbridge Road, Birmingham B13 8QY on **13 October 2017**.

10am – 1pm **Black, Asian and Minority Ethnic Workshops**, including African drumming and other activities.

2pm – 4pm **In Conversation with Imran Khan**, an opportunity for you to ask questions and share comments and observations. Imran Khan is one of the most highly regarded human rights lawyers in the country. He has been involved in numerous high impact cases, including representing the family of Stephen Lawrence, the reverberations of which are still felt today.

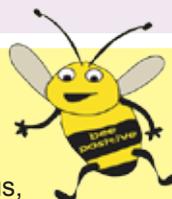
7pm – 11pm **Black History Month Celebration Party**, DJ and food.

All service users, carers and staff are free to attend. For further details, and to confirm your attendance, please email c.mitcham@nhs.net or call **0121 301 1067**.

Positive Mental Health Group

Our Positive Mental Health Group meetings take place on the last Tuesday of each month at the same time, and at the same location at the café space, LGBT Centre, 38-40 Holloway Circus, City Centre, B1 1EQ. The centre is next to Scala House, opposite the Radisson Hotel. These are great meetings for networking, news and information and are open to everyone to attend.

The next meetings will be held on 31 October and 28 November 2017. Refreshments are served from 2.30pm and the meeting takes place from 3pm to 4.30pm. Just turn up – no need to book.



Introducing...

Mental Health First Aid, England

Mental Health First Aid England provides mental health education, looking to empower people to care for themselves and others and aiming to train one in 10 of the population. They offer a two day training course, which enables people to: provide help on a first aid basis; help someone recover faster; guide someone towards the right support, and; spot the early signs of a mental health problem, and more.

This course is being held on 13 to 14 November and 30 November to 1 December, 9.30am-4.30pm, at the Uffculme Centre in Moseley. Places are available for service users and carers at a reduced rate. For more information, or to book contact c.mitcham@nhs.net or call **0121 301 1067**.

How to contact us

Customer Relations

Tel: **0800 953 0045**

Text: **07985 883 509**

Email:

bsmhft.customerrelations@nhs.net

(Available Monday to Friday, 9am to 5pm. Closed on public holidays and weekends.)

See Me

Tel: **0800 694 0212**

Email: bsmhft.seeme@nhs.net

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



Recovery for All

Anne Pledger: **07985 883 420**,

anne.pledger@nhs.net

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.