



# Look Ahead

Issue 16 – November 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](mailto:bsmhft.seeme@nhs.net) if there is something you would be interested in reading about in a future bulletin.

## What's happening?

### MERIT Crisis Care web pages launched

MERIT, the Mental Health Alliance for Excellence, Resilience, Innovation and Training, is a partnership of four local mental health trusts that are working together to improve quality and consistency of care across Birmingham, the Black Country, Coventry and Warwickshire. MERIT has launched a dedicated section on its website to help service users and carers to find out which services are available to provide care during a mental health crisis, regardless of where they live in the West Midlands.

The website can be accessed by anyone to help find contact details of the people who already provide care to them or someone they care for, as well as providing details of available services that are based in their current location. The website has been designed in partnership with service users and their involvement has helped to ensure that it is quick and easy to find the information needed, when it is needed.

Please take a look at:  
[wmmeritvanguard.nhs.uk/index.php/crisis-care](http://wmmeritvanguard.nhs.uk/index.php/crisis-care)

### Christmas card design competition

Our annual Christmas card design competition is now open for entries! All entries should have a Christmas theme, created using either felt-tip pens, paint, crayons, pencils or computer design/graphics and must be on A4 paper, landscape or portrait.

Entries can be scanned and submitted digitally via email, to [bsmhft.commsteam@nhs.net](mailto:bsmhft.commsteam@nhs.net) or sent to: Communications and Marketing Department, BSMHFT, Unit 1, 50 Summer Hill Road, Birmingham, B1 3RB.

Please provide your name, email address and telephone number and please state whether you are a member of staff, service user or Trust member.

As well as winning designs being used as our Trust's electronic Christmas cards for 2017, winners will also receive gift vouchers to use on the high street.

The deadline for entries is Friday 24 November 2017 at 5pm.



## Meeting Minds

In Meeting Minds we ask our service users, carers or staff members some quick questions on mental health and wellbeing. This month, Fashel Taj, Co-Facilitator at the Recovery College for All, answers our questions.



**Name three things that help to keep you well?** Listening to music (a range of genres), going to the gym (running machine and lifting weights) and socialising with mates (cinema/driving).

**What helps you to relax and why?** Going to the gym (using its spa facilities such as the Jacuzzi, sauna and steam room) and running.

**What helped you in your recovery?** Attending social support groups and meeting with like-minded people suggested by my Community Mental Health Team.

**What is your favourite place in your local area and why?** Birmingham Library as there is a vast range of material available from literature to archives and a film library.

**What's your favourite healthy meal?** Spinach pasta and pure orange juice.

**What makes you laugh?** Watching comedy shows like Live at the Apollo, Michael McIntyre, John Bishop and Mrs Browns' Boys.

# Opportunities and events



## Family and carer peer support training

Do you have lived experience of caring for a friend or family member? Would you like to support someone in a similar situation?

On Wednesday 29 November 2017, from 10am to 12pm, carers, families and friends of those who access mental health services are invited to come along and share their views on: what carer peer roles are; how sharing lived experience of caring helps others in a similar situation; developing potential roles for carers; training and support for carer peers; recruiting carer peers, and; the importance of carers' own recovery.

Venue: Solihull Methodist Church, Blossomfield Rd, Solihull B91 1LD.

To discuss further, or to book a place, please contact Maria Albanese at [maria.albanese1@nhs.net](mailto:maria.albanese1@nhs.net) or call **0121 301 2896**.

## SHOUT

SHOUT – the festival of queer arts and culture will be held in Birmingham from 9-19 November 2017. Supported by the Arts Council England and held in venues across the city, the festival will host some of the best in theatre, performance, visual art and film celebrating queer identities.

Founded by Birmingham LGBT in 2009, SHOUT was created to counter a lack of representation of lesbian, gay, bisexual and queer people in the city's arts venue. This year's celebrations coincide with the 50th anniversary of the Sexual Offences Act, which partially decriminalised male homosexuality in England and Wales.

For more information visit [www.shoutfestival.co.uk](http://www.shoutfestival.co.uk)

## PMHG Christmas party – save the date

The Positive Mental Health Group would like to invite you to its Christmas party. Held at the Irish Centre (Leinster Suite) in Digbeth on Thursday 14 December, there will be karaoke, a band, music, raffles, competitions and more.

The party starts at 7pm and a buffet will be served at 8pm. (A donation of £1 or whatever you can afford will be appreciated).

For more information contact Faheem Uddin, Chair of the Positive Mental Health Group, on **07800 728 825**.



## Positive Mental Health Group (PMHG)

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

The next meetings will be held on Tuesday 28 November and Tuesday 19 December. Refreshments are served from 2.30pm and the meeting takes place from 3pm to 4:30pm. Just turn up – no need to book.



## Mental Health Mates

Support group, Mental Health Mates, will be meeting up in Birmingham on Sunday 5 November.

Founded by bestselling author Bryony Gordon (who has chronicled her struggles with depression, bulimia and drug dependency), Mental Health Mates provides a safe space for you to walk and talk about your problems without fear of judgement.

The group meet in Birmingham on the first Sunday of every month at 10.15am. The gathering point is the main entrance to Millennium Point, with a stroll through the city centre to Boston Tea Party on Corporation Street for tea and cake at 11am.

It's free to attend the meet. Visit [mentalhealthmates.co.uk](http://mentalhealthmates.co.uk) for more information.

## 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](mailto:bsmhft.seeme@nhs.net)

## 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.

## How to contact us

Customer Relations

Tel: **0800 953 0045**

Text: **07985 883 509**

Email: [bsmhft.customerrelations@nhs.net](mailto: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](mailto:bsmhft.seeme@nhs.net)

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

Recovery for All

Anne Pledger: **07985 883 420**,  
[anne.pledger@nhs.net](mailto:anne.pledger@nhs.net)

Alternatively, for more information visit [www.bsmhft.nhs.uk/recovery](http://www.bsmhft.nhs.uk/recovery)